

INDIAN KNOWLEDGE SYSTEMS (IKS)

Recognizing the evolving educational landscape and the emphasis on the New Education Policy (NEP) 2020, the college seeks to adapt and enhance its vision.

The NEP 2020 emphasizes the integration of Indian Knowledge Systems (IKS) to promote cultural awareness, holistic learning, and problem-solving skills. Fostering knowledge and appreciation for India's rich heritage among our students the Internal Quality Assurance Cell (IQAC) of NNCW has recommended the establishment of an Indian Knowledge Systems Cell (IKSC) to prepare the institution for the National Education Policy (NEP) 2020

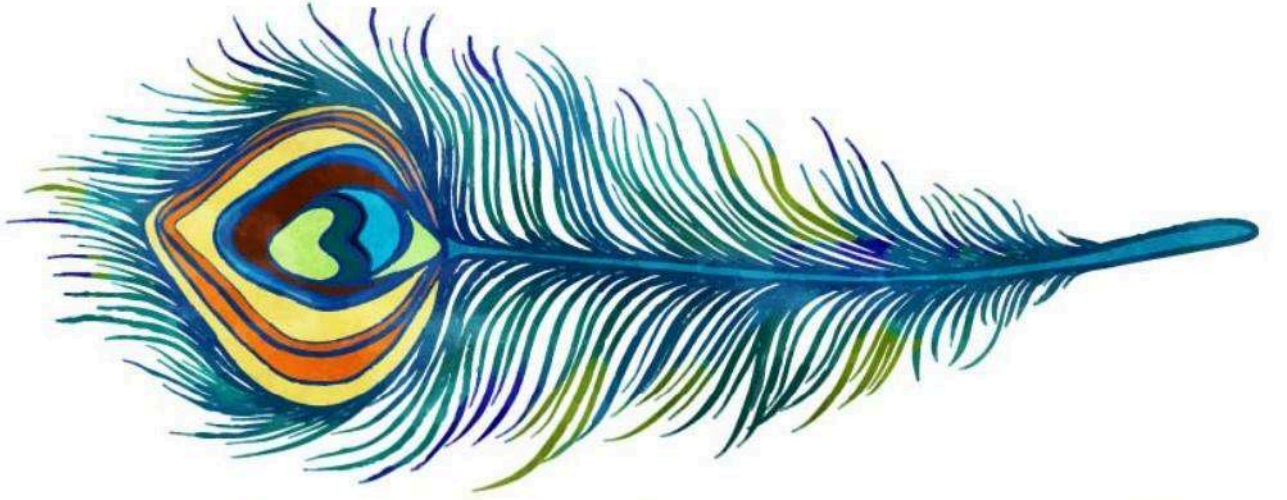
Therefore, the Governing Body of Netaji Nagar College for Women acknowledges the importance of **incorporating Indian Knowledge Systems (IKS) into the college's vision** and approves the establishment of an **Indian Knowledge Systems Cell (IKSC)** with the following objectives:

1. To organize seminars, workshops, and popular lecture series on various aspects of Bharatiya Gyan Parampara (Indian Knowledge Traditions) to disseminate knowledge about India's rich heritage among our students.
2. To integrate the study of IKS into relevant academic programs within the framework of the NEP 2020.
3. To collaborate with academic institutions and research centers focused on IKS to develop innovative learning resources.
4. To promote interdisciplinary dialogue and encourage teachers' research projects related to IKS.
5. curate and maintain a library of resources on IKS for the benefit of students and faculty.
6. The college will actively promote the incorporation of IKS and value education in its prospectus and outreach programs.
7. Faculty development programs will be organized to equip existing teachers with the knowledge and skills to effectively teach IKS subjects.

By embracing IKS and value education, Netaji Nagar College for Women remains committed to empowering future generations of women with a well-rounded education.

Chapter 2, verse 20

Reसंस्कृत™



न जायते म्रियते वा कदाचिन्नायं भूत्वा भविता वा न भूयः।
अजो नित्यः शाश्वतोऽयं पुराणो न हन्यते हन्यमाने शरीरे॥

Bhagavad Gita 2.20 | resanskrit.com

The soul is never born, never dies once it comes into being, it never ceases to be. Unborn, eternal, abiding and primeval, it does not perish when the body is slain.

आत्मा किसी काल में भी न जन्मता है और न मरता है,
न यह एक बार होकर फिर अभावरूप होने वाला है।
आत्मा अजन्मा, नित्य, शाश्वत और पुरातन है, शरीर के नाश होने पर भी इसका नाश नहीं होता।

Chapter 2, verse 27

Re संस्कृत™

जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च ।

jātasya hi dhruvo mṛtyurdhruvaṁ janma mṛtasya ca

तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥

tasmādaparihārye'rthe na tvam śocitumarhasi



Death is certain for the born, and re-birth is certain for the dead; therefore you should not feel grief for what is inevitable.

जन्मने वाले की मृत्यु निश्चित है और मरने वाले का जन्म निश्चित है इसलिए जो अटल है अपरिहार्य है उसके विषय में तुमको शोक नहीं करना चाहिये।

Bhagavad Gita Chapter 14, verse 09



सत्त्व रजस् तमस्

ॐ संस्कृतम् | resanskrit.com

सत्त्वं सुखे सञ्जयति रजः कर्मणि भारत ।
ज्ञानमावृत्य तु तमः प्रमादे सञ्जयत्युत ॥

resanskrit.com

O scion of the Bharata dynasty, sattva attaches one to happiness, rajas to action, while tamas, covering up knowledge, leads to inadvertence also.

Bhagavad Gita 14.09

हे अर्जुन! सत्त्वगुण मनुष्य को सुख में बाँधता है, रजोगुण मनुष्य को सकाम कर्म में बाँधता है और तमोगुण मनुष्य के ज्ञान को ढँक कर प्रमाद में बाँधता है।

Quotes / IKSC, NNCW

विद्या विनयेन शोभते

(Vidya vinayena shobhate)

Knowledge adorned with humility shines

विद्याधनं सर्वधनप्रधानम्

(Vidyadhanam sarvadhanapradhanam)

Knowledge is the supreme wealth

स्वाध्यायप्रवचने च

(Swadhyaya pravachane cha)

Engaged in self-study and sharing knowledge


अयं बन्धुरयं नेति

(Ayam bandhurayam neti)

Not this one, that one, but all are friends

Activity Report of the Workshop on Value Education dated 28.03.2024

**Jointly Organized by
IKSC & IQAC of NNCW, Kolkata-92**



**IKSC, NNCW
on
Indian Knowledge Systems**

Presents
Dr. Suchhanda Sen
Assoc. Prof in Mathematics

**A Lecture on
Value Education
Titled
“মূল্যবোধ ও আমি”
(Mulyabodh O Ami)**

28th March 2024

*Prepared by
Indian Knowledge System Cell, Netaji Nagar College for Women, Kolkata-92*

**Indian Knowledge System Cell
&
Internal Quality Assurance Cell
of
Netaji Nagar College for Women, Kolkata-92**



Patron

Dr. Tapan Kumar Ghosh

Principal & Chairman of IKSC and IQAC

Speaker

Dr. Suchanda Sen

Associate Professor of Mathematics

Jogamaya Devi College, Kolkata



Dr. Suchhanda Sen
Assoc. Prof in Mathematics

**A Lecture on
Value Education
Titled**

**“মূল্যবোধ ও আমি”
(Mulyabodh O Ami)**

**28th March 2024
12:30 pm
College Auditorium**

Indian Knowledge System Cell (IKSC)
Netaji Nagar College for Women, Kolkata-92

The University Grants Commission (UGC) has released the draft 'Guidelines for Incorporating Indian Knowledge in Higher Education Curricula'. These guidelines aim to help colleges and universities develop courses for introducing students to the Indian Knowledge System (IKS) under the Ministry of Education (MoE). As a concept, IKS has been introduced through the National Education Policy (NEP) - 2020.

Netaji Nagar College for Women, established in 1986 and situated in Kolkata, West Bengal, has a rich history of empowering women through education. Founded in a refugee colony, the college's initial vision catered to the specific needs of its community.

Recognizing the evolving educational landscape and the emphasis on the New Education Policy (NEP) 2020, the college seeks to adapt and enhance its vision.

There has been a decline in admissions of girl students, necessitating a strategic approach to attract and retain them. With a view to foster knowledge and appreciation for India's rich heritage among our students, the Internal Quality Assurance Cell (IQAC) of NNCW has recommended the establishment of an Indian Knowledge Systems Cell (IKSC) to prepare the institution for the National Education Policy (NEP) 2020, which underlines the integration of Indian Knowledge Systems (IKS) to promote cultural awareness, holistic learning, and problem-solving skills.

The Governing Body of Netaji Nagar College for Women acknowledged the importance of incorporating Indian Knowledge Systems (IKS) into the college's vision. The Governing Body of NNCW proposed the establishment of an **Indian Knowledge System Cell (IKSC)** and authorized the principal to do the needful for the formation.

The objectives of the Cell :

- To organize seminars, workshops, and popular lecture series on various aspects of Bharatiya Gyan Parampara (Indian Knowledge Traditions) to disseminate knowledge about India's rich heritage among our students.
- To integrate the study of IKS into relevant academic programs within the framework of the NEP 2020.
- To collaborate with academic institutions and research centers focused on IKS to develop innovative learning resources.
- To promote interdisciplinary dialogue and encourage teachers' research projects related to IKS.
- To curate and maintain a library of resources on IKS for the benefit of students and faculty.
- To promote the incorporation of **IKS and value education** in its prospectus and outreach programs.
- To organize Faculty development programs to equip existing teachers with the knowledge and skills to effectively teach IKS subjects.

