

To,
The Teacher in Charge,
Jatindra Rajendra Mahavidyalaya,
Amtala, Murshidabad.

Sub: Prayer for granting permission for introducing a Value Added Course in the current Academic Session 2022-23

Madam,

This is for your kind information that the Department of Sanskrit in its Departmental meeting has taken a resolution to introduce one Course viz. a Value Added Course in the current Academic Session 2022-23. In order to go ahead we need to seek your permission which we are sure will be granted by you for the larger interest of the students of our college.

Therefore, we earnestly request you to grant us the permission to introduce the above course so that we can publish the notification as soon as possible.

Thanking you in anticipation.

Yours sincerely,

Santosh Mandal

Santosh Mandal
HOD, Department of Sanskrit,
Jatindra Rajendra Mahavidyalaya,
Amtala, Murshidabad.

20/09/2022
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date. 23/09/2022

বিজ্ঞপ্তি

সকল দ্বিতীয়, চতুর্থ এবং ষষ্ঠ সংস্কৃত এবং দর্শন জেনারেল বিভাগের ছাত্রছাত্রীদের জানানো যাচ্ছে যে, আগামী ২৫/১১/২০২২ থেকে ২৪/১২/২০২২ পর্যন্ত একটি Value Added Course - 'Gīta: Controlling the mind' শুরু হবে। উক্ত বিভাগের যে সকল ছাত্র/ছাত্রী নাম নথিভুক্ত করতে ইচ্ছুক তারা বিভাগীয় প্রধান সহ সংস্কৃত বিভাগের সকল শিক্ষকদের সাথে আগামী ২২/১১/২০২২ এর মধ্যে যোগাযোগ করো।
উল্লেখ্য যে এই Course টি ২৪/১২/২০২২ পর্যন্ত চলবে।

Qura

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Santosh Mandal

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

Santosh Mandal

HoD, Department of Sanskrit
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Jatindra Rajendra Mahavidyalaya

Amtala, Murshidabad

Department of Sanskrit

Value Added Course on Gīta: Controlling the mind

30 Hours Add on Course

On

Gīta: Controlling the mind

Open to 2nd, 4th & 6th Sem. Philosophy and Sanskrit Programme Students

Organized by

Department of Sanskrit, Under Guidance of IQAC, Jatindra Rajendra Mahavidyalaya

Session: 2022 – 2023

About the 30 Hours Value Added Course	
Course Title	Gīta: Controlling the mind
Course Outcome	<p>After going through this particular course, the student can enrich himself/herself in the following manner:</p> <ul style="list-style-type: none">➤ Inner Peace: One of the primary goals of controlling the mind as advocated in the Gita is to attain inner peace. By disciplining the mind and overcoming its restless nature, individuals can experience a sense of tranquility and calmness amidst life's challenges.➤ Clarity of Thought: Through controlling the mind, individuals can achieve clarity of thought. This clarity enables better decision-making, problem-solving, and a deeper understanding of oneself and the world.➤ Emotional Stability: The Gita teaches methods to regulate emotions and avoid being swayed by transient feelings such as anger, greed, or attachment. This leads to emotional stability and resilience in the face of life's ups and downs.➤ Improved Concentration: A disciplined mind enhances concentration and focus. This is invaluable for various aspects of life, including work, study, meditation, or any activity that requires sustained attention.➤ Spiritual Growth: The Gita emphasizes the importance of spiritual growth and self-realization. By controlling the mind and directing it towards higher ideals, individuals can progress on the path of spiritual evolution and ultimately attain liberation (moksha).
Course Fee	Nil
Course Duration	<p>One Class: 1 Hour 29 Lectures = 29 Hours Screening of a Film = 1 Hour Total Course Duration = 30 (29+1) Hours Final Assessment on the last day.</p>
Assessment Process	MCQ
Course Certificate	Students will get certificate on Course-end Assessment.
Course Coordinator	Santosh Mandal, Assistant Professor, Dept. of Sanskrit

Value Added Course Syllabus

❖ **Module 1**

Duration: 2 Hours

- ✓ *Introduction*
- ✓ *Brief storyline of Mahabharata – Context of Kurukshetra War*

❖ **Module 2**

Duration: 9 Hours

- ✓ *Nature of Conflict*
- ✓ *Weakness of mind*

❖ **Module 3**

Duration: 7 Hours

- ✓ *Means of controlling the mind*
- ✓ *Meditation difficulties*
- ✓ *Balanced life*

❖ **Module 4**

Duration: 8 Hours

- ✓ *Means of conflict resolution*
- ✓ *Clarity of buddhi*

❖ **Module 5**

Duration: 4 Hours

- ✓ *Self management through devotion*
- ✓ *Surrender of ego*
- ✓ *Acquisition of moral qualities*



Lectures	Course Content
Lecture 1 (1Hour)	Introduction to Bhagavad Gita
Lecture 2 (1Hour)	Brief storyline of Mahabharata – Context of Kurukshetra War
Lecture 3 (1Hour)	Nature of Conflict
Lecture 4 (1Hour)	Causal Factors
Lecture 5 (1Hour)	Indriya
Lecture 6 (1Hour)	Mind
Lecture 7 (1Hour)	Rajoguna
Lecture 8 (1Hour)	Sattaguna
Lecture 9 (1Hour)	Tamoguna
Lecture 10 (1Hour)	Impact on the mind of Gunas
Lecture 11(1Hour)	Weakness of mind
Lecture 12 (1Hour)	Means of controlling the mind
Lecture 13 (1Hour)	Meditation difficulties
Lecture 14 (1Hour)	Procedure
Lecture 15 (1Hour)	Balanced life
Lecture 16 (1Hour)	Diet control
Lecture 17 (1Hour)	Physical discipline
Lecture 18 (1Hour)	Mental discipline
Lecture 19 (1Hour)	Means of conflict resolution
Lecture 20 (1Hour)	Importance of knowledge
Lecture 21 (1Hour)	Clarity of buddhi
Lecture 22 (1Hour)	Process of decision making
Lecture 23 (1Hour)	Control over senses
Lecture 24 (1Hour)	Surrender of kartabhava
Lecture 25 (1Hour)	Desirelessness
Lecture 26 (1Hour)	Putting other before self
Lecture 27 (1Hour)	Self management through devotion
Lecture 28 (1Hour)	Surrender of ego
Lecture 29 (1Hour)	Abandoning frivolous debates, Acquisition of moral qualities
Lecture 30 (1Hour)	Conclusion

