

Swahid Smrit Mahavidyalaya, Belsor, Nalbari, Assam.



Key Indicator

1.2 Academic Flexibility

Metric No. 1.2.2

Number of Add on / Certificate Programms during the year

[Handwritten Signature]

*Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)*



OFFICE OF THE PRINCIPAL

SWAHID SMRITI MAHAVIDYALAYA

VILL.: BELSOR, P.O.: BELSOR, DIST.: NALBARI (ASSAM) PIN.: 781304

ESTD : 1989

EMAIL: swahidsmritimahavidyalaya6@gmail.com
principal@ssm.ac.in

Ref. No.

Date:

Following teachers are selected as the members of Board of Studies of the certificate course on Language Studies, conducted by department of English and department of Assamese. The programme started in 2022.

1. Chairman : Dr. Manash Barthakur
2. Course Coordinator : Md. Wahidur Rahman
3. Members : Mr. Bipul Kr. Das
: Dr. Chirajul Haque
: Dr. Dinesh Chakravarty
: Dr. Deexita Devi
: Dr. Rita Rani barman
: Dr. Bharati Bhattacharjya



Dr. Manash Barthakur

Principal,
Swahid Smriti Mahavidyalaya,

Belsor::Nalbari

Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



OFFICE OF THE PRINCIPAL

SWAHID SMRITI MAHAVIDYALAYA

VILL.: BELSOR, P.O.: BELSOR, DIST.: NALBARI (ASSAM) PIN.: 781304

ESTD : 1989

EMAIL: swahidsmritimahavidyalaya6@gmail.com
principal@ssm.ac.in

Ref. No.

Date:

Following teachers are selected as the members of Board of Studies of the certificate course on Cognitive Behavioural Therapy. The Programme started on 2023.

1. Chairman : Dr. Manash Barthakur
2. Course Coordinator : Mr. Susil Barman
3. Members : Mr. Bipul Kr. Das
: Mrs. Manju Rani Devi
: Mr. Pradikp kalita
: Mr. Binay Barman

Dr. Manash Barthakur

Principal,

Swahid Smriti Mahavidyalaya,

Belsor::Nalbari



Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)

HICLASS

STUDENT ATTENDANCE REGISTER

CC
CBT (2023-24)

Cognitive & Behavioural Therapy.

[Signature]
Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

REGISTER OF DAILY ATTENDANCE

CBT

NAME _____
 CLASS _____ SECTION _____

ATTENDANCE

Roll No.	NAME	ATTENDANCE																													
		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
01	Ashmit Barshya																														
02	Amina Begum																														
03	Ankita Mena																														
04	Anasuka Das																														
05	Barasri Barman																														
06	Bandita Deha																														
07	Beinta Haloi																														
08	Biganta Das																														
09	Dipsyoti Barshya																														
10	Dipsyoti Rayborth																														
11	Himansu Jalukda																														
12	Hizalpyoti Sarma																														
13	Jayjit Sarma																														
14	Karabi Saha																														
15	Liza Baruah																														
16	Minalakshi Barman																														
17	Moushumi Haloi																														
18	Nabanita Jalukda																														
19	Nabagyoti Sarma																														
20	Nirmala Rayborth																														
21	Nirmala Das																														
22	Panday Jalukda																														
23	Ragu Barman																														
24	Rijumanu Saha																														
25	Sikpasilaha Nath																														
26	Smarita Barman																														
27	Tamale Nath																														
28	Trishna Das																														
29	Trishnamoni Das																														
30	Tulika Haloi																														

& FEE-COLLECTION OF STUDENTS

SCHOOL _____
 MONTH OF January 2017

Average Fee
 Percentage
 Total No. of

Roll No.	NAME	FEE												Total Amount Payable	Status																
		1	2	3	4	5	6	7	8	9	10	11	12																		
01	Ashmit Barshya																														
02	Amina Begum																														
03	Ankita Mena																														
04	Anasuka Das																														
05	Barasri Barman																														
06	Bandita Deha																														
07	Beinta Haloi																														
08	Biganta Das																														
09	Dipsyoti Barshya																														
10	Dipsyoti Rayborth																														
11	Himansu Jalukda																														
12	Hizalpyoti Sarma																														
13	Jayjit Sarma																														
14	Karabi Saha																														
15	Liza Baruah																														
16	Minalakshi Barman																														
17	Moushumi Haloi																														
18	Nabanita Jalukda																														
19	Nabagyoti Sarma																														
20	Nirmala Rayborth																														
21	Nirmala Das																														
22	Panday Jalukda																														
23	Ragu Barman																														
24	Rijumanu Saha																														
25	Sikpasilaha Nath																														
26	Smarita Barman																														
27	Tamale Nath																														
28	Trishna Das																														
29	Trishnamoni Das																														
30	Tulika Haloi																														