Program Schedule

Seminar on Value Education

Mulyabodh o Ami : মূল্যবোধ ও আমি

28.03.2024

Venue : College Auditorium

Inaugural Session : Lightening the Lamp & Felicitation of Dignitaries	Conducted by Dr. Nilimpa Ghosh HoD, Department of Political Science
Welcome Address	Dr. Tapan Kumar Ghosh Principal & Patron Chairman, IKSC & IQAC
Introductory Address	Dr Bipul De Convener, IKSC Associate Professor, Department of Economics
Introduction of the Resource Person	Dr. Chaitali Bhattacharya Coordinator, NAAC Steering Committee Member, Governing Body HoD, Department of Chemistry
Invited Lecture	Dr. Suchanda Sen Associate Professor of Mathematics Jogamaya Devi College, Kolkata
Interactive Session	
Vote of Thanks	Dr. Soma Saha Bursar & Associate Professor Department of Economics

Dr. Tapan Kumar Ghosh, Principal & Dr. Suchanda Sen, Resource Person



Audience





Report on Seminar on Value Education at Netaji Nagar College for Women

Organized by: Indian Knowledge System Cell

Date: 28.03.2023

The Indian Knowledge System Cell of Netaji Nagar College for Women organized a thought-provoking seminar on Value Education. This report summarizes the key aspects of the event.

Introduction:

The program commenced with a warm welcome to the students and staff by Dr. Nilimpa Ghosh, Member of IKSC & HoD, Department of Political Science. She coordinated the entire program and set the stage for the seminar with an insightful talk, highlighting the importance of value education in today's world.

Lamp Lighting Ceremony & Felicitation :

A traditional lamp lighting ceremony marked the inauguration of the seminar, signifying the quest for knowledge and enlightenment by

- Dr. Tapan Kumar Ghosh, Principal & Chairman of IKSC & IQAC, NNCW
- Dr. Suchanda Sen, Resource Person, Associate Professor of Mathematics, Jogamaya Devi College, Kolkata
- Dr. Chaitali Bhattacharya, Coordinator, NAAC Steering Committee & HoD, department of Chemistry, NNCW
- Dr. Bipul De, Convener, IKSC & Associate Professor of Economics, NNCW

After lightening the lamp ceremony,

- Principal Dr. Tapan Kumar Ghosh was felicitated by Dr. Soma Saha, Bursar
- Resource person Dr. Suchanda Sen was felicitated by Dr. Chaitali Bhattacharya, NAAC Coordinator
- Convener, IKSC, Dr. Bipul De was felicitated by Dr. Barun Kumar Pal, member, Governing Body

Welcome Address:

The esteemed Principal of the college Dr. Tapan Kumar Ghosh delivered his Welcome Address, emphasizing the importance of value education in shaping future generations. He extended a warm welcome to the guests, resource person, and students, emphasizing the college's commitment to holistic education, including value-based learning.

Introductory Speech by the Convener:

The convener of the Indian Knowledge System Cell Dr. Bipul De took the stage next. Through a series of compelling case studies, he highlighted the relevance of value education in navigating the complexities of the contemporary world. The convener delved into the relevance of the seminar. Through engaging examples, the convener emphasized the practical application of values in everyday life.

Keynote Address / Invited Lecture :

Dr. Suchanda Sen, the resource person, a leading expert in the field, delivered a captivating speech titled “Mulyabodho Ami” [মূল্যবোধ ও আমি]. Her address explored the intricate connection between personal values and our broader sense of humanity. The invited resource person delivered a captivating speech on the theme “Values and Me.” The speech explored the connection between individual well-being and fostering a sense of humanity towards others.

Interactive Session:

A stimulating interactive session followed the keynote address. Students actively participated, raising questions and engaging in discussions with the resource person on various aspects of value education.

Vote of Thanks:

Dr. Soma Saha, Associate Professor of Economics & Bursar of the college delivered a heartfelt vote of thanks, expressing gratitude to the Principal, Resource Person, President & members of the Governing Body, Conveners and Members of IQAC & IKSC, faculty, and students for their valuable contributions to the seminar’s success.

Outcome

- The seminar on Value Education proved to be a valuable learning experience for all attendees.
- By fostering dialogue and critical thinking, the event empowered students to integrate strong values into their personal and professional lives.
- The seminar served as a reminder of the enduring importance of the Indian Knowledge System in navigating the complexities of the modern world.

আমাদের গান

বেদপাঠ

(উচ্চারণ সংকেতসহ)

ওঁ সহ নাববত্। সহ নৌ ত্বনত্।
সহবীর্ষ্যাং করবাবহে। তেজস্বিনাবধীতমস্ত
মা বিদ্বিষাবহে।
ওঁ শান্তিঃ শান্তিঃ শান্তিঃ।

(কৃষ্ণবেদীয় শান্তিবচন)

বঙ্গানুবাদ

ঈশ্বর আমাদেরকে (আচার্য ও শিষ্যকে) সমভাবে রক্ষা করুন। আমাদের উভয়কে অধীত বিদ্যার ফলভোগে সমর্থ করুন। আমরা উভয়ে যেন ওজস্বী হই। অধীত বিদ্যা যেন আমাদের জীবনে তেজস্বর (কার্যকরী) হয়। পরস্পরের প্রতি আমরা যেন বিদ্বেষভাব পোষণ না করি। শান্তি-শান্তি-শান্তি (আধ্যাত্মিক, আধিভৌতিক ও আধিদৈবিক-সর্বপ্রকার বিঘ্ন উপশান্ত হইয়া পরিপূর্ণ শান্তি বিরাজ করুক)।

May God protect us (Acharya and disciple) equally. Support us both in the fruits of Adhit Vidya. May we both be strong. May Adhit Vidya be radiant (effective) in our lives. Let us not bear hatred towards each other.

Shanti-Shanti-Shanti

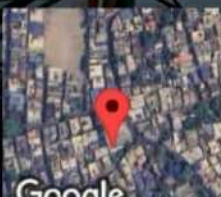
(Spiritual, metaphysical and super-divine - may all kinds of disturbances subside and complete peace prevail).

Photo Gallery of the Workshop on Value Education
Jointly Organized by
IKSC & IQAC of NNCW, Kolkata-92



28.03.2024
College Auditorium

Photo Gallery of the Workshop on Value Education
Jointly Organized by
IKSC & IQAC of NNCW, Kolkata-92



Kolkata, West Bengal, India
6/38, Netaji Nagar Rd, Netaji Nagar, Kolkata, West Bengal 700092, India
Lat 22.481246°
Long 88.359817°
28/03/24 01:07 PM GMT +05:30

28.03.2024

College Auditorium

Photo Gallery of the Workshop on Value Education

Jointly Organized by

IKSC & IQAC of NNCW, Kolkata-92



28.03.2024
College Auditorium

Photo Gallery of the Workshop on Value Education

Jointly Organized by

IKSC & IQAC of NNCW, Kolkata-92



28.03.2024
College Auditorium

Photo Gallery of the Workshop on Value Education
Jointly Organized by
IKSC & IQAC of NNCW, Kolkata-92



28.03.2024
College Auditorium

WORKSHOP ON VALUE EDUCATION
28.03.2024

NAME	Dept.	Ph. NO.	Signature
1) Iffat Ismail	B.A (GEN) 4th Sem	8272983436	Iffat Ismail
2) Riya Kayal	B.A (Gen) 4th Sem	6291777527	Riya Kayal
3) Aranya Dey.	B.A (Hon) 6th Sem	9330318916	Aranya Dey.
4) Sohini Malakar	BA (Hon) 6th sem	8017177932	Sohini Malakar
5) Saniya Showe	BA (Gen) 4th Sem	6289888699	Saniya Showe.
6) Riya Ghosh	BA (Gen) 4th Sem	9123850603	Riya Ghosh.
7) Priyanka Mondal	BA (Hons) 4th Sem	7439764008	Priyanka Mondal
8) Rekha Sardar	B.A [Hons] 4th Sem	8370987341	Rekha Sardar
9) NILA DUTTA GUPTA	B.A (HONS) VI SEM	8420089064	(N)
10) Susmita Mondal	B.A (HONS) VI SEM	7439794457	Susmita Mondal.
11) Rajani Sharma	B.A (HONS) VI SEM	6289378579	R.Sharma
12) Gita Orao	B.A (HONOURS) VII SEM	9123967049	Gita Orao
13) PAYEL SIKDER	B.A {H} Sem. IV	8274917667	(P.S)
14) Debjani Mowmu	B.A (H) Sem - 4	9339067647	Debjani
15) Rima Mondal	B.A (H) Sem-4	8910380120	(R.M)
16) Aishwarya Singh	B.A (H) Sem-4	8210649233	Aishwarya Singh.
17) Dipannita Das	B.A (H) sem 4	8240033803	Dipannita Das
18) Torsha Majee	B.Sc. (H) Sem-6	9477576880	Torsha Majee
19) Upasana Banerjee.	B.Sc (A) Sem-6	9008009846	U.B.

