



# VIVEKANANDA COLLEGE

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

## **DEPARTMENT OF PHILOSOPHY**

### **LIST OF ADD-ON COURSES**

1	<b>BASIC COURSE ON MENTAL HEALTH AND STRESS MANAGEMENT</b>
2	<b>BASIC COURSE ON RESEARCH METHODOLOGY</b>

### IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 04 May 2018, to envisage, formulate, and design Add-On Courses, beyond the prescribed Curriculum.

A. It was decided that all the departments of Humanities, Science and Commerce would design and formulate 30 hour Add-On Courses for 2018-19 Academic calendar, as per UGC guidelines.

B. It was decided that the Departments would be free to choose the Courses based on 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 material in consultation with all teachers of the Department.

D. It was decided that each Department would design its format.

E. It was decided that the Departments would be encouraged to use and utilize their 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.

  
04/5/18  
Co-ordinator  
IQAC  
Vivekananda College  
Kolkata-700 093



Ref. No. \_\_\_\_\_

Date 10/05/18

**Notice**

It is hereby notified that Vivekananda College, Thakurpukur, will offer Add-On Courses to All Honours students for the Academic year 2018-19.

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*  
10/05/18

Principal  
Vivekananda College  
Thakurpukur, Kolkata

269, DIAMOND HARBOUR ROAD, THAKURPUKUR, KOLKATA- 700 063  
Website : www.vckolkata63.org email : vivekanandacollege63@gmail.com

Vivekananda College, Thakurpukur  
Dept. of Philosophy  
Resolution on the Departmental Meeting

Teachers Present in the meeting :-

Prof. Tania Roy (HOD)

Prof. Ragya Bhattacharyya

•Minutes of the Meeting•

In this departmental meeting dated 06/09/2018 the teachers of the department of Philosophy unanimously decided that both Second Hons. & 1st Sem student's would be offered a 30 hours Add-on course on "Research Methodology". Both Prof. Tania Roy and Prof. Ragya Bhattacharyya of department would be the course-coordinator for the Add-on course on Research Methodology for the Academic Session 2018-2019.

To

The Principal

Vivekananda College

Thakurpukur, Kolkata

Respected Sir

This is to inform you that from this academic year we are introducing an Add-On course for Philosophy honours students of 2nd Year and 1st Sem.

Approximately 10 students our department will be participating in these course. This course is scheduled to take place on Saturdays from 1.00pm to 3.00pm.

Your cooperation is highly appreciated.

Thanking you.

Yours Faithfully,

*Handwritten signature*  
07/09/2018

Professor Tania Roy

HOD

Dept. Of Philosophy

Enclosure:

1. Resolution of the departmental meeting held on

2. Proposal and course Structure.

## **Department of Philosophy**

### **Basic Course on Research Methodology**

The basic course on Research Methodology holds significant importance for undergraduate students for several reasons.

1. For many undergraduate students, this course serves as their first exposure to formal research. It introduces them to the fundamental skills, concepts, and methods essential for conducting research in their respective fields.
2. As undergraduate students advance in their studies, they may need to undertake independent research projects. The basic course equips them with the necessary tools to plan and conduct independent research.
3. The young Undergraduate students are at a stage where they are developing critical thinking skills. Research Methodology encourages them to analyse information critically, evaluate evidence, and make informed decisions – skills that are beneficial in both academic and real-world contexts.
4. The basic course lays the groundwork for more advanced studies. It provides a foundation that students can build upon as they progress through their academic journey, especially if they plan to pursue postgraduate studies or research-oriented careers.
5. Many undergraduate students may not have encountered various research designs before. This course introduces them to different methodologies, such as experimental, observational, and survey methods, enabling them to appreciate the diversity of research approaches.
6. The course introduces basic statistical analysis, enhancing students' analytical skills. This understanding is valuable not only for research projects but also for interpreting and critically evaluating information in various academic and professional settings.
7. The students of Undergraduate often have theoretical knowledge but may lack practical application. Research Methodology courses often include hands-on exercises, allowing students to apply their knowledge in real-world scenarios.
8. Understanding research ethics is crucial at an early stage. The course introduces undergraduates to ethical considerations in research, emphasizing the responsible conduct of studies and the importance of integrity.
9. Effective communication is a vital skill. The course emphasizes writing skills for research papers and presenting findings, preparing the students of undergraduate to communicate their ideas and research effectively.
10. For those entering professional fields, basic research skills are increasingly valuable. Many careers demand the ability to analyze data, make evidence-based decisions, and contribute meaningfully to the development of knowledge in their respective fields