Learning Resources

SL. NO.	TITLE OF THE BOOK	AUTHOR(S)	PUBLISHER
1	শ্রীমদ্ভগবদ্গীতা সাধক-সঞ্জীবনী (পরিশিষ্টসহ)	স্বামী রামসুখদাস	গীতাপ্রেস, গোরক্ষপুর ২০১৪
2	শ্রীমদ্ভগবদ্গীতা যথার্থ	শ্রীমৎ ভক্তিচারু স্বামী	ভক্তিবৈদান্ত বুক ট্রাস্ট, নদীয়া।
3	যথার্থ গীতা (বাংলা),	স্বামী অড়গড়ানন্দ	শ্রী পরমহংস আশ্রম, হরিয়ানা, ২০২০।
4	পাতঞ্জল যোগদর্শন	শ্রীমৎ স্বামী হরিহরানন্দ আরণ্য	পশ্চিমবঙ্গ রাজ্য পুস্তক পর্ষৎ, কলকাতা, ২০০২।
5	পাতঞ্জল দর্শন	শ্রীপূর্ণচন্দ্র বেদান্তচূড়	পশ্চিমবঙ্গ রাজ্য পুস্তক পর্ষৎ, কলকাতা, ২০০৫।
6	যথার্থ গীতা (সংস্কৃত)	স্বামী অড়গড়ানন্দ	শ্রী পরমহংস আশ্রম, হরিয়ানা, ২০১৭।

Evaluation Processes

At the end of the Course, there will be a Course-end Assessment. Attendance Component Marks would be calculated based on the actual Attendance Percentage of the Students during the classes of the Course.

Course-end Assessment	Marks: 20
Attendance	Marks: 5
Evaluation would be done: Course-end Assessment & Attendance	Total Marks: 25
Students will get Certificate	After Completion of the Course

Sandosh Mandal

**Value added Course
Co - Ordinator
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Jatindra Rajendra Mahavidyalaya

P.O. – Amtala Murshidabad Pin Code – 742121

Estd: 1986

Website: www.jrm.org.in Email ID: principal@jrm.org.in Fax-03482-247244

Phone No. (STD – 03482) 247107(Principal), 247244(Office)

Value Added Course Routine

On

Gīta: Controlling the mind

Session : 2022 - 23

Date	Time	Topic	Teachers Name
25/11/2022	04:30 – 05:30	Introduction to Bhagavad Gita	STM
26/11/2022	02:30 – 03:30	Brief storyline of Mahabharata – Context of Kurukshetra War	CD
26/11/2022	03:30 – 04:30	Nature of Conflict	BC
28/11/2022	09:30 – 10:30	Causal Factors	CD
28/11/2022	04:30 – 05:30	Indriya	STM
29/11/2022	04:30 – 05:30	Mind	BC
30/11/2022	04:30 – 05:30	Rajoguna	CD
01/12/2022	04:30 – 05:30	Sattaguna	STM
02/12/2022	04:30 – 05:30	Tamoguna	BC
03/12/2022	02:30 – 03:30	Impact on the mind of Gunas	CD
03/12/2022	03:30 – 04:30	Weakness of mind	STM
05/12/2022	04:30 – 05:30	Means of controlling the mind	BC
07/12/2022	04:30 – 05:30	Meditation difficulties	CD
08/12/2022	04:30 – 05:30	Procedure	STM
09/12/2022	04:30 – 05:30	Balanced life	STM
10/12/2022	02:30 – 03:30	Diet control	BC
10/12/2022	03:30 – 04:30	Physical discipline	CD
12/12/2022	04:30 – 05:30	Mental discipline	STM
13/12/2022	04:30 – 05:30	Means of conflict resolution	BC
14/12/2022	04:30 – 05:30	Importance of knowledge	CD
15/12/2022	04:30 – 05:30	Clarity of buddhi	STM
16/12/2022	04:30 – 05:30	Process of decision making	BC
17/12/2022	02:30 – 03:30	Control over senses	CD
17/12/2022	03:30 – 04:30	Surrender of kartabhava	BC
19/12/2022	04:30 – 05:30	Desirelessness	STM
20/12/2022	04:30 – 05:30	Putting other before self	CD
21/12/2022	04:30 – 05:30	Self management through	BC
22/12/2022	04:30 – 05:30	Surrender of ego	CD
23/12/2022	04:30 – 05:30	Abandoning frivolous debates, Acquisition of moral qualities	BC
24/12/2022	04:30 – 05:30	Exam.	STM

Q. J. S.

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

Santosh Mandal
Value added Course
Co - Ordinator
J.R. Mahavidyalaya



ENROLLMENT SHEET

Add On / Value Added Course

Dept. Name

Course Name

Session :