WORKSHOP ON VALUE EDUCATION

28.03.2024

NAME	Dept.	Ph. No.	Signature
20) Suehana Sahoo	B.A.(Gr)	6290779327	Suehana Sahoo
21) Durga Mondal	B.A (Gr)	9007441926	Durga Mondal
22) Esha Das	B.A(H)	8100148626	Esha Das.
23) Riya Mondal		9100147918	Riya Mondal
24) DiPa Das-	(B.A(Gr)	6289630546	DiPa Das
25) Shreya Chowdhury	B.A (H)	8100502581	28/3/24
26) Snigdha Halder	B.A(H)	9123302208	Snigdha Halder (Co-Ed)
27) Sakshi Paul	B.A (H)	9432756935	S. Paul
28) Mukti Nayak	B.A(H)	7842690826	
29) Priya Bera	B.A (H)	7439752404	Priya Bera
30) Puja Halder	(B.A) (H)	9330611135	P. H
31) Priyanka Mondal	(B.A) (H)	9694309522	Priyanka Mondal
32) Samia Mondal	(B.A) (Gr)	7439504458	Samia Mondal
33) Lata Pariya	(B.A) (Gr)	7439693798	Lata Pariya
34) Brishthi Dutta	(B.A) (Gr)	9432955181	Brishthi Dutta
35) Priyanka Ghosh	(B.A) (Gr)	9051705990	Priyanka Ghosh
36) Snigdha Das.	B.A.(H)	9051176493	S. Das.
37) Saheli Das	B.A. (Gr)	9804257340	Saheli Das.
38) Tina Das	B.A. (Gr)	6291833747	Tina Das
39) Shreya Ghosh	B.A (Gen)	6291939746	Shreya

WORKSHOP ON VALUE EDUCATION
28.03.2024

NAME	Dept.	Ph. No.	Signature
1. Paromita Das	B.A (Gen) B.A (Gen)	7439978299	
2. Asmi Mondal	B.A (General)	7003582337	
3. Sony Singh	B.A (General)	8981827986	
4. Ananya Sarkar	B.A (General)	9330861822	
5. Laboni Das	B.A (Honours)	8100391639	
6. Koyel Das	B.A (Honours)	8100021915	
7. Sonali Das	B.A (Honours)	7439556718	
8. Rituparna Das	B.A (Hons)	9051579324	
9. Riya Debnath	B.A (Hons)	9681970437	
10. Bipasa Kar	B.A (Hons)	9038313699	
11. Paromita Saha	B.A (Hons)	9330297817	
12) Susmita Mondal	B.A (Hons)	6289093385	
13) Priyanka Karan	B.A (Hons)	9163304467	
14) Ankita Saha	B.A (Hons)	9163038129	
15) Megha Pal.	B.A (Hons)	9433947022	
16. Payel Mondal	B.A (Hons)	7980690984	
17. ANANYA NASKAR	B.A (Hons)	8274972519	
18. TRISHA CHAKRABORTY (B.A HONS)	(B.A HONS)	8100596717	
19. KAHINI MONDAL (B.A HONS)	(B.A HONS)	7439756821	
20. Rumpa Das (B.A Gen)	(B.A Gen)	7863994484	
21. MANISHA DAS (B.A GEN)	(B.A GEN)	7044406424	
22. Manisha Chandra (B.A GEN)	(B.A GEN)	8777044423	

Total Participants
39 + 22
= 61.

Feedback Analysis through Google Form

10:23

docs.google.com

Feedback Form of Value Education Wk

Questions Responses Settings

Workshop: "Mulyabodh o Ami- মূল্যবোধ ও আমি"

B I U

Thank you for participating in our Value Education Workshop: Mulyabodh o Ami: মূল্যবোধ ও আমি, held on 28.03.2024 at College Auditorium, jointly organized by Indian Knowledge System Cell & Internal Quality Assurance Cell, Netaji Nagar College for Women, Kolkata-92. We appreciate your time and engagement. Your feedback is important to us as we strive to improve future workshops.

If you are interested, you can join our new WhatsApp group IKSC @ NNCW by clicking the link below:

+ **Tt** **+** **+** **+**

10:56

docs.google.com

Feedback Form of Value Education Wk

Questions Responses Settings

**INDIAN KNOWLEDGE SYSTEM CELL OF
NETAJI NAGAR COLLEGE FOR WOMEN,
KOLKATA - 92.**



**IKSC, NNCW
on
Indian Knowledge Systems**

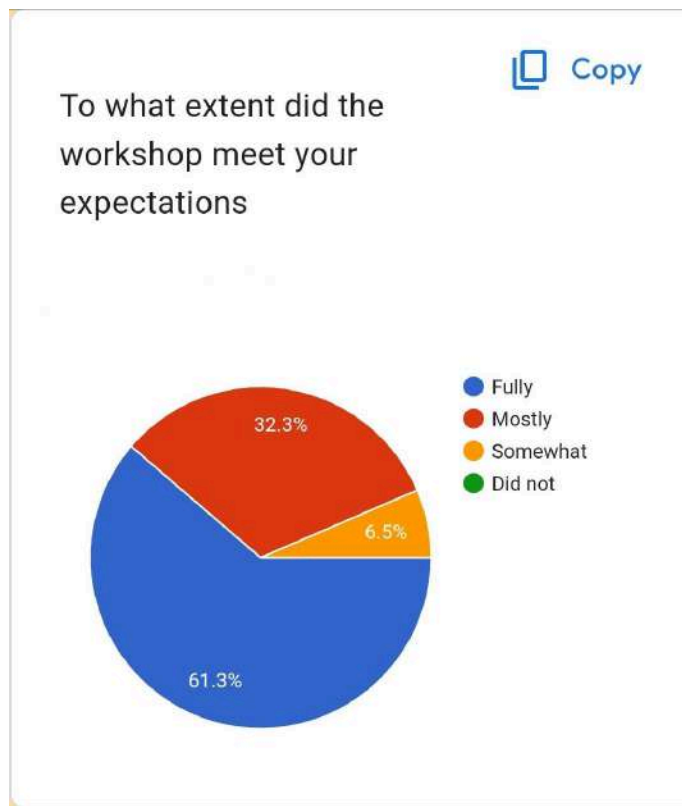
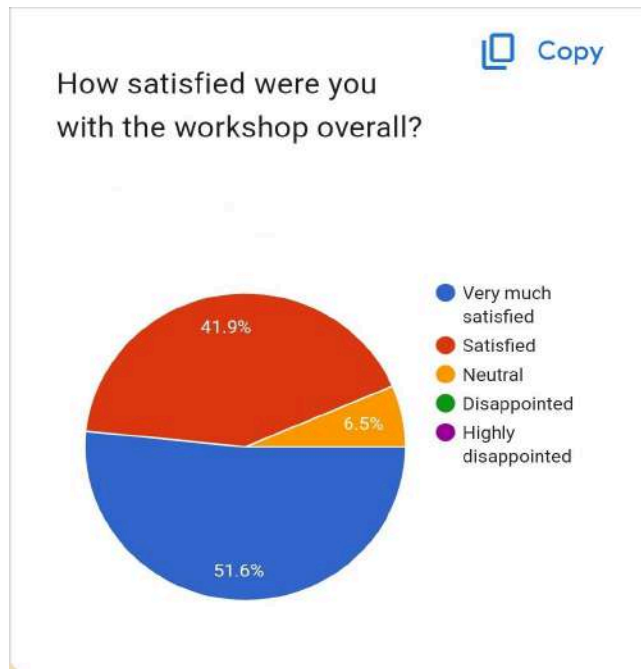
Name

B I U

+ **Tt** **+** **+** **+**



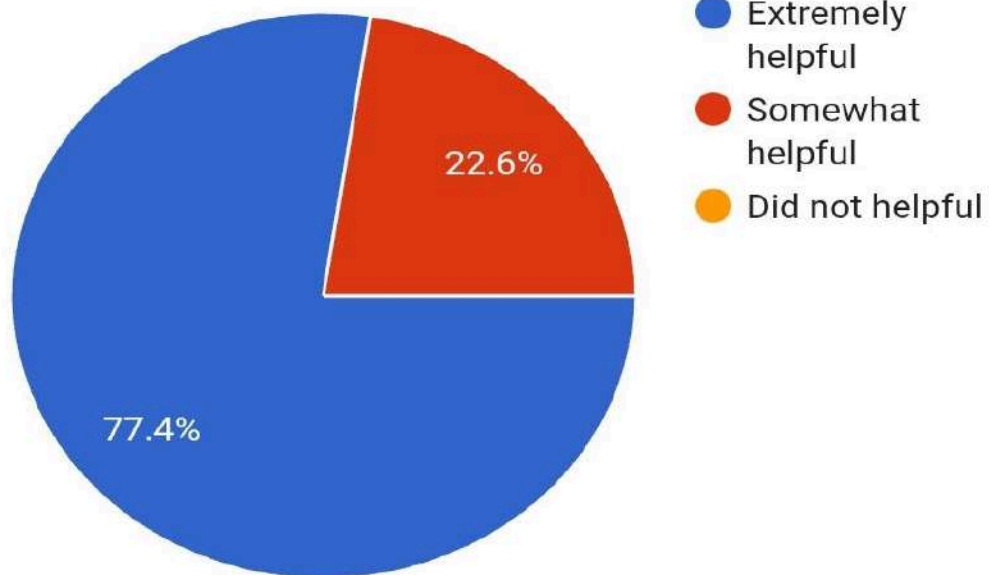
Feedback Analysis through Google Form



Feedback Analysis through Google Form



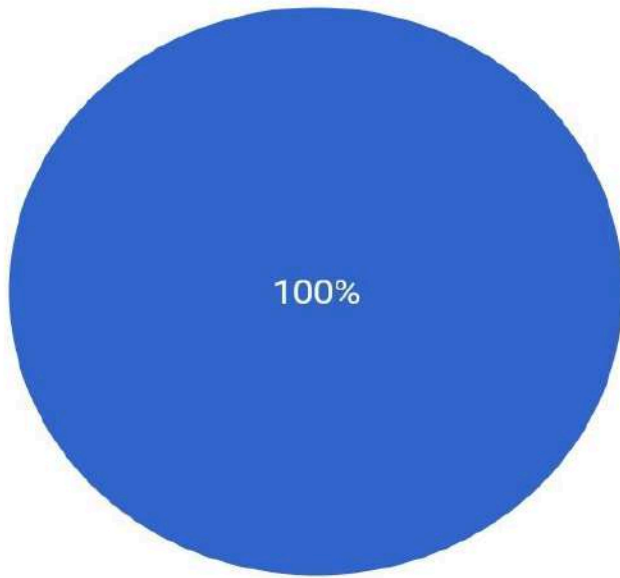
How well did the workshop activities help you learn about values?