## Department of Philosophy

### Basic Course on Research Methodology in Philosophy

#### Program Schedule (15/09/2018-02/02/2019)

<b>Basic Course on Research Methodology</b>				
<b>DAY</b>	<b>TOPICS</b>	<b>DURATION</b>	<b>Date &amp; Time</b>	<b>Teacher</b>
<b>DAY 1</b>	Session 1 (1 hour): Introduction to Research Methodology Session 2 (1 hour): Philosophical approaches to Research	1+1=2Hour	15/09/18 1.00pm-2.00pm 2.00pm-3.00pm	PB TR
<b>DAY 2</b>	Session 3 (1 hour): Formulating Research Questions Session 4 (1 hour): Establishing Research Objectives	1+1=2Hours	22/09/18 1.00pm-2.00pm 2.00pm-3.00pm	PB TR
<b>DAY 3</b>	Session 5 (1 hour): Conducting a Literature Review Session 6 (1 hour): Developing a conceptual framework	1+1=2 Hours.	29/09/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 4</b>	Session 7 (1 hour): Data Collection Techniques in Philosophy Session 8 (1 hour): Choosing Research Method	1+1=2 Hours	06/10/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 5</b>	Session 9 (1 hour): Qualitative Research Method Session 10 (1 hour): Quantitative Research Method	1+1=2 Hours	13/10/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 6</b>	Session 11 (1 hour): Philosophical Data Analysis Technique Session 12 (1 hour): Interpreting Research Findings	1+1=2 Hours	10/11/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 7</b>	Session 13 (1 hour): Research Ethics Session 14 (1 hour): Citation and Referencing Styles in Philosophy	1+1=2 Hours	17/11/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 8</b>	Session 15 (1 hour): Peer Review and Feedback Mechanisms Session 16 (1 hour): Revision and Q&A Session	1+1=2 Hours	24/11/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 9</b>	Session 17 (1 hour): Practical Application of Research Methodologies Session 18 (1 hour): Group Discussion and Collaboration in Research	1+1=2 Hours	01/12/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB

<b>DAY 10</b>	Session 19 (1 hour): Research Proposal Writing Session 20 (1 hour): Individual Consultation and Feedback	1+1=2 Hours	08/12/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 11</b>	Session 21 (1 hour): Challenges Philosophical Research Session 22 (1 hour): Strategies for Overcoming Research Obstacles	1+1=2 Hours	15/12/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 12</b>	Session 23 (1 hour): Presenting Research Findings Session 24 (1 hour): Peer Evaluation and Critique	1+1=2 Hours	22/12/18 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 13</b>	Session 25 (1 hour): Incorporating Feedback into Research Session 26 (1 hour): Finalizing Research Projects	1+1=2 Hours	5/1/19 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 14</b>	Session 27 (1 hour): Preparing for Research Presentation Session 28 (1 hour): Revisiting Key Concepts and Methodologies	1+1=2 Hours	19/1/19 1.00pm-2.00pm 2.00pm-3.00pm	TR PB
<b>DAY 15</b>	Session 29 (1 hour): Final Research Presentations (Small Project work) Session 30 (1 hour): Course Conclusion.	1+1=2 Hours	02/02/19 1.00pm-2.00pm 2.00pm-3.00pm	TR PB

### IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 03 May 2019, to envisage, formulate, and design Add-On Courses, beyond the prescribed Curriculum.

A. It was decided that all the departments of Humanities, Science and Commerce would design and formulate 30 hour Add-On Courses for 2019-20 Academic calendar, as per UGC guidelines.

B. It was decided that the Departments would be free to choose the Courses based on 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 material in consultation with all teachers of the Department.

D. It was decided that each Department would design its format.

E. It was decided that the Departments would be encouraged to use and utilize their 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.

*[Signature]*  
Coordinator  
IQAC  
Vivekananda College  
Thakurpukur - 700 063



**VIVEKANANDA COLLEGE**  
(GOVT. SPONSORED) (NAAC ACCREDITED GRADE 'A')

Ref. No. \_\_\_\_\_

Date 08-5-19

### Notice

It is hereby notified that Vivekananda College, Thakurpukur, will offer Add-On Courses to All Honours students for the Academic year 2019-20.

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.

