



**PRAHLADRAI DALMIA LIONS COLLEGE  
OF COMMERCE & ECONOMICS  
ISO 9001: 2015 Certified**

**Certificate Course on Yoga**

**Objectives**

The Certificate Course on Yoga aims to introduce participants to the profound principles and practices of yoga, cultivating physical vitality, mental clarity, and emotional balance. The course **seeks to educate, enhance physical well-being and promote mental clarity** of the participants.

**Course Content and Syllabus**

1. **Yoga Philosophy and History:** Exploring the origins and evolution of yoga, including an introduction to key texts like the Yoga Sutras and the Bhagavad Gita.
2. **Yoga Asanas (Poses):** Learning and practicing a variety of yoga poses, focusing on alignment, benefits, and modifications for different levels of practitioners.
3. **Pranayama (Breathing Techniques):** Understanding and practicing various pranayama techniques that involve controlled breathing to enhance vitality and balance the body's energy.
4. **Meditation and Mindfulness:** Introduction to meditation techniques and mindfulness practices to cultivate inner awareness and mental clarity.
5. **Yogic Anatomy and Physiology:** Exploring the body's energy systems (chakras and nadis) and their relevance to yoga practice, as well as understanding basic human anatomy.
6. **Yoga Ethics and Lifestyle:** Learning about the ethical principles of yoga, such as ahimsa (non-violence) and satya (truthfulness), and integrating them into daily life.
7. **Yoga Teaching Methodology:** Understanding how to create and structure yoga classes, including sequencing, cueing, and adapting classes for different student needs.

**Outcomes**

Upon successful completion of the 5-months Certificate Course on Yoga, participants can anticipate the following outcomes:

- Yoga Competence
- Physical Vitality
- Stress Resilience
- Mind-Body Synchronization

**DR. SUNITA TIDKE  
(Course Coordinator)**



**Prof. (Dr.) Digambar N. Ganjewar**

**PRINCIPAL  
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**REPORT**

**Certificate Course on Yoga 2023-24**

Prahladrai Dalmia Lions College presents the transformative "Certificate Course on Yoga," expertly guided by Dr. Sunita Tidke. This report offers a succinct overview of the course, its objectives, and expected outcomes, highlighting the institution's commitment to fostering holistic wellness through yoga.

The course was conducted online on google meet for the duration of 30 hours covering a period of 7 months (08/08/2023 to 14/03/2024).

In total 443 students participated in this certificate course. After the successful completion of the course, students were awarded with the certificates.

**Objective**

The Certificate Course on Yoga aims to introduce participants to the profound principles and practices of yoga, cultivating physical vitality, mental clarity, and emotional balance. The course **seeks to educate, enhance physical well-being and promote mental clarity** of the participants.

**Outcome**

Upon successful completion of the 5-months Certificate Course on Yoga, participants can anticipate the following outcomes:

- Yoga Competence
- Physical Vitality
- Stress Resilience
- Mind-Body Synchronization

**DR. SUNITA TIDKE**  
(Course Coordinator)



**Prof. (Dr.) Digambar N. Ganjewar**

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**Certificate Course on Human Values and Ethics**

**Objectives**

The Certificate Course on Human Values and Ethics seeks to:

- Instill an understanding of the importance of human values and ethical conduct.
- Cultivate a sense of moral responsibility and ethical awareness.
- Encourage introspection and reflection on personal values and actions.

**Course Content and Syllabus**

1. **Introduction to Human Values:** Understanding the meaning and significance of human values, including how they shape individual character and influence societal well-being.
2. **Universal Human Values:** Exploring core human values such as truth, compassion, non-violence, love, humility, integrity, and justice.
3. **Ethical Decision Making:** Learning how to make ethical decisions based on principles and values, considering the well-being of oneself and others.
4. **Self-awareness and Self-development:** Reflecting on one's own values, strengths, and areas for growth, and working towards personal transformation.
5. **Ethics in Professional Life:** Exploring the application of human values in various professions, including business, healthcare, education, and public service.
6. **Social Responsibility:** Examining the role of individuals and communities in promoting social welfare and addressing societal challenges through value-based actions.
7. **Mindfulness and Values:** Exploring mindfulness practices to cultivate self-awareness, emotional intelligence, and alignment with chosen values.
8. **Ethics in the Digital Age:** Addressing ethical considerations related to technology, social media, and digital interactions.
9. **Values and Well-being:** Exploring the link between practicing human values and enhancing overall well-being, both mental and emotional.
10. **Service and Giving:** Examining the concept of selfless service and how contributing to the welfare of others aligns with human values.

**Outcome**

Upon successful completion of Certificate Course on Human Values and Ethics, participants can expect to:

- Develop a heightened awareness of the significance of ethical behavior.
- Foster a sense of empathy, compassion, and respect for others.
- Cultivate virtuous character traits that contribute to a harmonious society.

*Seema*

**MS. SEEMA SHUKLA  
(Course Coordinator)**



*Digambar*

**Prof. (Dr.) Digambar N. Ganjewar**

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**REPORT**

**Certificate Course on Human Values and Ethics 2023-24**

Prahladrai Dalmia Lions College presents the impactful "Certificate Course on Human Values and Ethics," led by Ms. Seema Shukla. This report provides a concise overview of the course, its objectives, and the expected outcomes, showcasing the institution's dedication to nurturing ethical and principled individuals.