Feedback Analysis through Google Form



Were the activities
enjoyable and effective?



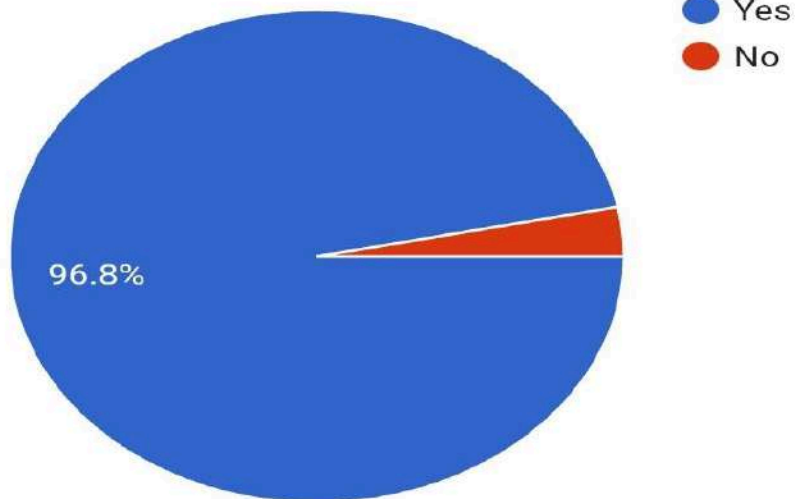
- Yes
- No



Feedback Analysis through Google Form



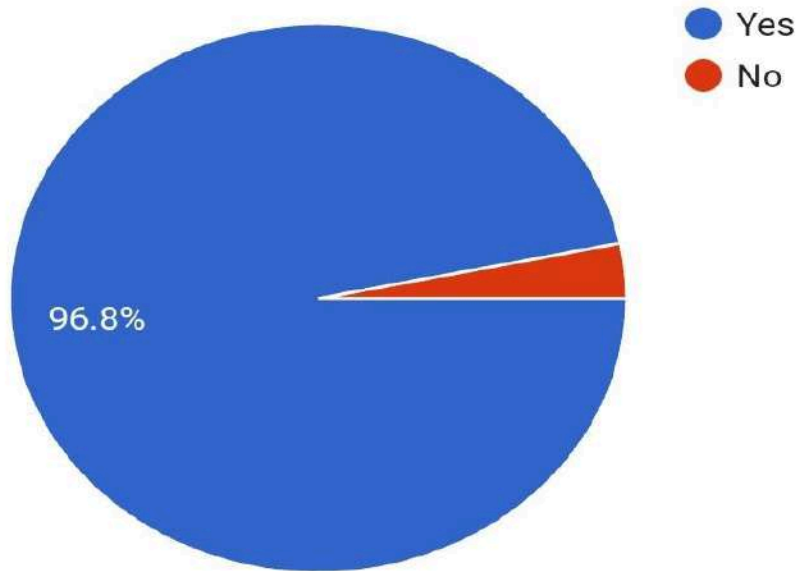
Would you be interested in attending similar workshops / sessions on value education in the future?



Feedback Analysis through Google Form



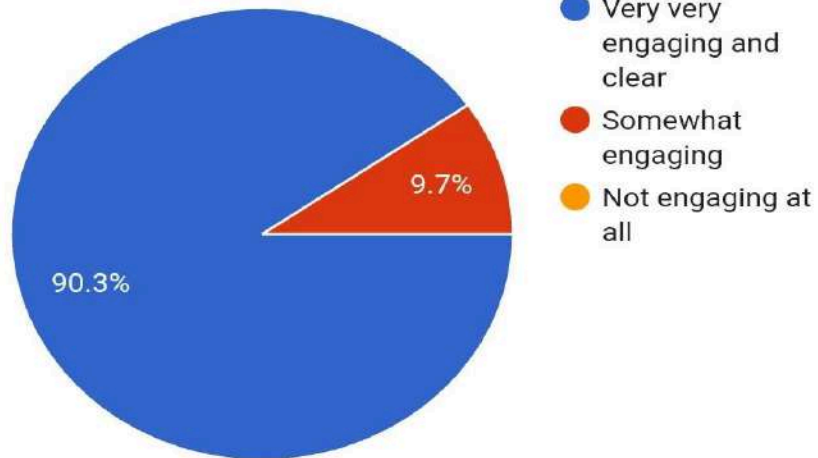
Do you recommend this workshop to others?



Feedback Analysis through Google Form



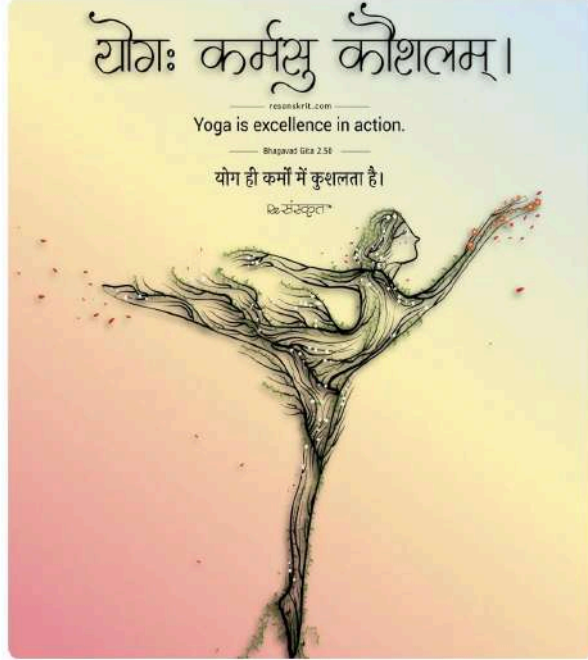
How engaging and clear was the workshop facilitator Dr. Suchanda Myadam ?



योगश्चित्तवृत्तिनिरोधः
Yoga is the restraint of the modifications of the mind.

BHAGAWAT GITA

Chapter 2, verse 50



30 - Hours Yoga Training Program

organized by

Indian Knowledge System Cell

Netaji Nagar College for Women

170/13/1 N S C Bose Road, Kolkata-92

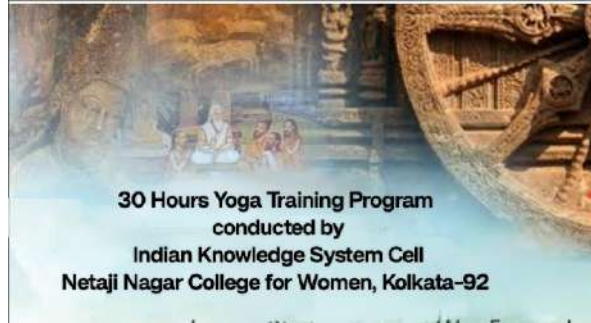
Patron : Dr. Tapan Kumar Ghosh, Principal

Program Convenor : Dr. Bipul De, Coordinator, IKSC

Program Instructor : Smt. Paulami Chakraborty, SACT

& Other Eminent Experts from West Bengal Yoga Association





A Comprehensive Program Outline

<i>Module - 1 : 10 hours</i>	<i>Module - 2 : 10 hours</i>	<i>Module - 3 : 10 hours</i>
<ol style="list-style-type: none"> 1. What is yoga? 2. What is the role of Asanas in Yoga? 3. What do we seek to achieve through yoga ? 4. Safety measures of Yoga 5. History of yoga. 6. Types of yoga 7. Benefits of yoga 8. Myths about yoga 	<ol style="list-style-type: none"> 1. Yoga postures 2. Yoga accessories 3. Asanas 4. Hatha yoga 5. Meditations 6. Benefits of meditation 7. Science of meditation 8. Stress relief 	<ol style="list-style-type: none"> 1. Spirituality 2. Music therapy 3. Yoga philosophy 4. Influence of yoga philosophy on education 5. Yoga sutras 6. Practical sessions with all aspects 7. Pranayams and it's benefit 8. How can one follow the path of yoga?
<i>Contact no : 8902183615</i>		

- *Completion Certificate for candidates will be awarded.*
- *80% attendance is mandatory for the certificate.*



Netaji Nagar College for Women
170/13/1 N. S. C. Bose Road, Regent Estate, Kolkata-92
Re-accredited by NAAC with Grade B+

Inauguration of
30 - Hours Yoga Training Program

Date : 25.04.2024 Time : 12.30 PM onwards Venue : College Auditorium
All are cordially invited

Indian Knowledge System Cell, NNCW

CVAC Course, to be studied in semester-2 for semester wise
four-year (Honours & Honours with Research) /three year (Multidisciplinary) Programme of
U.G. courses of studies under CCF, 2022