*[Signature]*  
08.5.19  
Principal  
Vivekananda College  
Thakurpukur - 700 063

269, DIAMOND HARBOUR ROAD, THAKURPUKUR, KOLKATA- 700 063  
Website : [www.vckolkata63.org](http://www.vckolkata63.org) Email : [vivekanandacollege63@gmail.com](mailto:vivekanandacollege63@gmail.com)

Vivekananda College, Thakurpukur  
Dept. of Philosophy  
Resolution on the Departmental Meeting

Teacher Present in the meeting :-

Tania Roy  
Tushi Mishra  
Pragya Bhattacharjee  
Amit Mondal

### Minutes of the Meeting

In this departmental Meeting dated 20th August 2019 the teachers of the department of Philosophy unanimously decided that both 1st and 3rd Sem. students would be offered a

To

The Principal

Vivekananda College, Thakurpukur,  
Kolkata 63

Respected sir,

This is to inform you that from this academic year we are including an Add-on course on "Mental Health and Stress Management for honours students of 1st Sem and 3rd Sem. of our department. Approximately 82 students of our department will be participating in this course. This course is scheduled to take place on Saturdays. from 1.00 pm to 3.00 pm. your cooperation is highly appreciated.

Thanking you.

## **Department of Philosophy**

### **Basic Course on Mental Health and Stress Management**

Now a days we live in a stressful life. We need peace and happiness which is not at all easy to earn. This basic course on Mental Health and Stress Management is really important because it helps people to feel better mentally and emotionally. They teach us how to handle stress and problems, making us stronger and more able to deal with difficulties. By learning about mental health, we can get rid of misunderstandings and shame about these issues. This knowledge helps us become healthier in our body and mind.

#### **IMPORTANCE:**

In today's fast-paced world, understanding mental health and managing stress is more important than ever. Here's why taking a basic course on these topics can make a real difference:

1. **Enhancing Mental Well-being:** This course helps you learn ways to take care of your mind, just like you would your body. It teaches you how to stay balanced, happy, and resilient, even when life gets tough.
2. **Spotting Trouble Early:** By learning about mental health, you can identify signs of stress, anxiety, or depression in yourself and others. This means you can get help sooner and prevent bigger problems down the line.
3. **Boosting Productivity and Focus:** Stress can really mess with your ability to concentrate and get things done. This course offers techniques to manage stress effectively, so you can stay focused and productive at work, school, and home.
4. **Breaking Down Stigma:** Talking openly about mental health helps reduce the shame and misunderstanding around it. This course encourages empathy and support, making it easier for everyone to seek and offer help.
5. **Developing Coping Skills:** Life throws all sorts of challenges our way. This course teaches practical skills like mindfulness, relaxation, and problem-solving to help you handle whatever comes your way.
6. **Saving on Healthcare Costs:** Mental health issues can lead to expensive healthcare needs. By learning how to manage your mental health, you might avoid some of these costs through early intervention and self-care.
7. **Improving Relationships:** Stress doesn't just affect you; it impacts those around you. Managing stress better can lead to healthier, more positive interactions with family, friends, and colleagues.
8. **Supporting Overall Health:** Your mental health is closely linked to your physical health. By managing stress and taking care of your mental well-being, you can improve your overall health and lead a more vibrant life.

### **SPECIFICALLY DESIGNED FOR UNDER GRADUATE STUDENTS:**

- ☞ In this competitive environment students find difficulties to choose career pathways other than academics which will relate to their subject knowledge. However now a days different types of courses related with Mental Health help them to find a new type of career on this topic.
- ☞ In our course, we teach students how to use meditation to handle stress. Meditation is linked to Yoga Philosophy, an ancient concept from India. Students of Degree Course of Philosophy Honours studying Yoga Philosophy. But in our course, it's not just theory. They actually practice meditation, applying what they learn
- ☞ in a hands-on way. So, alongside their serious studies, they get real-life experience with meditation to manage stress effectively.
- ☞ Not only honours students but students pursuing general degree will also get a chance to learn to manage stress and improve the mental health by joining in this course.
- ☞ Once students earn a diploma, they can use their expertise to work independently as freelancers. They can also assist others in dealing with stress. For example, they could offer services to help people manage stress better.

### **TENTATIVE TIMING**

- Once in a week.
- After usual class time (3pm to 5:00pm).

### **PLANNING AND TENTATIVE DURATION OF THE COURSE**

- ❖ Duration of the course- **15 days**
- ❖ Students will be provided with theory and practical classes every week.
- ❖ After completing **15 days** of training students will be evaluated by a Project work and Paper Presentation.
- ❖ Theory materials and PPT recommendation will be provided by the respective faculty members.
- ❖ After successfully completing the entire course and submitting the project result and certificates will be given to students.

