



THE UNIVERSITY OF BURDWAN  
DEPARTMENT OF LIFELONG LEARNING

Annexure-V

Name of the students of Post Graduate Diploma in Yoga – 2019-20

Sl. No.	Name of the student	BU Challan No.	Date	Gender
1	SUPRAKASH MONDAL	1105 C	07.08.2019	Male
2	NILADRI DHARA	1106 C	08.08.2019	Male
3	AMIT KUMAR GHOSH	1107 C	08.08.2019	Male
4	MUFERZEL MONDAL	1108 C	08.08.2019	Male
5	SAKUNTALA MAHATO	1109 C	07.08.2019	Female
6	ABHISHEK GUHA	1110 C	08.08.2019	Male
7	SAMRAT MAJI	1111 C	08.08.2019	Male
8	SURJA KANTA DAS	1112 C	09.08.2019	Male
9	TAMA PAUL	1113 C	09.08.2019	Female
10	ARCHANA BARAI	1114 C	09.08.2019	Female
11	RUPA MONDAL	1115 C	09.08.2019	Female
12	SONALI ROY	1116 C	09.08.2019	Female
13	ABDULLA HAQUE MIDDYA	1117 C	09.08.2019	Male
14	NISHI KANTA KARAK	1118 C	13.08.2019	Male
15	SUNANDA NANDI	1119 C	14.08.2019	Female
16	FORIDA KHATUN	1214 C	02.09.2019	Female
17	PABITRA GHOSH	1215 C	02.09.2019	Male
18	SAJAL HALDER	1216 C	02.09.2019	Male
19	PUJA KOLEY	1217 C	02.09.2019	Female
20	ABHISHEK BAG	1218 C	02.09.2019	Male
21	SNIGDHA DAS	1219 C	03.09.2019	Female
22	UJJWAL MAHATO	1220 C	03.09.2019	Male
23	MAMPI GHOSH	1221 C	03.09.2019	Female
24	RUPALI HEMBRAM	1222 C	03.09.2019	Female
25	JOYDEB MAJHI	1223 C	02.09.2019	Male

*Chatterjee*  
Joint Director  
Deptt. of Lifelong Learning  
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26	POULAMI MUKHERJEE	1224 C	02.09.2019	Female
27	TUMPA MONDAL	1225 C	02.09.2019	Female
28	SAHANI KHATUN	1226 C	02.09.2019	Female
29	SUDESHNA MUKHERJEE	1267 C	17.09.2019	Female
30	MOUSUMI PAL	1268 C	17.09.2019	Female
31	MOUMITA DAS	1269 C	17.09.2019	Female
32	SANGITA DAS	1270 C	17.09.2019	Female
33	ARUP GHOSH	1271 C	17.09.2019	Male
34	SHASHI BHUSAN MAHATO	1272 C	17.09.2019	Female
35	LATA PATRA	1379 C	24.09.2019	Female
36	RAMU ROY	5462	17.09.2019	Male
37	RUPALI NANDI	1387 C	01.10.2019	Female
38	SUNANDA GHOSH	1425 C	22.10.2019	Female
39	SHILPI CHOWDHURY	1497 C	06.11.2019	Female
40	SAHINA BEGAM	5001	17.09.2019	Female
41	TAPAS MAJHI	5000	17.09.2019	Male
42	LIPIKA DAS DHAR	1581 C	26.11.2019	Female
43	SUBRATA KARMAKAR	1582 C	26.11.2019	Male
44	SONALI DUTTA	1583 C	26.11.2019	Female
45	MITUPRIYA GUHA	1584 C	26.11.2019	Female
46	RAKESH MONDAL	1585 C	26.11.2019	Male
47	SUSANTA NANDI	1586 C	26.11.2019	Male
48	TANDRA BAG	1587 C	26.11.2019	Female
49	MAHUYA SENGUPTA	1588 C	26.11.2019	Female
50	NARGIS PARVIN	1589 C	26.11.2019	Female

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3

# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF LIFELONG LEARNING

Minutes of the meeting of the ad-hoc Board of P. G. Studies in Post Graduate Diploma in Yoga under the Department of Lifelong Learning on 09/01/2019 at 2 p.m. in the office of the Joint Registrar, BU.

### Members present

1. Prof. B.B. Parida,  
Deptt. of Tourism, BU. (Chairman)
2. Director /Incharge, DLL, BU.
3. Arijit Chatterjee  
Assistant Director, DLL
4. Mrs. Ajanta Acharyya  
Yoga Instuctress, DLL
5. Dr. Hiralal Adhikari  
Professor (Contractual) & Teacher-in-charge,  
Deptt. of Physical Education, B.U.

1. The members of Board of studies resolved to recommend the dates of examination of PGDY, 2018:

### Theory Papers

Paper	Subject	Date of Examination
PGDYTH 101	Foundation of Yoga Full Marks: 70	04.03.2019
PGDYTH 102	Hatha Yoga Full Marks: 70	06.03.2019
PGDYTH 103	Human Anatomy and Physiology Full Marks: 70	08.03.2019
PGDYTH 104	Yogic Life Style Full Marks: 70	11.03.2019
PGDYTH 105	Essence of Principal Upanisad and B.G Full Marks: 70	13.03.2019
PGDYTH 106	Different Yoga Sutras and Yoga Darshan Full Marks: 70	15.03.2019
PGDYTH 107	Applied Yoga	18.03.2019

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18.03.2019 REGISTRAR  
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*[Signature]*  
9/1/19

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**DEPARTMENT OF LIFELONG LEARNING**

	Full Marks: 70	
PGDYTH 108	Methods of Teaching Yoga and Value Education	20.03.2019
	Full Marks: 70	

**Practical Papers**

Paper	Subject	Date of Examination
PGDYPR 201	Yoga Practicum I Full Marks: 70	25.03.2019
PGDYPR 202	Yoga Practicum II Full Marks: 70	25.03.2019
PGDYPR 203	Yoga Practicum III Full Marks: 70	26.03.2019
PGDYPR 204	Yoga Practicum IV Full Marks: 70	27.03.2019
PGDYFW 205	Assignment and Self appraisal Full Marks: 70	28.03.2019
PGDYFW 206	Teaching Practice Full Marks: 70	29.03.2019

2. The committee resolved to recommended that all the teachers of the yoga under the Deptt. of Lifelong Learning will conduct their respective Internal Assessment Examination on 12.03.2019 and 13.03.2019 and submit the marks to the undersigned on or before 20.03.2019.
3. It is also resolved that the tentative admission notification date will be Middle of the May, 2019.

*Joint Acharya*  
09.01.19

*[Signature]*  
09.01.19

*[Signature]*  
09/01/19

*[Signature]*  
Joint Director  
Deptt. of Lifelong Learning  
THE UNIVERSITY OF BURDWAN  
RAJBATI, BURDWAN-713104

*[Signature]*  
9/1/19

May kindly be approved, *[Signature]*  
21.01.19.