Sanskrit

Gita: Controlling the Mind

2022-2023

Sl	Reg no	Student Id	Name	Signature
1	066051	B.A/21/1582	NILA KHATUN	Nila Khatun
2	052074	B.A/22/0326	ABDULLA MONDAL	Abdullah Mondal.
3	051674	B.A/22/0410	MAKSURA KHATUN	ab
4	051934	B.A/22/0450	SALEMA KHATUN	Salema Khatun
5	051562	B.A/22/0455	ANANYA SARKAR	Ananya Sarkar
6	051570	B.A/22/0635	ARPITA GHOSH	Arpita Ghosh
7	052030	B.A/22/0679	SURAIYA KHATUN	Supriya Khatun
8	052329	B.A/22/0711	NABIN SHAIKH	ab
9	052595	B.A/22/0717	TAUSIF BISWAS	Tausif Biswas
10	051924	B.A/22/0739	SAHINA KHATUN	Sahina Khatun
11	052270	B.A/22/0789	MANAS PRAMANIK	Manas Pramanik
12	052041	B.A/22/0858	TANIYA SULTANA	Taniya Sultana
13	052123	B.A/22/0875	ASARUL SK	ab
14	051898	B.A/22/1023	SABANA KHATUN	Sabana Khatun
15	052460	B.A/22/1032	SAHABUL SK	Sahabul SK
16	052179	B.A/22/1133	GOLAM MURSHID	Golam Murshid
17	052342	B.A/22/1153	NASIR MONDAL	Nasir Mondal
18	052309	B.A/22/1214	MONIRUL SK	Monirul SK
19	052362	B.A/22/1219	PALLAB GOSWAMI	Pallab Goswami
20	051986	B.A/22/1250	SNIGDHA SINGH	Snigdha Singh
21	051682	B.A/22/1289	MAMPI KHATUN	Mampi Khatun
22	052452	B.A/22/1386	SAGAR SK	Sagar SK
23	052039	B.A/22/1422	TANIYA KHATUN	Taniya Khatun
24	065903	B.A/21/0490	KOHINUR KHATUN	ab
25	065891	B.A/21/0539	KHADIJA KHATUN	ab
26	065952	B.A/21/0595	MAYA KHATUN	ab
27	066769	B.A/21/0601	MAHARAM SAIKH	Maharam Saikh
28	066427	B.A/21/0602	SUMAIYA SULTANA	Sumaiya Sultana
29	066389	B.A/21/0720	SONALI KHATUN	Sonali Khatun
30	066009	B.A/21/0727	NAJERA KHATUN	ab
31	065783	B.A/21/0729	DISHANI KHATUN	Dishani Khatun.
32	066972	B.A/21/0731	RIAJ SEAKH	Riaj Seakh
33	065826	B.A/21/0749	HASINA KHATUN	Hasina Khatun
34	066049	B.A/21/0762	NAZMA SHAIKH	ab
35	066575	B.A/21/0764	ASADUL MONDAL	Asadul Mondal
36	066086	B.A/21/0834	PUSPITA MONDAL	Puspita Mondal
37	067083	B.A/21/0868	SAMIM BISWAS	Samim Biswas
38	066415	B.A/21/0915	SUBINA KHATUN	Subina Khatun
39	066982	B.A/21/0945	ROCKY SEAKH	ab
40	065748	B.A/21/0979	BEBILAZIHAR KHATUN	Bebilazihar Khatun.
41	066317	B.A/21/1002	SAMIMA SABNAJ	Samima Sabnaj



ENROLLMENT SHEET

Add On / Value Added Course

Dept. Name

Course Name

Session :

Sanskrit

Gita: Controlling the Mind

2022-2023

Sl	Reg no	Student Id	Name	Signature
42	066777	B.A/21/1084	MAJIBUR RAHAMAN	Majibur Rahman
43	066964	B.A/21/1092	RANI DAS BAIRAGYA	Rani Das Bairagya
44	065665	B.A/21/1093	ABEDA KHATUN	ab
45	066449	B.A/21/1272	SUSMITA KHATUN	Susmita Khatun
46	066519	B.A/21/1298	ABUSAMAD SAIKH	Abusamad Saikh
47	066537	B.A/21/1321	ALAMGIR SK	ab
48	066767	B.A/21/1357	MAHABUL SHEIKH	Mahabul Sheikh
49	067145	B.A/21/1367	SOHEL MONDAL	Sohel Mondal
50	066014	B.A/21/1388	NAJMA SULTANA	Najma Sultana
51	066617	B.A/21/1412	BELLAL SK	Bellal SK
52	066781	B.A/21/1413	MANIRUL KARIKAR	Manirul Karikar
53	066170	B.A/21/1415	RINA MANDAL	Rina mandal
54	066368	B.A/21/1447	SIJRATAN KHATUN	ab
55	066629	B.A/21/1460	BITTU MONDAL	BITTU MONDAL
56	065858	B.A/21/1475	JHUMA KHATUN	Jhuma Khatun
57	066949	B.A/21/1476	RAKESH SEAKH	Rakesh Saikh
58	066939	B.A/21/1481	RAJIBUL SAIKH	ab
59	066593	B.A/21/1503	ASIF SK	ASIF SK
60	066023	B.A/21/1518	NARGIS KHATUN	Nargis Khatun
61	066574	B.A/21/1552	ASADUL MONDAL	Asadul Mondal
62	066000	B.A/21/1558	MURSHIDA KHATUN	ab
63	065918	B.A/21/1574	MAHAMUDA KHATUN	Mahamuda Khatun
64	066638	B.A/21/1598	DIPAK PRAMANIK	Dipak Pramanik
65	066895	B.A/21/1623	PINTU MIA	Pintu Mia
66	066517	B.A/21/1625	ABU SUFIAN SK	Abu sufian SK
67	067048	B.A/21/1655	SAHIN AHAMED	ab
68	066974	B.A/21/1672	RINKU SK	Rinku SK
69	066477	B.A/21/1716	TINA KHATUN	Tina Khatun
70	065731	B.A/21/1727	AYESHA SULTANA	Ayesha Sultana
71	066213	B.A/21/1740	RUMANA KHATUN	Rumana Khatun
72	065950	B.A/21/1780	MASUMA AKTAR	Masuma Aktar
73	066860	B.A/21/1796	NAJBUL SAIKH	Najbul Saikh
74	066065	B.A/21/1836	PALTA BISWAS	Palta Biswas
75	067149	B.A/21/1929	SOHEL SEKH	ab
76	066698	B.A/21/1947	IKBAL SK	Ikbal SK
77	065932	B.A/21/1951	MAMPI GHOSH	Mampi Ghosh
78	066965	B.A/21/1954	RANIT HALDER	Ranit Halder
79	066619	B.A/21/1956	BIDYUT HALDER	Bidyut Halder
80	066150	B.A/21/1997	REXONA KHATUN	Rexona Khatun
81	067055	B.A/21/2092	SAHIN SK	ab
82	058242	B.A/20/0226	SAHINA BISWAS	Sahina Biswas



ENROLLMENT SHEET

Add On / Value Added Course

Dept. Name

Sanskrit

Course Name

Gita: Controlling the Mind

Session :