Manish Nath
 Principal
 Swahid Smriti Mahavidyalaya
 Belsor, Naitani (Assam)

No. of Students Present _____
 No. of Students Absent _____
 Total _____

HICLASS

STUDENT ATTENDANCE REGISTER

CCMR (2023-24)

Human Rights

Manoj Kumar

Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

HICLASS

STUDENT ATTENDANCE REGISTER

CELS (2023-24)

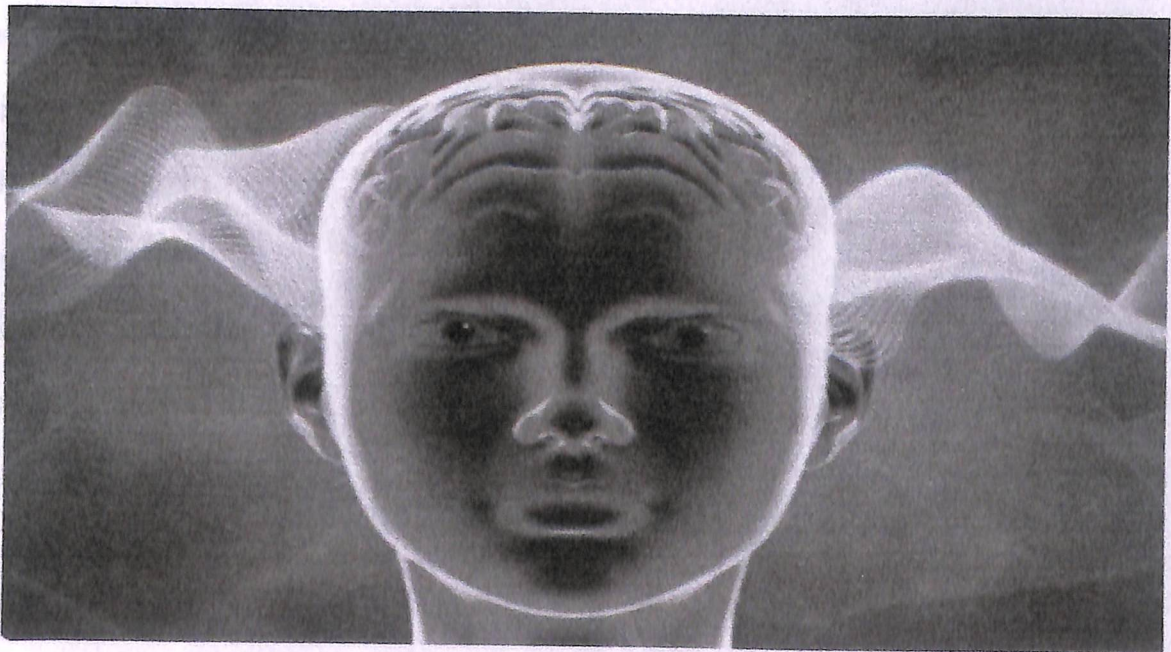
LANGUAGE STUDIES.


Principal
Swahid Smriti Mahavidyalaya
Belsor, Nabha (Assam)



Swahid Smriti Mahavidyalaya স্বহীদ স্মৃতি মহাবিদ্যালয়

PROSPECTUS



Certificate Course in Cognitive and Behavioural Therapy

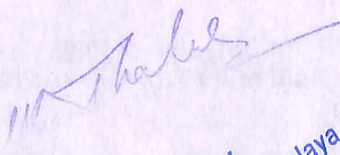
(Commenced From 2022-23)

Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



CONTENTS

1. Title of the course
2. Introduction
3. Objectives of the Course
4. Advantage of the course
5. Learning Outcomes
6. Eligibility
7. Course Strength
8. Duration of the Course
9. Teacher's Qualifications
10. Scheme of Examination
11. Course Syllabus


Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)



Swahid Smriti Mahavidyalaya, Belsor Certificate Course in Cognitive and Behavioural Therapy

about the College:

Swahid Smriti Mahavidyalaya, an institution of higher education of Arts Stream was established in 1989 in the heart of Belsor, a socially, politically and culturally sound village in the West Nalbari area named Belsor, a village specially known not only in Assam but also all over India because of its historically famous temple " Bilbeswar Devalaya " , that was built by the pious king Nagakshya. The college is in the west direction of Bilbeswar Devalaya and approximately 14 KM away from the district head quarter of Nalbari District.

