

# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF LIFELONG LEARNING

### List of students of Post Graduate Diploma in Yoga, session 2022-23 (Admission)

Sl. No.	Name of the student	BU Challan No.	Date	Gender	Category
1	PAYEI MALLICK	2360	18.07.2022	Female	SC
2	RINTI BARMAN	2362	18.07.2022	Female	SC
3	GOUTAM DAS	2363	18.07.2022	Male	SC
4	RANJIT KUMAR SAREN	2365	18.07.2022	Male	ST
5	AMIT GHOSH	2366	18.07.2022	Male	OBC-B
6	SUSHOVAN CHAKRABORTY	2369	18.07.2022	Male	General
7	SUBARNA ROY	2381	19.07.2022	Female	General
8	DIPTI GUPTA	2382	19.07.2022	Female	General
9	SUMITA HEMBRAM	2383	19.07.2022	Female	ST
10	JAYEETA PAL	2390	19.07.2022	Female	General
11	SABNAM ROY	2392	19.07.2022	Female	General
12	DEBASISH BAURI	2395	19.07.2022	Male	SC
13	SANJOY PAL	2396	19.07.2022	Male	OBC-B
14	CHANDAN KARMAKAR	2397	19.07.2022	Male	OBC-B
15	MANAS DAS	2398	19.07.2022	Male	SC
16	MONISHA DEY	2400	19.07.2022	Female	General
17	PRASENJIT ARI	2401	19.07.2022	Male	SC
18	AKASH MAJHI	2410	19.07.2022	Male	SC
19	SANDIP BAGDI	2411	19.07.2022	Male	SC
20	KAKALI MANDAL	2412	19.07.2022	Female	SC
21	SAHEB GHORUI	2413	19.07.2022	Male	SC
22	AJAD UDDIN GAYEN	2414	19.07.2022	Male	OBC-A
23	AMIT KUNDU	2417	19.07.2022	Male	General
24	ABHIJIT MAJHI	2418	19.07.2022	Male	SC
25	SOURAV PAINE	2419	19.07.2022	Male	General

REGISTRAR

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Deptt. of Lifelong Learning  
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26	PRIYANKA DEY	3222	26.07.2022	Female	General
27	POUSHALI GHOSH	3373	26.07.2022	Female	General
28	PRIYA DAS	3455	26.07.2022	Female	General
29	TANUSREE BASU	3587	26.07.2022	Female	General
30	SHRABANTI DE	3588	26.07.2022	Female	General
31	SABYASACHI MONDAL	3589	26.07.2022	Male	General
32	BUDDHADEV GHOSH	3590	26.07.2022	Male	OBC-B
33	MITHU MONDAL	3793	26.07.2022	Female	General
34	ARPITA DAS	3841	26.07.2022	Female	General
35	DEBAJYOTI MUKHERJEE	4676	18.08.2022	Male	General
36	SABIR ALI MIRZA	4677	18.08.2022	Male	General
37	PRANDAS MURMU	4684	18.08.2022	Male	ST
38	MUNMUN SINGH	4758	26.08.2022	Female	SC
39	BULTI DHAL PANDIT	4759	26.08.2022	Female	SC
40	DULI HEMRAM	4763	26.08.2022	Female	ST
41	SUBHASRI MAITI	4766	26.08.2022	Female	General
42	MAHAMMAD SAFI	4774	26.08.2022	Male	OBC-A
43	SANTANU BHUNIA	5119	04.11.2022	Male	General
44	LIZA SAMANTA	5120	04.11.2022	Female	General
45	SOMNATH TUDU	5124	04.11.2022	Male	ST
46	SADHAN PATAR	5125	04.11.2022	Male	ST
47	SATADIPA NANDI	C/7094	04.11.2022	Female	General
48	PRITHA KONAR	C/7096	04.11.2022	Female	General
49	SRINJOY KONAR	5126	07.11.2022	Male	General
50	ANURAG SARKAR	5147	10.11.2022	Male	General

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**Joint Director**  
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# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF LIFELONG LEARNING

Minutes of the meeting of the ad-hoc Board of Studies in Post Graduate Diploma in Yoga (PGDY) under the Department of Lifelong Learning on 03.02.2022 at 2:00 p.m. in the office chamber of the Dean of Arts, Commerce etc. Golapbag, BU.