2022-2023

Sl	Reg no	Student Id	Name	Signature
83	058292	B.A/20/0243	SARJINA RAHAMAN	✓ Sarjina Rahaman
84	058470	B.A/20/0322	ARIF HOSSAIN	✓ Arif Hossain
85	058343	B.A/20/0351	SONIA KHATUN	Boniya Khatun
86	058599	B.A/20/0377	KAJAL MANDAL	ab
87	058107	B.A/20/0408	PARVINA KHATUN	Kajal Mandal
88	058868	B.A/20/0423	SAMYAJIT SARDAR	Samyajit Sardar
89	058522	B.A/20/0468	DEBOBRATA MANDAL	Debobrata Mandal
90	058330	B.A/20/0509	SOHANA KHATUN	Sohana Khatun
91	058367	B.A/20/0820	SUMANA CHATTERJEE	Sumana Chatterjee
92	058849	B.A/20/0934	SAMIM BISWAS	ab
93	058123	B.A/20/0939	PUJA MONDAL	Samim Biswas
94	058378	B.A/20/0960	SUSMITA HAZRA	✓ Susmita Hazra
95	058396	B.A/20/0963	TANUJA KHATUN	ab
96	058011	B.A/20/0969	MANOSI BISWAS	Manosi Biswas
97	057854	B.A/20/0997	ARPITA MONDAL	✓ Arpita Mandal
98	058529	B.A/20/1022	DIPU PRAMANIK	Dipu Pramanik
99	058499	B.A/20/1091	BAPAN HALDER	✓ Bapan Halder
100	058874	B.A/20/1123	SANJU GHOSH	Sanju Ghosh
101	058797	B.A/20/1262	RUHUL AMIN MONDAL	✓ Ruhul Amin Mondal
102	058577	B.A/20/1265	JAHANGIR SK	ab
103	058032	B.A/20/1275	MODINA KHATUN	Jahangir SK
104	058116	B.A/20/1330	POLI KHATUN	Poli Khatun
105	058078	B.A/20/1335	NAJMIN SULTANA	✓ Najmin Sultana
106	058138	B.A/20/1526	RAJIYA SULTANA	ab

Chera

REGISTER OF ATTEN-

For the Month of

Class Section

DANCE OF STUDENTS

2nd may 2023 - 16th June 2023
Subject

Roll No.	NAME OF STUDENTS	Admission No.	ATTEN-												
			CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	
1316	RAHIMA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
1364	ABDUR RAHAMAN SK	
1367	RAKIB SK		1	2	3	4	5	6	7	8	9	10	11	12	13
1389	SAGIR HOSSAIN		1	2	3	4	5	6	7	8	9	10	11	12	13
1394	SATIMA MAL PAHARJA		1	2	3	4	5	6	7	8	9	10	11	12	13
1399	SUMAN GHOSH		1	2	3	4	5	6	7	8	9	10	11	12	13
1416	TARIK IKBAL	
1426	RAKESH MISTRI		1	2	3	4	5	6	7	8	9	10	11	12	13
1453	RUBINA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
1463	SOURAB SK	
1479	SABIR MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
0348	JESMIN KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
0367	SURAJIT GHOSH		1	2	3	4	5	6	7	8	9	10	11	12	13
0391	RAKIYA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
0401	SAMIM RAJA KHAN		1	2	3	4	5	6	7	8	9	10	11	12	13
0415	SUBHRODIP GHOSH		1	2	3	4	5	6	7	8	9	10	11	12	13
0514	FAIN KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
0533	BILKIS KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
0561	SAJEMA KHATUN	
0695	BITTU GHOSH		1	2	3	4	5	6	7	8	9	10	11	12	13
0748	SABANA YASMIN		1	2	3	4	5	6	7	8	9	10	11	12	13
0865	RAJA MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
0871	ARIF MOLLA		1	2	3	4	5	6	7	8	9	10	11	12	13
1022	SOHEL MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
1138	ISMAIL MALITYA		1	2	3	4	5	6	7	8	9	10	11	12	13
1236	SAMIR MALITYA	
1347	SAFAIL MANDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
1412	BELLAL SK		1	2	3	4	5	6	7	8	9	10	11	12	13
1430	HAPIJUL SHATKH		1	2	3	4	5	6	7	8	9	10	11	12	13
1460	BITTU MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
1533	TINKU MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
1618	SURAJ MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
1762	SUSAN KHAN		1	2	3	4	5	6	7	8	9	10	11	12	13
1774	ISTIAK HOSSAIN		1	2	3	4	5	6	7	8	9	10	11	12	13
1835	JHILIK KHATUN	
1871	RAHIMA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
2018	SAKINA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
2048	SAFIKUL SK		1	2	3	4	5	6	7	8	9	10	11	12	13
0864	KHALID MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
0269	ALAMGIR SHAIKH		1	2	3	4	5	6	7	8	9	10	11	12	13
0181	MD AKASH MONDAL		1	2	3	4	5	6	7	8	9	10	11	12	13
0324	RUBEL MONDAL	
0335	RESHMA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13
0379	PRIYANSHU PAL		1	2	3	4	5	6	7	8	9	10	11	12	13
0462	SULEKHA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12	13

DANCE																																							
CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD	CD			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																						
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																							
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																								
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																									
18	19	20	21	22	23	24	25	26	27	28	29	30	31																										
19	20	21	22	23	24	25	26	27	28	29	30	31																											
20	21	22	23	24	25	26	27	28	29	30	31																												
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REGISTER OF ATTEN-

For the Month of

Class Section

DANCE OF STUDENTS

2nd may 2023 - 16th June 2023

Subject

Roll No.	NAME OF STUDENTS	Admission No.	ATTEN-															DANCE																						
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
0501	SABIRUL MONDAL		1	2	3	4	5	6	7	8	9	10	11																											
0660	SUROJ KHAN		1	2	3	4	5	6	7	8	9	10	11																											
0757	MANJUR HASAN		1	2	3	4	5	6	7	8	9	10																												
0840	USUF SK		1	2	3	4	5	6	7	8	9	10																												
0865	LILISMINA KHATUN		1	2	3	4	5	6	7	8	9	10	11																											
1013	MASJUL SHAIKH		1	2	3	4	5	6	7	8	9	10																												
1109	SAHIN REJA		1	2	3	4	5	6	7	8	9	10	11	12																										
1203	SADIA PARVIN		1	2	3	4	5	6	7	8	9	10	11																											
1271	RAHUL SK		1	2	3	4	5	6	7	8	9	10	11																											
1292	PIARUL SK		1	2	3	4	5	6	7	8	9	10	11																											
1377	MD SELIM MALITYA		1	2	3	4	5	6	7	8	9	10	11																											
1511	SAMIUL HAQUE		1	2	3	4	5	6	7	8	9	10	11																											
1583	MURSHIDA KHATUN		1	2	3	4	5	6	7	8	9	10	11	12																										