The College was brought under Provincialisation system in the year 2013 by the Govt. Of Assam. It is permanently affiliated to Gauhati University and is under the purview of Section 2(F) and 12(B) of the UGC act 1956. At present it has six departments in the Arts Faculty and offers certificate course on Human Rights, Certificate Course on Language Studies and Certificate Course on Yoga .

-VISION -

The goal of CBT is to help people improve and gain more control over their lives by changing behaviors . It has become very challenging to maintain a stress free life in todays globalized world because of different issues like uncertainty regarding social security, environmental ethics ,professional security, healthy establishments, human relationship etc. Negative thoughts play significant role in the life of every human being. So, how to become free from the influences and impact of such negative thinking is a most debated issue. CBT plays significant role in this respect. Adopting the techniques of CBT and following all the problem solving steps we can expect a better future .

- MISSION -

- 1) To convert the students from spontaneous negative thinking to positive thinking.
- 2) To enable the students to identify the negative thoughts and their sources
- 3) To help the students to fight against addiction , anger ,anxiety ,bipolar disorder ,depression ,phobias etc.
- 4) To support them mentally in the journey of life.
- 5) To improve life-style and behavioural pattern.

Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



TITLE OF THE COURSE

“Certificate Course on Cognitive and Behavioural Therapy

INTRODUCTION :

Cognitive and behavioral therapy (CBT) is a type of psychotherapeutic treatment that helps people learn how to identify and change the destructive or disturbing thought patterns that have a negative influence on their behavior and emotions.

Cognitive behavioral therapy combines cognitive therapy with behavior therapy by identifying maladaptive patterns of thinking, emotional responses, or behaviors and replacing them with more desirable patterns.

Cognitive behavioral therapy focuses on changing the automatic negative thoughts that can contribute to and worsen our emotional difficulties, depression, and anxiety. These spontaneous negative thoughts also have a detrimental influence on our mood.

Through CBT, faulty thoughts are identified, challenged, and replaced with more objective, realistic thoughts.

Swahid Smriti Mahavidyalaya is going to introduce a Certificate Course on Cognitive Behavioural Therapy with the intention of supporting particularly the young generation in the process of building their carrier maintaining their mental ,intellectual and spiritual health.

OBJECTIVES OF THE COURSE

The main objective of the certificate course is to uplift the mental and intellectual health of the student community. Negative thinking, depression, anxiety, addiction, stress etc. are the objectives of the present carrier. So, the objectives of the course is to strengthen the young generation.

Benefits of Cognitive Behavioral Therapy

The underlying concept behind CBT is that thoughts and feelings play a fundamental role in behavior.¹ For example, a person who spends a lot of time thinking about plane crashes, runway accidents, and other air disasters may avoid air travel as a result.

The goal of cognitive behavioral therapy is to teach people that while they cannot control every aspect of the world around them, they can take control of how they interpret and deal with things in their environment.

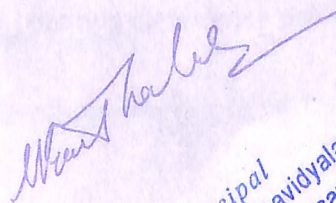
CBT is known for providing the following key benefits:

[Signature]
Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



Learning Outcomes:

- It helps the students to develop healthier thought patterns by becoming aware of the negative and often unrealistic thoughts that dampen their feelings and moods.
- It is an effective short-term treatment option as improvements can often be seen in five to 20 sessions.
- It is effective for a wide variety of maladaptive behaviors .
- It is often more affordable than some other types of therapy.
- It is effective whether therapy occurs online or face-to-face.
- It can be used for those who don't require psychotropic medication.



Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



EUGIBILITY

A candidate for being eligible for admission to Certificate Courses on Cognitive Behavioural Therapy should pass minimum 12th standard.

COURSE STRENGTH

The course will admit only 30 students at a time.

DURATION OF THE COURSE

The Course will be conducted every year at Swahid Smriti Mahavidyalaya, Belsor. The duration of the course will be 9 months consisting of 72 lectures including examination.