*[Signature]*  
9/1/19

Approved  
*[Signature]*  
21.01.19

REGISTRAR  
THE UNIVERSITY OF BURDWAN  
BURDWAN-713104

# REGISTER OF ATTEND- FOR THE MONTH

Serial No.	Roll No.	NAME OF PUPILS
	1.	SUPRAKASH MONDAL
	2.	NILADRI DHARA
	3.	AMIT KUMAR GHOSH
	4.	MUFARZEL MONDAL
	5.	SAKUNTALA MAHATO
	6.	ABHISHEK GUHA
	7.	SAMRAT MAJI
	8.	SURJA KANTA DAS
	9.	TAMA PAUL
	10.	ARCHANA BARAI
	11.	RUPA MONDAL
	12.	SONALI ROY
	13.	ABDULLA HAQUE MIDDYA
	14.	NISHIKANTA KARAK
	15.	SUNANDA NANDI
	16.	FORIDA KHATUN
	17.	PABITRA GHOSH
	18.	SAJAL HALDER
	19.	PUJA KOLEY
	20.	ABHISHEK BAG
	21.	SNIGDHA DAS
	22.	UJJWAL MAHATO
	23.	MAMPI GHOSH
	24.	RUPALI HEMBRAM
	25.	JOYDER MAJHI

*Phattergya*  
Joint Director  
Dept. of Lifelong Learning  
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REGISTRAR  
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BURDWAN - 713104

No. Present daily ...  
No. Absent daily ...

Roll No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	A	A	a	a	a	A	a	a	P	P	A	A	A			P	P	P	A	
2	P	A	a	P	P	A	a	P		A	A	A	A			a	P	P	A	
3	P	A	a	P	P	A	a	a		A	A	A	A			a	P	P	A	
4		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
5	P	A	a	P	P	A	P	P	P	P	A	A	A			P	P	P	A	
6		A	a	a	P	A	a	a	P	P	A	A	A			a	A	A	A	
7		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
8	P	P	P	P	P	A	P	P	P	A	A	A	P			P	P	P	A	
9		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
10		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
11		A	a	a	a	A	a	a	P	P	A	A	A			P	P	P	A	
12	P	A	a	P	P	A	P	P		P	A	A	P			a	P	P	A	
13		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
14		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
15	P	A	a	P	P	A	P	P		P	A	A	P			a	A	A	A	
16		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
17		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
18	P	P	A	A	A	A	a	a	P	A	A	A	A			a	A	A	A	
19		A	a	a	a	A	P	a		A	A	A	A			a	A	A	A	
20		A	a	a	a	A	a	a		A	A	A	A			a	A	A	A	
21	P	P	P	P	a	A	P	a		A	A	A	A			P	P	P	A	
22		A	P	a	a	A	P	a	P	A	A	A	A			a	A	A	A	
23	P	A	a	P	P	A	a	P	P	A	A	P				a	P	P	P	
24	H	A	a	a	P	A	P	P	P	A	A	P				P	P	P	P	
25	P	P	P	P	P	A	a	a	P	A	A	P				a	P	P	P	

imane Mukhepadhyay (108)  
apasa... (108)  
S... (108)  
... (107)  
... (107)  
... (105)  
... (105)  
... (108)  
... (108)  
... (109)  
... (108)  
... (108)  
... (108)  
... (108)  
... (107)

REGISTER OF ATTEND-  
FOR THE MONTH

Serial No.	Roll No.	NAME OF PURILS
26.		POULAMI MUKHERJEE
27.		TUMPA MONDAL
28.		SAHANI KHATUN
29.		SAHINA BEGAM
30.		TAPAS MAJHI
31.		SUDESHNA MUKHERJEE
32.		MOUSUMI PAL
33.		MOUMITA DAS
34.		SANGITA DAS
35.		ARUP GHOSH
36.		SHASHI BHUSAN MAHATO
37.		LATA PATRA
38.		RAMU ROY
39.		RUPALI NANDI
40.		Sunanda Ghosh
41.		Shilpi Chowdhury
42.		LIPIKA DAS DHAR
43.		SUBRATA KARMAKAR
44.		SONALI DUTTA
45.		MITURRIYA GUHA
46.		RAKESH MONDAL
47.		SUSANTA NANDI
48.		TANDRA BAG
49.		MAHUYA SENGUPTA
50.		NARGIS PARVIN

Roll No.	ATTEND																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
	A	a	a	P	L	P	a	P	A	A	A	A				P	A	A	A
	A	a	a	a	L	P	P	P	P	A	L	A				a	A	a	A
	P	A	a	P	a	L	P	a	P	P	L	A	A			P	P	P	L
	P	P	P	P	a	L	P	P	P	A	A	L	A			P	P	P	L
	A	a	a	a	A	a	a	P	A	A	A	A				a	A	a	A
	A	a	a	a	L	P	a	P	A	A	A	P				a	A	a	L
	A	a	a	P	L	P	P	A	A	L	L	P				a	A	a	A
	P	P	a	P	L	P	P	A	A	L	P					P	P	P	L
	A	a	a	a	A	a	P	P	L	L	P					P	P	P	A
	P	P	P	P	A	a	a	P	A	L	A	P				a	P	P	A
	P	P	a	a	A	a	a	A	A	A	A					a	A	a	A
	A	a	a	a	A	a	a	P	L	A	A					a	A	a	A
	A	a	a	a	L	P	a	P	A	L	A	P				a	P	P	A
	P	P	a	P	A	a	a	P	P	L	A	A				a	A	a	A
	P	P	P	P	A	a	P	P	L	L	P					a	P	P	L
	A	a	a	a	L	P	a	P	A	A	A					a	A	a	A
	P	P	P	P	L	P	P	P	L	L	A					a	P	P	L
	P	P	a	a	L	P	a	P	A	A	A	P				P	A	a	A
	P	A	P	P	P	A	a	P	P	A	A	P				a	A	a	A
	A	a	a	a	L	P	a	P	A	L	A	P				a	P	P	A
	P	A	P	P	P	A	a	P	P	L	A	P				a	A	a	L
	P	P	P	P	L	P	P	P	L	L	P					P	P	P	L
	P	A	a	P	a	A	a	a	A	A	A	A				a	A	a	A

*Chatterjee*  
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REGISTRAR  
THE UNIVERSITY OF BURDWAN  
BURDWAN - 713104

No. Present daily ... ..  
No. Absent daily ... ..  
TOTAL ... ..

Sumana Mukhopadhyay (108)  
gopasana Dey (108)  
ganyanta Haha 101  
ganyanta Haha 105  
ganyanta Haha 106  
Sumana Mukhopadhyay (08)  
Ranjana Banerjee (104)  
bopasana Dey (108)  
Sumana Mukhopadhyay (108)  
gopasana Dey (108)  
Chatterjee Burdwan


7  
**POST GRADUATE DIPLOMA IN YOGA - 2019-20**  
 Date of Publish of Result : 20.08.2021

