



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

REPORT OF UGC APPROVED CERTIFICATE COURSE IN YOGA THERAPY-2022

This UGC Approved Yoga certificate course was started in 1st February 2022 with the help of internal teachers and 110 students of Mugberia Gangadhar Mahavidyalaya. This certificate course was successfully completed in 23rd July 2022 with 105 students by maintain the proper course curriculum step by step.



[Signature]
25.07.2022
Principal
Mugberia Gangadhar Mahavidyalaya



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ADMISSION NOTIFICATION



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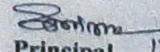
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NOTICE

Date- 17/01/2022

It is a great pleasure to inform you that the Mugberia Gangadhar Mahavidyalaya is going to organize a UGC approved certificate course in Yoga therapy from 1st February, 2022. So in this program interested candidate are apply to college office within 31st January 2022 positively.


Principal 17.06.2023

Mugberia Gangadhar Mahavidyalaya

Principal
Mugberia Gangadhar Mahavidyalaya



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INAUGURAL CEREMONY

8:03

65%



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MUGBERIA GANGADHAR MAHAVIDYALAYA Inauguration Ceremony of UGC sponsored : **CERTIFICATE COURSE IN YOGA THERAPY**

*All the Teaching, Non Teaching Staffs and
Students are cordially invited.*

Organized by

DEPARTMENT OF PHYSICAL EDUCATION

Date : 1st February, 2022

Time : 7.30 pm

Place : Online Platform

58:12



Inaugural ceremony of Certificate Course in Yoga Therapy

Mugberia Gangadhar Mahavidyalaya · 102 views ·
Streamed 6 months ago



Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, West Bengal Celebrating Inte...

Sk Khabiruddin · 1.2K views · 3 years ago



Home



Shorts



Subscriptions



Library

This inaugural ceremony of Certificate Course in Yoga Therapy also available in You tube channel of Mugberia Gangadhar Mahavidyalaya.





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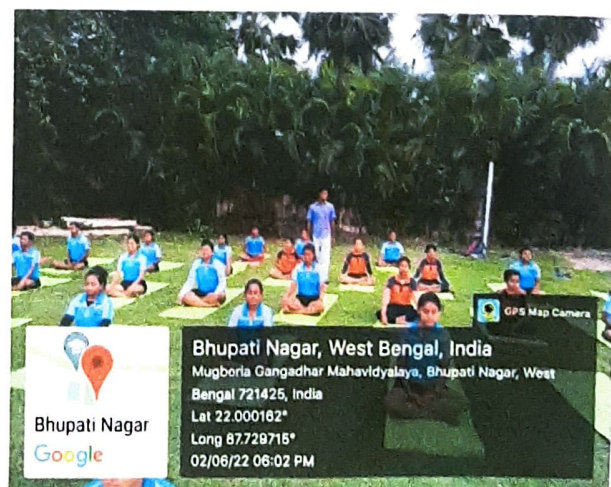
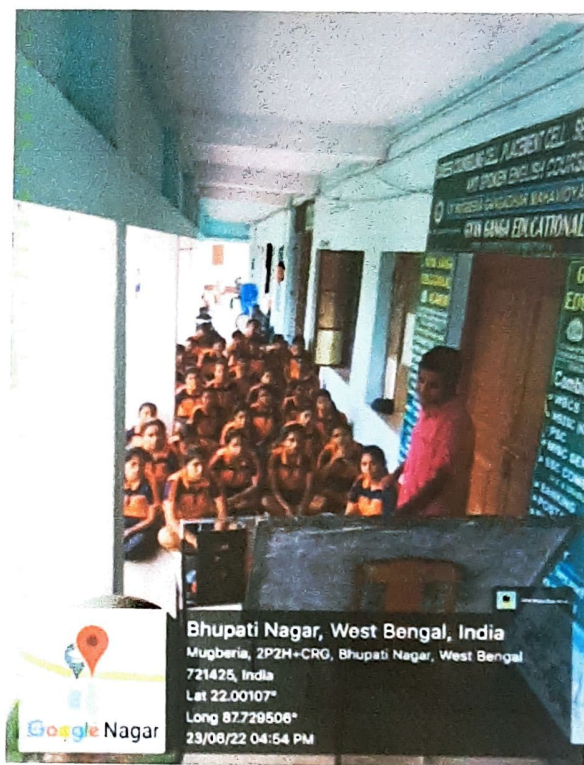
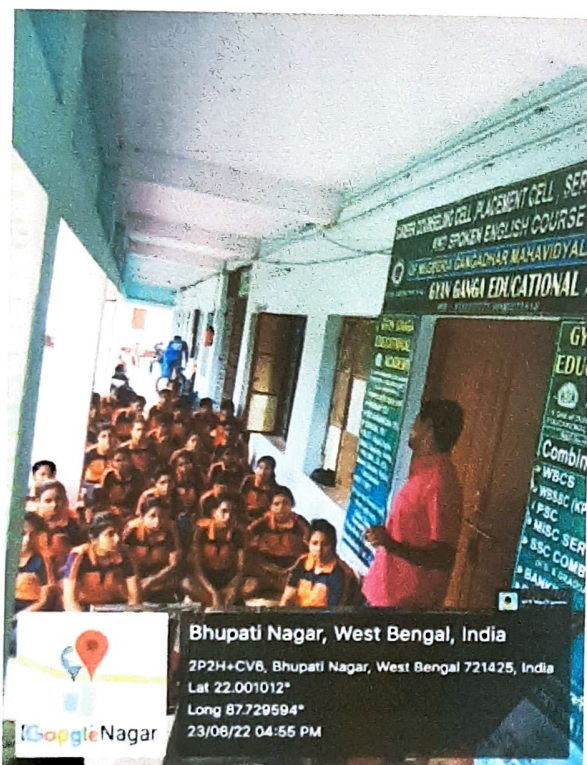
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THEORY AND PRACTICAL CLASS PICTURE