**IMPORTANT NOTE:** Evaluation as Paper and presentation will be at the end of the course period.

# Basic Course on Mental Health and Stress Management

DAY	TOPICS	DURATION	Date & Time	Teacher
<b>DAY 1</b>	Introduction: What's in it for Learners? How Philosophy related with Mental Health and Stress Management. Focusing on Philosophy of Mind and Yoga Philosophy, Buddhist Philosophy	1+1= 2Hours	24/08/2019 1.00pm-2.00pm 2.00pm-3.00pm	PB TR
<b>DAY 2</b>	<b>Introduction to stress and tension:</b> Definitions, causes, and effects on mental and physical health	1+1=2 Hours	31/08/2019 1.00pm-2.00pm 2.00pm-3.00pm	TM PB
<b>DAY 3</b>	i)Self-assessment tools for measuring stress level: use questionnaires for evaluation (ii)Identifying common triggers of stress (work, relationships, finances, etc. iii) Interaction with students regarding their problems or issues creates stress on their mind.	1+30 minutes+30 minutes=2 Hours.	02/09/2019 1.00pm-2.30pm 2.30pm-3.00pm	TM TR
<b>DAY 4</b>	Benefits of Physical activities and exercises for stress relief: Theories and Practical Session on (i) Basic prāṇāyāma, (ii) Meditation, (iii) Music and Art therapy. How these help to manage stress.	1Hour Theory 1Hour Practical	07/09/2019 1.00pm-2.00pm 2.00pm-3.00pm	TM PB
<b>DAY 5</b>	Introduction to concentration: (i) Definition, importance, and benefits in daily life. (ii)Factors affecting concentration	1+1=2 Hours	14/09/2019 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
<b>DAY 6</b>	Understanding mental health: definition, importance, and misconceptions (Taboos related with Mental Health issues)	1+1=2 Hours	2/11/2019 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
<b>DAY 7</b>	Techniques to calm the mind. (i)Breathing Exercise (ii)Music Therapy (iii)Building concentration through mental exercises, art therapy and games (Memory game, solving puzzle), Journaling (Express yourself by writing your mental dispositions)	1+1=2Hours	16/11/2019 1.00pm-2.00pm 2.00pm-3.00pm	PB TM
<b>DAY 8</b>	Overview of common mental health disorders (anxiety, depression, PTSD, etc.) Signs, symptoms, and risk factors associated with different disorders	1+1=2Hours	04/01/2020 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
<b>DAY 9</b>	Introduction to Mindfulness Exploring the concept of mindfulness, its origins, and its relevance in modern life. Ideas on some mindfulness practices	1+1=2Hours	11/01/2020 1.00pm-2.00pm ----- - 2.00pm-3.00pm	PB TM

<b>DAY 10</b>	“Recognize your Soul Power.” (Lecture with Power Point Presentation)	2Hours	18/01/2020 1.00pm- 2.00pm ----- 2.00pm- 3.00pm	PB TM
<b>DAY 11</b>	Motivation • Definition and Nature of motivation • Different types of Motivation • What are the factors of Motivation • How motivation helps to reduce Stress	1+1=2Hours	08/02/2020 1.00pm- 2.00pm ----- 2.00pm- 3.00pm	PB TM
<b>DAY 12</b>	Special interactive session for helping students to manage stress - Unlocking Minds: Journeying through Question & Answer for searching solutions	1+1=2Hours	15/02/2020 1.00pm- 2.00pm ----- 2.00pm- 3.00pm	TM TR
<b>DAY 13</b>	Continuation of Day 12 Program	2Hours	22/02/2020 1.00pm- 2.00pm ----- 2.00pm- 3.00pm	TR TM
<b>CLASSES ARE NOT HELD IN PERSON FOR FEW MONTHS DUE TO COVID 19 PANDAMIC. ONLINE CLASSES STARTED IN MAY 2020.</b>				
<b>DAY 14</b>	PPT presentation by different groups of students.	2Hours	09/05/2020	PB TR AM
<b>DAY 15</b>	PPT Presentation: continuation of Day 14 program 30 minutes Cultural Program in google meet.  The online certificate was sent to the students' email.	2Hours	17/05/2020 5.00pm- 7.00pm.	PB TR TM AM



**Due to COVID-19 pandemic, some schedules were changed in the course and evaluation pattern.**

#### IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 14/Sept/2021, to envisage, formulate and design Add-On Courses, beyond prescribed Curriculum

A. It was decided that all the departments of Humanities, Science and Commerce would design and formulate 30 hour Add-On Courses for the session 2021-22, 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 its 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.

  
14/09/21  
Co-ordinator  
IQAC  
Vivekananda College  
Kolkata-700 063



# VIVEKANANDA COLLEGE

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

Ref. No. \_\_\_\_\_

Date 21/9/21

## Notice

It is hereby notified that Vivekananda College, Thakurpukur, will offer Add-On Courses to All Honours students for the Academic year 2021- 22.