Jatindra Rajendra Mahavidyalaya

Value Added Course Assessment

Course Name - *Gīta: Controlling the mind*

Full Marks – 20

Time – 30 minutes

Name *Snigdha Singh* Roll No. - *B.A/22/1250*

Reg. No. *051986*

➤ নিম্নলিখিত প্রশ্নগুলির উত্তর দাও -

১. প্রকৃতজ গুণ কয়প্রকার -

(ক) দ্বিবিধ ~~(খ) ত্রিবিধ~~ (গ) চতুর্বিধ (ঘ) পঞ্চবিধ

২. নির্মল ও প্রকাশক ধর্ম হল -

~~(ক) সত্ত্ব~~ (খ) রজো (গ) তপঃ (ঘ) তমঃ - গুণের

৩. আসন কতিবিধ -

(ক) দ্বিবিধ (খ) ত্রিবিধ (গ) চতুর্বিধ ~~(ঘ) পঞ্চবিধ~~

৪. ধ্যানকালে সাধকের দৃষ্টি কোথায় নিবদ্ধ থাকে ?

(ক) জিহ্বাগ্রে (খ) নাসিকাগ্রে ~~(গ) ক্রমধ্যে~~ (ঘ) শিরাগ্রে

৫. মোক্ষযোগস্য প্রবৃত্তিমপ্রবৃত্তিম্ - কোন বুদ্ধির ধর্ম ?

~~(ক) সাত্ত্বিকী~~ বুদ্ধি (খ) রাজসী বুদ্ধি (গ) তামসী বুদ্ধি (ঘ) বিষয়ী বুদ্ধি

৬. কর্ম কয়প্রকার -

(ক) দ্বিবিধ ~~(খ) ত্রিবিধ~~ (গ) চতুর্বিধ (ঘ) পঞ্চবিধ

৭. বিষয়বৈতৃষ্ণং হল -

(ক) নির্বেদ (খ) রাজসী (গ) তামসী ~~(ঘ) সাত্ত্বিকী~~

৮. পরতস্তু সঃ - এখানে সঃ পদের দ্বারা কাকে বোঝানো হয়েছে -

(ক) আত্মাকে ~~(খ) ভগবান~~ শ্রীকৃষ্ণকে (গ) অর্জুনকে (ঘ) কর্মকে

৯. আত্মতত্ত্ব যিনি জানেন তিনি হলেন -

(ক) জ্ঞানবিৎ (খ) তত্ত্ববিৎ (গ) ধনবিৎ ~~(ঘ) অজ্ঞানী~~

১০. দুঃখশোকাময়প্রদ হল -

~~(ক) রাজসিক~~ আহার (খ) তামসিক আহার (গ) সাত্ত্বিক আহার (ঘ) শারীরিক আহার

১১. চিত্তের একাগ্রতা হল -

(ক) আসন (খ) ধ্যান (গ) জ্ঞান (ঘ) মানসজ্ঞান

১২. তমোগুণ হতে কি জন্মায় -

(ক) প্রমাদ (খ) লোভ (গ) জ্ঞান (ঘ) পাপ

১৩. ঈশ্বরের প্রকৃতির কয়টি অংশ -

(ক) ৬ (খ) ৭ (গ) ৮ (ঘ) ৫ - টি

১৪. অর্জুনবিষাদযোগ - কততম অধ্যায়ের নাম -

(ক) প্রথম (খ) দ্বিতীয় (গ) তৃতীয় (ঘ) চতুর্থ

১৫. পরন্তপ বলতে কাকে বোঝানো হয়েছে -

(ক) আত্মাকে (খ) ভগবান শ্রীকৃষ্ণকে (গ) অর্জুনকে (ঘ) কর্মকে

১৬. জীব কার অংশ -

(ক) আত্মার (খ) পরমাত্মার (গ) বুদ্ধির (ঘ) মনের

১৭. অহো বত মহৎপাপং কর্তুং ব্যবসিতাঃ বয়ম্ - উক্তিটির বক্তা কে ?

(ক) শ্রীকৃষ্ণ (খ) অর্জুন (গ) ভীষ্ম (ঘ) ধৃতরাষ্ট্র

১৮. ধ্যানকালে সাধকের প্রকৃতি হয় -

(ক) অপ্রশান্ত (খ) নির্ভীক (গ) ব্রহ্মহীনতা (ঘ) অসংযত

১৯. লোকসংগ্রহ শব্দের অর্থ হল -

(ক) লোককল্যাণ (খ) লোকসমষ্টি (গ) কর্মফল (ঘ) মানসকল্যান

২০. গীতার চতুর্থ অধ্যায়ের নাম কি -

(ক) জ্ঞানযোগ (খ) ধ্যানযোগ (গ) ভক্তিয়োগ (ঘ) কর্মযোগ

Jatindra Rajendra Mahavidyalaya

Value Added Course Assessment

Course Name - *Gita: Controlling the mind*

Full Marks – 20

Time – 30 minutes

Name Arpita Ghosh..... Roll No. - B.A/22/0635.....

Reg. No. 051570.....

➤ নিম্নলিখিত প্রশ্নগুলির উত্তর দাও -

১. প্রকৃতজ গুণ কয়প্রকার -

(ক) দ্বিবিধ (খ) ত্রিবিধ (গ) চতুর্বিধ (ঘ) পঞ্চবিধ

২. নির্মল ও প্রকাশক ধর্ম হল -

(ক) সত্ত্ব (খ) রজো (গ) তপঃ (ঘ) তমঃ - গুণের

৩. আসন কতিবিধ -

(ক) দ্বিবিধ (খ) ত্রিবিধ (গ) চতুর্বিধ (ঘ) পঞ্চবিধ

৪. ধ্যানকালে সাধকের দৃষ্টি কোথায় নিবদ্ধ থাকে ?

