

বিজ্ঞাপন

১৪/১১/২০১৮

বালজের ডামা ক্লাবের উদ্যোগে 'নারকে বিষয়ক' একটি জাগতিক কর্মসূচী চালু হবে। জামাতী-মসজিদ-ঘর-ঘরীকে এই বিষয়ে যোগাযোগ করার জন্য বলা হচ্ছে।

ডামা ক্লাবের আড্ডায়ক মহানু বায়া মধ্যাহ্নের সাথে যোগাযোগ করতে হবে। কলেজ মসজিদ যোগাযোগ করতে।

কলেজ
- আড্ডায়ক
মসজিদে বিদ্যালয়গার কলেজ ॥

মহানু বায়া
↑
আড্ডায়ক
ডামা ক্লাব

সিদ্দীকী মসজিদ
আড্ডায়ক
কলেজ (আড্ডায়ক)
১১.১১.২০১৮

সু. ডোমিয়া
১১.১১.১৮
বি.সি. মসজিদ

1st Sem
16/11/2018

Sum
16/11/18
BA. Sem-111 (room)

21.11.18

Mimajumdar
SEM I

Ujjwal K. Saha
22.11.18

Certificate course on Drama
Conducted by Suri Vidyasagar College

Supervised by Drama Club, Suri Vidyasagar College

Duration: 6 (Six) Months

Syllabus (Course Curriculum): -

- 1) **Introduction**- Definition of Theatre and classification of Theatre. 4 Lectures
- 2) **Theory:** - A) Classical Theatre: Indian/ western aspect 4 Lectures
B) A concept of Street Drama. 2 Lectures
C) A concept of Third Theatre and Folk Theatre. 3+3 Lectures
 - [Badal Sarkar] [LETO]D) Value Based Education with Theatre worker. 2 Lectures
E) Method School of Acting. 6 Lectures
F) Actor's Relationship with Set, Light, Music,
Props, Costume and Make-up 6 Lectures
G) Literature and Theatre: A general concept 6 Lectures

I. Bengali: -

- Sisir Bhaduri- "Sita"
- Sambhu Mitra- "Rakta Karabi"
- Ajitesh Bandhopadhyay- "Sher Afgan"
- Utpal Dutta- "Tiner Talowar"

II. English: -

- Shakespeare- "Macbeth"

III. Sanskrit: -

- Kalidas-
- "Shudrak",
- "Bhasa"


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3) Practical: -

- A) Voice and Speech.
- B) Movement and Theatre Games.
- C) Imagination and Improvisation.
- D) Movements & Mime.

Total 24 Lectures

4) Workshop + Drama Presentation

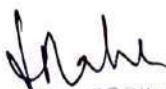
6 days+ 01 day (One Week)

5) Project Work

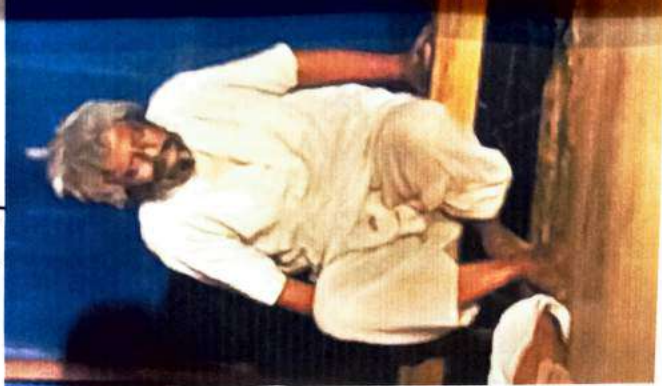
Home Assignment

- Each lecture duration one hour

6) Written Examination - Viva-voce


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Google

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VGXM+RQQ, Suri, West Bengal 731101, India
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Long 87.534176°
27/04/24 02:59 PM GMT +05:30

