

THE UNIVERSITY OF BURDWAN
DEPARTMENT OF LIFELONG LEARNING

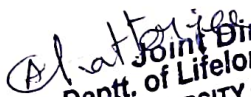
Post Graduate Diploma in Yoga

Session: 2023-24

Admission Challan, Date, Gender & Category wise Students List

Sl. No.	Name of the student	BU Challan No.	Date	Gender	Category
1	JUTHIKA GHOSH	7107	29.01.2024	Female	OBC-B
2	ANSARI NURNESA	7118	29.01.2024	Female	OBC-A
3	NAOSHIN ANAN	7119	29.01.2024	Female	OBC-A
4	SUMITA CHAKRABORTY	7124	29.01.2024	Female	General
5	BARNALI MAITY	7125	29.01.2024	Female	General
6	TANUSREE BISWAS	7127	29.01.2024	Female	SC
7	ABINASH MIDYA	7128	29.01.2024	Male	General
8	MALLIKA DAS	7163	29.01.2024	Female	General
9	AMINA KHATUN	7164	29.01.2024	Female	OBC-A
10	PRIYA DAS MONDAL	7190	29.01.2024	Female	General
11	ASRAFUNNESSA KHATUN	7193	30.01.2024	Female	OBC-A
12	HIMADRI GHOSH	7194	30.01.2024	Male	OBC-B
13	BAISHALI GHOSH	7202	30.01.2024	Female	OBC-B
14	SUPRIYA MANDAL	7205	30.01.2024	Female	SC
15	LUCKY PARAMANIK	7206	30.01.2024	Female	OBC-B
16	MOUSUMI MONDAL	7207	30.01.2024	Female	General
17	RADHA ROY	7208	30.01.2024	Female	SC
18	PROJESH DAS	7211	30.01.2024	Male	General
19	APURBA KANTI GHOSH	7212	30.01.2024	Male	OBC-B
20	BISWAJIT PAL	7213	30.01.2024	Male	OBC-B
21	SABIHA KHATUN	7221	30.01.2024	Female	OBC-A
22	DIPANWITA HAZRA	7227	30.01.2024	Female	SC
23	NABANITA CHANDRA	7228	30.01.2024	Female	OBC-B
24	KALIPADA MANDI	7231	30.01.2024	Male	ST
25	SAYAN ROY	7232	30.01.2024	Male	General


 REGISTRAR
 THE UNIVERSITY OF BURDWAN
 BURDWAN - 713104


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

26	SHIULI KOWER	7233	30.01.2024	Female	SC
27	MURARI DEY	7234	30.01.2024	Male	General
28	SUBHASREE CHOUDHURY	7235	30.01.2024	Female	General
29	LAXMI MAJHI	7236	30.01.2024	Female	General
30	PRIYANKA MALIK	7251	31.01.2024	Female	SC
31	SOHELI DEY	7267	31.01.2024	Female	General
32	GANESH SAREN	7272	31.01.2024	Male	ST
33	ARUNIMA SAHA	7276	31.01.2024	Female	SC
34	SK SAHANAJ	7278	31.01.2024	Male	OBC-A
35	SAGEN BESRA	7289	31.01.2024	Male	ST
36	SUMAN HALDER	7290	31.01.2024	Male	SC
37	SANATAN SAREN	7291	31.01.2024	Male	ST
38	SUNANDA DATTA	7401	05.02.2024	Female	General
39	SANGHAMITA MALLICK	7413	05.02.2024	Female	General
40	ARPITA DOLUI	7556	12.02.2024	Female	General
41	ANISHA SAHA	8036	27.02.2024	Female	SC
42	MAMONI MURMU	289	20.06.2024	Female	ST
43	KOYEL RAY	2203	29.07.2024	Female	General
44	SUDEB MUKHERJEE	2209	29.07.2024	Male	General
45	SHAMPA SANTRA	2211	29.07.2024	Female	SC
46	SUBARNA CHOWDHURY GANGULI	2232	31.07.2024	Female	General
47	MONALI BANERJEE	2233	31.07.2024	Female	General

Chatterjee

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

[Signature]

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

THE UNIVERSITY OF BURDWAN

DEPARTMENT OF LIFELONG LEARNING

Minutes of the meeting of the Ad-hoc Board of Studies of the P.G. Diploma in Yoga held on 20/12/2023 at 2:00 p.m. in the Office Chamber of the Registrar, B.U.