SL. NO.	NAME WITH ROLL NO.	GPA & OBTAINED LETTER	RESULT
	BUR PG. DIP. (YOGA) 2020/1-48	ROLL NO. GRADE BUR PG. DIP. (YOGA)	
1	ABHISHEK GUHA	2020/1 8.21	A+ EXCELLENT P
2	ABHISHEK BAG	2020/2 7.00	A VERY GOOD P
3	ABDULLA HAQUE MIDDYA	2020/3 6.92	B+ GOOD P
4	AMIT KUMAR GHOSH	2020/4 6.92	B+ GOOD P
5	ARCHANA BARAI	2020/5 8.13	A+ EXCELLENT P
6	ARUP GHOSH	2020/6 7.38	A VERY GOOD P
7	FORIDA KHATUN	2020/7 7.54	A VERY GOOD P
8	JOYDEB MAJHI	2020/8 7.00	A VERY GOOD P
9	LATA PATRA	2020/9 6.88	B+ GOOD P
10	LIPIKA DAS DHAR	2020/10 7.88	A VERY GOOD P
11	MAHUYA SENGUPTA	2020/11 8.04	A+ EXCELLENT P
12	MAMPI GHOSH	2020/12 7.17	A VERY GOOD P
13	MOUSUMI PAL	2020/13 7.96	A VERY GOOD P
14	MITUPRIYA GUHA	2020/14 8.21	A+ EXCELLENT P
15	MOUMITA DAS	2020/15 7.67	A VERY GOOD P
16	NARGIS PARVIN	2020/16 7.08	A VERY GOOD P
17	NILADRI DHARA	2020/17 7.25	A VERY GOOD P
18	NISHIKANTA KARAK	2020/18 7.04	A VERY GOOD P
19	PABITRA GHOSH	2020/19 7.04	A VERY GOOD P
20	POULAMI MUKHERJEE	2020/20 8.00	A+ EXCELLENT P
21	PUJA KOLEY	2020/21 7.88	A VERY GOOD P
22	RAKESH MONDAL	2020/22 7.08	A VERY GOOD P
23	RAMU ROY	2020/23 6.88	B+ GOOD P
24	RUPA MONDAL	2020/24 8.13	A+ EXCELLENT P
25	RUPALI HEMBRAM	2020/25 7.17	A VERY GOOD P
26	RUPALI NANDI	2020/26 7.63	A VERY GOOD P
27	SAHANI KHATUN	2020/27 7.88	A VERY GOOD P
28	SAHINA BEGAM	2020/28 7.00	A VERY GOOD P
29	SAJAL HALDER	2020/29 6.96	B+ GOOD P
30	SAKUNTALA MAHATO	2020/30 7.79	A VERY GOOD P
31	SAMRAT MAJI	2020/31 7.00	A VERY GOOD P
32	SANGITA DAS	2020/32 7.50	A VERY GOOD P

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SL.NO.	NAME	GPA & OBTAINED LETTER		RESULT	
		ROLLNO	GRADE		
	BUR PG DIP (VOGA) 2020/1-48				
33	SHASHI BHUSAN MAHATO	2020/33	6.88	B+ GOOD	P
34	SHILPI CHOWDHURY	2020/34	7.75	A VERY GOOD	P
35	SNIGDHA DAS	2020/35	7.25	A VERY GOOD	P
36	SONALI DUTTA	2020/36	7.92	A VERY GOOD	P
37	SONALI ROY	2020/37	7.88	A VERY GOOD	P
38	SUBRATA KARMAKAR	2020/38	7.00	A VERY GOOD	P
39	SUDESHNA MUKHERJEE	2020/39	8.04	A+ EXCELLENT	P
40	SUNANDA GHOSH	2020/40	8.50	A+ EXCELLENT	P
41	SUNANDA NANDI	2020/41	7.58	A VERY GOOD	P
42	SUPRAKASH MONDAL	2020/42	7.96	A VERY GOOD	P
43	SURJA KANTA DAS	2020/43	7.00	A VERY GOOD	P
44	SUSANTA NANDI	2020/44	7.63	A VERY GOOD	P
45	TANDRA BAG	2020/45	7.33	A VERY GOOD	P
46	TAPAS MAJHI	2020/46	6.96	B+ GOOD	P
47	TUMPA MONDAL	2020/47	5.96	B PASS	P
48	UJJWAL MAHATO	2020/48	7.29	A VERY GOOD	P

  
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 REGISTRAR  
 THE UNIVERSITY OF BURDWAN  
 BURDWAN - 713104



**THE UNIVERSITY OF BURDWAN**  
DEPARTMENT OF CONTROLLER OF EXAMINATIONS

PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA EXAMINATION, 2020 IN YOGA

College/ Institute Name :L.L.L

Srl No.	Roll & No.	GPA & Obtained Letter Grade	Result of the Programme
1	BUR PG.DIP.(YOGA) 2020/1	8.21 A+ Excellent	P
2	BUR PG.DIP.(YOGA) 2020/2	7.00 A Very Good	P
3	BUR PG.DIP.(YOGA) 2020/3	6.92 B+ Good	P
* 4	BUR PG.DIP.(YOGA) 2020/4	-----	INC
5	BUR PG.DIP.(YOGA) 2020/5	8.13 A+ Excellent	P
6	BUR PG.DIP.(YOGA) 2020/6	7.38 A Very Good	P
7	BUR PG.DIP.(YOGA) 2020/7	7.54 A Very Good	P
8	BUR PG.DIP.(YOGA) 2020/8	7.00 A Very Good	P
9	BUR PG.DIP.(YOGA) 2020/9	6.88 B+ Good	P
10	BUR PG.DIP.(YOGA) 2020/10	7.88 A Very Good	P
11	BUR PG.DIP.(YOGA) 2020/11	8.04 A+ Excellent	P
12	BUR PG.DIP.(YOGA) 2020/12	7.17 A Very Good	P
13	BUR PG.DIP.(YOGA) 2020/13	7.96 A Very Good	P
14	BUR PG.DIP.(YOGA) 2020/14	8.21 A+ Excellent	P
15	BUR PG.DIP.(YOGA) 2020/15	7.67 A Very Good	P
16	BUR PG.DIP.(YOGA) 2020/16	7.08 A Very Good	P
17	BUR PG.DIP.(YOGA) 2020/17	7.25 A Very Good	P
18	BUR PG.DIP.(YOGA) 2020/18	7.04 A Very Good	P
19	BUR PG.DIP.(YOGA) 2020/19	7.04 A Very Good	P
20	BUR PG.DIP.(YOGA) 2020/20	8.00 A+ Excellent	P
21	BUR PG.DIP.(YOGA) 2020/21	7.88 A Very Good	P
22	BUR PG.DIP.(YOGA) 2020/22	7.08 A Very Good	P
23	BUR PG.DIP.(YOGA) 2020/23	6.88 B+ Good	P
24	BUR PG.DIP.(YOGA) 2020/24	8.13 A+ Excellent	P
25	BUR PG.DIP.(YOGA) 2020/25	7.17 A Very Good	P
26	BUR PG.DIP.(YOGA) 2020/26	7.63 A Very Good	P
27	BUR PG.DIP.(YOGA) 2020/27	7.88 A Very Good	P
28	BUR PG.DIP.(YOGA) 2020/28	7.00 A Very Good	P
29	BUR PG.DIP.(YOGA) 2020/29	6.96 B+ Good	P
30	BUR PG.DIP.(YOGA) 2020/30	7.79 A Very Good	P
31	BUR PG.DIP.(YOGA) 2020/31	7.00 A Very Good	P
32	BUR PG.DIP.(YOGA) 2020/32	7.50 A Very Good	P
33	BUR PG.DIP.(YOGA) 2020/33	6.88 B+ Good	P
34	BUR PG.DIP.(YOGA) 2020/34	7.75 A Very Good	P
35	BUR PG.DIP.(YOGA) 2020/35	7.25 A Very Good	P