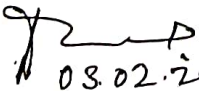
Members Present:

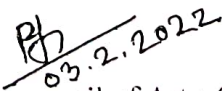
1. Dean, Faculty council of Arts, etc., Burdwan University (Chairman)
2. Dr. Debidas Mondal, Director in charge, DLL, BU.
3. Dr. Soubhatra Bandyopadhyay, Joint Director, DLL, BU.
4. Dr. Arijit Chatterjee, Assistant Director, DLL, BU.
5. Dr. Gopa Saha Roy, Associate Prof., Deptt. of Physical Education, B.U.


### Resolution:

1. After a threadbare discussion it is resolved that the admission notification for Post Graduate Diploma in Yoga for the year 2022 will be notified by Deptt. of Lifelong Learning through online mode at par with other PG Deptts. online admission notification.
2. A committee with the following members is constituted for revision of syllabus for the course Post Graduate Diploma in Yoga to make it in CBCS format to be effective from the next academic session i.e. 2023-24.
  - a. Dr. Soubhatra Bandyopadhyay, Joint Director, DLL, BU.
  - b. Dr. Arijit Chatterjee, Assistant Director, DLL, BU.
  - c. Sri. Krishnendu Mazumdar, Asst. Controller, BU.
  - d. Dr. Gopa Saha Roy, Associate Prof., Deptt. of Physical Education, B.U.
  - e. Dr. Malay Kr. Mukhopadhyay, Govt. Institute of Physical Education.
3. It is also resolved that Dr. Arijit Chatterjee, Asst. Director, DLL, BU will coordinate the course Post Graduate Diploma in Yoga for the year 2022-23.

As there was no other matter the meeting ended with vote of thanks.

  
03.02.2022  
(Director, DLL, B.U.)

  
03.2.2022  
Dean Faculty council of Arts, Commerce etc.

  
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BURDWAN - 713104  
Chatterjee  
Joint Director  
Deptt. of Lifelong Learning  
THE UNIVERSITY OF BURDWAN  
RAJBATI, BURDWAN-713104



# REGISTER OF ATTEND- FOR THE MONTH

Serial No.	Roll No.	NAME OF PUPILS	Sl. No. & dt. of Adm. in the Adm. Reg.	ATTEND -																			
				T	P	P	P	P	T	T	P	P	P	P	T	T	P	P	P	T	T		
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1		ABHIJIT MAJHI		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
2		AJAD UDDIN GAYEN		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
3		AKASH MAJHI		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
4		AMIT GHOSH		A	A	A	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A
5		ANURAG SARKAR		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
6		ARPITA DAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7		BUDDHADEV GHOSH		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8		BULTI DHAL PANDEY		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9		CHANDAN KARMAKAR		P	P	P	A	A	A	A	A	A	A	A	P	A	A	A	A	A	A	A	P
10		DEBAJYOTI MUKHERJEE		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11		DEBASISH BAURI		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12		DIPTI GUPTA		P	P	P	P	P	A	A	A	P	P	P	P	P	A	A	A	A	A	A	A
13		DULI HEMRAM		P	P	P	P	P	A	A	A	P	P	P	A	A	A	A	A	A	A	A	A
14		GOUTAM DAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15		JAYETA PAL		P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P
16		KAKALI MANDAL		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17		LIZA SAMANTA		P	P	P	P	P	A	A	A	A	A	A	P	P	P	A	A	A	A	P	P
18		MAHAMMAD SAFI		P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19		MANAS DAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20		MITHU MONDAL		P	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21		MONISHA DEY		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
22		MUNMUN SINGH		P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	A	A	A	P	P
23		PAYEL MALLICK		A	A	A	A	A	A	P	P	P	A	A	A	P	P	P	A	A	A	A	A
24		POUSHALI GHOSH		P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P
25		PRANDAS MURMU		P	P	P	P	P	A	A	A	P	P	P	A	A	A	A	A	A	A	A	A
26		PRASENJIT ARI		A	A	A	A	A	A	A	A	A	A	A	A	P	P	P	A	A	A	A	A
27		PRITHA KONAR		P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	A	A	A	P	P
28		PRIYA DAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P
29		PRIYANKA DEY		A	A	A	A	A	A	A	A	P	P	P	A	A	P	P	P	P	P	A	P
30		RANJIT KUMAR SAREN		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
31		RINJITI BARMAN		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	P
32		SABIR ALI MIRZA		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P
33		SABNAM ROY		A	A	A	P	P	P	A	A	P	P	P	P	P	P	P	A	A	A	A	A
34		SABYASACHI MONDAL		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
35		SADHAN PATAR		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
36		SAHEB GHORUT		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
37		SANDIP BAGDI		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
38		SANJOY PAL		P	P	P	P	P	P	A	A	P	P	P	A	A	A	A	A	A	A	A	A
39		SANTANU BHUNIA		A	A	A	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P
40		SATADIPA NANDI		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Chatterjee