Members Present:

1. Prof. (Dr.) Pradip Chattopadhyay, Dean, Faculty Council for P.G. Studies in Arts etc, B.U. (Chairman)
2. Dr. Sujit Kr. Chowdhury, Registrar, B.U.—Director (Lifelong Learning)
3. Dr. Arijit Chatterjee, Joint Director, Department of Lifelong Learning, B.U.
4. Dr. Gopa Saha Roy, Assoc. Professor (Contractual), Deptt. of Physical Education, B.U.

Resolution:

1. The Committee recommended to approve the revised syllabus of Post Graduate Diploma in Yoga (Semester wise) submitted by the Syllabus Committee constituted by the Ad-hoc Board of Studies in P.G. Diploma in Yoga.
2. The committee also recommended to approve the rules and regulations of the course on P.G. Diploma in Yoga.
3. It was also resolved that the admission of the P.G. Diploma in Yoga will be conducted by the Department of Lifelong Learning B.U.
4. Further resolved that admission notification of P.G. Diploma in Yoga for the coming session 2024-25 be made on or before 04th January, 2024. The duration for sending the application by the candidates be extended till 21st January, 2024 and the course be commenced on and from 1st week of February, 2024. The committee also resolved that the Application fee will be Rs. 500/-.
5. The committee also approved the draft admission notification along with the draft information sheet regarding the said admission.

The meeting ended with a vote of thanks.

GSR
20/12/23

D.F.A

Hankle V.L

22/12/23

20.12.23

20/12/2023
Approved
22/12/23

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

Chatterjee
20/12/2023

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

THIS PART FOR THEORETICAL ATTENDANCE
REGISTER OF ATTEN-
DR. ALIPKR. SAHA for the month of

Serial No.	Roll No.	NAME OF PUPILS	Serial No. & Date of Admission in the Admission Register	ATTEN-																		
				29-102	04-103	05-103	07-103	18-103	19-103	21-103	01-104	02-104	04-104	08-104	09-104	16-105	20-105	25-105	28-105	30-105	03-106	
1		ABINASH MIDYA		L	.	.	L	L	.	.	L
2		AMINA KHATUN		L	L	L	L	.
3		ANISHA SAHA		L	.	L	.	L	L
4		ANSARI NURNESA		L	.	.	.
5		APURBA KANTI GHOSH		.	L	L	L	.	.
6		ARPITA DOLUI		L	L	L	L	.	L	L	L	L	L	L	L	.	L
7		ARUNIMA SAHA		L	.	L	.	L	.	L	.	L	L
8		ASRAFUNNESSA KHATUN		.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
9		BAISHALI GHOSH		L	L	L	L	.	L	L	L	L	.	L	L	L	.	.	L	L	.	L
10		BARNALI MAITY		L
11		BESWATI PAL		L	.	.	L	.	L	L	.	L	L	L	.	L
12		DEPANWITA HAZRA		L	.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
13		GANESH SAREN		.	.	.	L	.	L	L	.	.	.
14		HIMADRI GHOSH		.	.	.	L	L	L
15		JUTHIKA GHOSH	
16		KALIPADA MANDI	
17		LAXMI MAJHI		L	L	.	L	L	L	.	L	.	L	.	L	L	L
18		LUCKY PARAMANIK		L	.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
19		MALLIKA DAS		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
20		MOUSUMI MONDAL		L
21		MURARI DEY	
22		NABANITA CHANDRA		.	.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
23		NAOSHIN ANAN		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
24		PRIYA DASMONDAL		L	.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
25		PRIYANKA MALIK		L	L	L	.	.	L	L	L	L	L	L	L	L	L
26		PROJESH DAS	
27		RADHA ROY		.	.	.	L	L
28		SABIHA KHATUN		L	.	.	.	L	L	L	L	L	L
29		SAGEN BESRA		.	.	.	L
30		SANATAN SAREN		.	.	.	L
31		SANGHAMITA MALLICK		.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
32		SAYAN ROY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
33		SHILPI KOWER		L
34		SAHANAJ		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
35		SHELLI DEY		L	L	L
36		SUBHASREE CHOUDHURY		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
37		JUMANHALDER	
38		SUMITA CHAKRABORTY		.	L	L	.	L	.	L	L	L	L	L	L	L	L	L
39		SUNANDA DATTA		L	.	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
40		SUPRIYA MANDAL		.	.	.	L	.	L	L
41		TANUSREE BISWAS		L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
42		MAMONE MURMU	

