

#### IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 18/June/2022, to envisage, formulate and design Add-On Courses, beyond prescribed Curriculum. The IQAC has also decided to organise a program on staff training:

- A. It was decided that all the departments of Humanities, Science and Commerce would design and formulate 30 hour Add-On Courses for 2022-23, Academic calendar, as per UGC guidelines.
- B. It was decided that the Departments would be free to choose the Courses on the basis of their (subject) relevance, practicality and feasibility.
- C. It was decided that the Departments would have a Course Coordinator, who would design the Course and Course materials, in consultation with all teachers of the Department.
- D. It was decided that each Department would design their own format; and could follow a blended mode of instruction.
- E. It was decided that the Departments would be encouraged to use and utilize their own resources while formulating the Add-On Courses, rather than relying on Outsourcing.
- F. IQAC would send its recommendations to the Principal/TIC for perusal and implementation.
- G. The IQAC would also organise a Staff Training programme - 'Effective Working Style 'Conducted by IPE Of Professional Excellence On 25th June 2022 .

  
18/06/22

Co-ordinator  
IQAC  
Vivekananda College  
Kolkata-700 083



(033) 2497 0024  
(033) 2497 6834

# VIVEKANANDA COLLEGE

(GOVT. SPONSORED) (NAAC ACCREDITED GRADE 'A')

Ref. No.....

Date.....

## Notice

It is hereby notified that Vivekananda College, Thakurpukur, will offer Add-On Courses to All Honours students for the Academic year 2022-23.

Each Department will offer an Add-On Course as per UGC guidelines. Each Course will be structured & overseen by a Course Coordinator, selected from the respective Department. Departmental Heads are requested to take up the matter on an urgent basis.

*Handwritten signature*  
29/10/22

Principal

Vivekananda College  
Thakurpukur, Koi-63

**VIVEKANANDA COLLEGE, THAKURPUKUR**  
**Department of Chemistry**

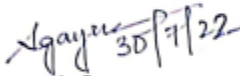
**NOTICE**

**Date: 30.07.22**

A departmental Committee meeting will be held on 04.08.2022 at 1:00 p.m. to discuss on the topics mentioned below. All the members are requested to kindly attend the meeting.

Agenda of the meeting:

1. Introduction of Add-on course on "Indian Systems of Medicine (Interdisciplinary)" for UG Sem III Honours students.
2. Miscellaneous

  
Srisendu Gayen  
Head of the Department  
Department of Chemistry  
Vivekananda College (Thakurpukur)

VIVEKANANDA COLLEGE, THAKURPUKUR  
Department of Chemistry

A. Members present in the meeting:

Date: 04.08.2022

1. Sgaye 4/8/22
2. Md. Selim 4/8/22
3. Kasturi Sanyal 4/8/22.
4. Malay Das 4-8.22
5. Priya Ghosh 4.8.22
6. Nani Gopal Dey

B. Minutes of the meeting:

In the Departmental meeting dated 04/08/2022 the teachers of the Department of Chemistry unanimously decided that a 30-hour Add-on Course on " Indian Systems of Medicine (Interdisciplinary)" would be offered for UG Sen III students. It was also decided in the meeting that Dr. Md. Selim and Prof. Sirsendu Gayen of Department of Chemistry would be the Course Coordinator for the Add-On Course on Indian Systems of Medicine (Interdisciplinary) for the Academic session 2022-2023.

C. The course structure of the course on " Indian Systems of Medicine(Interdisciplinary)" submitted by Dr. Md. Selim and Prof. Sirsendu Gayen was accepted by all teachers of the department

D. Certificates would be given to each student at the successful completion of the Course.

---

VIVEKANANDA COLLEGE, THAKURPUKUR  
Department of Chemistry

To  
The Principal  
Vivekananda College,  
Thakurpukur, Kolkata 700063

Date: 11.08.2022

Dear Sir,

This is to inform you that from this academic year, we are introducing one Add-on courses for our Honours students of our department.

Approximately 25 students from Sem III Chemistry Hons. will be enrolled in the " Indian Systems of Medicine (Interdisciplinary) " Add-on course. This course is scheduled to take place on Saturdays and Sundays, utilizing the central computer facilities from 3:00 p.m. to 5:00 p.m. Your cooperation is highly appreciated.

Thanking you.