**Joint Director**  
**Dept. of Lifelong Learning**  
**THE UNIVERSITY OF BURDWAN**  
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# REGISTER OF ATTEND- FOR THE MONTH

Serial No.	Roll No.	NAME OF PUPILS	Sl. No. & dt. of Adm. in the Adm. Reg.	ATTEND -																	
				T	P	P	P	P	T	T	P	P	P	T	T	P	P	P	T	T	
	41	SHRABANTI DE		1	P	P	P	P	P	T	T	P	P	P	T	T	P	P	P	T	T
	42	SOMNATH TUOLI		2	A	A	A	P	P	A	A	A	P	P	A	A	A	A	A	A	A
	43	SOURAV PAINE		3	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
	44	SRINJOY KONAR		4	A	A	A	A	A	A	A	A	P	P	P	A	A	A	A	A	A
	45	SUBARNA ROY		5	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
	46	SUBHASRI MAITI		6	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
	47	SUMITRA HEMBRAM		7	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
	48	SUSHOVAN CHAKRABORTY		8	A	A	A	P	P	P	A	A	A	A	A	A	A	A	A	A	A
	49	TANUSREE BASU		9	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P
	50	AMIT KUNDU		10	P	P	P	A	A	A	P	P	P	A	A	P	P	P	P	P	P

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

Hindus -      Muslims -      + Others -

PGDY

ACADEMIC SESSION : 2022-23  
Date of Publication of Result : 18/06/2024

Sl. No.	Roll No.	Name of the Student	GPA	Credit Retained in Papers	Result
1	BUR/PGDY/ 2023/081	ABHJIT MAJHI	7.71	ALL	P
2	002	AJAD UDDIN GAYEN	-	-	PNC (Programme Not cleared)
3	003	AKASH MAJHI	-	-	PNC (Programme Not cleared)
4	004	AMIT GHOSH	-	-	PNC (Programme Not cleared)
5	005	AMIT KUNDU	8.04	ALL	P
6	007	ARPITA DAS	7.88	ALL	P
7	008	BUDDHADEV GHOSH	7.33	ALL	P
8	009	BULTI DHAL PANDIT	6.50	ALL	P
9	010	CHANDAN KARMAKAR	6.08	ALL	P
10	011	DEBAJYOTI MUKHERJEE	7.79	ALL	P
11	012	DEBASISH BAURI	7.54	ALL	P
12	013	DEPTI GUPTA	7.33	ALL	P
13	014	DULI HEMRAM	6.88	ALL	P
14	015	GOLITAM DAS	8.29	ALL	P
15	017	KAKALI MANDAL	5.79	ALL	P
16	018	LIZA SAMANTA	6.88	ALL	P
17	019	MAHAMMAD SAFI	5.08	ALL	P
18	020	MANAS DAS	7.33	ALL	P
19	022	MONISHA DEY	6.54	ALL	P
20	023	MUNMUN SINGH	5.96	ALL	P
21	024	PAYEL MALLICK	7.08	ALL	P
22	025	POUSHALI GHOSH	8.04	ALL	P
23	026	PRANDAS MURMU	6.58	ALL	P
24	028	PRITHA KONAR	-	-	PNC (Programme Not cleared)
25	029	PRIYA DAS.	8.29	ALL	P
26	030	PRIYANKA DEY	-	-	PNC (Programme Not cleared)
27	031	RANJIT KUMAR SAREN	6.54	ALL	P
28	032	RINTI BARMAN	5.79	ALL	P
29	033	SABIR ALE MIRZA	7.29	ALL	P
30	034	SABNAM ROY	8.46	ALL	P
31	035	SABYASACHI MONDAL	6.71	ALL	P
32	037	SAHEB GHORUI	5.42	ALL	P
33	038	SANDIP BAGDI	6.67	ALL	P
34	039	SANJOY PAL	-	-	PNC (Programme Not cleared)