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.

*thp*  
21/9/21

Principal  
Vivekananda College  
Thakurpukur, Kol-63

To

The Principal

Vivekananda College

Thakurpukur, Kolkata

Respected Sir

This is to inform you that from this academic year we are introducing an Add-On course for Philosophy honours students of Semester II, IV & VI.

Approximately 86 students our department will be participating in these course. This course is scheduled to take place on Saturdays from 1.00pm to 3.00pm., or on an online platform.

Your cooperation is highly appreciated.

Thanking you,

Yours Faithfully,



Professor Tania Roy

HOD

Dept. Of Philosophy

Enclosure:

1. Resolution of the departmental meeting held on 29/03/2022
2. Proposal and course Structure.

VIVEKANANDA COLLEGE, THAKURPUKUR DEPARTMENT OF PHILOSOPHY

Resolution of the online departmental meeting held on 29.03.2022

A) Teachers present in the meeting:

1. Prof. Tania Roy

2. Prof. Pragya Bhattacharjee

3. Dr. Minakshi Goswami Bhattacharya

4. Prof. Tushi Mistry

5. Prof. Amit Mondal,

B) Minutes of the meeting

In the online Departmental Meeting dated 29/03/2022 teachers of department of Philosophy Anonymously decided that the students of 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> Sem. would be offered a 30 hours Add-on Course on Research Methodology in Philosophy. It was also decided in the meeting that Prof. Pragya Bhattacharjee of Dept. of Philosophy would be the Course Coordinator Of the Add-on course for the academic Year 2021-2022.

The classes will start from 02/04/2022

## **Department of Philosophy**

### **Basic Course on Research Methodology**

The basic course on Research Methodology holds significant importance for undergraduate students for several reasons.

1. For many undergraduate students, this course serves as their first exposure to formal research. It introduces them to the fundamental skills, concepts, and methods essential for conducting research in their respective fields.
2. As undergraduate students advance in their studies, they may need to undertake independent research projects. The basic course equips them with the necessary tools to plan and conduct independent research.
3. The young Undergraduate students are at a stage where they are developing critical thinking skills. Research Methodology encourages them to analyse information critically, evaluate evidence, and make informed decisions – skills that are beneficial in both academic and real-world contexts.
4. The basic course lays the groundwork for more advanced studies. It provides a foundation that students can build upon as they progress through their academic journey, especially if they plan to pursue postgraduate studies or research-oriented careers.
5. Many undergraduate students may not have encountered various research designs before. This course introduces them to different methodologies, such as experimental, observational, and survey methods, enabling them to appreciate the diversity of research approaches.
6. The course introduces basic statistical analysis, enhancing students' analytical skills. This understanding is valuable not only for research projects but also for interpreting and critically evaluating information in various academic and professional settings.
7. The students of Undergraduate often have theoretical knowledge but may lack practical application. Research Methodology courses often include hands-on exercises, allowing students to apply their knowledge in real-world scenarios.
8. Understanding research ethics is crucial at an early stage. The course introduces undergraduates to ethical considerations in research, emphasizing the responsible conduct of studies and the importance of integrity.
9. Effective communication is a vital skill. The course emphasizes writing skills for research papers and presenting findings, preparing the students of undergraduate to communicate their ideas and research effectively.

10. For those entering professional fields, basic research skills are increasingly valuable. Many careers demand the ability to analyse data, make evidence-based decisions, and contribute meaningfully to the development of knowledge in their respective fields