**Objectives**

The Certificate Course on Human Values and Ethics seeks to:

- Instill an understanding of the importance of human values and ethical conduct.
- Cultivate a sense of moral responsibility and ethical awareness.
- Encourage introspection and reflection on personal values and actions.

**Outcome**

Upon successful completion of Certificate Course on Human Values and Ethics, participants can expect to:

- Develop a heightened awareness of the significance of ethical behavior.
- Foster a sense of empathy, compassion, and respect for others.
- Cultivate virtuous character traits that contribute to a harmonious society.

The course was conducted online on goggle meet for the duration of 30 hours covering a period of 6 months (12/09/2023 to 25/02/2024).

In total 539 students participated in this certificate course. After the successful completion of the course, students were awarded with the certificates.

**MS. SEEMA SHUKLA  
(Course Coordinator)**



**Prof. (Dr.) Digambar N. Ganjewar**

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**Certificate course on Gandhian Ideology**

**Objective**

The Certificate Course on Gandhian Ideology aims to:

- Introduce participants to the life, philosophy, and principles of Mahatma Gandhi.
- Foster an understanding of nonviolent resistance and civil disobedience.
- Encourage critical thinking and discussions about Gandhian concepts.


**Course Content and Syllabus**

1. **Introduction to Mahatma Gandhi:** Understanding the life, background, and historical context of Mahatma Gandhi, and his significance in the Indian independence movement.
2. **Principles of Nonviolence (Ahimsa):** Exploring Gandhi's philosophy of nonviolence as a means for social change, conflict resolution, and personal transformation.
3. **Satyagraha and Civil Disobedience:** Studying the concepts of satyagraha (truth force) and civil disobedience, and their role in resistance against injustice.
4. **Economic Equality:** Studying Gandhi's views on equitable distribution of resources and the elimination of economic disparities.
5. **Women's Empowerment:** Understanding Gandhi's advocacy for women's rights, gender equality, and their active participation in social and political life..
6. **Peace and Conflict Resolution:** Examining Gandhi's efforts to promote peace, reconciliation, and the resolution of conflicts through nonviolent means.
7. **Gandhi's Influence Today:** Analyzing how Gandhian principles continue to inspire social movements, political leaders, and activists worldwide.
8. **Practical Applications of Gandhian Ideals:** Exploring how Gandhian ideology can be applied to contemporary challenges such as poverty, inequality, and environmental sustainability.


**Outcome**

Upon successful completion of the Certificate Course on Gandhian Ideology, participants can anticipate:

- A comprehensive grasp of Mahatma Gandhi's principles and their relevance.
- An ability to apply nonviolent ideals to contemporary societal issues.
- Enhanced critical thinking and communication skills through engaging discussions.

  
**DR. SUNITA TIDKE**  
(Course Coordinator)



  
**Prof. (Dr.) Digambar N. Ganjewar**

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**REPORT**

**Certificate course on Gandhian Ideology 2023-24**

Prahladrai Dalmia Lions College introduces the enriching "Certificate Course on Gandhian Ideology," guided by Dr. Sunita Tidke. This report succinctly outlines the course's key aspects, objectives, and expected outcomes, highlighting the college's commitment to fostering an understanding of Mahatma Gandhi's principles.

**Objective**

The Certificate Course on Gandhian Ideology aims to:

- Introduce participants to the life, philosophy, and principles of Mahatma Gandhi.
- Foster an understanding of nonviolent resistance and civil disobedience.
- Encourage critical thinking and discussions about Gandhian concepts.

**Outcome**

Upon successful completion of the 4-month Certificate Course on Gandhian Ideology, participants can anticipate:

- A comprehensive grasp of Mahatma Gandhi's principles and their relevance.
- An ability to apply nonviolent ideals to contemporary societal issues.
- Enhanced critical thinking and communication skills through engaging discussions.

The course was conducted online on google meet for the duration of 30 hours covering a period of 4 months (03/11/2023 to 15/03/2024).

In total 543 students participated in this certificate course. After the successful completion of the course, students were awarded with the certificates.

**DR. SUNITA TIDKE  
(Course Coordinator)**



**Prof. (Dr.) Digambar N. Ganjewar**

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**Certificate course on Basic of Accounting**

**Objectives**

The Certificate Course on Basics of Accounting aims to:

- Provide participants with a foundational understanding of accounting principles.
- Equip participants with skills to record, analyze, and interpret financial transactions.
- Enhance financial literacy and enable participants to make informed financial decisions.