DYTH-101, 102, 104, 105,  
106, 107, 108, DYPR-109  
110, 111, 112, DYFW13, DYTP-114

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POST GRADUATE DIPLOMA IN YOGA  
ACADEMIC SESSION: 2022-23  
Date of Publication of Result: 18/06/2024

Sl. No	Roll No.	Name of the student	GPA	Credit Retained in Papers	Result
35	BUR/PSDY/ 2023/040	SANTANU BHUNIA	6.33	ALL	P
36	041	SATADIPA NANDI	6.63	ALL	P
37	042	SHRABANTI DE	8.50	ALL	P
38	043	SOMNATH TUDU	6.38	ALL	P
39	044	SOURAV PAINE	-	DYTH 102, 104, 105, 106, 107, 108, DYPR 109, 110, 111, 112, DYFW 113, DYTP 114	PNC (Programme Not Cleared)
40	045	SRINJOY KONAR	-	DYTH 101, 102, 107, 108, 109, DYPR 110, 111, 112, DYFW 113, DYTP 114	PNC (Programme Not Cleared)
41	046	SUBARNA ROY	7.50	ALL	P
42	047	SUBHASRI MALTI	7.00	ALL	P
43	049	SUSHOYAN CHAKRABORTY	5.92	ALL	P
44	050	TANUSREE BASU	8.71	ALL	P

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# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF CONTROLLER OF EXAMINATIONS

### PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA IN YOGA EXAMINATION, 2023

1

INSTITUTE CODE : BU

INSTITUTE NAME : THE UNIVERSITY OF BURDWAN

ROLL NO.	GPA	CREDIT RETAINED IN PAPER(S)	RESULT
BUR/PGDY/2023/001	7.71	ALL	P
BUR/PGDY/2023/002	-	-	PNC (Programme Not Cleared)
BUR/PGDY/2023/003	-	-	PNC (Programme Not Cleared)
BUR/PGDY/2023/004	-	-	PNC (Programme Not Cleared)
BUR/PGDY/2023/005	8.04	ALL	P
BUR/PGDY/2023/007	7.88	ALL	P
BUR/PGDY/2023/008	7.33	ALL	P
BUR/PGDY/2023/009	6.50	ALL	P
BUR/PGDY/2023/010	6.08	ALL	P
BUR/PGDY/2023/011	7.79	ALL	P
BUR/PGDY/2023/012	7.54	ALL	P
BUR/PGDY/2023/013	7.33	ALL	P
BUR/PGDY/2023/014	6.88	ALL	P
BUR/PGDY/2023/015	8.29	ALL	P
BUR/PGDY/2023/017	5.79	ALL	P
BUR/PGDY/2023/018	6.88	ALL	P
BUR/PGDY/2023/019	5.08	ALL	P
BUR/PGDY/2023/020	7.33	ALL	P
BUR/PGDY/2023/022	6.54	ALL	P
BUR/PGDY/2023/023	5.96	ALL	P

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*8*  
REGISTRAR  
THE UNIVERSITY OF BURDWAN  
BURDWAN - 713104

*A. B. D.*  
CONTROLLER OF EXAMINATIONS

Place : RAJBATI

Remarks :

Note : GPA :- Grade Point Average, P :- Pass, PNC :- Programme Not Cleared, INC :- Incomplete, EXP :- Expelled, R.A.