Dated: The 20th August, 2020  
Place: RAJBATI, BURDWAN

**Note:** Result:- Q=Qualified, ABS=Absent, R.A. = Reported Against, R.W.= Expelled, R.W.= Result Withheld, CAN= Cancelled, INC=Incomplete, PNC=Programme Not Cleared.  
**GPA :-** Grade Point Average, **P :-** Passed the Programme

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Controller of Examinations



THE UNIVERSITY OF BURDWAN  
DEPARTMENT OF CONTROLLER OF EXAMINATIONS

PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA EXAMINATION, 2020 IN YOGA

College/ Institute Name :L.L.L

Srl No.	Roll & No.	GPA & Obtained Letter Grade	Result of the Programme
36	BUR PG.DIP.(YOGA) 2020/36	7.92 A Very Good	P
37	BUR PG.DIP.(YOGA) 2020/37	7.88 A Very Good	P
38	BUR PG.DIP.(YOGA) 2020/38	7.00 A Very Good	P
39	BUR PG.DIP.(YOGA) 2020/39	8.04 A+ Excellent	P
40	BUR PG.DIP.(YOGA) 2020/40	8.50 A+ Excellent	P
41	BUR PG.DIP.(YOGA) 2020/41	7.58 A Very Good	P
42	BUR PG.DIP.(YOGA) 2020/42	7.96 A Very Good	P
43	BUR PG.DIP.(YOGA) 2020/43	7.00 A Very Good	P
44	BUR PG.DIP.(YOGA) 2020/44	7.63 A Very Good	P
45	BUR PG.DIP.(YOGA) 2020/45	7.33 A Very Good	P
46	BUR PG.DIP.(YOGA) 2020/46	6.96 B+ Good	P
47	BUR PG.DIP.(YOGA) 2020/47	5.96 B Pass	P
48	BUR PG.DIP.(YOGA) 2020/48	7.29 A Very Good	P

\* 4 BUR PG.DIP.(YOGA) 2020/4 6.92 B+ Good P

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Dated: The 20th August, 2020

Place:RAJBATI, BURDWAN

**Note:** Result:- Q=Qualified, ABS=Absent, R.A. = Reported Against, EXP.=Expelled, R.W.= Result Withheld, CAN= Cancelled, INC=Incomplete, PNC=Programme Not Cleared.

**GPA :-** Grade Point Average, **P :-** Passed the Programme

By Order  
*[Signature]*  
Controller of Examinations

This is a Computer generated statement.

Sl. NO	DATE	RECEIPT	CHALLAN NO.	AMOUNT	RS.	PAY
		Opening Balance			Rs. 22,16,188/-	
1.	07.08.19	Suprakash Mondal	1105 C	15,000/-		
2.	08.08.19	Niladri Dhara	1106 C	15,000/-		
3.	08.08.19	Amit Kumar Ghosh	1107 C	15,000/-		
4.	08.08.19	Mufarzel Mondal	1108 C	15,000/-		
5.	07.08.19	Sakuntala Mahato	1109 C	15,000/-		
6.	08.08.19	Abhishhek Guha	1110 C	15,000/-		
7.	08.08.19	Samarat Maji	1111 C	15,000/-		
8.	09.08.19	Swaja Ranta Das	1112 C	15,000/-		
9.	09.08.19	Tama Paul	1113 C	15,000/-		
10.	09.08.19	Akchana Barai	1114 C	15,000/-		
11.	09.08.19	Rupa Mondal	1115 C	15,000/-		
12.	09.08.19	Sonali Roy	1116 C	15,000/-		
13.	09.08.19	Abdulla Haque Midhya	1117 C	15,000/-		
14.	13.08.19	Nishikanta Korak	1118 C	15,000/-		
15.	13.08.19	Sunanda Nandi	1119 C	15,000/-		
16.	2nd Session	Acharyya Sursumor Sen				
		Maharidya Laya				
	12.08.19	Examination Fees	12994	400/-		
	09.08.19	Examination Fee	4696	400/-		
17.	2nd Session	Netaji Maharidyalaya				
	14.08.19 (A)	Affiliation Fee	4875	1000/-		
	14.08.19 (B)	Examination Fees	4874	1800/-		
18.	02.09.19	Forida Khatun	1214 C	15,000/-		
19.	02.09.19	Pabitra Ghosh	1215 C	15,000/-		
20.	02.09.19	Sajal Halder	1216 C	15,000/-		
21.	02.09.19	Puja Roley	7 C	15,000/-		
22.	02.09.19	Abhishhek Bag	1218 C	15,000/-		
23.	03.09.19	Srigdha Das	1219 C	15,000/-		
24.	03.09.19	Vijwal Mahato	1220 C	15,000/-		
25.	03.09.19	Mampi Ghosh	1221 C	15,000/-		
				Rs. 348600/-		

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Sl. No	DATE	RECEIPT	CHALLAN NO	AMOUNT	RS.
		CF from the page-49	Rs. 2564788/-		(2019-20)
26.	03.09.19	Rupali Hembram	1222 C	15,000/-	
27.	02.09.19	Joydeb Majhi	1223 C	15,000/-	
28.	02.09.19	Poulami Mukherjee	1224 C	15,000/-	
29.	02.09.19	Tumpa Mondal	1225 C	15,000/-	
30.	02.09.19	Sahani Khater	1226 C	15,000/-	
31.	17.09.19	Sudeshna Mukherjee	1267 C	15,000/-	
32.	17.09.19	Mousumi Pal	1268 C	15,000/-	
33.	17.09.19	Moumita Das	1269 C	15,000/-	
34.	17.09.19	Sangita Das	1270 C	15,000/-	
35.	17.09.19	Arup Ghosh	1271 C	15,000/-	
36.	17.09.19	Shashi Bhuran Mahato	1272 C	15,000/-	
37.	24.09.19	Lata Patra	1379 C	15,000/-	
38.	17.09.2019	Ramu Roy	5462	5000/-	
39.	01.10.2019	Rupali Nandi	1387 C	15,000/-	
40.	22.10.2019	Sunanda Ghosh	1425 C	15,000/-	
41.	6.11.19	Shilpi Chowdhury	1497 C	15,000/-	
42.	17.9.19	Sahina Begam	No. 5004	5,000/-	
43.	17.9.19	Tapas Majhi	No. 5000	5,000/-	
44.	26.11.19	Lipika Das Dhar	1581 C	15,000/-	
45.	26.11.19	Subrata Kumar	1582 C	15,000/-	
46.	26.11.19	Sonali Dutta	1583 C	15,000/-	
47.	26.11.19	Mitupriya Guha	1584 C	15,000/-	
48.	26.11.19	Rakesh Mondal	1585 C	15,000/-	
49.	26.11.19	Susanta Nandi	1586 C	15,000/-	
50.	26.11.19	Tandra Bag	1587 C	15,000/-	
51.	26.11.19	Mahuya Sengupta	1588 C	15,000/-	
52.	26.11.19	Nargis Parvin	1589 C	15,000/-	
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				Total =	Rs. 2939788

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Total = Rs. 2939788

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DEPARTMENT OF LIFELONG LEARNING