**Course Content and Syllabus**

1. **Introduction to Accounting:** Understanding the purpose of accounting, its role in business, and the importance of accurate financial reporting.
2. **Financial Statements:** Learning about the three main financial statements—balance sheet, income statement, and cash flow statement—and how they present a company's financial performance and position.
3. **Accounting Principles:** Exploring generally accepted accounting principles (GAAP) and their application in recording transactions and preparing financial statements.
4. **Double-Entry Accounting:** Understanding the concept of double-entry bookkeeping, debits and credits, and how transactions are recorded in the accounting equation (Assets = Liabilities + Equity).
5. **Recording Transactions:** Learning how to record various types of transactions, including sales, purchases, expenses, and revenues, using journals and ledgers.
6. **Chart of Accounts:** Creating and understanding a chart of accounts, which organizes accounts based on their nature and helps in categorizing financial transactions.
7. **Ethics in Accounting:** Exploring ethical considerations and professional conduct in accounting, including principles like objectivity and confidentiality.

**Outcome**

Upon successful completion of the Certificate Course on Basics of Accounting, participants can expect to:

- Gain proficiency in fundamental accounting concepts and terminology.
- Develop the ability to prepare and interpret financial statements.
- Enhance their financial decision-making skills for personal and professional contexts.

**MR. PANKAJ JAIN  
(Course Coordinator)**



**Prof. (Dr.) Digambar N. Ganjewar**

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**REPORT**

**Certificate course on Basic of Accounting 2023-24**

Prahladrai Dalmia Lions College introduces the insightful "Certificate Course on Basics of Accounting," led by Mr. Pankaj Jain. This report provides a concise overview of the course, outlining its objectives and anticipated outcomes. The college's commitment to imparting fundamental financial skills is evident through this initiative.

**Objective**

The Certificate Course on Basics of Accounting aims to:

- Provide participants with a foundational understanding of accounting principles.
- Equip participants with skills to record, analyze, and interpret financial transactions.
- Enhance financial literacy and enable participants to make informed financial decisions.

**Outcome**

Upon successful completion of the Certificate Course on Basics of Accounting, participants can expect to:

- Gain proficiency in fundamental accounting concepts and terminology.
- Develop the ability to prepare and interpret financial statements.
- Enhance their financial decision-making skills for personal and professional contexts.

The course was conducted online for a duration of 30 hours covering a period of **7 months (10/08/2023 to 16/03/2024)**.

In **total 530** students participated in this certificate course. After the successful completion of the course, students were awarded with the certificates.

**MR. PANKAJ JAIN**  
(Course Coordinator)



**Prof. (Dr.) Digambar N. Ganjewar**

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**Certificate Course on Direct Taxation**

**Objective**

The Certificate Course on Direct Taxation aims to:

- Introduce participants to the fundamentals of direct taxation laws and regulations.
- Enhance participants' understanding of income tax principles and their applications.
- Equip participants with skills to navigate and comply with direct taxation requirements.

**Course Content and Syllabus**

1. **Introduction to Direct Taxes:** Understanding the basics of direct taxation, its importance in revenue generation, and its impact on the economy.
2. **Income Tax Laws:** Studying the Income Tax Act and related regulations, including concepts of taxable income, exemptions, deductions, and calculation of tax liabilities for individuals and businesses.
3. **Corporate Taxation:** Exploring taxation related to corporations, including concepts like the corporate tax rate, deductions, depreciation, and tax planning for businesses.
4. **Tax Planning and Avoidance:** Learning strategies for legal tax planning, minimizing tax liabilities, and understanding the difference between tax planning and tax evasion.
5. **Tax Deductions and Exemptions:** Understanding various tax deductions available to individuals and businesses, such as deductions for investments, charitable contributions, and housing loans.
6. **Tax Compliance and Filing:** Exploring the process of tax return filing, due dates, documentation requirements, and penalties for non-compliance.

**Outcome**

Upon successful completion of the 6-month Certificate Course on Direct Taxation, participants can expect to:

- Gain a comprehensive understanding of direct taxation laws and provisions.
- Develop proficiency in calculating income tax and filing tax returns.
- Be well-prepared to manage personal and professional taxation matters effectively.

**MR. RAHUL YADAV**  
(Course Coordinator)



**Prof. (Dr.) Digambar N. Ganjewar**

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**REPORT**

**Certificate Course on Direct Taxation 2023-24**

Prahladrai Dalmia Lions College presents the insightful "Certificate Course on Direct Taxation," guided by Mr. Rahul Yadav. This report offers a succinct overview of the course, highlighting its objectives and anticipated outcomes. The college's commitment to imparting knowledge on direct taxation is evident through this initiative.

**Objective**

The Certificate Course on Direct Taxation aims to:

- Introduce participants to the fundamentals of direct taxation laws and regulations.
- Enhance participants' understanding of income tax principles and their applications.
- Equip participants with skills to navigate and comply with direct taxation requirements.

**Outcome**

Upon successful completion of the 6-month Certificate Course on Direct Taxation, participants can expect to:

- Gain a comprehensive understanding of direct taxation laws and provisions.
- Develop proficiency in calculating income tax and filing tax returns.
- Be well-prepared to manage personal and professional taxation matters effectively.

The course was conducted online for a duration of 30 hours covering a period of 6 months (15/09/2023 to 10/03/2024).

In total 468 students participated in this certificate course. After the successful completion of the course, students were awarded with the certificates.

**MR. RAHUL YADAV  
(Course Coordinator)**



**Prof. (Dr.) Digambar N. Ganjewar**

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