:- Reported Against, COP :- Cancellation on Prayer, RW :- Result Withheld





# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF CONTROLLER OF EXAMINATIONS

PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA IN YOGA EXAMINATION, 2023

2

INSTITUTE CODE : BU

INSTITUTE NAME : THE UNIVERSITY OF BURDWAN

ROLL NO.	GPA	CREDIT RETAINED IN PAPER(S)	RESULT
BUR/PGDY/2023/024	7.08	ALL	P
BUR/PGDY/2023/025	8.04	ALL	P
BUR/PGDY/2023/026	6.58	ALL	P
BUR/PGDY/2023/028	-	-	PNC (Programme Not Cleared)
BUR/PGDY/2023/029	8.29	ALL	P
BUR/PGDY/2023/030	-	-	PNC (Programme Not Cleared)
BUR/PGDY/2023/031	6.54	ALL	P
BUR/PGDY/2023/032	5.79	ALL	P
BUR/PGDY/2023/033	7.29	ALL	P
BUR/PGDY/2023/034	8.46	ALL	P
BUR/PGDY/2023/035	6.71	ALL	P
BUR/PGDY/2023/037	5.42	ALL	P
BUR/PGDY/2023/038	6.67	ALL	P
BUR/PGDY/2023/039	-	DYTH 101, DYTH 102, DYTH 104, DYTH 105, DYTH 106, DYTH 107, DYTH 108, DYPR 109, DYPR 110, DYPR 111, DYPR 112, DYFW 113, DYTP 114	PNC (Programme Not Cleared)
BUR/PGDY/2023/040	6.33	ALL	P
BUR/PGDY/2023/041	6.63	ALL	P
BUR/PGDY/2023/042	8.50	ALL	P
BUR/PGDY/2023/043	6.38	ALL	P

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*8 J*  
REGISTRAR  
THE UNIVERSITY OF BURDWAN  
BURDWAN - 713104

*A. Pal*  
CONTROLLER OF EXAMINATIONS

Place : RAJBATI

Remarks :

Note : GPA :- Grade Point Average, P :- Pass, PNC :- Programme Not Cleared, INC :- Incomplete, EXP :- Expelled, R.A. :- Reported Against, COP :- Cancellation on Prayer, RW :- Result Withheld



# THE UNIVERSITY OF BURDWAN

## DEPARTMENT OF CONTROLLER OF EXAMINATIONS

### PROVISIONAL RESULTS OF POST GRADUATE DIPLOMA IN YOGA EXAMINATION, 2023

3

INSTITUTE CODE : BU


INSTITUTE NAME : THE UNIVERSITY OF BURDWAN

ROLL NO.	GPA	CREDIT RETAINED IN PAPER(S)	RESULT
BUR/PGDY/2023/044	-	DYTH 102, DYTH 104, DYTH 105, DYTH 106, DYTH 107, DYTH 108, DYPR 109, DYPR 110, DYPR 111, DYPR 112, DYFW 113, DYTP 114	PNC (Programme Not Cleared)
BUR/PGDY/2023/045	-	DYTH 101, DYTH 102, DYTH 107, DYTH 108, DYPR 109, DYPR 110, DYPR 111, DYPR 112, DYFW 113, DYTP 114	PNC (Programme Not Cleared)
BUR/PGDY/2023/046	7.50	ALL	P
BUR/PGDY/2023/047	7.00	ALL	P
BUR/PGDY/2023/049	5.92	ALL	P
BUR/PGDY/2023/050	8.71	ALL	P
TOTAL NUMBER OF STUDENT IN BU IS 44			

  
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DATE OF PUBLICATION OF RESULT : 18.06.2024

  
CONTROLLER OF EXAMINATIONS

Place : RAJBATI

Remarks :

Note : GPA :- Grade Point Average, P :- Pass, PNC :- Programme Not Cleared, INC :- Incomplete, EXP :- Expelled, R.A.