(ক) জিহ্বাগ্রে (খ) নাসিকাগ্রে (গ) ভ্রুমধ্যে (ঘ) শিরাগ্রে

৫. মোক্ষযোগস্য প্রবৃত্তিমপ্রবৃত্তিম্ - কোন বুদ্ধির ধর্ম ?

(ক) সাত্ত্বিকী বুদ্ধি (খ) রাজসী বুদ্ধি (গ) তামসী বুদ্ধি (ঘ) বিষয়ী বুদ্ধি

৬. কর্ম কয়প্রকার -

(ক) দ্বিবিধ (খ) ত্রিবিধ (গ) চতুর্বিধ (ঘ) পঞ্চবিধ

৭. বিষয়বৈতৃষ্ণ হল -

(ক) নির্বেদ (খ) রাজসী (গ) তামসী (ঘ) সাত্ত্বিকী

৮. পরতস্তু সঃ - এখানে সঃ পদের দ্বারা কাকে বোঝানো হয়েছে -

(ক) আহ্নাকে (খ) ভগবান শ্রীকৃষ্ণকে (গ) অর্জুনকে (ঘ) কর্মকে

৯. আত্মতত্ত্ব যিনি জানেন তিনি হলেন -

(ক) জ্ঞানবিৎ (খ) তত্ত্ববিৎ (গ) ধর্মবিৎ (ঘ) অজ্ঞানী

১০. দুঃখশোকাময়প্রদ হল -

(ক) রাজসিক আহার (খ) তামসিক আহার (গ) সাত্ত্বিক আহার (ঘ) শারীরিক আহার

১১. চিন্তের একাগ্রতা হল -

(ক) আসন (খ) ধ্যান (গ) জ্ঞান (ঘ) মানসজ্ঞান

১২. তমোগুণ হতে কি জন্মায় -

(ক) প্রমাদ (খ) লোভ (গ) জ্ঞান (ঘ) পাপ

১৩. ঈশ্বরের প্রকৃতির কয়টি অংশ -

(ক) ৬ (খ) ৭ (গ) ৮ (ঘ) ৫ - টি

১৪. অর্জুনবিষাদযোগ - কততম অধ্যায়ের নাম -

(ক) প্রথম (খ) দ্বিতীয় (গ) তৃতীয় (ঘ) চতুর্থ

১৫. পরন্তপ বলতে কাকে বোঝানো হয়েছে -

(ক) আত্মাকে (খ) ভগবান শ্রীকৃষ্ণকে (গ) অর্জুনকে (ঘ) কর্মকে

১৬. জীব কার অংশ -

(ক) আত্মার (খ) পরমাত্মার (গ) বুদ্ধির (ঘ) মনের

১৭. অহো বত মহৎপাপং কর্তুং ব্যবসিতাঃ বয়ম্ - উক্তিটির বক্তা কে ?

(ক) শ্রীকৃষ্ণ (খ) অর্জুন (গ) ভীষ্ম (ঘ) ধৃতরাষ্ট্র

১৮. ধ্যানকালে সাধকের প্রকৃতি হয় -

(ক) অপ্রশান্ত (খ) নির্ভীক (গ) ব্রহ্মহীনতা (ঘ) অসংযত

১৯. লোকসংগ্রহ শব্দের অর্থ হল -

(ক) লোককল্যাণ (খ) লোকসমষ্টি (গ) কর্মফল (ঘ) মানসকল্যাণ

২০. গীতার চতুর্থ অধ্যায়ের নাম কি -

(ক) জ্ঞানযোগ (খ) ধ্যানযোগ (গ) ভক্তিযোগ (ঘ) কর্মযোগ

RESULTS

FOR VALUE ADDED COURSE – GITA: CONTROLLING THE MIND

RESULTS:

Sl	Reg no	Student Id	Name	Written Marks	Attendance Marks	Result
1	066051	B.A/21/1582	NILA KHATUN	14	4	Q
2	052074	B.A/22/0326	ABDULLA MONDAL	15	3	Q
3	051674	B.A/22/0410	MAKSURA KHATUN	0	0	AB
4	051934	B.A/22/0450	SALEMA KHATUN	13	3	Q
5	051562	B.A/22/0455	ANANYA SARKAR	12	3	Q
6	051570	B.A/22/0635	ARPITA GHOSH	15	3	Q
7	052030	B.A/22/0679	SURAIYA KHATUN	16	3	Q
8	052329	B.A/22/0711	NABIN SHAIKH	0	0	AB
9	052595	B.A/22/0717	TAUSIF BISWAS	10	4	Q
10	051924	B.A/22/0739	SAHINA KHATUN	13	3	Q
11	052270	B.A/22/0789	MANAS PRAMANIK	14	4	Q
12	052041	B.A/22/0858	TANIYA SULTANA	15	4	Q
13	052123	B.A/22/0875	ASARUL SK	0	0	AB
14	051898	B.A/22/1023	SABANA KHATUN	16	5	Q
15	052460	B.A/22/1032	SAHABUL SK	17	4	Q
16	052179	B.A/22/1133	GOLAM MURSHID	13	4	Q
17	052342	B.A/22/1153	NASIR MONDAL	14	4	Q
18	052309	B.A/22/1214	MONIRUL SK	16	3	Q
19	052362	B.A/22/1219	PALLAB GOSWAMI	12	3	Q
20	051986	B.A/22/1250	SNIGDHA SINGH	11	4	Q
21	051682	B.A/22/1289	MAMPI KHATUN	16	3	Q
22	052452	B.A/22/1386	SAGAR SK	15	3	Q
23	052039	B.A/22/1422	TANIYA KHATUN	14	4	Q
24	065903	B.A/21/0490	KOHINUR KHATUN	0	0	AB
25	065891	B.A/21/0539	KHADIJA KHATUN	0	0	AB
26	065952	B.A/21/0595	MAYA KHATUN	0	0	AB
27	066769	B.A/21/0601	MAHARAM SAIKH	15	3	Q
28	066427	B.A/21/0602	SUMAIYA SULTANA	14	3	Q
29	066389	B.A/21/0720	SONALI KHATUN	16	3	Q
30	066009	B.A/21/0727	NAJERA KHATUN	0	0	AB
31	065783	B.A/21/0729	DISHANI KHATUN	17	4	Q
32	066972	B.A/21/0731	RIAJ SEAKH	15	4	Q
33	065826	B.A/21/0749	HASINA KHATUN	14	3	Q
34	066049	B.A/21/0762	NAZMA SHAIKH	0	0	AB
35	066575	B.A/21/0764	ASADUL MONDAL	13	4	Q
36	066086	B.A/21/0834	PUSPITA MONDAL	14	3	Q
37	067083	B.A/21/0868	SAMIM BISWAS	15	4	Q
38	066415	B.A/21/0915	SUBINA KHATUN	11	3	Q
39	066982	B.A/21/0945	ROCKY SEAKH	0	0	AB
40	065748	B.A/21/0979	BEILAZIHAR KHATUN	12	4	Q
41	066317	B.A/21/1002	SAMIMA SABNAJ	15	3	Q
42	066777	B.A/21/1084	MAJIBUR RAHAMAN	15	3	Q
43	066964	B.A/21/1092	RANI DAS BAIRAGYA	12	3	Q
44	065665	B.A/21/1093	ABEDA KHATUN	0	0	AB
45	066449	B.A/21/1272	SUSMITA KHATUN	16	3	Q
46	066519	B.A/21/1298	ABUSAMAD SAIKH	15	3	Q
47	066537	B.A/21/1321	ALAMGIR SK	0	0	AB
48	066767	B.A/21/1357	MAHABUL SHEIKH	10	4	Q
49	067145	B.A/21/1367	SOHEL MONDAL	10	4	Q
50	066014	B.A/21/1388	NAJMA SULTANA	12	3	Q
51	066617	B.A/21/1412	BELLAL SK	13	3	Q
52	066781	B.A/21/1413	MANIRUL KARIKAR	14	4	Q
53	066170	B.A/21/1415	RINA MANDAL	16	3	Q