Indian Knowledge System and it's Applications

Semester - 2 Total credits: 2

	Content	Department	Responsibility
Module -1 : Introduction to IKS Lecture hours -08	What is IKS	Philosophy	
	Why do we need it		
	Introduction to Vedas, Vedangas, Kalpa, Jyotisa, Purana, Itihasas and their relevances (P1-01)		
	Basics of Panini's grammar and Astadaya and its extensive application on language (P1-02)		
	Indian scheme of knowledge and classifications		
	Indian framework for establishing valid knowledge and it's applicability in today's society		
Module -2: Introduction to Ancient Indian Political & Economic System Lecture hours -08	Concept of Kingship : Duties & responsibilities of a King	Political Science & Economics	
	Three Tier Political System : Dharmadand, Rajdand & Nyaydand (P1-03)		
	Law & Administration, Suppression of Crime, Defence System & Foreign Policy		
	Concept of Wealth & it's ownership, Koutilya Saptanga : seven sources of income (P1-04)		
	Indian economy : taxation, savings & expenditure (P1-05)		

CVAC Course, to be studied in semester-2 for semester wise
four-year (Honours & Honours with Research) /three year (Multidisciplinary) Programme of
U.G. courses of studies under CCF, 2022

Module-3: Introduction to Ancient Indian Art & Architecture Lecture hours -08	<i>Origin and concept of Ancient Indian Art & Architecture</i>	History	
	<i>Introduction to Temple Architecture</i>		
	<i>Styles of Architecture</i>		
	<i>Introduction to Cave & Monolithic Architecture</i>		
	<i>Introduction to Various Architecture Models like Chalukya, Pallava, Chola, Hoysala, Mauryan, Vijaynagar etc.</i>		
	<i>Knowledge of Buddhist and Jain Art & Architecture</i>		
Module-4: Introduction to Ancient Indian Mathematics, Astronomy & Approach to Health Lecture hours -08	<i>Salient features of Ancient Indian Mathematics</i>	Mathematics & Botany	
	<i>Contribution of Indian Mathematics to Algebra, Geometry, Trigonometry, Binary Mathematics (PL)</i>		
	<i>Overview of Indian Astronomy</i>		
	<i>The Celestial coordinate system and the Indian Calendar System</i>		
	<i>Astronomical Instruments (Yantras) - Application of Physics & Chemistry</i>		
	<i>Ayurvedic Approach to Health, food intake methods, disease management elements & wellness - Application of Botany and Medical Science (PL)</i>		



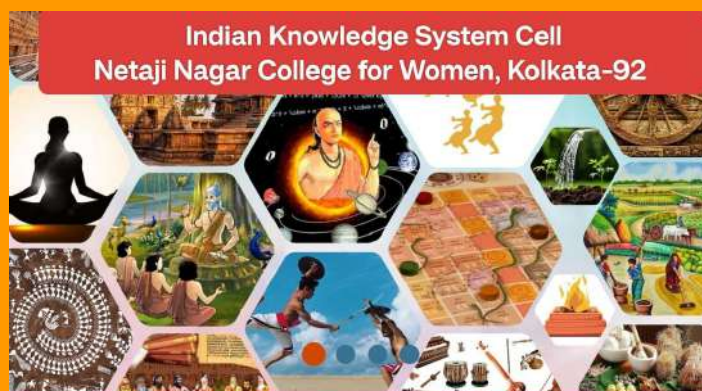
NETAJI NAGAR COLLEGE FOR WOMEN
170/13/1 N. S. C. BOSE ROAD, KOLKATA-92
RE-ACCREDITED BY NAAC WITH GRADE
B+

POPULAR LECTURE SERIES
ON
INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY
INDIAN KNOWLEDGE SYSTEM CELL, NNCW

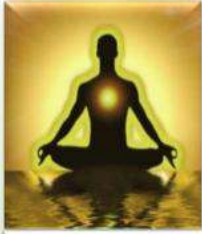
SPEAKER:
DR. BARSHA MAJUMDER
SACT-1, DEPARTMENT OF BOTANY

TOPIC :
AYURVEDIC APPROACH TO HEALTH, FOOD INTAKE
METHODS, DISEASE MANAGEMENT & WELLNESS

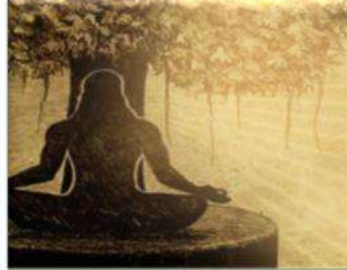
DATE: 11.06.2024 TIME: 10:00 AM
VENUE : COLLEGE AUDITORIUM



Ayurvedic Approach to Health, food intake methods, disease management & wellness



By
Dr. Barsha Majumder
SACT - I
Department of Botany, NNCW



AYUH + VEDA
(LONGEVITY) (SCIENCE)



Ayurveda is the art of daily living in harmony with the laws of nature.

The 'Ayush' systems in India, specifically Ayurveda, have a large pool of infrastructure, human resources, and unique modalities for disease prevention, wellness, and management.

The Ayush systems can contribute significantly to the One Health approach, which addresses the interconnectedness of human, animal, and environmental health.

Ayurveda also addresses environmental, animal, and plant health issues and promotes the creation of a healthy ecosystem between humans, animals, and the environment.

Ayurveda believes that all that exists in the universe also exist in an individual, for instance, "*Loka Purusha Samayata Siddhanta*," given by Acharya Charaka. It recognizes the interconnectedness of all living things and their environments and the importance of maintaining balance and harmony.



The aims and objectives of AYURVEDA are to maintain health of a healthy person and to heal the disease of an unhealthy person.

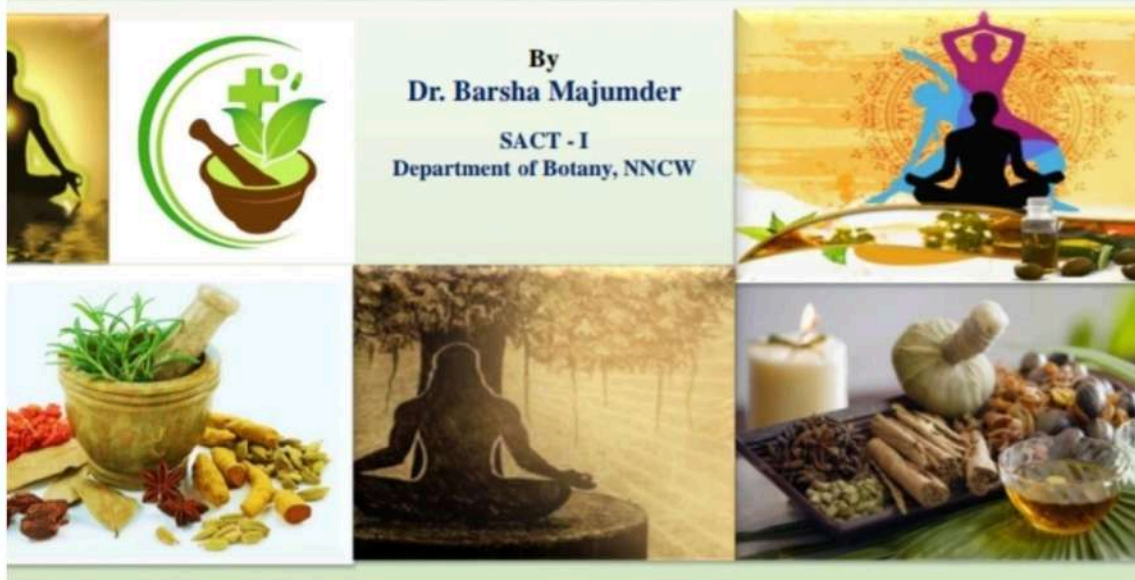
According to Ayurveda, health is a perfect state of balance among the body's three fundamental energies, or "tridoshas" - vata, pitta, kapha.

Ayurveda a science of self-healing. Ayurveda encompasses diet and nutrition, lifestyle, exercise, rest and relaxation, meditation, breathing exercises, and medicinal herbs, along with cleansing and rejuvenation programs for healing body, mind, and spirit.

POPULAR LECTURE SERIES ON INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY INDIAN KNOWLEDGE SYSTEM CELL, NNCW
DATE: 11.06.2024 TIME: 10:00 AM VENUE : COLLEGE AUDITORIUM



Ayurvedic Approach to Health, food intake methods, disease management & wellness



By
Dr. Barsha Majumder
SACT - I
Department of Botany, NNCW

SPEAKER: DR. BARSHA MAJUMDER SACT-1, DEPARTMENT OF BOTANY
TOPIC :AYURVEDIC APPROACH TO HEALTH, FOOD INTAKE METHODS, DISEASE MANAGEMENT & WELLNESS

**POPULAR LECTURE SERIES ON INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY INDIAN KNOWLEDGE SYSTEM CELL, NNCW
DATE: 11.06.2024 TIME: 10:00 AM VENUE : COLLEGE AUDITORIUM**



**SPEAKER: DR. BARSHA MAJUMDER SACT-1, DEPARTMENT OF BOTANY
TOPIC :AYURVEDIC APPROACH TO HEALTH, FOOD INTAKE METHODS, DISEASE MANAGEMENT & WELLNESS**

**POPULAR LECTURE SERIES ON INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY INDIAN KNOWLEDGE SYSTEM CELL, NNCW
DATE: 11.06.2024 TIME: 10:00 AM VENUE : COLLEGE AUDITORIUM**



**SPEAKER: DR. BARSHA MAJUMDER SACT-1, DEPARTMENT OF BOTANY
TOPIC :AYURVEDIC APPROACH TO HEALTH, FOOD INTAKE METHODS, DISEASE MANAGEMENT & WELLNESS**

NETAJI NAGAR COLLEGE FOR WOMEN



REACCREDITED BY NAAC WITH GRADE B'

170/13/1, Netaji Subhas Chandra Bose Road

Regent Estate, Kolkata-700 092

E-mail : netajinagarwomen@yahoo.com

Website : www.netajinagarcollegeforwomen.in

Ref.No.:

Date : 11-06-24

Letter of Appreciation

To
Dr. Barsha Majumder
SACT -I,
Department of Botany, NNCW

Dear Madam,

On behalf of the *Indian Knowledge System Cell (IKSC)* of Netaji Nagar College for Women, Kolkata-92, I would like to express our sincere gratitude for your insightful and engaging lecture on "*Ayurvedic Approach to Health, Food Intake Methods, Disease Management Elements & Wellness*" delivered on June 11th, 2024, at 10:00 AM in the college auditorium. Your lecture was a resounding success. You presented complex Ayurvedic concepts in a clear and accessible manner, making them relatable to our students. Your contribution to the IKSC's popular lecture series was invaluable, and we look forward to collaborating with you again in the future.

