



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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Deptt. of Lifelong Learning
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RAJBATI, BURDWAN-713104

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	ADITYA 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	SOURAV PAINE	2184	7500/-	Ch. Rs
54.	19.07.2023	SAHEB GHORUS	2185	7500/-	Ch. Rs
55.	21.07.2023	SANDIP BAE	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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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	Hatha 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

L = 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 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-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 Gheranò 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 Gheranò 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 Gheranò 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 Svātmanama, 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