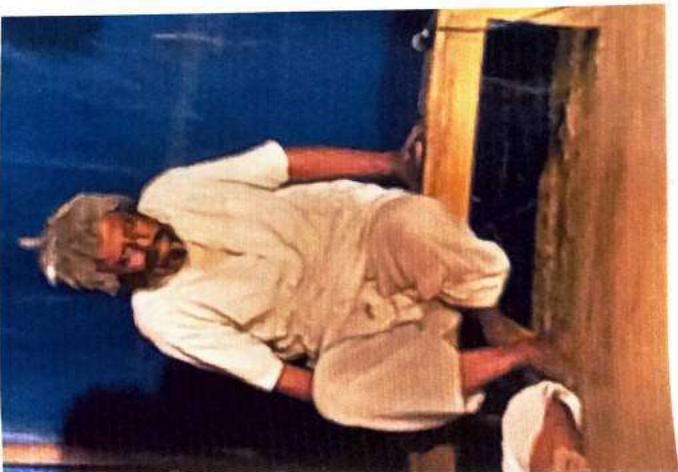
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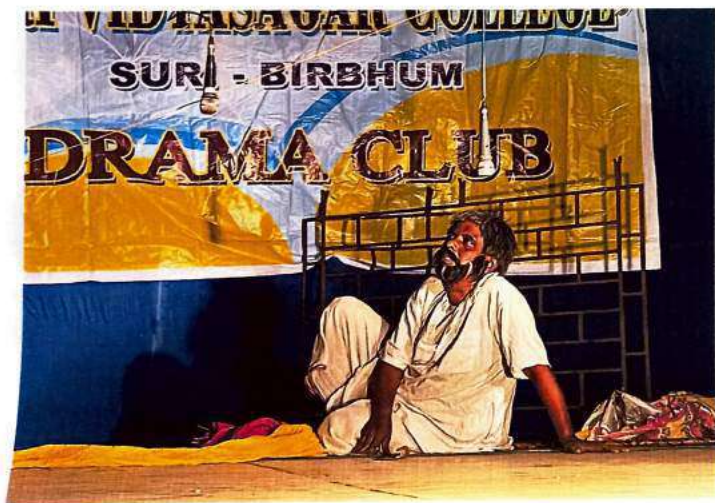


SUNI VIDYASAGAR COLLEGE
CONVENTOR
DRAMA CLUB



Suri, WB, India
Suri 1, Suri, 731101, WB, India
Lat 23.897412, Long 87.532928
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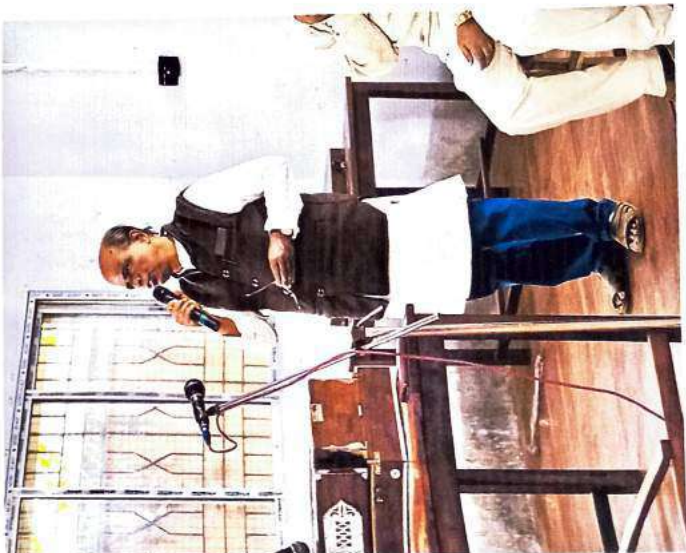