Sincerely,

Dr. Tapan Kumar Ghosh
Principal & Chairperson, IKSC

Principal
Netaji Nagar College for Women
Regent Estate, Kol - 92



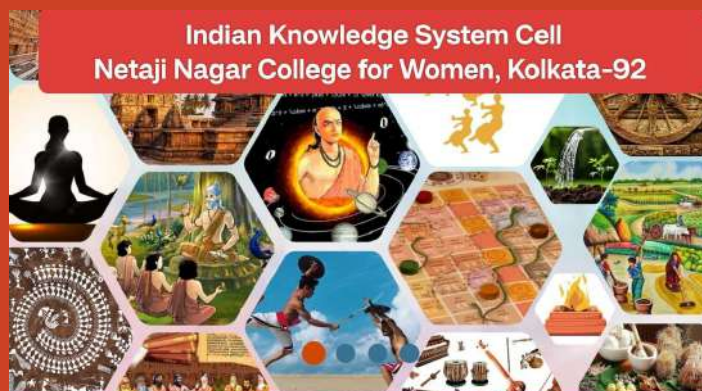
NETAJI NAGAR COLLEGE FOR WOMEN
170/13/1 N. S. C. BOSE ROAD, KOLKATA-92
RE-ACCREDITED BY NAAC WITH GRADE B+

POPULAR LECTURE SERIES
ON
INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY
INDIAN KNOWLEDGE SYSTEM CELL, NNCW

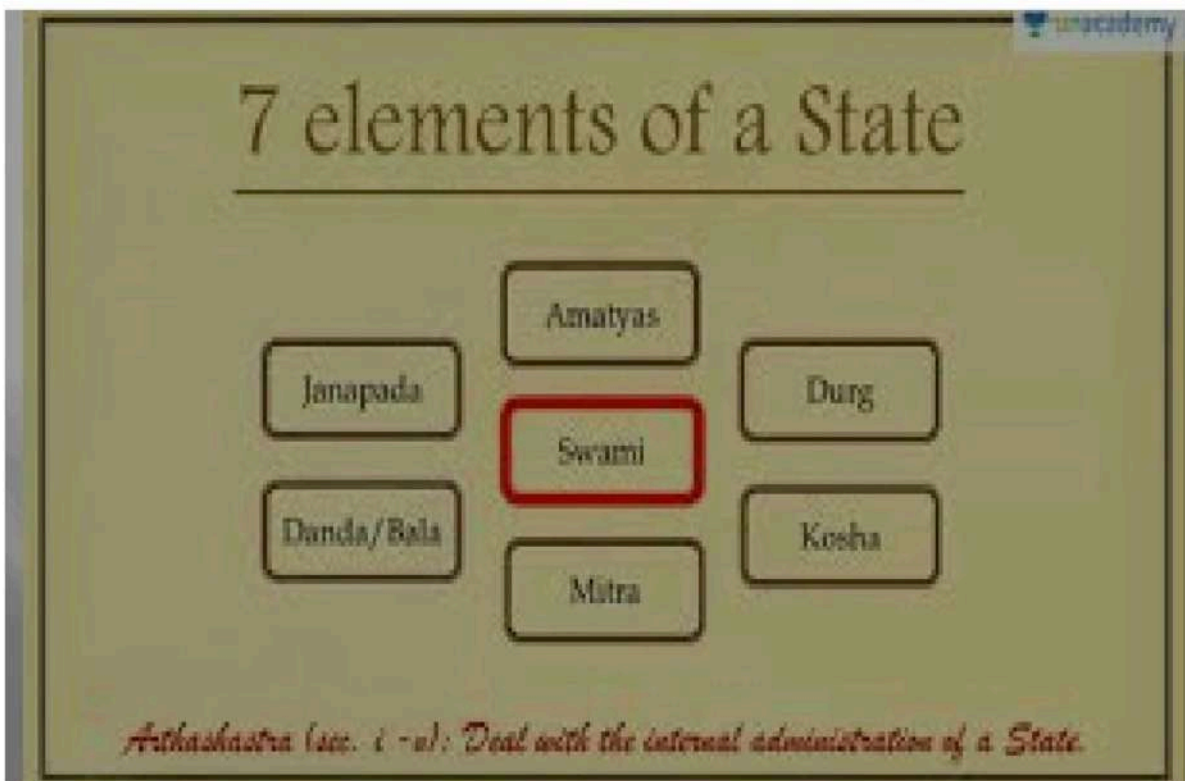
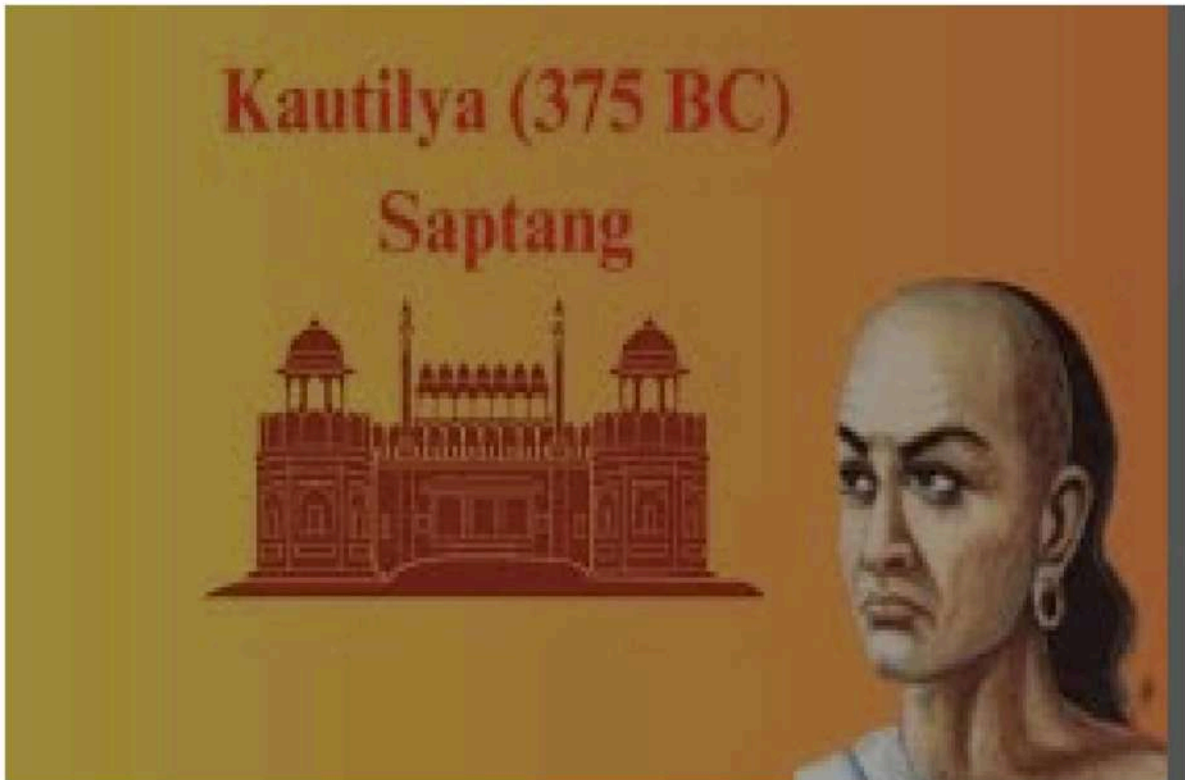
SPEAKER:
DR. NILIMPA GHOSH
ASSISTANT PROFESSOR & HOD
DEPARTMENT OF POLITICAL SCIENCE

