



ADD-ON -PROGRAMME ON YOGA & IT'S IMPLICATION



Syllabus on Yoga & it's implication

Teaching Hours-40 hrs.

Full Mark: 60

Unit-1 : Concept of Yoga with yogic practices.

Unit-2 : Basic Principles of Yoga Practice.

Unit-3 : Astanga Yoga and its implications.

Unit-4 : Asana, Pranayama, meditation and its effects on human life.

Unit-5 : Nutrition and Diet

Unit-6 : Yoga and Personality Development.

Yoga and its Implications

In ancient times study of shastra was done under guru pupil tradition. Prior to study of shastras the pupil was taught fundamental education. So that one could very well understand the subject. The learning happened through a dialogue between the guru and the pupil where a pupil would have queries and the guru would answer those queries as and then required and balance would be maintained throughout the learning process on studying the first sutra of yoga darshan "Atha yoganushasanam" one wants to know "What is Yoga". The sentence 'Now let us begin the Discipline of yoga gives rise to the query what is yoga? Maharshi Patanjali defines yoga as stilling the fluctuations of mind. This is complete, brief and meaningful definition to understand yoga is entirely one must know what is Mind, Vritti and Niruddha. The original and the actual meaning of yoga cannot be understood without understanding this.

Let us first know what is mind in simple words mind refers to the land where our thoughts are born, formed and remain firm as sacraments. This mind land is of five types:

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- It is important to note here that yoga is possible only in one mindedness and restrained state of mind. Now let us understand fluctuations of mind. Vritti is used as plural instead of singular because fluctuation is not one but many. Since maharshi patanjali has talked about fluctuations in the following satras. So that waves of ideas growing inside us.

There are 22 prefixes in Sanskrit and if all 22 are added before the same word then the same word will have different meaning and Maharshi Patanjali was an grammarian also alongside the being the author of yoga darshan. If he had added 'ni' prefix before 'rudh' metal then it is not without any reason and certainly not in context to yoga. When on one hand the most difficulty word is being defined then in ordinary meaning prefix can not be used. The literal meaning of nirudh given by many is 'to stop'. Yoga is stopping the fluctuations of mind ? If you are short of efforts to completely stop the fluctuations of mind then yoga has not happened. And the definition will remain incomplete. Yoga happens in a situation where mind stops fluctuating on its own. Here it is important to understand that yoga happens only when the fluctuations stop completely. But that can not happen without putting efforts. It is difficult to understand. Unless you practically enter yoga subject and until your efforts become normal then gradually it brings mind to condition where it stops fluctuating on its own. Then without realizing efforts, free from arrogance and sense of duty the practitioner of yoga reaches the stage of controlling mind. This stage is called yoga by maharshi patanjali.

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**ADD-ON –PROGRAMME
ON
JAGANNATH CULTURE**



Syllabus on Jagannath Culture

Teaching Hours-36 hrs.

Full Mark: 60

Unit-1 : Origin and development of the Culture of Jagannath

Unit-2 : Panchasakhas and Bhakti Movement

Unit-3: Sri Chaitanya Faith in Odisha: its impact

Unit-4 : Jagannath Philosophy and Religion

Unit-5 : Importance of Jagannath Culture in our life.

Unit-6 : Tribal Origin and Lord Jagannath.

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Jagannath Culture

Odisha is the land of Jagannath Culture. It represents the religious worships of Odisha. It has unique and valuable religious tourism resources. The state has something for everyone. The monuments- the sun temple at Konark, the Jagannath temple at Puri, the Lingaraj temple at Bhubaneswar are the sacred places of Odisha attract thousand of pilgrimages from the different parts of world in recent time. The beautiful yatra, Car festivals of Lord Jagannath motivate many devotees from different parts of the world. There are many spots of Odisha, which deserve to be publicized worldwide by international tourism. The temple architect and sculpture of Odisha are world famous. Apart from Indian culture, Odisha like any other region of the country have no separate culture of own.

Lord Jagannath is the presiding deity of Odisha Culture. It became the symbol of unified religion and culture among the Jainism, Buddhism, Saivism, Vaishnavism and Saktism from time to time. But Jagannath is the lord of universe, almighty and omnipresent. The sacred place, Puri of Odisha is prominent as Purusottam kshetra. In the Hindu belief it is one of the four centers of salvation from ancient times, the people of India regarded four places, namely, Badrinath in the north, Rameswaram in the south, Dwaraka in the west, and Puri on the eastern sea cost as their destinations for pilgrimage. Puri was thus recognized as one of the most sacred places of India from an immemorial past. It is also known as 'Shreekshetra', Niladri, Sankhakshetra and Martya-baikuntha.

According to Vedas and the Puranas the Purusottam appears in the Puri. Therefore it is called Purusottamkshetra, the place of Jagannath or Purusottam, i.e., the Supreme Being or the Lord of the universe is a place of great antiquity. According to old tradition, Sanskrit Brahma Purana and Skandha Purana as well as in Oriya Mahabharata of Adikavi Sarala Das and Darubrahma Gita of Jagannath Das, a Savara leader named Biswabasu worshipped the image of Nilamadhava at a secret place named Nilakandara on the eastern seashore.