Joint Director
 Deptt. of Lifelong Learning
 THE UNIVERSITY OF BURDWAN
 RAJBATI, BURDWAN-713004

REGISTRAR
 THE UNIVERSITY OF BURDWAN
 RAJBATI, BURDWAN-713004

Sl. No.	Name of the student	Challan No.	Date	Amount	Remx
	Opening Balance			Rs.	
1	JUTHIKA GHOSH	7107	29.01.24	15000/-	
2	ANSARI NURNESA	7118	29.01.24	15000/-	
3	NAOSHIN ANAN	7119	29.01.24	15000/-	
4	SUMITA CHAKRABORTY	7124	29.01.24	15000/-	
5	BARNALI MAITY	7125	29.01.24	15000/-	
6	TANUSREE BISWAS	7127	29.01.24	15000/-	
7	ABENASH MIEDYA	7128	29.01.24	15000/-	
8	MALLIKA DAS	7163	29.01.24	15000/-	
9	AMENA KHATUN	7164	29.01.24	15000/-	
10	PRIYA DAS MONDAL	7190	29.01.24	15000/-	
11	ASRAFUNNESSA KHATUN	7193	30.01.24	15000/-	
12	HIMADI GHOSH	7194	30.01.24	15000/-	
13	BAISHALI GHOSH	7202	30.01.24	15000/-	
14	SUPRIYA MANDAL	7205	30.01.24	15000/-	
15	LUCKY PARAMANIK	7206	30.01.24	15000/-	
16	MOUSUMI MONDAL	7207	30.01.24	15000/-	
17	RADHA ROY	7208	30.01.24	15000/-	
18	PROJESH DAS	7211	30.01.24	15000/-	
19	APURBA KANTI GHOSH	7212	30.01.24	15000/-	
20	BISWAJIT PAL	7213	30.01.24	15000/-	
21	SABIHA KHATUN	7221	30.01.24	15000/-	
22	DEPANWETA HAZRA	7227	30.01.24	15000/-	
23	NABANITA CHANDRA	7228	30.01.24	15000/-	
24	KALIPADA NANDI	7231	30.01.24	15000/-	
25	SAYAN ROY	7232	30.01.24	15000/-	
26	SHILPI KOWER	7233	30.01.24	15000/-	
27	MURARI DEY	7234	30.01.24	7500/-	
28	SUBHASREE CHOUHDURY	7235	30.01.24	15000/-	
29	LAXMI MAJHI	7236	30.01.24	7500/-	
30	FRIYANKA MALEK	7251	31.01.24	15000/-	
31	SOHELI DEY	7252	31.01.24	15000/-	
32	GANESH SAREN	7253	31.01.24	15000/-	

Chatterjee

Dept. of Lifelong Learning
THE UNIVERSITY OF BURDWAN
- IBATI, BURDWAN-713104

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

POST GRADUATE DIPLOMA IN YOGA
RECEIPT : 2023-24

SLNO	Name of the student	Challan no.	Date	Amount	Rs.
					465000/-
33	ARUNIMA SAHA	7276	31.01.24	15000/-	
34	SK SAHANAJ	7278	31.01.24	15000/-	
35	SAGEN BESRA	7289	31.01.24	7500/-	
36	SUMAN HALDER	7290	31.01.24	7500/-	
37	SANATAN SAREN	7291	31.01.24	7500/-	
38	SUNANDA DATTA	7401	05.02.24	15000/-	
39	SANGHAMITA MALLICK	7413	05.02.24	15000/-	
40	ARPITA DALUI	7556	12.02.24	15000/-	
41	ANISHA SAHA	8038	27.02.24	15000/-	
42	MAMONI MURMU	0289	20.06.24	7500/-	
43	KOYEL RAY	2203	29.07.24	15000/-	
44	SUDEB MUKHERJEE	2209	29.07.24	15000/-	
45	SHAMPA SANTRA	2211	29.07.24	15000/-	
46	SUBARNA CHOWDHURY GANGULI	2232	31.07.24	15000/-	
47	MONALI BANERJEE	2233	31.07.24	15000/-	
			* Total	Rs.	665000/-

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

[Signature]
REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

The University of Burdwan

Department of Lifelong Learning

Revised Syllabus of P.G. Diploma in Yoga Programme

w.e.f. 06th November, 2023

Academic Session: 2023-24

Gopa Saha Ray
06/11/23

Chatterjee
06/11/23

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

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

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 1year (2 semesters) and the maximum duration will be 2years.

V. Eligibility

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