54	066368	B.A/21/1447	SIJRATAN KHATUN	0	0	AB
55	066629	B.A/21/1460	BITTU MONDAL	17	4	Q
56	065858	B.A/21/1475	JHUMA KHATUN	09	4	Q
57	066949	B.A/21/1476	RAKESH SEAKH	09	3	Q
58	066939	B.A/21/1481	RAJBUL SAIKH	0	0	AB
59	066593	B.A/21/1503	ASIF SK	14	4	Q
60	066023	B.A/21/1518	NARGIS KHATUN	15	3	Q
61	066574	B.A/21/1552	ASADUL MONDAL	14	4	Q
62	066000	B.A/21/1558	MURSHIDA KHATUN	0	0	AB
63	065918	B.A/21/1574	MAHAMUDA KHATUN	16	3	Q
64	066638	B.A/21/1598	DIPAK PRAMANIK	15	3	Q
65	066895	B.A/21/1623	PINTU MIA	17	3	Q
66	066517	B.A/21/1625	ABU SUFIAN SK	15	4	Q
67	067048	B.A/21/1655	SAHIN AHAMED	0	0	AB
68	066974	B.A/21/1672	RINKU SK	15	4	Q
69	066477	B.A/21/1716	TINA KHATUN	17	3	Q
70	065731	B.A/21/1727	AYESHA SULTANA	16	4	Q
71	066213	B.A/21/1740	RUMANA KHATUN	15	3	Q
72	065950	B.A/21/1780	MASUMA AKTAR	14	4	Q
73	066860	B.A/21/1796	NAJBUL SAIKH	14	3	Q
74	066065	B.A/21/1836	PALTA BISWAS	15	4	Q
75	067149	B.A/21/1929	SOHEL SEKH	0	0	AB
76	066698	B.A/21/1947	IKBAL SK	15	3	Q
77	065932	B.A/21/1951	MAMPI GHOSH	14	4	Q
78	066965	B.A/21/1954	RANIT HALDER	18	3	Q
79	066619	B.A/21/1956	BIDYUT HALDER	17	3	Q
80	066150	B.A/21/1997	REXONA KHATUN	10	3	Q
81	067055	B.A/21/2092	SAHIN SK	0	0	AB
82	058242	B.A/20/0226	SAHINA BISWAS	16	3	Q
83	058292	B.A/20/0243	SARJINA RAHAMAN	15	4	Q
84	058470	B.A/20/0322	ARIF HOSSAIN	15	3	Q
85	058343	B.A/20/0351	SONIA KHATUN	15	4	Q
86	058599	B.A/20/0377	KAJAL MANDAL	0	0	AB
87	058107	B.A/20/0408	PARVINA KHATUN	16	3	Q
88	058868	B.A/20/0423	SAMYAJIT SARDAR	12	3	Q
89	058522	B.A/20/0468	DEBOBRATA MANDAL	13	4	Q
90	058330	B.A/20/0509	SOHANA KHATUN	14	3	Q
91	058367	B.A/20/0820	SUMANA CHATTERJEE	13	4	Q
92	058849	B.A/20/0934	SAMIM BISWAS	0	0	AB
93	058123	B.A/20/0939	PUJA MONDAL	16	4	Q
94	058378	B.A/20/0960	SUSMITA HAZRA	17	3	Q
95	058396	B.A/20/0963	TANUJA KHATUN	0	0	AB
96	058011	B.A/20/0969	MANOSI BISWAS	15	3	Q
97	057854	B.A/20/0997	ARPITA MONDAL	09	3	Q
98	058529	B.A/20/1022	DIPU PRAMANIK	10	4	Q
99	058499	B.A/20/1091	BAPAN HALDER	12	3	Q
100	058874	B.A/20/1123	SANJU GHOSH	15	3	Q
101	058797	B.A/20/1262	RUHUL AMIN MONDAL	16	4	Q
102	058577	B.A/20/1265	JAHANGIR SK	0	0	AB
103	058032	B.A/20/1275	MODINA KHATUN	18	3	Q
104	058116	B.A/20/1330	POLI KHATUN	16	3	Q
105	058078	B.A/20/1335	NAJMIN SULTANA	15	4	Q
106	058138	B.A/20/1526	RAJIYA SULTANA	0	0	AB

Santosh Mandal 03.01.2023
Value added Course
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J.R. Mahavidyalaya
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*This certificate is awarded to Apbita Ghosh of 1st Semester,
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appreciate your presence and wish you all the best for your future.*

Sandesh Mandal
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AMTALA, MURSHIDABAD
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A REPORT

On

****Gīta: Controlling the mind****

Value Added Course conducted by the
Department of Sanskrit
(25th November 2022 and 24th December 2022)
Time: 30 Hrs.

