



Add On Course

On

Course Name: Living with Purpose: Integrating Values into Everyday Life

Course Code: CC22/23/1/LP:IVEL

Organised by

Department of Bengali

and

IQAC, Al Ameen Memorial Minority College

AL AMEEN MEMORIAL MINORITY COLLEGE

Jogibattala, Baruipur, Kolkata-700145

Phone No.: (033) 2437 0111

Email-alameenmemorial@gmail.com

Website: alameenmemorial.org

Add on Course Organising Committee

Patron	: Dr. Nurul Haque, Principal, Al Ameen Memorial Minority College
Course Co-ordinator	: Prof. Sayera Begum, Co-ordinator, IQAC, Al Ameen Memorial Minority College
Members	: Prof. Matin Ahmed, Prof. Dipankar Manna, Prof. Sk Asgar Ali, Tazuddin Ahmed, Benajir Khatun, Asadulla Khan
Faculty Member	: Prof. Sayera Begum

Course Name	: Living with Purpose: Integrating Values into Everyday Life
Course Code	: CC22/23/1/LP:IVEL
Course Duration	: 6 Month (July to December)
Date of Application	: 1 st Week of July
Class Start	: 1 st Week of August
Course Fees	: No fee is required for the course
Eligibility	: Students of UG level of our College
Mode	: Blended Mode
Seat Limit	: 50
Course Duration	: 40 Hours in 6 Month
Class Day	: Every Sunday
Class Time	: 11 A.M. to 1:30 P.M.
Examination Time	: 1 st Week of December
Result Publication	: 3 rd Week of December
Certificate Issued	: 3 rd Week of December

Methodology

- Theoretical and Practical Approaches.
 - Experience sharing
 - Students' Seminars
 - Project Work

Course Outcome

By the end of this course, students will have the tools and insights to live more intentionally, in alignment with their core values and with a greater sense of purpose and fulfillment.

Course Name: Living with Purpose: Integrating Values into Everyday Life

Course Code: CC22/23/1/LP:IVEL

Overview of the Syllabus

Class Duration: 4 hours for each module

Module 1: Introduction to Living with Purpose:

Understanding the concept of purpose
Exploring the importance of living a purposeful life
Setting intentions for the course

Module 2: Defining Personal Values:

Identifying personal values and beliefs
Reflecting on the role of values in shaping behavior
Exercises to clarify and prioritize individual values

Module 3: Aligning Actions with Values:

Techniques for aligning daily actions with core values
Overcoming obstacles to living in alignment with values

Creating a values-based action plan

Module 4: Cultivating Mindfulness and Awareness:

Introduction to mindfulness practices
Developing awareness of thoughts, emotions, and actions

Integrating mindfulness into daily routines

Module 5: Setting Meaningful Goals:

Understanding the connection between goals and purpose
Setting SMART goals aligned with personal values
Strategies for staying motivated and focused on goals

Module 6: Navigating Challenges and Setbacks:

Embracing resilience in the face of adversity
Learning from setbacks and failures
Building a support network for overcoming challenges

Module 7: Practicing Gratitude and Appreciation:

Understanding the benefits of gratitude
Cultivating a daily gratitude practice
Recognizing and appreciating abundance in life

Module 8: Creating Meaningful Relationships:

Exploring the role of relationships in living with purpose

Building authentic connections based on shared values

Nurturing supportive and fulfilling relationships

Module 9: Giving Back and Contributing to Others:

Understanding the importance of contribution to a purposeful life

Exploring different ways to give back to the community

Finding opportunities for meaningful service and volunteering

Module 10: Sustaining a Purposeful Life:

Reflecting on personal growth and transformation
Creating a long-term plan for living with purpose
Celebrating successes and committing to ongoing growth and development

Each module will include a combination of readings, videos, reflective exercises, and discussions to engage participants in the learning process and support them in integrating the course material into their daily lives.

Gradation: A=50-60%

A+=60-70%

O=70-100%

Assessment and Certification:

Theory and practical examination after each module.

Final Project: Solving a real-world computer-related problem.

Course completion certificate.

The examination pattern and marks distribution for the Add On Courses

Total Marks : 50 Marks

Theory Exam :30 = i. Multiple-choice questions (MCQs) : 30 marks(2marks for 15 questions)
ii. Project report/ Presentation : 10 marks
iii. Internal Assessment : 10 marks

This distribution allows for evaluating both theoretical knowledge and practical skills, along with assessing the student's consistency and engagement throughout the course.