:- Reported Against, COP :- Cancellation on Prayer, RW :- Result Withheld



RECEIPT : 2022-23

Sl. No	Date	Name of the student	Challan No.	Amount	Res
	01.04.2022	Opening Balance	Rs.		
1	18.07.2022	PAYE MALLICK	2360	15000/-	
2	18.07.2022	RINTI BARMAN	2362	15000/-	
3	18.07.2022	GOUTAM DAS	2363	15000/-	
4	18.07.2022	RANJIT KUMAR SAREN	2365	15000/-	
5	18.07.2022	AMIT GHOSH	2366	15000/-	
6	18.07.2022	SUSHOVAN CHAKRABORTY	2369	15000/-	
7	19.07.2022	SUBARNA ROY	2381	15000/-	
8	19.07.2022	DIPTI GUPTA	2382	15000/-	
9	19.07.2022	SUMITA HEMBRAM	2383	15000/-	
10	19.07.2022	JAYEETA PAL	2390	15000/-	
11	19.07.2022	SABNAM ROY	2392	7500/-	
12	19.07.2022	DEBASISH BAURE	2395	7500/-	
13	19.07.2022	SANJOY PAL	2396	7500/-	
14	19.07.2022	CHANDAN KARMAKAR	2397	7500/-	
15	19.07.2022	MANAS DAS	2398	7500/-	
16	19.07.2022	MONISHA DEY	2400	7500/-	
17	19.07.2022	PRASENJIT ARI	2401	7500/-	
18	19.07.2022	AKASH MAJHI	2410	7500/-	
19	19.07.2022	SANDIP BAGDI	2411	7500/-	
20	19.07.2022	KAKALI MANDAL	2412	7500/-	
21	19.07.2022	SAHEB GHORUI	2413	7500/-	
22	19.07.2022	AJAD UDDIN GAYEN	2414	7500/-	
23	19.07.2022	AMIT KUNDU	2417	7500/-	
24	19.07.2022	ABHIJIT MAJHI	2418	7500/-	
25	19.07.2022	SOURAV PAINE	2419	7500/-	
26	26.07.2022	PRIYANKA DEY	3222	15000/-	
27	26.07.2022	POUSHALI GHOSH	3373	15000/-	
28	26.07.2022	PRIYA DAS	3455	15000/-	
29	26.07.2022	TANUSREE BASU	3587	15000/-	
30	26.07.2022	SHRABANT	3588	15000/-	
31	26.07.2022	SABYASACHI MONDAL	3589	15000/-	
32	26.07.2022	ADARSH DEY GHOSH	3590	15000/-	
			Rs.	367200/-	

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# POST GRADUATE DIPLOMA IN YOGA

RECEIPT: 2022-23

Sl.No.	Date	Name of the student	Challan No.	Amount	Rei
33.	26.07.2022	MITHU MONDAL	3793	15000/-	
34.	26.07.2022	ARPITA DAS	3841	15000/-	
35.	18.08.2022	DEBAJYOTI MUKHERJEE	4676	15000/-	
36.	18.08.2022	SABIR ALI MIRZA	4677	7500/-	
37.	18.08.2022	PRANDAS MURMU	4684	7500/-	
38.	26.08.2022	MUNMUN SINGH	4758	15000/-	
39.	26.08.2022	BULTI DHAL PANDIT	4759	15000/-	
40.	26.08.2022	DULI HEMRAM	4763	7500/-	
41.	26.08.2022	SUBHASRI MAITI	4766	15000/-	
42.	26.08.2022	MAHAMMAD SAFI	4774	7500/-	
43.	04.11.2022	SANTANU BHUNIA	5119	15000/-	
44.	04.11.2022	LIZA SAMANTA	5120	15000/-	
45.	04.11.2022	SOMNATH TUDU	5124	7500/-	
46.	04.11.2022	SADHAN PATAR	5125	7500/-	
47.	04.11.2022	SATADIPA NANDI	7094	15000/-	
48.	04.11.2022	PRITHA KONER	7096	15000/-	
49.	07.11.2022	SRINJOY KONAR	5126	15000/-	
50.	10.11.2022	ANURAG SARKAR	5147	15000/-	
51.	17.07.2023	DULI HEMRAM	2160	7500/-	Ch Rs
52.	18.07.2023	MONISHA DEY	2161	7500/-	Ch. Rs.
53.	19.07.2023	JOURAV PAINE	2184	7500/-	Ch. Rs
54.	19.07.2023	SAHEB GHORUS	2185	7500/-	Ch. Rs
55.	21.07.2023	SANDIP BARDOLAI	2212	7500/-	Ch. Rs
56.	21.07.2023	MANAS DAS	2213	7500/-	Ch. Rs
57.	21.07.2023	SABNAM ROY	2216	7500/-	Ch. Rs
58.	21.07.2023	CHANDAN KARMAKAR	2218	7500/-	Ch. Rs
59.	26.07.2023	PRANDAS MURMU	2239	7500/-	Ch. Rs
60.	27.07.2023	ABHITIT MATHI	2249	7500/-	Ch

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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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*Shatterjee*