The 30 hours value added course was conducted between 25th November 2022 and 24th December 2022.

106 students enrolled for the course out of which 84 completed the course. The course was inhouse and was conducted by the members of the Department.

Aim of the Course:

The Bhagavad Gita, a sacred Hindu scripture, indeed emphasizes the importance of controlling the mind as a central theme. Here's a deeper look at its teachings on this topic:

- ✓ **Understanding the Mind** : The Gita describes the mind as both the friend and the enemy of the self. When disciplined and under control, the mind becomes a powerful ally in spiritual growth and life's endeavors.
- ✓ **Yoga of Knowledge and Wisdom**: The Gita teaches various paths to control the mind, including the path of knowledge (Jnana Yoga), where understanding the true nature of the self and the world helps in mastering the mind.
- ✓ **Yoga of Action**: Another path is the yoga of selfless action (Karma Yoga), where performing actions without attachment to results helps in purifying the mind and gaining control over it.
- ✓ **Yoga of Meditation**: The Gita also teaches meditation (Dhyana Yoga), which involves focusing the mind on a single point, such as the divine, to achieve control and clarity.
- ✓ **Discipline and Practice**: Regular practice, self-discipline (Sadhana), and detachment (Vairagya) are emphasized as crucial for controlling the mind. By restraining desires and cultivating virtues, one gains mastery over the mind.
- ✓ **Unity with the Divine**: Ultimately, the Gita teaches that true control over the mind comes from realizing one's unity with the Divine (Bhakti Yoga), where love and devotion to the Supreme help transcend the fluctuations of the mind.

In essence, the aim of controlling the mind in the Bhagavad Gita is not merely for self-discipline or personal achievement, but as a means to attain spiritual realization and union with the higher self or God. This control is seen as essential for leading a balanced, harmonious life and for progressing on the path of spiritual evolution.

Objectives:

In the Bhagavad Gita, the objectives related to controlling the mind are multifaceted and deeply intertwined with spiritual growth and self-realization. Here are some key objectives:

1. Achieving Inner Peace.
2. Facilitating Self-Realization.
3. Enhancing Spiritual Growth.
4. Overcoming Suffering.
5. Living a Virtuous Life.

6. Realizing Oneness with the Divine.

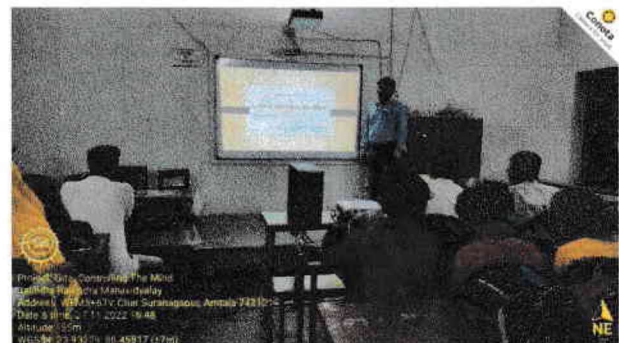
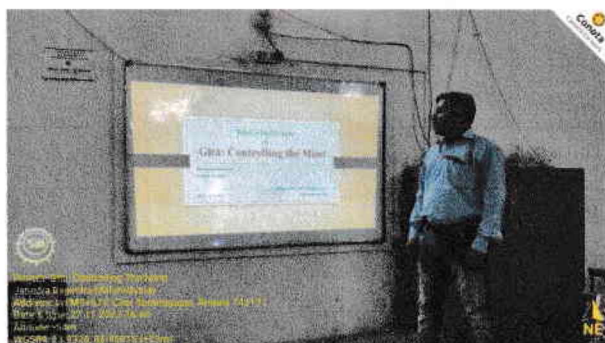
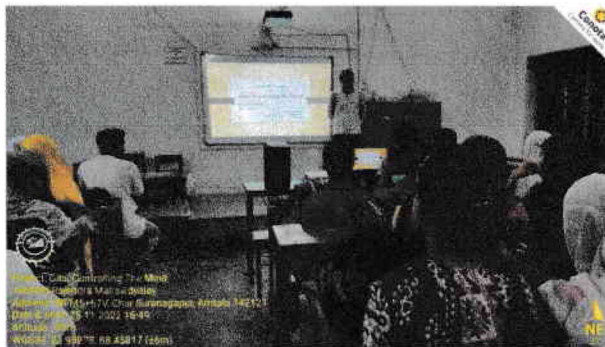
In summary, the objectives of controlling the mind in the Bhagavad Gita are deeply spiritual and transformative. They aim not only at personal peace and growth but also at attaining higher states of consciousness and realizing the ultimate purpose of human existence.

Out-Come:

After taking this particular course, students are trying to enrich himself/herself in the following ways:

- **Inner Peace:** One of the primary goals of controlling the mind as advocated in the Gita is to attain inner peace. By disciplining the mind and overcoming its restless nature, individuals can experience a sense of tranquility and calmness amidst life's challenges.
- **Clarity of Thought:** Through controlling the mind, individuals can achieve clarity of thought. This clarity enables better decision-making, problem-solving, and a deeper understanding of oneself and the world.
- **Emotional Stability:** The Gita teaches methods to regulate emotions and avoid being swayed by transient feelings such as anger, greed, or attachment. This leads to emotional stability and resilience in the face of life's ups and downs.
- **Improved Concentration:** A disciplined mind enhances concentration and focus. This is invaluable for various aspects of life, including work, study, meditation, or any activity that requires sustained attention.
- **Spiritual Growth:** The Gita emphasizes the importance of spiritual growth and self-realization. By controlling the mind and directing it towards higher ideals, individuals can progress on the path of spiritual evolution and ultimately attain liberation (moksha).

106 students out of 84 completed the course successfully. By the end of the course, students were able to Improve Physical Health, Enhanced Mental Well-being, Better Relationships, Enhanced Quality of Life, and Long-term Health Benefits. They were also more confident and this was reflected in their body language. The students wanted more such courses.



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