The king of Malawa, Indradyumna "advanced towards Utkal to take possession of that divine Image. But Nilamadhava disappeared from his original place and floated in the sea in form of a huge log of wood.

Indradyumna engaged a carpenter to carve out images from that sacred wood inside a temple. The old carpenter agreed to make images on condition that the doors of the temple would remain closed for twenty-one days. On fifteenth day when no sound of woodcarving was heard. From inside, the queen suspected that the image-maker might be dead. She requested the king to open the door, when it was done. Inside the temple were seen the incomplete idols of Jagannath, Balabhadra, Subhadra and Sudarshan. The legend suggests that Jagannath was originally the God of the savaras. The primitive races like the Savaras, Nishads and the Kiratas used to worship trees as their deities from pre- historic ages. In later times the Dravidians, and the Aryans also

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included tree worship in their religion, subsequently, the tree worship was transformed in to the worship of wooden images.

While the images of the Hindu deities are made of stone or metal, the image of the Supreme Being Purusottam Jagannath is made of wood. Since the original name of the Savara deity was Nilamadhava, the name of his new place came to be known as Nilachala. It is said that wooden idols of Jagannath, Balabhadra, Subhadra and Sudarshan represent the primitive art of the savaras. Jagannath was the God of the Savaras was so deep rooted in the Oriya mind that Sarala Das described Jagannath as "Savari Narayana" in his Mahabharata written in 15th century. According to the Jainism -Jagannath in the manner of the names of Jaina Tirthakaras. It is also said that Tri-Ratna of Jainism namely Right Faith, Right knowledge and Right Action are symbolically represented in the trinity of Jagannath, Balabhadra, Subhadra. The Janis believed in idol worship.

They believed used to place the images of the Tirthankars on chariot and take out in procession like the car festival of Jagannath. According to some scholars, the images of Jagannath, Subhadra and Balabhadra symbolized the Buddhist Faith in Buddha, Dharma and Sangha. It is also said that forest-dwellers of Odisha like the Savaras adopted Buddhism in Asoka's time. By first century of the Christian era when idol worship became common among the Buddhists, the savara came to regard the image of Jagannath as the image of Buddha. In course of time the Hindus also regarded Buddha as an incarnation or Avatar of Vishnu and identified Buddha as Jagannath, The Supreme Being in this Age of Kali (Kaliyuga). Buddhism stood for a casteless society. It belived in brotherhood of all men. Purusottamkshetra is the only sacred place in whole of India where the Prasad or bhog of Jagannath is shared under same plate by Brahmans and Sudra together. This unique phenomenon is described to the influence Buddhism under universal religion, which Jagannath stands for.

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**ADD-ON-PROGRAMME
ON
PROFESSIONAL ETHICS**



SYLLABUS OF PROFESSIONAL ETHICS

Teaching Hours-40 hrs.

Full Mark: 60

1. Ethics and Other Studies.
2. Importance of Professional Ethics.
3. Integrity.
4. Professional Competence and Due care.
5. Professional Behavior.

PROFESSIONAL ETHICS

Ethics may be defined as “the normative science of the conduct of human beings living in societies, which judges this conduct to be right or wrong, to be good or bad. Every profession has certain norms that are expected to be followed by a practitioner”. These norms and principles act as ‘religion’ in a profession. A professional in education is expected to be a learner and communicator of knowledge and truth. All human professional actions are either good or not good as such, irrespective of their outcome. Good, evil, right, wrong and other values are considered situational, temporal and ever evolving. More often than not, professionals in a corporate environment face such dilemmas. so professional ethics is a way to provide an answer to the difficult questions through extensive training, sharing real-life examples, and following the practices that makes a profession ethical.

Dr. P. K. Mishra

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**ADD-ON-PROGRAMME
ON
SPOKEN ENGLISH**



SYLLABUS ON SPOKEN ENGLISH

Teaching Hours-40 hrs.

Full Mark: 60

- English language skills
- Listening, Reading, Writing, Speaking
- Sub-skills & Elements
- Vocabulary Instruction
- Understanding verbs, adjectives and adverb types
- Knowledge of Gerund and infinite verbs
- What is a sentence and types of sentences
- Prepositions
- Conjunctions
- Parts of speech
- Conditionals
- Subject verb agreement
- Practice writing
- How to improve confidence
- Pronunciation
- Soft Skills
- Word stress and sentence stress
- Presentation Practice
- Email and Letter Writing
- Body language
- Group Discussion
- Personal interview
- Resume Preparation

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SPOKEN ENGLISH

Since English has become associate official language in India, the use of the language has been recognized in every spheres of life. By and by the language has become a medium of communication and a resource language of learning as the differences in native languages are causing difficulties to the varieties of language spoken in India. Though the state languages and the national language Hindi are used massively for the said purposes, the use of English in competitive examinations, communication with people of other states and official talk etc can never be undermined. In the given context it is highly necessary for students to be able to communicate in English.

Dr. -
Munshi

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