Ushantika
DRAMA CLUB
SUNNI VIDYASAGAR COLLEGE



WORKSHOP
DRAMA CLUB
SRI VIDYASAGAR COLLEGE



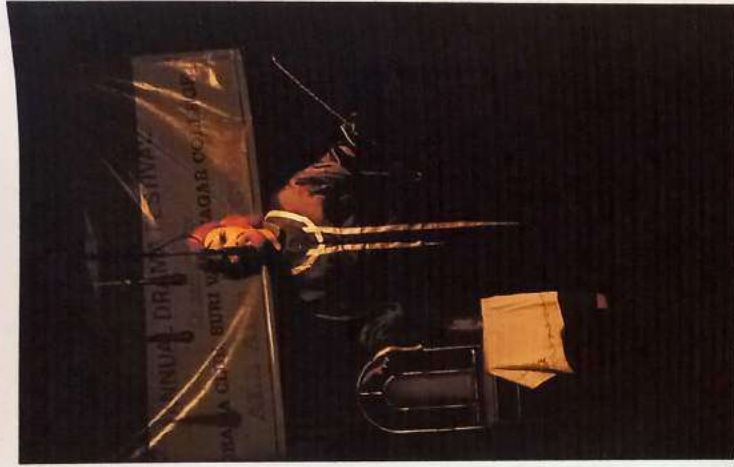
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GPS Map Camera

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CONVENOR
DRAMA CLUB
SURI VIDYASAGAR COLLEGE





The University of Burdwan
Department of Inspector of Colleges
Rajbati, Burdwan- 713104
West Bengal



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Fax : +91-0342-2633920
E-mail : icburuniv@gmail.com
Website : <http://www.buruniv.ac.in>

No. IC/Add-on Course/957

Date: 13.04.2022


To
The Principal,
Suri Vidyasagar College,
P.O. Suri,
Dist. Birbhum.

Sir,

With reference to your letter dated 06.04.2022, I am directed to inform you that the Hon'ble Registrar has been pleased to approve the "Certificate Course on Drama" (Add-on course) of your college.

You may now introduce the above mentioned course in your college.

Yours faithfully,


Inspector of Colleges
(Additional Charge), B.U.


COURSE CO-ORDINATOR
CERTIFICATE COURSE ON DRAMA
SURI VIDYASAGAR COLLEGE

SURI VIDYASAGAR COLLEGE (GOVT. SPONSORED)



SURI, BIRBHUM, 731101.

ACCREDITED BY NAAC-B**

Affiliated to the University of Burdwan

B. A., B. Sc. & B. Com. (Hons. & General) & M. Sc. in Zoology

No. SVC/167/2023

Date: 29.03.2023

Notice

It is our great pleasure to announce that an add-on course "Certificate Course on Drama" duly approved by the University of Burdwan is going to start on and from May, 2023 under the supervision of Drama Club of the College. This course is only for our registered students who are continuing their studies at Suri Vidyasagar College in different courses. Course duration is six months and Certificate will be provided after successful Completion of the course. Classes will held on week end i.e. Saturday and Sunday.

Course Fees: Admission Fee: Rs. 15/- and Tuition Fees: Rs. 15/-@month.

Interested students are to apply for the Course within 10th April, 2023. Merit List will be published for admission on 15th April, 2023. Last Date of Admission 20th April, 2023. Form for Application to the Course will be available on and from 01.04.2023 on the website surividyasagarcollege.org.in(under Download Menu).

For Further details contact with: Dr. Sristidhar Das (Department of Bengali) and Sri Susanta Raha (Library).