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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	PGDYTH1101	Foundation of Yoga	3	1	0	4	30	(20-10)	70	100	
2	PGDYTH102	Haatha Yoga	3	1	0	4	30	(20-10)	70	100	
3	PGDYTH103	Human Anatomy & Physiology	3	1	0	4	30	(20-10)	70	100	
4	PGDYTH104	Yogic Life Style	3	1	0	4	30	(20-10)	70	100	
5	PGDYTH105	Essence of Principal Upanisad & BG	3	1	0	4	30	(20-10)	70	100	
6	PGDYTH106	Different Yoga Sutras & Yoga Darshan	4	0	0	4	30	(20-10)	70	100	
7	PGDYTH107	Applied Yoga	3	1	0	4	30	(20-10)	70	100	
8	PGDYTH108	Methods of Teaching Yoga & Value Edn.	4	0	0	4	30	(20-10)	70	100	
9	PGDYPR109	Yoga Practicum I	0	0	8	4	30	(20-10)	70	100	
10	PGDYTH110	Yoga Practicum II	0	0	4	2	30	(20-10)	70	100	
11	PGDYTH111	Yoga Practicum III	0	0	8	4	30	(20-10)	70	100	
12	PGDYTH112	Yoga Practicum IV	0	0	4	2	30	(20-10)	70	100	
13	PGDYFW113	Assignment & Self Appraisals	0	0	4	2	30	(20-10)	70	100	
14	PGDYTP114	Teaching Practice	0	0	4	2	30	(20-10)	70	100	
			Total 64 hrs				48			Total	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:

- i. To give an introduction of yoga
- ii. To give a brief introduction of Indian Philosophy
- iii. 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
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: 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 Medival Literature, Bhakti Yoga of Medival 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-astanga-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. Hiriyanana 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.



Title: HATHA YOGA

Code: PGDYTH-102

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
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

t-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.

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

[15 Hrs.]

Shodhana-kriyas, SHodhana-kriyas in Hatha Yoga Pradépika & in Gheranòa 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 Gheranòa Samhita: their techniques, benefits, precautions and importance.

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

[15 Hrs.]

Pranayama – Machanism of correct breathing, Yogic deep breathing, Concept of Püraka, Kumbhaka 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 Gheranòa 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.

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

[15 Hrs.]

Concept of Pratyahara, Dharana and Dhyana in Gheranda 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 Nadasandhana, and its Siddhis; Svara, 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, Brief introduction to Hatha Rathnavali.

**TEXT BOOKS**

1. I. K. Taimini : The Science of Yoga, (The Theosophical, Publishing House, Adyar Chennai 2005)
2. Swami Sātyananda 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 Svatomarama, 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



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 : 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 & Shat-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 De
2. Jnanananda Bharati : Essence of Yoga Vasistha Pub. Sanata Books, Chennai

  
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Hatha Ratnavali : Tirumala Tirupathi Devasthanam, Andhra Pradesh.

#### REFERENCE BOOKS:

1. Gheranda Samhita : Shri Sadguru Publication, New Delhi.
2. Dr R Nagarathna and Dr H R Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Dr R Nagarathna and Dr H R Nagendra: Yoga for Promotion of Positive Health Published by SVYP, Bangalore
4. 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:

- i. To teach the essence of the principal Upanishads
- ii. 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 UPANISHADS-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**

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

**REFERENCE BOOKS**

1. Swami Venkatesananda: Vasistha's Yoga, State University of New York, 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 Drshya & 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, Asansas, Kumbhaka, Bandhana Mudras, Kriyas, Nadanusandhana according to Health Pradipika, Sath Kriyas, Sapta Sadhana, Saptanga Yoga according to Gherandra Samhita, Ghata Yoga, Asanas Bandhas, Nadi, Chakras, Dhyana and Pancha Bana according to Shiva Samhita.



TEXT BOOKS:

1. Swami Vivekananda : Rajayoga (Advaita 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 Nagaratna 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 Naagarathna & 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	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Practical : 100
NA	NA	70	Internal Assessment (CT+TA/PR) 30

**Unit- 1. SHAT KARMAS**

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

[30 Hrs.]

**Unit-2. YOGASANAS**

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada 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			
Theory : 100		Practical :	
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
<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		

**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			
Credits	Theory	Tutorial	Field Work
	0	0	2
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

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



REGISTRAR  
THE UNIVERSITY OF BURDWAN  
BURDWAN - 713104