  
( Sirsendu Gayen)

Head of the Department  
Department of Chemistry  
Vivekananda College (Thakurpukur)

Enclosure:

1. Resolution of the departmental meeting held on 04.08.2022
2. Proposal and Course structure for Introducing One Add-on Program

### **Proposal and course structure for Introducing Add-on Program on “A conceptual study on Indian Systems on Medicine (Interdisciplinary)”**

The basic foundation is the fundamental doctrine according to which whatever present in the Universe (macrocosm) should be present in the body (the microcosm). It has been conceptualized that the universe is composed of five basic elements named Prithvi (Earth), Jala (Water), Teja (Fire), Vayu (Air) and Akash (Space/Ether). The human body is derived from them in which these basic elements join together to form what are known as ‘Tridoshas’ (humors) named as Vata, Pitta and Kapha. These humors govern and control the basic psycho-biological functions in the body. In addition to these three humors, there exist seven basic tissues (sapthadhatus)- Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra- and three waste products of the body (mala) such as faeces, urine and sweat. Healthy condition of the body represents the state of optimum equilibrium among the three doshas. Whenever this equilibrium is disturbed due to any reason- disease condition results.

It is a well-known fact that Traditional Systems of medicines always played important role in meeting the global health care needs. They are continuing to do so at present and shall play major role in future also. The system of medicines which are considered to be Indian in origin or the systems of medicine, which have come to India from outside and got assimilated in to Indian culture are known as Indian Systems of Medicine. India has the unique distinction of having six recognized systems of medicine in this category. They are-Ayurveda, Siddha, Unani and Yoga, Naturopathy and Homoeopathy. Though Homoeopathy came to India in 18th Century, it completely assimilated in to the Indian culture and got enriched like any other traditional system hence it is considered as part of Indian Systems of Medicine. Apart from these systems- there are large number of healers in the folklore stream who have not been organized under any category. In the present review, attempt would be made to provide brief profile of three systems to familiarize the readers about them so as to facilitate acquisition of further information.

Our vision is to establish a strong knowledge based use of Indian medicinal systems. Now each and every kinds of drugs which we are prescribed to take, have many side effects as well as they are prepared in a chemical factory that’s why there can be contamination of many constituents. But we can cure ourselves by proper knowledge of Indian system of medicine. May be it cannot cure ourselves as fast as an allopathy medicine can do but it is sustainable for our health compared to them. Some cure can only be achieved through yoga and a good planning diet. Some curse we have throughout this continuous process of modernisation, are obesity, diabetic, blood pressure, anemia and additional many psychotropic illness. Yes, they can be cured and if we want to we can prevent these diseases just with the help of some good routine work and diet. “Prevention is always better than cure”.

The course curriculum of the program is given below

**A conceptual study on Indian Systems on Medicine (Interdisciplinary)**

<b>Sl No.</b>	<b>Content</b>	<b>Training Hours(30hr)</b>
<b>1</b>	<b>1. Basic theoretical explanation</b>	<b>12</b>
	a) What is Indian system of medicine	1
	b) Types of Indian system of medicine	1
	c) A brief discussion on Ayurveda	2
	d) A brief discussion on yoga and its effectiveness	2
	e) What is unani?	2
	f) Can homeopathy be a solution of allopathy?	2
	g) AYUSH	2
<b>2</b>	<b>2. Herbs in our daily life.</b>	<b>14</b>
	a) Tulsi	2
	b) Kalmegh	2
	c) Neem	2
	d) ashvagandha	2
	e) Turmeric	2
	f) Mint and Aleovera	2
	g) Various types of spices	2
<b>3</b>	<b>3. Preparation of extraction and observe their UV and IR data</b>	<b>04</b>

---

Sl No.	Content	Training Hours(30hr)	Date	Assigned Teacher
1	<b>4. Basic theoretical explanation</b>	<b>12</b>		
	h) What is Indian system of medicine	1	05/11/22	KS
	i) Types of Indian system of medicine	1	05/11/22	KS
	j) A brief discussion on Ayurveda	2	06/11/22	SS
	k) A brief discussion on yoga and its effectiveness	2	12/11/22	MS
	l) What is unani?	2	13/11/22	SS
	m) Can homeopathy be a solution of allopathy?	2	19/11/22	MS
	n) AYUSH	2	20/11/22	SS
2	<b>5. Herbs in our daily life.</b>	<b>14</b>		
	h) Tulsi	2	26/11/22	SG
	i) Kalmegh	2	27/11/22	SS
	j) Neem	2	03/12/22	SG
	k) ashvagandha	2	04/12/22	SS
	l) Turmeric	2	10/12/22	KS
	m) Mint Aleovera	2	11/12/22	SS
	n) Various types of spices	2	17/12/22	KS
3	<b>6. Preparation of extraction and observe their UV and IR data ( Theoretical Perspective only)</b>	<b>4</b>	18/12/22 & 24/12/22	MS & KS