



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

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

[Signature]
REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

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.

RECEIPT ; 2019 - 20

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 Surkumar 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/-	

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

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

RECEIPT : 2019 - 20

Sl. No	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/-		
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						
49						
50						
51						
52						
53						
54						
55						
56						
57						
58						
59						
60						
61						
62						
63						
64						
65						
66						
67						
68						
69						
70						
71						
72						
73						
74						
75						
76						
77						
78						
79						
80						
81						
82						
83						
84						
85						
86						
87						
88						
89						
90						
91						
92						
93						
94						
95						
96						
97						
98						
99						
100						
					Total =	Rs. 2939788

Bhatterjee

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

REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

Rs. 2939788/-

(2019-20)

THE UNIVERSITY OF BURDWAN

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

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

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.


REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

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

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

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			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 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

REGISTRAR

THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

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.

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

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, Umbhaka 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.


REGISTRAR
THE UNIVERSITY OF BURDWAN
BURDWAN - 713104

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 Nadanusandhana, 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 Satyananda Saraswati : Hatha Yoga, Pub: BSY Munger

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