SCHOLARSHIP & STIPEND

Post Graduate Diploma in Yoga  
Session: 2019-20

Sl. No.	Name of the student	Gender	Application ID
1	ABHISHEK BAG	M	WB010207401094
2	SAJAL HALDER	M	WB010207398286
3	RAKESH MONDAL	M	WB010207451031
4	TANDRA BAG	F	WB020207450884
5	SUBRATA KARMAKAR	M	WB040207451065
6	JOYDEB MAJHI	M	WB020207449587
7	LATA PATRA	F	WB010207449460
8	SAKUNTALA MAHATO	F	WB040207449627
9	FORIDA KHATUN	F	WB030207449191
10	MUFARZEL MONDAL	M	WB030207449186
11	UJJWAL MAHATO	M	WB040207449403
12	MAMPI GHOSH	F	WB040207449087
13	SUPRAKASH MONDAL	M	WB040207448780
14	MOUSUMI PAL	F	WB040207449974
15	SHASHIBHUSAN MAHATO	M	WB040207361428
16	SAHINA BEGAM	F	WB030207361573
17	TAPAS MAJHI	M	WB010207447634
18	ARCHANA BARAI	F	WB010207448808
19	RUPALI HEMBRAM	F	WB020207449100
20	ARUP GHOSH	M	WB040207448239
21	SAHANI KHATUN	F	WB030207448774
22	ABDULLA HAQUE MIDDYA	M	WB030207445412

*Shatterjill*

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THE UNIVERSITY OF BURDWAN  
Department of Lifelong Learning

Post Graduate Diploma in Yoga (PGDY)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga.

I. Title of the course

The course shall be called "Post Graduate Diploma in Yoga" (PGDY)

II. Aim of the course

The aim of the course is to propagate and promote yoga for positive health

III. Objectives of the course

- ✦ To introduce basic concepts of preventive health and health promotion through yoga
- ✦ To introduce concepts of Human Body to the students so as to making their understanding clear about the benefit and contraindication of a practice.
- ✦ To train teachers on preventive health and promotion of positive health through yoga and personality development

IV. Duration

The minimum duration of the course will be 1 year

V. Eligibility

The candidate should have completed Graduation (Bachelor's Degree) in any stream from a UGC recognized university.

  
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## DEPARTMENT OF LIFELONG LEARNING

Scheme of Teaching and Examination of P.G. Diploma in Yoga (PGDY).

Sl No.	Subject Code	Subject Title	Periods Per Week				Credit	Evaluation Scheme		Final Assessment	Subject Total
			L	T	P			Internal Assessment			
1	PGDYTH 101	Foundation of Yoga	3	1	0	4	30	(20-10)	70	100	
2	PGDYTH 102	Hatha Yoga	3	1	0	4	30	(20-10)	70	100	
3	PGDYTH 103	Human Anatomy & Physiology	3	1	0	4	30	(20-10)	70	100	
4	PGDYTH 104	Yogic Life Style	3	1	0	4	30	(20-10)	70	100	
5	PGDYTH 105	Essence of Principal Upanisad & BG	3	1	0	4	30	(20-10)	70	100	
6	PGDYTH 106	Different Yoga Sutras & Yoga Darshan	4	0	0	4	30	(20-10)	70	100	
7	PGDYTH 107	Applied Yoga	3	1	0	4	30	(20-10)	70	100	
8	PGDYTH 108	Methods of Teaching Yoga & Value Edn.	4	0	0	4	30	(20-10)	70	100	
9	PGDYPR 109	Yoga Practicum I	0	0	8	4	30	(20-10)	70	100	
10	PGDYTH 110	Yoga Practicum II	0	0	4	2	30	(20-10)	70	100	
11	PGDYTH 111	Yoga Practicum III	0	0	8	4	30	(20-10)	70	100	
12	PGDYTH 112	Yoga Practicum IV	0	0	4	2	30	(20-10)	70	100	
13	PGDYTW 113	Assignment & Self Appraisals	0	0	4	2	30	(20-10)	70	100	
14	PGDYTP 114	Teaching Practice	0	0	4	2	30	(20-10)	70	100	
Total 64 hrs							48			70	1400

I = Lecture    T = Tutorial    P = Practical Work    CT = Cumulative Tests    TA = Teachers Assessment    PR = Practical Record

Subject Title: FOUNDATION OF YOGA

Subject Code: PGDYTH-101

Objectives:

- To give an introduction of yoga
- To give a brief introduction of Indian Philosophy
- To give a brief history and the basis different yoga traditions

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
Theory : 100			Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

**Unit - 1: GENERAL INTRODUCTION TO YOGA AND INDIAN PHILOSOPHY [15 Hrs.]**

Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga, History and Development of Yoga; Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga; General Introduction to Schools (Streams) of Yoga, Principles of Yoga and Yogic practices for healthy living; Meaning and definitions of Darshana and Philosophy, Salient features of Indian Philosophy; (Bharateeya darshana), Branches of Indian Philosophy (Astika and Nastika Darshanas); Two-way relationship between Yoga and Indian Philosophy; General introduction to Prasthanatrayee and Purushartha Chatushtaya

**Unit - 2: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - I [15 Hrs.]**

General introduction to Vedas and Upanishads, Yoga in Pre-vedic period, Yoga in Vedic period, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishad; General introduction to Shad-darshanas, Yoga in Samkhya and Yoga Darshana, Yoga in Vedanta; General introduction to Bhagavadgita, Yoga in Bhagavadgita; Introduction to Smritis and Yoga in Smritis, Introduction to Puranas, Nature of Yoga in Bhagavat Purana ; Yoga in Yoga Vasishtha, Yoga in Narada Bhakti Sutra, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints

**Unit - 3: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - II [15 Hrs.]**

General introduction to Agamas, Tantras and classification of Tantras, Concept of Shiva and Shakti, Yoga of Shaiva Siddhanta; Yoga in Shakta Tantra: Concepts of Nadi and Prana in Tantra, Kundalini, Effects of Kundalini Shakti and Shatchakra Sadhana, Hatha Yoga Traditions and Sadhana;

**Unit - 4: FOUNDATIONS OF YOGA AND YOGA TRADITIONS - III [15 Hrs.]**

General Introduction to Non-Vedic Schools of Indian Philosophy: Jainism, Buddhism, etc.; Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of

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Kayotsarga (Preksha-dhyana). Yoga in Jaina darshana; Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga); Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques. Concepts and practices of Yoga in other religions;

### TEXT BOOK

1. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
2. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasidas, ... Delhi, 2013

### BOOKS FOR REFERENCE

1. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M. P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta, S.N. : Hindu Mysticism, Motilal Banarsidass, Delhi 1927
9. Arthuv Avalan : The Serpent Power, Sivalik Prakashan, New Delhi, 2009.
10. Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
11. Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
12. Karel Werner : Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979
13. Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.

Objectives:

- To give an introduction of Hatha yoga
- To give an understanding of the prerequisites of Hatha Yoga
- To introduce the principles of Hatha Yoga
- To introduce essential Hatha Yoga text

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**-1: HATHA YOGA ITS PHILOSOPHY AND PRACTICES**

[15 Hrs.]