J. K. Paichha
Principal 29/03/2023

Suri Vidyasagar College
Principal,
Suri Vidyasagar College

আননায়ুধ

ANANAYUDH

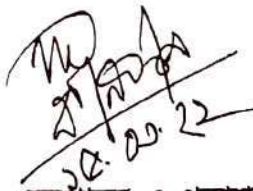
Reg. No. : 53190/85

P.R.No. : WB/BIR-13/RNP/2016-2018

MOBILE : 9474632320 / 8159009596

email : ananayudh@gmail.com

মিউজী বিদ্যালয়গর মনোজের খামা ক্লাবের আহ্বানে নাটকের
 আর্টিকলেট হোমের উদ্বোধনী অনুষ্ঠানে সৌমস্বিত হতে এবং
 প্রলিঙ্ক হিসাবে উপস্থিত হাচত সেবে স্থানি সর্কিত।
 সেখানে ছুবেছারীদেও মস্তি ব উৎসাহ ও আশ্রহ দেজেছি পত ফুলের
 ফেলে ও তা আমাকে নষ্টকর্মা হিসাবে আমায়ী প্রকঙ্কর যে দেহে
 বেঙ্গি সর্কিত হবেরে।
 আমার বিশ্বাস ওই কোর্সটি চুল বাধলে উৎসাহিত ছুবেছারী বা
 উৎসাহ হতে - ওরফে হলেব প্রকর্মা হিসাবে উৎসাহে তাহে ফইদর্মা
 উৎসাহ আননায়ুধ।



সম্পাদক ও প্রকাশক
 আননায়ুধ পত্রিকা



COURSE CO-ORDINATOR
 CERTIFICATE COURSE ON DRAMA
 SURI VIDYASAGAR COLLEGE

Suri Vidyasagar College (Govt. Sponsored)

Suri, Birbhum. PIN- 731101, West Bengal

(Affiliated to the University of Burdwan & Accredited by NAAC)

Email- surividyasagarcollege1942@gmail.com M- 9434498738

Yoga Therapy (SYLLABUS)

Name of the course:-	Certificate Course on Yoga Therapy
Duration:-	7 WEEK 35 HOURS
Eligibility:-	College Students
Objective:-	Promoting positive health, prevention of diseases & health problem. Development of social values & Personality of students & people.

THEORY:

1.1 Foundation of Yoga:-

- A. Meaning and definition of the term of yoga, aim, objectives and importance of yoga.
- B. History of yoga.
- C. Indian philosophy and yoga.
- D. Orientation of Patanjali yoga sutra, Astanga yoga.
- E. Hatha yoga.

1.2 Human Biology & yoga therapy.

- A. Meaning and definition of anatomy & physiology.
- B. Musculo –skeletal system.
- C. Blood circulatory system.
- D. Endocrine system.
- E. Digestive system.

1.3 Yogic Diet.

- A. Nutrition- Nutritional requirement for daily living, balance diet. Health disorders due to deficiencies of Vitamins and minerals.
- B. Vegetarian vs non-vegetarian diet.
- C. Rasa virya, vipaka of shali.
- D. Obesity and yogic diet.
- E. Diabetic and yogic diet.

1.4 Yoga and Psychology.

Different psychological problem and yoga therapy.

- A. Mental health and stress management.
- B. Memory intelligence.
- C. Self concept.
- D. Feeling and emotion.
- E. Mental ability and personality.

Practical

2.1 Asana

A. Standing Position

Ardhachandrasana
Brikshasana
Padahastana

B. Sitting Position

Ardhakurmasana
Paschimottanasana
Gomukhasana

C. Supine Position

Setubandhasana

Halasana

Matsyasana

D. Prone Position

Bhujangasana

Salvasana

Dhanurasana

E. Inverted Position

Sarvangasana

Shirsasana

Bhagrasana

2.3 Mudra

2.2 Pranayama

- A. Kapalbhati.
- B. Bhramri.
- C. Anulam vilom.
- D. Sitali & sitkari.
- E. Suryavedana & chandravedana.

- A. Gyan Mudra.
- B. Prana Mudra.
- C. Vayu Mudra.
- D. Surya Mudra.
- E. Dhyana Mudra.

2.4 Learn and demonstrate the technique of Suryanamaskar.

2.5 Meditation Technique & Relaxation technique

- Meditation technique.
- QRT
- DRT

Disease and yoga

- Obesity.
- Diabetes.
- Asthama.
- Postural deformities.
- High blood pressure / Hypertension.