INFORMATION ABOUT ADMISSION

College Timing on all Working Days: From 9.00 a.m. to 4.00 p.m.

Office Timing : From 9.00 a.m. to 5.00 p.m. (on all working days.)

Library Timing : From 9.00 a.m. to 5.00 p.m. (on all working days.)

Weekly Holiday will be on Sunday.

TEACHER'S QUALIFICATIONS

Experts in the subjects will deliver lectures and conduct Practical Session.
They will be –

- Invited experienced Health Officer /Guest Faculty
- Academicians with more than 5 years teaching experience preferably the teaching concerned subjects.
- Any other activist in this field.

Manoj Kumar
Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



SCHEME OF EXAMINATION

- 1. Candidate should fully interact in the class programmes.
- 2. Candidate should compulsorily have 75 percent attendance.
- 3. Candidate should complete and submit about 2 to 4 assignments, which will be given to him/her.
- 4. Theory - One Paper - 50 Marks
- 5. Practical - One Paper - 50 Marks

Pattern of Question Paper:

There will be 5 questions having each for 1 marks, 5 questions for 2 marks, 3 questions for 5 marks and 2 questions for 10 marks. (Theory Paper)

Passing Standard - 30 Marks out of 100.

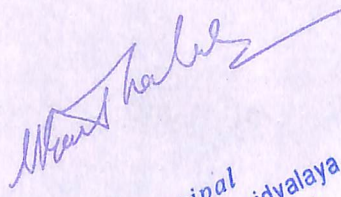
40% to less than 60% will be **Second Class**

60% to less than 70% will be **First Class**

70% and above will be **Distinction class**

In case the student fails, he/she should appear for theory papers.

Passed students will get certificate after successful completion of the course.



Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



COURSE SYLLABUS

- Unit 1 :** Meaning ,Concept and History of Cognitive Behavioural Therapy.
- Unit 2:** Types and Techniques of Cognitive Behavioural Therapy, Relation between Cognitive and Behavioural Science,
- Unit 3:** Sensation, Perception and Conception ,Role of Language in development of Conception
- Unit 4:** Behaviouralism,Stages and Models of Stress, Assessment of Behavioural change as a result of Learning ,Human Rights,Values and Ethics
- Unit 5:** Identifying maladaptive thoughts and beliefs, Challenging maladaptive thoughts and beliefs, Behavioural activation, Problem solving, Relaxation

Resources : Books, Magazine and Journals

Principal
Swahid Smriti Mahavidyalaya
Belsor : Nalbari (Assam)



REGISTER OF DAILY ATTENDANCE

HR

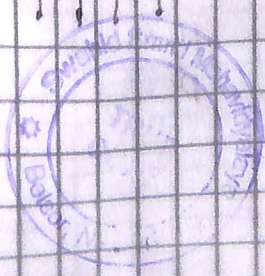
NAME.....

CLASS.....SECTION.....

Roll No.	NAME	ATTENDANCE																						
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
01	Ankita Barmam		✓				✓			✓				✓			✓							✓
02	Annu Begum																							
03	Azma Ahmed.																							
04	Aspara Medhi																							
05	Bavasha Das																							
06	Bhaswati Devi																							
07	Bhumika Jalukda																							
08	Bhaskarjyoti Barm																							
09	Dimpi Saikia																							
10	Depandita Barma																							
11	Gitashree Nath																							
12	Stimani Jalukdar																							
13	Jumi Barman																							
14	Karabi Das																							
15	Kankana Patowary																							
16	Kakali Barmam																							
17	Lekhika Barishya																							
18	Mousumi Deha																							
19	Madhusmita Das																							
20	Madhusmita Haloi																							
21	Nabanita Saikia																							
22	Pahi Das																							
23	Rakhi Deha																							
24	Relikhandi Das																							
25	Sangita Das																							
26	Sakamin Sultana																							
27	Jyishnamani Jalukda																							
28	Jyishnamani Das																							
29	Jyishnamani Das																							
30	Utpal Das.																							