TOPIC :
KAUTILYA'S SAPTANGA THEORY

DATE: 14.06.2024 TIME: 2:30 PM
VENUE : COLLEGE AUDITORIUM



All are cordially invited



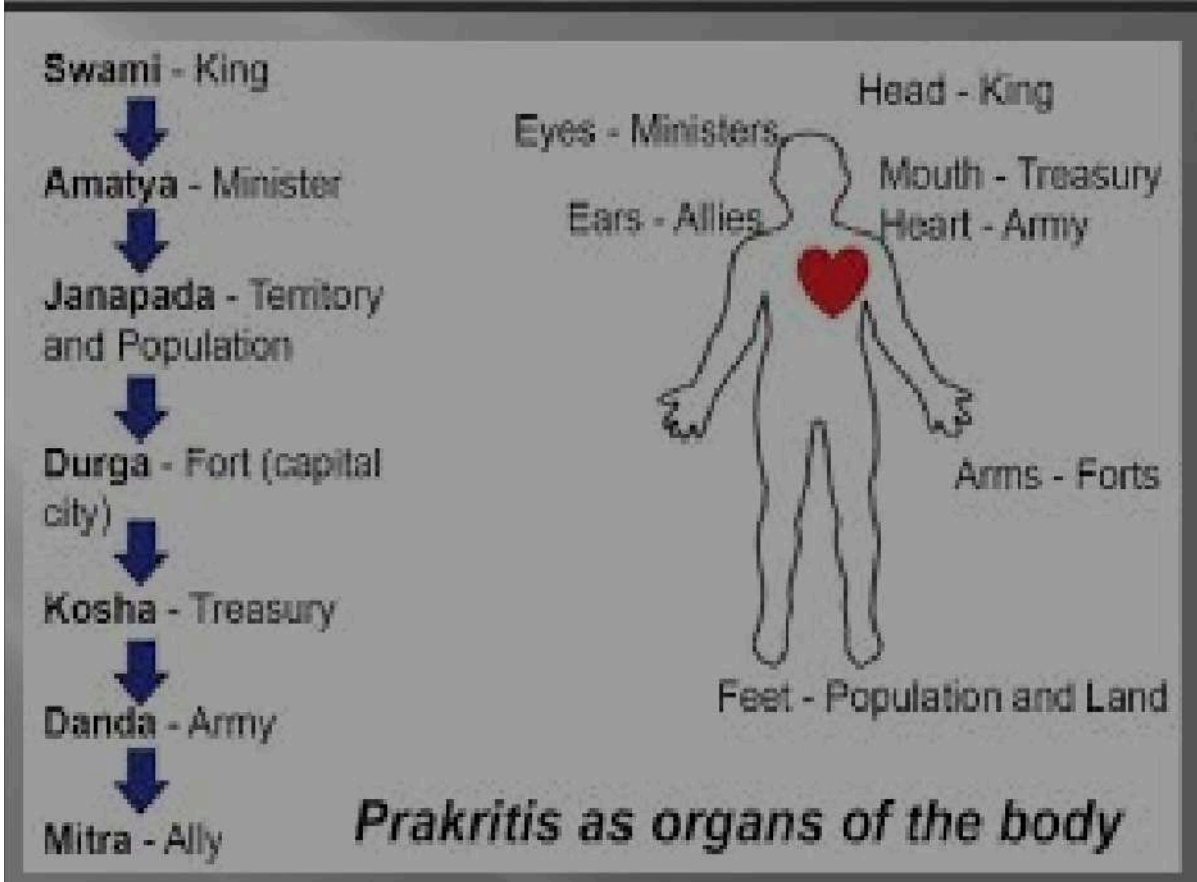
Spraker : Dr. Nilimpa Ghosh, HoD, Department of Political Science

Topic : Kautilya's Saptanga Theory

Date: 14.06.2024

Time: 2:30 PM

Venue : College Auditorium



Spraker : Dr. Nilimpa Ghosh, HoD, Department of Political Science

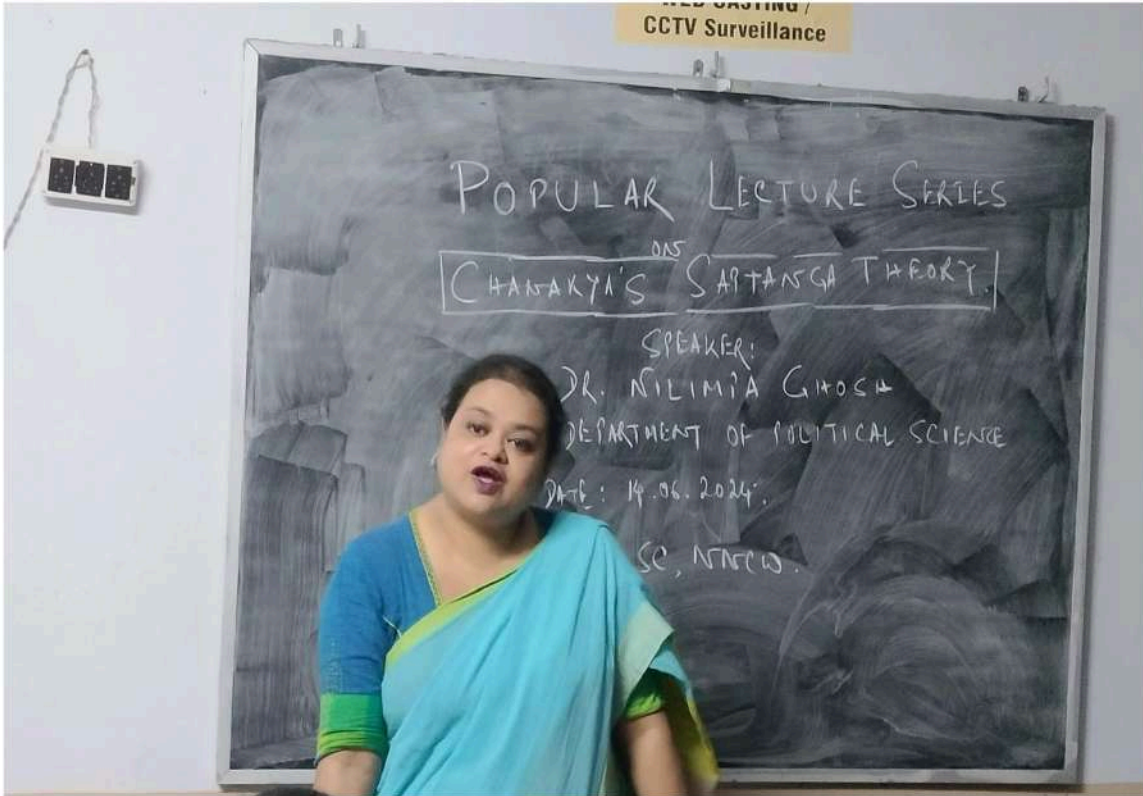
Topic : Kautilya's Saptanga Theory

Date: 14.06.2024

Time: 2:30 PM

Venue : College Auditorium

**POPULAR LECTURE SERIES
IKSC, NNCW**



Spraker : Dr. Nilimpa Ghosh, HoD, Department of Political Science

Topic : Kautilya's Saptanga Theory

Date: 14.06.2024

Time: 2:30 PM

Venue : College Auditorium

NETAJI NAGAR COLLEGE FOR WOMEN



REACCREDITED BY NAAC WITH GRADE B+

170/13/1, Netaji Subhas Chandra Bose Road

Regent Estate, Kolkata-700 092

E-mail : netajinagarwomen@yahoo.com

Website : www.netajinagarcollegeforwomen.in

Ref.No

Date : 14.06.24

Letter of Appreciation

To
Dr. Nilimpa Ghosh
Assistant Professor & HoD
Department of Political Science, NNCW


Dear Madam,

On behalf of the *Indian Knowledge System Cell (IKSC)* of Netaji Nagar College for Women, Kolkata-92, I would like to express our sincere gratitude for your insightful and engaging lecture on "*Kautilya's Saptanga Theory*" delivered on June 14th, 2024, at 2:30 PM in the college auditorium.

Your lecture was a resounding success. You presented in a clear and accessible manner, making relatable to our students.

Your contribution to the IKSC's popular lecture series was invaluable, and we look forward to collaborating with you again in the future.

Sincerely,


Dr. Tapan Kumar Ghosh
Principal & Chairperson, IKSC

Principal
Netaji Nagar College for Women
Regent Estate, Kol - 92



**NETAJI NAGAR COLLEGE FOR WOMEN
170/13/1 N. S. C. BOSE ROAD, KOLKATA-92
RE-ACCREDITED BY NAAC WITH GRADE B+**

**POPULAR LECTURE SERIES ON
INDIAN KNOWLEDGE SYSTEM (IKS)
ORGANIZED BY
INDIAN KNOWLEDGE SYSTEM CELL, NNCW**

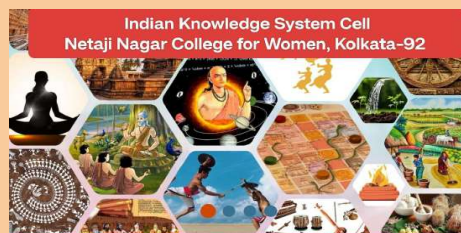
Topic

Indian Knowledge System : it's Meaning & Relevance

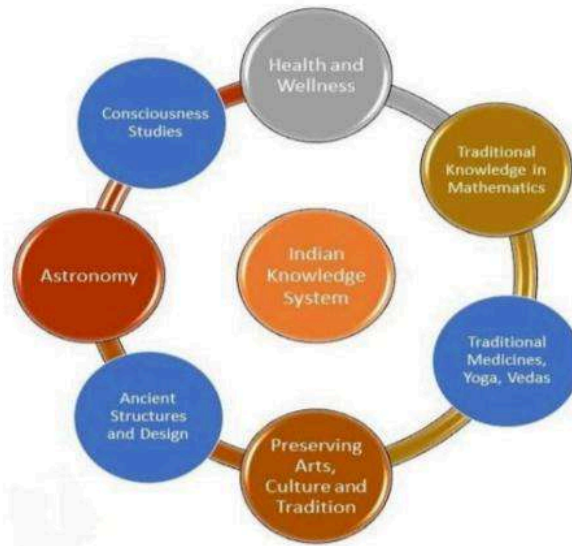
**SPEAKER:
DR. BIPUL DE
ASSOCIATE PROFESSOR & HOD
DEPARTMENT OF ECONOMICS
&
CONVENER
INDIAN KNOWLEDGE SYSTEM CELL, NNCW**

DATE: 18.06.2024 TIME: 10:00 AM

VENUE : COLLEGE AUDITORIUM



All are cordially invited



Indian Knowledge System includes

“Bhartiya Gyan Parampara”

Indian disciplinary formations include fields as diverse as philosophy, architecture, grammar, mathematics, astronomy, metrics, sociology (dharmaśāstra), economy and polity (arthaśāstra), ethics (nītiśāstra), geography, logic, military science, weaponry, agriculture, mining, trade and commerce, metallurgy, mining, shipbuilding, medicine, poetics, biology, and veterinary science.