Hatha Yoga, its meaning, definition, aims & objectives, misconceptions, obstacles (vighna) and helps (sahayaka) in Hatha Yoga as in Hatha Yoga Pradépika; The Origin of Hatha Yoga, Hatha Yogic Literature, Hatha Yogic Practices as explained in Hatha Yoga Pradépika (HYP); Concept of Mata, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya ; Hatha Yogic parampara. Brief introduction to Great Hatha Yogés of Natha Cult and their contributions to Yoga. Relationship between Hatha Yoga & Raja Yoga.

**-2: HATHA YOGA PRACTICES: SHODHANA-KRIYAS AND ASANAS**

[15 Hrs.]

Shodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranòda Samhita and their techniques, benefits and precautions; Role of SHodhana-kriyas in Yoga Sadhana and their importance in Modern day life; Yogasana: its' definition, Salient features and importance in Hatha Yoga Sadhana; Asanas in Hatha Yoga Pradépika and Gheranòda Samhita: their techniques, benefits, precautions and importance.

**-3: HATHA YOGIC PRACTICES: PRANAYAMA, BANDHAS AND MUDRAS**

[15 Hrs.]

Pranayama – Mechanism of correct breathing, Yogic deep breathing, Concept of Püraka, Uumbhaka and Recaka; The concept of Prana, Kinds of Prana and Upa-pranas, Pranayama and its importance in Hatha Yoga Sadhana, Nadishodhana Pranayama, its technique and importance, Pre-requisites of Pranayama; Pranayama practices in Hatha Yoga Pradépika and Gheranòda Samhita, their techniques, benefits and precautions, Hatha Siddhi Lakshanam; Bandhas and role of Bandhatrayas in Yoga Sadhana; Fundamental Mudras in HYP and G.S, Their techniques, benefits and precautions.

  
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Unit-4: HATHAYOGA PRACTICES: PRATYAHARA, NADANUSANDHANA AND SVARODAYA JNANA

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranòa Samhita and their techniques & benefits; Concept of Samadhi in Hatha-yoga Pradépika, Samadhi Lakshanam and Hatha Yoga Siddhi Lakshanam; The concept of Nada, Four Avasthas (stages) of Nadanusandhana, and its Siddhis; Svava, Importance of Svarodaya-jnana in Yoga Sadhana with special reference to Jnana Svarodaya and Shiva Svarodaya ; Introduction to Basic Hatha Yoga Texts: Basic Hatha Yogic Texts : their nature and objectives, Siddhasiddhantapaddhati, Goraksha Samhita, and Shiva Samhita, Hatha Pradeepika, Gheranda Samhita, Breif introduction to Hatha Rathnavali.

**TEXT BOOKS**

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Satyananda Saraswati : Hatha Yoga, Pub: BSY Mungher

**BOOKS FOR REFERENCE:**

1. Woods, J.H. : The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
2. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000
3. Iyengar B.K.S. : Light on Patanjali Yoga (New York, Schocken Books, 1994)
4. Swami Sri Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
5. Swami Anant Bharati : Patanjali Yoga Shasta- a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi, 1982
6. Burley, Mikel: Hatha Yoga, Its' Context Theory and Practice (M.L.B.D. Delhi, 2000)
7. Ghosh, Shyam: The Original Yoga, Munshiram Manoharlal, New Delhi, 1999
8. Burnier, Radha: Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000
9. Woodroffe, Sir John: The Serpent power (Ganesh & Company, Madras, 2000)

Subject Title: HUMAN ANATOMY & PHYSIOLOGY

Subject Code: PGDYTH-103

Objectives:

- i. To give a basic understanding of the human anatomy
- ii. To give a basic understanding of the human physiology
- iii. To give a deeper understanding of the human systems

20

Number of Hours: 75	Theory	Tutorial	Practical
hours/ week	4	0	0
	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY, DIGESTIVE AND EXCRETORY SYSTEM**

[15 Hrs.]

Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions; Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defence System and Concept of Homeostasis; Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, Large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system; Urinary system, kidneys, ureters, urinary bladder, Urethra; Skin and sweat gland

**Unit-2: MUSCULO-SKELETAL SYSTEM**

[15 Hrs.]

The Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Study of joints; Structure and function of a Synovial joint; The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles

**Unit-3: CARDIOVASCULAR SYSTEM, RESPIRATORY SYSTEM, BLOOD AND LYMPHATIC SYSTEM**

[15 Hrs.]

Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle; Blood: Composition and Functions, Blood groups and their importance; Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lungs volumes & capacities, Mechanics of breathing and exchange of gas in alveoli; Composition of blood corpuscles – RBC, WBC and Platelets; Plasma, hemoglobin – coagulation of blood and anti coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.

**Unit-4: NERVOUS SYSTEM & SPECIAL SENSES, ENDOCRINE SYSTEM**

[15 Hrs.]

An introduction to Histology – nerve – structure and properties of neurons – nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibers, neuralgia cells, receptors and reflex arcs; Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain



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viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic); Functional anatomy and physiology of Eyes, ears, nose, tongue and skin; Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Short anatomy of the hypothalamus and the releasing hormones secreted from it; Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans.

#### Unit 5: REPRODUCTIVE SYSTEM

[15 Hrs.]

Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis; Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.

#### TEXT BOOK

1. Evelyn C Peace : Anatomy and Physiology for Nurses (Jaypee Brothers, New Delhi, India, 1997)

#### REFERENCE BOOKS

1. Gore, M.M.: Anatomy and Physiology of Yogic practices (Kanchan Prakshan, Lonavala, 2003)
2. Shirley Telles: A Glimpse of the Human body. (V K YOGAS, Bangalore, 1995)
3. Sri Krishna: Notes on Structure and Functions of Human Body and Effects of Yogic practices on it (Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988)
4. Charu, Supriya: Sarir Rachana evam Kriya Vigyan
5. Peter L Williams & Roger Warwick: Gray's Anatomy (Churchill Livingstone, Edinburgh London, 1988))
6. Chatterjee, C.C.: Human Physiology (Vol.I & II) (Medical Allied Agency, Calcutta, 1992)
7. G Gerard J Tortora: Principles of Anatomy and Physiology and Sandra Reynolds (Harper Collins College Publishers, New York, 1992)

Subject Title: YOGIC LIFE STYLE

Subject Code: PGDYTH-104

#### Objectives:

- i. To introduce the essential elements of a yogic life style
- ii. To introduce the concept of health and disease
- iii. To give an understanding of the concept of ill health and their remedies through yoga
- iv. To give an overview of the five sheath human existence

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

### Unit - 1: CONCEPT OF BODY, HEALTH AND DISEASE [15 Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shtat-chakra and their role in Health and Healing

### Unit - 2: CAUSES OF ILL HEALTH AND REMEDIAL MEASURES ACCORDING TO PATANJALI [15 Hrs.]

Potential causes of Ill-health: Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriyas in Yoga : Role of Shuddhi Prakriyas in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### Unit - 3: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - I [15 Hrs.]

Dietary regulation according to Hatha yoga and Bhagavadgitha; shatkriyas and tatva shuddhi; Asana for mind body and spirit; Practice for pranamaya kosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

### Unit - 4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING - II [15 Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation-the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

### TEXT BOOK

1. Ghosh, Shyam : The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati : Essence of Yoga Vasistha Pub. Sanata Books, Chennai

  
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Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

#### REFERENCE BOOKS:-

Gheranda Samhita : Shri Sadguru Publication, New Delhi.

Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002

Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health. Published by SVYP, Bangalore

Dr Nagendra H R : The Secret of Action - Karma Yoga, Published by SVYP, Bangalore 2003

Subject Title: ESSENCE OF PRINCIPLE UPANISHADS AND BHAGAVAD GITA

Subject Code: PGDYTH-105

Objectives:

- To teach the essence of the principal Upanishads
- To teach the essence of the Bhagavad Gita

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

UNIT - 1: ESSENCE OF UPANISHADS- I

[15 Hrs]

Aitreya; Isha Upanisad; Mandukya; Manduka; Taitriya Upanisad;

UNIT - 2: ESSENCE OF UPANISADS-2

[15 Hrs]

Katha Upanishad; Kena Upanishad; Bruhataranyaka; Chandogya; Prashna Upanishad; Shwetashwatara Upanishad

UNIT - 3: YOGA IN BHAGAVAD GITA - I

[15 Hrs]

General Introduction to Bhagavad Gita (B.G.). Definitions of Yoga in Bhagavad-Gita and their relevance & Scope; Essentials of B.G from Units II, III, IV, V, VI, XII & XVII: The meanings of the terms Atmaswrupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Sannyasa Yoga and Karma Swarupa (Sakama and Nishkama) etc.

Unit - 4 : YOGA IN BHAGAVAD GITA - II

[15 Hrs]

Essentials of B.G (Contd.): Samnyasa, Dhyana, Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc ; Essentials of B.G. (Contd.): Bhakti, Nature of Bhakti, Means and Goal of Bhakti-Yoga; Essentials of B.G (Contd.): The Trigunas and modes of Prakriti; Three Kinds of Faith. Food for Yoga Sadhaka, Classification of food etc. The Glory of B.G.

#### TEXT BOOKS

- Holy Geeta : Swami Chinmayananda. Central Chinmayananda Mission Trust, 1992, Mumbai.
- Swami Ranganathananda. Message of Upanishads. Bharatiya Vidya Bhavan. Bombay, 1985

#### REFERENCE BOOKS

- Swami Venkatesananda: Vasistha's Yoga. State University of New York Press, Albany, 1993

  
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Subject Title: DIFFERENT YOGA SUTRAS AND YOGA DARSHAN

Subject Code: PGDYTH- 106

Objectives:

- i. To teach an overview of the Patanjali Yoga Sutras
- ii. To teach the essence of the Patanjali Yoga Sutras

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
Theory : 100		Practical : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit-1: INTRODUCTION TO PATANJALI'S YOGA SUTRAS, ITS' PHILOSOPHY AND PRACTICES AND MODERN PSYCHOLOGY [15Hrs]**

Yoga, its meaning & purpose & a brief introduction to Patanjali's Yoga Sutras and its author; Nature of Yoga according to Patanjali in light of Vyasabhashya and other traditional commentators, Importance of Yoga Sūtra in comparison to other Yogic literature; Concept of Citta, Citta-bhumis, Citta-vrittis, Citta-vritti nirodhopaya (Abhyasa and Vairagya) Citta-Vikshepas (Antarayas), Citta-prasadanam and its' associates; Metaphysics of Saikhya & its' relationship with Yoga Darshana of Patanjali, Philosophical Foundations & Practices of Patanjali's Yogas, its' importance & relevance and Yoga Samanvaya; Concept of mind – eastern and western perspective; psychology principles and methods – TA, etc;

**Unit-2: SAMADHI PADA AND SADHANA PADA [15Hrs]**

Kriya-yoga, Theory of Kleshas, Nature of Drshtha & Drshya and means of elimination of Kleshas/ Vivekakhyati; Types and nature of Samadhi in Yoga Sūtra, Rtambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabija & Nirbija Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

**Unit-3 : CONCEPT OF VIBHUTI AND KAIVALYA [15Hrs]**

Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi; Samyama & three Parinama of Samyama. The concept and description of Ashtha Siddhis; Nature of Kaivalya, Kaivalya in relation to Triguna and Dharmamegna Samadhi; Ashtanga Yoga & Kriya Yoga in Yoga Sutras and their importance & relevance in modern age.

**Unit-4 : SOME IMPORTANT SUTRAS OF OTHER YOGIC TEXT [15Hrs]**

Sutras of Mitahara, Asanas, Kumbhaka, Bandhana Mudras, Kriyas, Nadanusandhana according to Health Pradipika, Sath Kriyas, Sapta Sadhana, Saptanga Yoga according to Gherandra Samnita, Chata Yoga, Asanas, Bandhas, Nadri, Chakras, Dhyana and Parona Bana according to Shiva Samhita.

## TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Arivata Ashram, Calcutta, 2000).
2. Woods, J.H.: The Yoga System of Patanjali (M.L. B.D., Delhi, 1988).

## REFERENCE BOOKS:

1. Iyengar B.K.S.: Light on Patanjali Yoga (New York, Schocken Books, 1994)
2. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram , Manoharlal Pvt. Ltd. New Delhi
3. Swami Omanandatirtha: Patanjala Yoga Pradeepa, Geeta Press, Gorakhpur, 1994
4. Swami Anant Bharati: Patanjali Yoga Shasta - a study (Hindi), Swami Keshwananda Yoga Sangthan, Delhi
5. K. Taimini : The Science of Yoga (The Theosophical Publishing House, Adyar Chennai 2005)



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Subject Title: APPLIED YOGA

Subject Code: PGDYTH-107

Objectives:

- i. To give an overview of the applications of yoga
- ii. To teach the concept of yoga and psychology
- iii. To teach the concept of yoga and personality development
- iv. To teach the concept of yoga and stress management
- v. To teach the concept of yoga and sports

Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
<b>SCHEME OF EXAMINATION</b>				
Total Marks: 100				
Theory : 100			Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

#### UNIT - 1: YOGA FOR STRESS MANAGEMENT

[15 Hrs]

Mental Health: Meaning and Importance; Yogic Perspective of Mental Health, Indicators of Mental Health; Stress: Meaning and Definition; Symptoms, Causes and Consequences of Stress; Conflict, Frustration and Pressure; Stress according to Yoga and its management; Avidya cause of stress; Strong likes and dislikes; Recognition is half the solution; Stress levels; Stimulation the pointers of awareness – physical, mental, emotional, intellectual and spiritual level; Depth of perception and expansion of awareness; Group awareness; Progress and tune with nature; Holistic life style for stress management; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Stress Management through Patanjali Yoga and Bhagavad Gita.