## Department of Philosophy

### Basic Course on Research Methodology in Philosophy

#### Program Schedule

<b>Basic Course on Research Methodology</b>				
<b>DAY</b>	<b>TOPICS</b>	<b>DURATION</b>	<b>Date &amp; Time</b>	<b>Teacher</b>
<b>DAY 1</b>	Session 1 (1 hour): Introduction to Research Methodology Session 2 (1 hour): Philosophical approaches to Research	1+1=2Hours	02/04/2022 1.00pm-2.00pm 2.00pm-3.00pm	PB TM
<b>DAY 2</b>	Session 3 (1 hour): Formulating Research Questions Session 4 (1 hour): Establishing Research Objectives	1+1=2Hours	09/04/2022 1.00pm-2.00pm 2.30pm-3.30pm	PB
<b>DAY 3</b>	Session 5 (1 hour): Conducting a Literature Review Session 6 (1 hour): Developing a conceptual framework	1+1=2Hours.	11/04/2022 (Online) 6.00pm-7.00pm 7.00pm-8.00pm	TR TM
<b>DAY 4</b>	Session 7 (1 hour): Data Collection Techniques in Philosophy Session 8 (1 hour): Choosing Research Method	1+1=2Hours	16/04/2022 1.00pm-2.00pm 2.00pm-3.00pm	TM TR
<b>DAY 5</b>	Session 9 (1 hour): Qualitative Research Method Session 10 (1 hour): Quantitative Research Method	1+1=2Hours	23/04/2022 (Online) 11.00pm-12.00pm 4.00pm-5.00pm	TM MB
<b>DAY 6</b>	Session 11 (1 hour): Philosophical Data Analysis Technique Session 12 (1 hour): Interpreting Research Findings	1+1=2Hours	30/04/2022 2.00pm-3.00pm 3.00pm-4.00pm	PB MB
<b>DAY 7</b>	Session 13 (1 hour): Research Ethics Session 14 (1 hour): Citation and Referencing Styles in Philosophy	1+1=2Hours	07/05/2022 2.00pm-3.00pm 3.00pm-4.00pm	MB PB

<b>DAY 8</b>	Session 15 (1 hour): Peer Review and Feedback Mechanisms Session 16 (1 hour): Revision and Q&A Session	1+1=2 Hours	14/05/2022 (Online) 6.00pm-7.00pm 7.00pm- 8.00pm	MB AM
<b>DAY 9</b>	Session 17 (1 hour): Practical Application of Research Methodologies Session 18 (1 hour): Group Discussion and Collaboration in Research	1+1=2 Hours	17/05/2022 (online) 4.00pm-5.00pm 5.00pm-6.00pm	TR TM
<b>DAY 10</b>	Session 19 (1 hour): Research Proposal Writing Session 20 (1 hour): Individual Consultation and Feedback	1+1=2 Hours	22/05/2022 (Online) 6.00pm-7.00pm 6.30pm-7.30pm	PB MB
<b>DAY 11</b>	Session 21 (1 hour): Challenges Philosophical Research Session 22 (1 hour): Strategies for Overcoming Research Obstacles	1+1=2 Hours	25/05/2022 (Online) 4.00pm-5.00pm 5.00pm-6.00pm	AM TM
<b>DAY 12</b>	Session 23 (1 hour): Presenting Research Findings Session 24 (1 hour): Peer Evaluation and Critique	1+1=2 Hours	30/05/2022 (Online) 1.00pm-2.00pm 2.00pm-3.00pm	PB MB
<b>DAY 13</b>	Session 25 (1 hour): Incorporating Feedback into Research Session 26 (1 hour): Finalizing Research Projects	1+1=2 Hours	04/06/2022 (Online) 1.00pm-2.00pm 2.00pm-3.00pm	MB TR
<b>DAY 14</b>	Session 27 (1 hour): Preparing for Research Presentation Session 28 (1 hour): Revisiting Key Concepts and Methodologies	1+1=2 Hours	10/06/2022 (Online) 11.00pm-12.00pm 4.00pm-5.00pm	TR PB
<b>DAY 15</b>	Session 29 (1 hour): Final Research Presentations (Small Project work) Session 30 (1 hour): Course Conclusion.	1+1=2 Hours	18/06/2022 (online) 4.00pm-5.00pm 5.00pm-6.00pm	TR TM PB MB AM

## ADD-ON COURSE: 2022-2023

### IQAC recommendation

IQAC, Vivekananda College, Thakurpukur, met on 18<sup>th</sup> 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.

  
18/6/22  
Co-ordinator  
IQAC  
Vivekananda College  
Kolkata-700 063



**VIVEKANANDA COLLEGE**  
(GOVT. SPONSORED) (NAAC ACCREDITED GRADE 'A')

70331 2497 6824  
(033) 2497 6834

Prof. / Ms. \_\_\_\_\_

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.

  
Principal

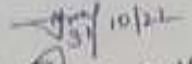

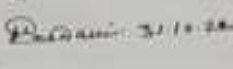
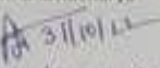
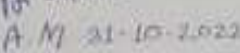
Vivekananda College  
Thakurpukur, West Bengal

285, DIAMOND HARBOUR ROAD, THAKURPUKUR, KOLKATA-700 863  
Website : [www.vivekananda63.org](http://www.vivekananda63.org) • email : [vivekanandacollege63@gmail.com](mailto:vivekanandacollege63@gmail.com)