Prepared by
Indian Knowledge System Cell, NNCW



“Traditional knowledge or local knowledge is a record of human achievement in comprehending the complexities of life and survival in often unfriendly environments”

-

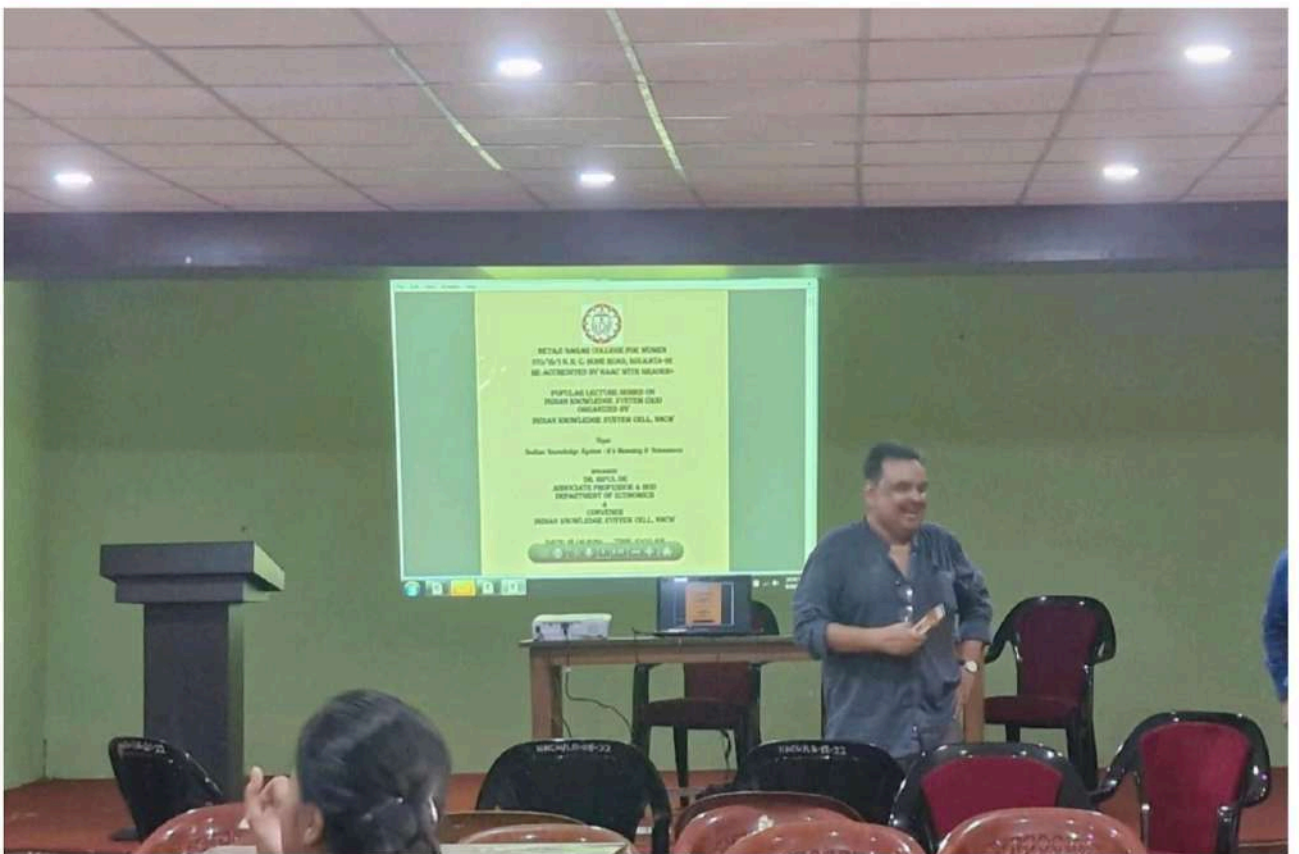
The United Nations

TKS is a collective range of Indian Knowledge that has exhibited in systematised ways of knowing. Starting from the oldest compositions of knowledge i. e, the Vedic literature to the country's native and tribal folklore, the Indian Knowledge is spread as a spectrum.

-

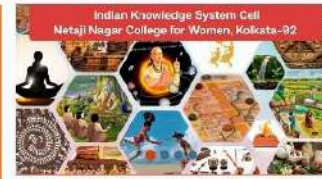
New Education Policy (NEP), 2020

Prepared by
Indian Knowledge System Cell, NNCW





NETAJI NAGAR COLLEGE FOR WOMEN
170/13/1 N. S. C. BOSE ROAD, KOLKATA-92
RE-ACCREDITED BY NAAC WITH GRADE B+



**POPULAR LECTURE SERIES
ON
INDIAN KNOWLEDGE SYSTEM (IKS)**

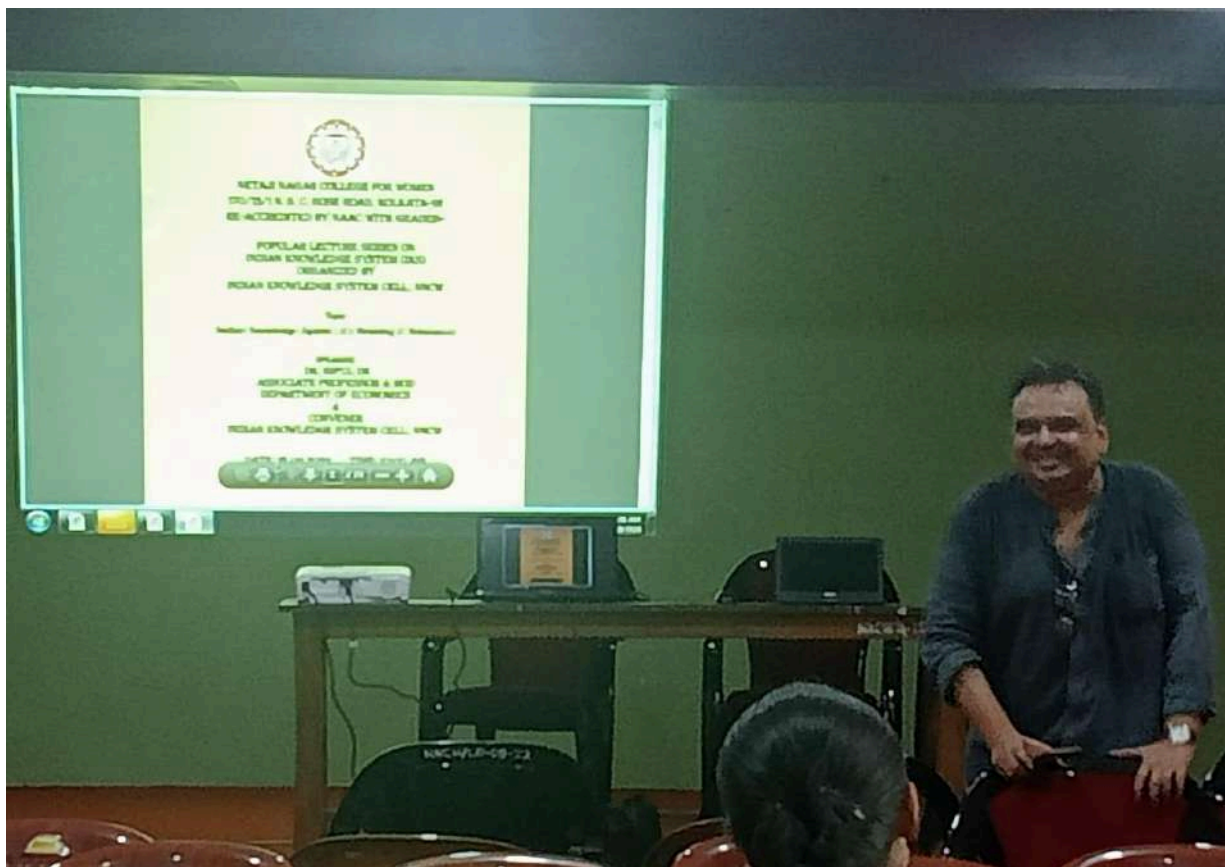
ORGANIZED BY
INDIAN KNOWLEDGE SYSTEM CELL, NNCW

DATE: 18.06.2024
TIME: 10:00 AM
VENUE : COLLEGE AUDITORIUM

Topic
**INDIAN KNOWLEDGE SYSTEM :
MEANING & RELEVANCE**

Speaker
Dr. Bipul De
Associate Professor and HoD
Department of Economics
&

Convener
Indian Knowledge System Cell, NNCW





विद्या विनयेन शोभते
(*Vidya vinayena shobhate*)

Knowledge adorned with humility shines

विद्याधनं सर्वधनप्रधानम्
(*Vidyadhanam sarvadhanapradhanam*)
Knowledge is the supreme wealth

स्वाध्यायप्रवचने च
(*Swadhyaya pravachane cha*)
Engaged in self-study and sharing knowledge