#### UNIT - 2: YOGA FOR PERSONALITY DEVELOPMENT

[15 Hrs]

*Physical level:* Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness), Pranayama (lightness), Dhyana (perception); *Vital Level:* Pranayama; *Mental level:* Personal discipline, Social Discipline (Yama, Niyama), cultivation of four fold attitudes, Practice of Dharna, Dhyana ; *Emotion level:* Ishwara Pranidhana (Surrendering to the supreme); *Spiritual level:* Practice of Higher states of Meditation (Super consciousness states), Ashta Siddhis

#### Unit - 3: YOGA AND SPORTS

[15 Hrs]

Ideal performance and Peak performance for sport persons; Enhancing Physical capacities: Kriyas, Asanas, Yogic Diet; *Vital Level:* Pranayama (Lung capacity), *Emotional capacity:* Emotional balance through emotional culture (surrender to the Divine); *Mental capacity:* Practice of Karma Yoga and Meditation, spiritual capacity: State of Samadhi through Brahmari Pranayama and effortless Dhyana;

UNIT - 4: YOGA FOR CHILDREN'S WITH SPECIAL NEEDS

[15 Hrs]

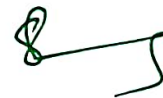
Yoga for Down syndrome, Autism, ADHD, Cerebral Palsy, Learning Disabilities: determining tailor made instructional approach to meet the cognitive, emotional, physical needs of child; Practices which helps in strength, endurance, speed, agility, flexibility, mental and self confidence; emotional behaviour disorder, physical disability, Integrated system of yoga practices to increase cognitive and motor skills in children with learning and developmental disabilities; Warm up or loosening exercises, Strengthening poses Relaxing postures, yogic breathing practices, yogic games to develop strength, concentration, imagination, confidence.

TEXT BOOKS:

1. Nagendra H R & Nagarathna: New perspective of Stress Management, SVYP, 2010
2. Nagendra H R & Nagarathna: Personality Development Series, SVYP, 2012

REFERENCE BOOKS:

1. Basavaraddi I V: Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi, 2009
3. Jayadev H J: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
5. Nancy Williams : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
6. Yoga for the Special Child: A Therapeutic Approach for Infants and Children with Down Syndrome, Cerebral Palsy, and Learning Disabilities, Special Yoga Publications, 1998
7. Yoga therapy for every Special Child, Singing Dragon London and Philadelphia, 2010



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Subject Title: METHODS OF TEACHING YOGA AND VALUE EDUCATION

Subject Code: PGDYTH- 108

Objectives:

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

Total Number of Hours: 75	Theory	Tutorial	Practical
Credits	4	0	0
Hours/ week	4	0	0
<b>SCHEME OF EXAMINATION</b>			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30	NA	NA

**Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA**

[15 Hrs]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

**Unit 2: BASICS OF YOGA CLASS MANAGEMENT**

[15 Hrs]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching, Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

**Unit 3: LESSON PLANNING IN YOGA**

[15 Hrs]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

**Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING**

[15 Hrs]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

**Unit 5: YOGA AND VALUE EDUCATION**

[15 Hrs]

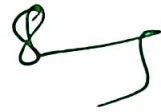
Concept of Value, Definition of value, Types of Values; Value Oriented Education, Value-education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

**TEXT BOOKS**

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

**BOOKS FOR REFERENCE**

1. Dr. Gharote M L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagarathna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi - 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala: Kaivalyadhama.
9. Dr R Nagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003



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Subject Title: YOGA PRACTICUM -I

Subject Code: PGDYPR- 109

Objectives:

- i. To introduce a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 120			
Credits	Theory	Tutorial	Practical
Hours/ week	0	0	4
	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA		Practical : 100	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

Unit- 1. SHAT KARMAS

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalan, Jyoti Trataka, Agnisara

[30 Hrs.]

Unit-2. YOGASANAS

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Pada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, , Padangusthasana, Hastapadangusthasana, Garudasana, , Natarajasana Mayurasana, Sirshasana

[90 Hrs.]

## TEXT BOOKS

## REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004



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Subject Title: YOGA PRACTICUM-II

Subject Code: PGDYPR- 110

Objectives:

- i. To help establish a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/week	0	0	4

**SCHEME OF EXAMINATION**

Total Marks: 100			
<b>Theory : 100</b>		<b>Practical :</b>	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

**Unit- 1: PRANAYAMA**

[15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing - Antar Kumbhak), Surya-bhedi and Chandra-bhedi Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka)

**Unit- 2: PRACTICES LEADING TO MEDITATION**

[30 Hrs.]

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

**Unit- 3: BANDHA AND MUDRAS**

[15 Hrs]

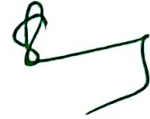
Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

**TEXT BOOKS**

**REFERENCE BOOKS**

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P. 2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001

5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004



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Subject Title: YOGA PRACTICUM - III

Subject Code: PGDYPR- 111

Objectives:

- i. To help maintain the yoga practise or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYE SIGHT [15 Hrs]

Characteristics of physical development: Flexibility, stamina, endurance, longevity; loosening the joints, stretching-relaxation of muscles, improve strength and stamina; physical revitalisation; Need for control on breath; special exercises for voice culture; Cleansing practices, eye muscle strengthening practices

Unit 2: PRACTICES FOR MEMORY AND CONCENTRATION [15 Hrs]

Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; Barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per Patanjali - binding to a particular; practices to improve concentration.

Unit 3: PRACTICES FOR CREATIVITY AND IQ [15 Hrs]

Physiology and creativity; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to yoga; yoga module of IQ development;

Unit 4: PRACTICES FOR ANGER MANAGEMENT AND STRESS MANAGEMENT [15 Hrs]

What is anger? Expression of anger, outcome of anger, yogic management of anger; Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation

#### TEXT BOOKS

Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: YOGA PRACTICUM - IV

Subject Code: PGDYPR- 112

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30		

Unit-I: HEALING AT THE PHYSICAL LEVEL

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction  
Technique (Kabatzin)

[15 Hrs]

Unit-II: HEALING AT THE PRANA LEVEL

Vipasana Meditation; Preksha Meditation

[15 Hrs]

Unit-III: HEALING AT THE MENTAL LEVEL

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris)  
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

[15 Hrs]

Unit-IV: HEALING AT THE CONSCIOUS LEVEL

Yoga Nidra (BSY)

[15 Hrs]

TEXT BOOK:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999

Subject Title: ASSIGNMENTS & SELF APPRAISALS

Subject Code: PGDYFW- 113

Objectives:

- i. To introduce the principles of teaching yoga
- ii. To introduce class and lesson management
- iii. To help overcome obstacles in self-practice through self-appraisals
- iv. To assess through regular viva voce and help deepen the understanding of yoga

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA			Practical : 100	
Final Exam	Internal Assessment (CT+TA)		Final Exam	Internal Assessment (CT+TA/PR)
NA	NA		70	30

#### Unit-1: TEACHING PRACTICE

[90 Hrs]

Illustration of the need for a lesson plan; Illustration of the need for a content plan; Demonstration of types of teaching methods; Demonstration of optimum use of teaching aids viz. audio-visual aids; Practical training on class management; Practical demonstration of critical observation, active supervision and interaction; Method of preparing for an ideal setting based on the specific requirement of the class; Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class; Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet

individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particulate Class Tests (internal assessment) of this practical paper.

#### Unit-2: VIVA-VOCE

[30Hrs]

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lessons

Subject Title: TEACHING PRACTICE

Subject Code: PGDYTP- 114

Objectives:

1. To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 120	Theory	Tutorial	Field Work
Credits	0	0	2
Hours/ week	0	0	8

**SCHEME OF EXAMINATION**

Theory : NA		Practical : 100	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

The student is expected to teach yoga modules to Certificate and Diploma students and also teach personality development modules to School children and write a report therein



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