Moumita Haloi

Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

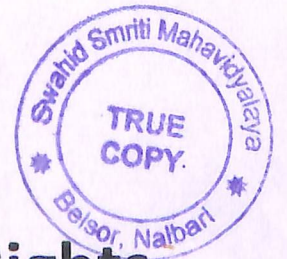


No. of Students Present



Swahid Smriti Mahavidyalaya শ্বহীদ স্মৃতি মহাবিদ্যালয়

PROSPETUS



Certificate Course in Human Rights

(Commenced From 2022-23)

Manoj Kumar

Principal
Swahid Smriti Mahavidyalaya
Belsor, Naibari (Assam)

CONTENTS

Swahid Smriti Mahavidyalaya, Belser
Certificate Course in Human Rights

1. Title of the course
2. Introduction
3. Objectives of the Course
4. Advantage of the course
5. Learning Outcomes
6. Eligibility
7. Course Strength
8. Duration of the Course
9. Teacher's Qualifications
10. Scheme of Examination
11. Course Syllabus



Principal
Swahid Smriti Mahavidyalaya
Belser, Nalbari (Assam)

Swahid Smriti Mahavidyalaya , Belsor

Certificate Course in Human Rights

About the College:

Swahid Smriti Mahavidyalaya, A premier institution of higher education of Arts Stream was established in 1989 in the heart of Belsor, a socially, politically and culturally sound village in the west of Nalbari area Belsor, a village specially known not only in Assam but also all over India because of the historically famous temple “ Bilbeswar Devalaya “ , that was built by the pious king Nagakshya. The college is in the west direction of Bilbeswar Devalaya and approximately 14 KM away from the district head quarter of Nalbari District.

The College was brought under Provincialisation system in the year 2013 by the Govt. Of Assam. It is permanently affiliated to Gauhati University and is under the purview of Section 2(F) and 12(B) of the UGC act 1956. At present it has six departments in the Arts Faculty and offers certificate course in Human Rights, Art of Recitation and writing skill in Assamese & English.

-VISION –

We are committed to promote value based, quality legal education and research by nurturing skills and potentials of faculty and students and inculcating in them respect for law and humanity.

- MISSION –

- 1) To empower students with updated knowledge and confidence, for excellence in legal education, research and legal profession.
- 2) To provide a learning environment supported by educational tools and technology.
- 3) To develop professional and leadership skills, integrity and accountability amongst students.
- 4) To impart affordable, innovative, relevant legal education, conducive to personal and professional growth.



Manoj Halder

Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

- GOALS -

- 1) To provide opportunities of legal education to masses including those from rural areas.
- 2) To spread legal literacy among people to facilitate accomplishment of democratic aspirations of people.
- 3) To provide legal aid, for enforcing the rights of people and in particular to bring justice within the reach of poor and needy.
- 4) To develop legal awareness, regarding the knowledge of legal rights, ways and means to enforce them, civic responsibilities, fundamental duties, and social reforms necessary for development of the society.
- 5) To aim at wider goals of empowering law students to fulfil their responsibility as a member of legal profession, in the administration of law, reforms of law and protection of individual rights as well as public interest in the society.

TITLE OF THE COURSE "CERTIFICATE COURSE IN HUMAN RIGHTS"

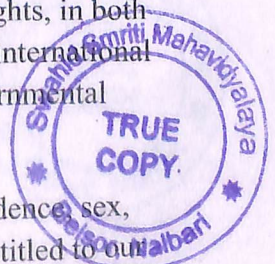
INTRODUCTION :

"All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood".

— Article 1 of the United Nations Universal Declaration of Human Rights (UDHR) Human rights are commonly understood as "inalienable fundamental rights to which a person is inherently entitled simply because she or he is a human being." Human rights are thus conceived as universal (applicable everywhere) and egalitarian (the same for everyone). These rights may exist as natural rights or as legal rights, in both national and international law. The doctrine of human rights in international practice, within international law, global and regional institutions, in the policies of states and in the activities of non-governmental organizations, has been a cornerstone of public policy around the world.

Human rights are rights inherent to all human beings, whatever our nationality, place of residence, sex, national or ethnic origin, colour, religion, language, or any other status. We are all equally entitled to human rights without discrimination. These rights are all interrelated, interdependent and indivisible.

Universal human rights are often expressed and guaranteed by law, in the forms of treaties, customary international law, general principles and other sources of international law. International human rights law


Principal
Swahid Smriti Mahavidyalaya
Nalbari (Assam)

lays down obligations of Governments to act in certain ways or to refrain from certain acts, in order to promote and protect human rights and fundamental freedoms of individuals or groups.

