

# NANI BHATTACHARYA SMARAK MAHAVIDYALAYA

Affiliated to North Bengal University

Enlisted under Sec. 2(f) & 12(B) of UGC. Act.



## Department of Philosophy

JANGAM - 736182, ALIPURDUAR, WEST BENGAL.

☎ 03566 264085

Website : [www.nbsmjaigaon.ac.in](http://www.nbsmjaigaon.ac.in)

E-Mail : [nbsmjaigaon@gmail.com](mailto:nbsmjaigaon@gmail.com)

Ref. No. ....

Date. **21-12-2023.**

### PHILOSOPHY PRACTICAL EXAMINATION NOTICE – 2023.

#### 1<sup>st</sup> Semester, Paper: SEC, Total Marks: 20

All the concerned students of 1st semester major (under NEP) of the department of philosophy of NBS Mahavidyalaya are hereby informed to submit their assignment paper as a part of SEC practical on **4th January 2024** between **11 a.m. to 3:00 p.m.**

Answer any one of the following questions:

- (1). **Astanga yoga as a means to social and spiritual healthy.**
- (2). **Role of yoga in mental and physical development**
- (3). **Introduction to the Astanga yoga as a means to liberation.**

*Mamoni Bag*

\*-: **Contact Mobile No(s)**:-\*

Mamoni Bag (HOD) - 8420466145;

Department of Philosophy

NBS Mahavidyalaya, Jaigaon-Alipurduar.