**VIVEKANANDA COLLEGE, THAKURPUKUR DEPARTMENT OF PHILOSOPHY**

Resolution of the Online Departmental meeting held on 31.10.2022

**A) Teachers present in the online meeting:**

1. Prof. Tania Roy  31/10/22
2. Prof. Pragya Bhattacharjee  31-10-22
3. Dr. Minakshi Goswami Bhattacharyya  31/10/22
4. Prof. Tushi Mistry  31/10/22
5. Prof. Amit Mondal  31-10-2022

**B) Minutes of the meeting**

In the online departmental meeting dated 31/10/2022 the teachers of the dept. of Philosophy unanimously decided that the Sem I, III & V honors students would be offered a 30 -hours Add-on Course on "Mental Health and Stress Management". It was decided in the meeting that Prof. Pragya Bhattacharjee & Dr. Minakshi Goswami Bhattacharyya of Dept. Of Philosophy would be the course Coordinator for the Add-on Course of "Mental Health & Stress Management" for Academic Session 2022-23

To

The Principal

Vivekananda College

Thakurpukur, Kolkata

Respected Sir

This is to inform you that from this academic year we are introducing an Add-On course on

"Mental Health and Stress Management" for honors students of Sem I, III & V of our department.

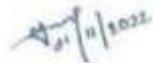
Approximately 72 students our department will be participating in this course. This

course is scheduled to take place on Saturdays or in online mode from 1.00pm to

Your cooperation is highly appreciated.

Thanking you.

Yours Faithfully,



Prof. Tania Roy

HOD

Dept. of Philosophy

Enclosure:

1. Resolution of the departmental online meeting held on 31/10/2022
2. Proposal and course Structure

# **Department of Philosophy**

## **Basic Course on Mental Health and Stress Management**

Now a days we live in a stressful life. We need peace and happiness which is not at all easy to earn. This basic course on Mental Health and Stress Management is really important because it helps people to feel better mentally and emotionally. They teach us how to handle stress and problems, making us stronger and more able to deal with difficulties. By learning about mental health, we can get rid of misunderstandings and shame about these issues. This knowledge helps us become healthier in our body and mind.

### **IMPORTANCE:**

This basic course on mental health and stress management hold significant importance in today's fast and challenging world due to several reasons:

- 1. Increase Mental Well-being:** The course provides individuals with essential skills and knowledge to maintain and increase their mental well-being.
- 2. Prevention and Early Intervention:** Education on mental health helps in identifying early signs of stress, anxiety, depression, and other mental health concerns. This knowledge empowers individuals to seek help or support early, preventing the growth of mental health issues.
- 3. Improved Productivity and Performance:** Effective stress management techniques lead to increased productivity, better concentration, and improved performance in various areas of life, including work, academics, and personal relationships.
- 4. Reduced Stigma:** Education about mental health care for a better understanding and empathy toward individuals facing mental health challenges. It helps in breaking societal stigmas and misconceptions surrounding mental illnesses, creating a more supportive environment.
- 5. Improved Coping Skills:** Learning stress management techniques provide individuals with practical tools to cope with life's challenges. These skills include mindfulness, relaxation techniques, time management, and problem-solving strategies.
- 6. Healthcare Cost Reduction:** Mental health issues contribute significantly to healthcare costs. By promoting mental health education and stress management, individuals may adopt preventive measures, potentially reducing healthcare expenses in the long run.
- 7. Positive Impact on Interpersonal Relationships:** Managing stress and understanding mental health not only beneficial for individuals but also positively influence their

relationships. Effective stress management can lead to better communication and healthier interactions within families, workplaces, and communities.

**8. Overall Health Improvement:** Mental health significantly impacts physical health. Managing stress and maintaining good mental health can positively influence overall health outcomes and contribute to a healthier lifestyle.

#### **SPECIFICALLY DESIGNED FOR UNDER GRADUATE STUDENTS:**

- ☞ In this competitive environment students find difficulties to choose career pathways other than academics which will relate to their subject knowledge. However now a days different types of courses related with Mental Health help them to find a new type of career on this topic.
- ☞ In our course, we teach students how to use meditation to handle stress. Meditation is linked to Yoga Philosophy, an ancient concept from India. Students of Degree Course of Philosophy Honours studying Yoga Philosophy. But in our course, it's not just theory. They actually practice meditation, applying what they learn in a hands-on way. So, alongside their serious studies, they get real-life experience with meditation to manage stress effectively.
- ☞ Not only honours students but students pursuing general degree will also get a chance to learn to manage stress and improve the mental health by joining in this course.
- ☞ Once students earn a diploma, they can use their expertise to work independently as freelancers. They can also assist others in dealing with stress. For example, they could offer services to help people manage stress better.