The situation of human rights in India is a complex one, as a result of the country's large size and tremendous diversity, its status as a developing country and a sovereign, secular, democratic republic, and its history as a former colonial territory. The Constitution of India provides for Fundamental rights, which include freedom of religion. Clauses also provide for Freedom of Speech, as well as separation of executive and judiciary and freedom of movement within the country and abroad.

OBJECTIVES OF THE COURSE

The Certificate Course on Human Rights aims at to create awareness among all categories of persons & to make aware the basic human rights value so as to strengthening Human Rights culture in society. The course is designed for give basic information about Human Rights its implementation problems of implementation & measures for its implementation etc. as well as National & International perspective of the rights & different categories of Human Rights.

The Course targets the students & Professional groups, teachers, lawyers & even NGO's who are to deal with Human Rights issues at the ground level. The course is structured for short duration of 3 months.

The course shall comprises one paper which focus on basic issues of Human Rights & deals with evaluation of Human Rights, classification of Human Rights its implementation & special issues of violation of Human Rights at National & International level.

ADVANTAGES OF COURSE

- Give knowledge about human rights.
- To know your basic rights
- Work for the protection of rights of oneself as well as others.

Learning Outcomes:

- a) The foundation course will aim at making the learners acquire conceptual clarity and develop respect for Human Rights
- b) It will create awareness among learners about the evolution and development of Human Rights
- c) Recognize the importance of various important human rights documents
- d) It will provide the capacity to identify issues and problems relating to the realization of human rights.
- e) It will give learners understanding about human rights at different regional levels.
- f) Learners will be able to identify how different human rights are protected.
- g) It will demonstrate an awareness of the international context of human rights.
- h) It will provide to understand the importance of the Human Rights Act 1993.



Manoj Choudhary
Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

ELIGIBILITY

A candidate for being eligible for admission to Certificate Courses on Human rights should be passed minimum 12th standard.

COURSE STRENGTH

The course will admit only 40 students at a time.

DURATION OF THE COURSE

The Course will be conducted every year at Swahid Smriti Mahavidyalaya, Belsor. The duration of the course will be 3 months consisting of 30 lectures including examination.

INFORMATION ABOUT ADMISSION

College Timing on all Working Days : From 9.00 a.m to 4.00 p.m.

Office Timing :From 9.00 a.m. to 5.00 p.m. (on all working days.)

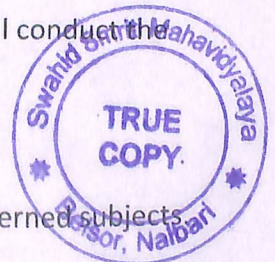
Library Timing : From 9.00 .m. to 5.00 p.m. (on all working days.)

Weekly Holiday will be on Sunday.

TEACHER'S QUALIFICATIONS

Experts in the subjects will deliver lectures and conduct Simulation Experts in the field will conduct the course. They will be –

- a) Advocates with 10 years practice and above.
- b) Academicians with more than 5 years teaching experience preferably the teaching concerned subjects.
- c) Any other activist in this field.



Manoj Kumar

Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

SCHEME OF EXAMINATION

1. Candidate should fully interact in the class programmes.
2. Candidate should compulsorily have 75 percent attendance.
3. Candidate should complete and submit about 2 to 4 assignments, which will be given to him/her.
4. Theory - One Paper - 100 Marks

Pattern of Question Paper :

There will be 10 questions having each for 1marks ,5 questions for 2 marks,4 questions for 5 marks and 4 questions for 10 marks .

Passing Standard - 30 Marks out of 100.

40% to less than 60% will be **Second Class**

60% to less than 70% will be **First Class**

70% and above will be **Distinction class**

In case the student fails, he/she should appear for theory papers.

Passed students will get certificate after successful completion of the course.



Manoj Kumar

Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)

COURSE SYLLABUS

Unit 1 : Meaning and Definition ,Evolution of Human Rights ,Characteristics of Human Rights.

Unit 2: Classification of Human Rights: First Generation rights , Second Generation Rights, Third Generation Rights.

Unit 3: Categories of Human Rights : Men, Women, Children, Refugees ,War Prisoners ,Labourers (Skilled ,Unskilled)

Unit 4: Agencies involved in Human Rights protection –UNO, Amnesty International, Human Rights Commission of India ,Assam Human Rights Commission

Resources : Books, Magazine and Journals



Principal
Swahid Smriti Mahavidyalaya
Belsor, Nalbari (Assam)