#### **TENTATIVE TIMING**

- Once in a week.
- After usual class time (3pm to 5:00pm)/ Online mode

#### **PLANNING AND TENTATIVE DURATION OF THE COURSE**

- ❖ Duration of the course- **15 days**
- ❖ Students will be provided with theory and practical classes every week.
- ❖ After completing **15 days** of training students will be evaluated by a Project work and Paper Presentation.
- ❖ Theory materials and PPT recommendation will be provided by the respective faculty members.

- ❖ After successfully completing the entire course and submitting the project result and certificates will be given to students.

**IMPORTANT NOTE:** Evaluation as Paper and presentation will be at the end of the course period.

<b>Basic Course on Mental Health and Stress Management</b>				
<b>DAY</b>	<b>TOPICS</b>	<b>DURATION</b>	<b>Date &amp; Time</b>	<b>Teacher</b>
<b>DAY 1</b>	Introduction: What's in it for Learners? How Philosophy related with Mental Health and Stress Management. Focusing on Philosophy of Mind and Yoga Philosophy, Buddhist Philosophy	1+1= 2Hours	05/11/2022 1.00pm- 2.00pm 2.00pm- 3.00pm	PB MB
<b>DAY 2</b>	<b>Introduction to stress and tension:</b> Definitions, causes, and effects on mental and physical health	1+1=2 Hours	12/11/2022 1.00pm- 2.00pm 2.00pm- 3.00pm	TM TR
<b>DAY 3</b>	i)Self-assessment tools for measuring stress level: use questionnaires for evaluation (ii)Identifying common triggers of stress (work, relationships, finances, etc. iii) Interaction with students regarding their problems or issues creates stress on their mind.	1+30 minutes+30 minutes=2 Hours.	19/11/2022 1.00pm- 2.30pm 2.30pm- 3.00pm	PB MB
<b>DAY 4</b>	Benefits of Physical activities and exercises for stress relief: Theories and Practical Session on (i) Basic prāṇāyāma, (ii) Meditation, (iii) Music and Art therapy. How these help to manage stress.	1Hour Theory 1Hour Practical	26/11/2022 1.00pm- 2.00pm 2.00pm- 3.00pm	MB PB
<b>DAY 5</b>	Introduction to concentration: (i) Definition, importance, and benefits in daily life. (ii)Factors affecting concentration	1+1=2 Hours	03/12/2022 1.00pm- 2.00pm 2.00pm- 3.00pm	TM TR
<b>DAY 6</b>	Understanding mental health: definition, importance, and misconceptions(Taboos related with mental Health issues)	1+1=2 Hours	10/12/2022 1.00pm- 2.00pm 2.00pm- 3.00pm	TM TR

<b>DAY 7</b>	Techniques to calm the mind. (i)Breathing Exercise (ii)Music Therapy (iii)Building concentration through mental exercises, art therapy and games (Memory game, solving puzzle), Journaling(Express yourself by writing your mental dispositions)	1+1=2Hours	17/12/2022 1.00pm- 2.00pm <hr/> 2.00pm- 3.00pm	PB MB
<b>DAY 8</b>	Overview of common mental health disorders (anxiety, depression, PTSD, etc.) Signs, symptoms, and risk factors associated with different disorders	1+1=2Hours	24/12/2022 1.00pm- 2.00pm <hr/> 2.00pm- 3.00pm	TM TR
<b>DAY 9</b>	Introduction to Mindfulness Exploring the concept of mindfulness, its origins, and its relevance in modern life. Ideas on some mindfulness practices	1+1=2Hours	27/12/2022 4.00pm- 5.00pm <hr/> 6.00pm- 7.00pm (Online)	MB AM
<b>DAY 10</b>	“Recognize your Soul Power.” (Lecture with Power Point Presentation)	2Hours	30/12/2022 5.00pm- 7.00pm (Online)	PB
<b>DAY 11</b>	Motivation • Definition and Nature of motivation • Different types of Motivation • What are the factors of Motivation • How motivation helps to reduce Stress	1+1=2Hours	07/01/2023 1.00pm- 2.00pm <hr/> 2.00pm- 3.00pm	MB TM
<b>DAY 12</b>	Special interactive session for helping students to manage stress -Unlocking Minds: Journeying through Question & Answer for searching solutions	1+1=2Hours	14/01/2023 (online) 4.00pm- 6.00pm <hr/>	MB PB TM TR AM
<b>DAY 13</b>	Continuation of Day 12 Program	2Hours	25/02/2023 1.00pm to 3.00pm	MB TR PB TM
Classes were not taken due to CU exam and other exam related duties				
<b>DAY 14</b>	Paper Presentation by students	2Hours	1/04/2023	MB