MUGBERIA GANGADHAR MAHAVIDYALAYA

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ATTENDANCE RECORD

[illegible]



MUGBERIA GANGADHAR MAHAVIDYALAYA

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EXAMINATION NOTIFICATION



MUGBERIA GANGADHAR MAHAVIDYALAYA

ESTD.—1964

P. O.—BHUPATINAGAR Dist.—PURBA MEDINIPUR

S. T. D. Code—03220 Ph. No.—270236, Pin.—721425 (W. B.)

Ref. No.—M. G. M. / /

Dated 14/06/2022

From : The Principal / Secretary,

Certificate Course in Yoga Therapy Examination-2022

Certificate Course in Yoga Therapy Examination for the year 2022 will be held as per the following schedule.

Examination Schedule

Paper	Date/Day	Time (Duration)	Full Marks
Practical	21.06.2022 (Tuesday)	6:00am onwards	125
Theory	07.07.2022 (Thursday)	6:00am onwards (As mentioned in Question Paper)	75

(Dr. Adityanarayan Adak)

Course Co-ordinator

(Dr. Swapan Kumar Misra)

Principal

Mugberia Gangadhar Mahavidyalaya





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THEORY QUESTION PAPER

Mugberia Gangadhar Mahavidyalaya

Certificate Course in Yoga Therapy Examination 2022

Theory Paper

Full Marks – 75

Time – 3 Hours

The figures in the margin indicate full marks.

The candidates are required to give their answers in their own words as far as practicable

Illustrate the answer wherever necessary

Give any Five (5) answer from the following:

1. What is yoga? Discuss the aim and objectives of yoga. Identify different path of yoga.
Explain Austanga Yoga. 3+5+2+5=15
2. What is therapy? Give your own concept on yoga therapy. What are the benefits of yoga therapy? Explain the principles of yoga therapy. 2+3+5+5=15
3. What is asana? Identify the different types of asanas with proper example. Discuss asanas according to physical fitness. 3+6+6=15
4. What is pranayama? Discuss on breathing process. Identify the different types of pranayama. How to developed respiratory mechanism through pranayama. 3+3+4+5=15
5. Give your own concept on kriya. What are the different types of kriyas? Explain the cleansing process of stomach and eye briefly. 3+6+3+3=15
6. Discuss about yogic food habits. Explain yogic practice for back pain, knee problem and shoulder injury. 6+3+3+3=15
7. What is meditation? Explain any one procedure of meditation. How to remove the sleeping problem through yogic practice? 3+6+6=15





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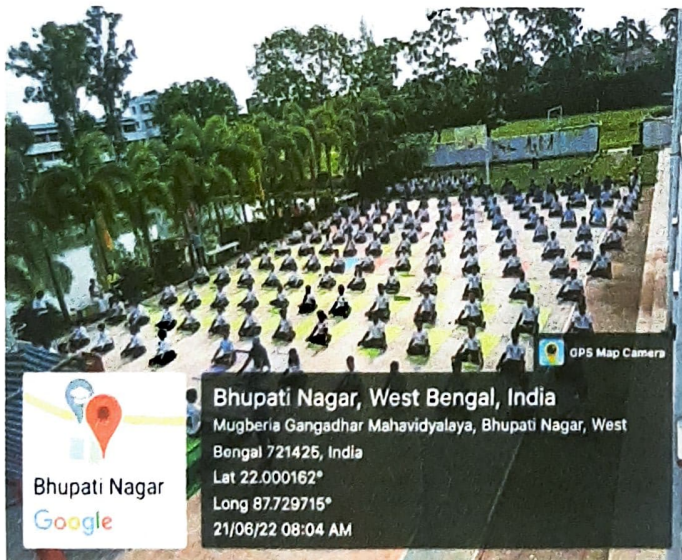
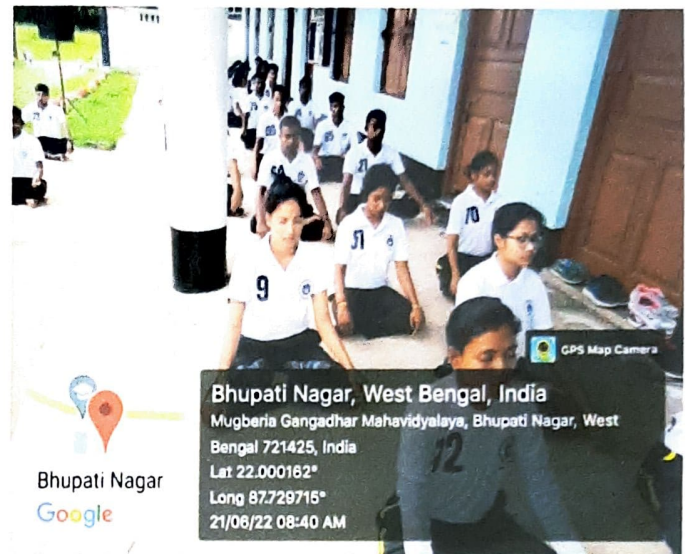
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THEORY AND INTERNATIONAL YOGA DAY CUM PRACTICAL EXAM





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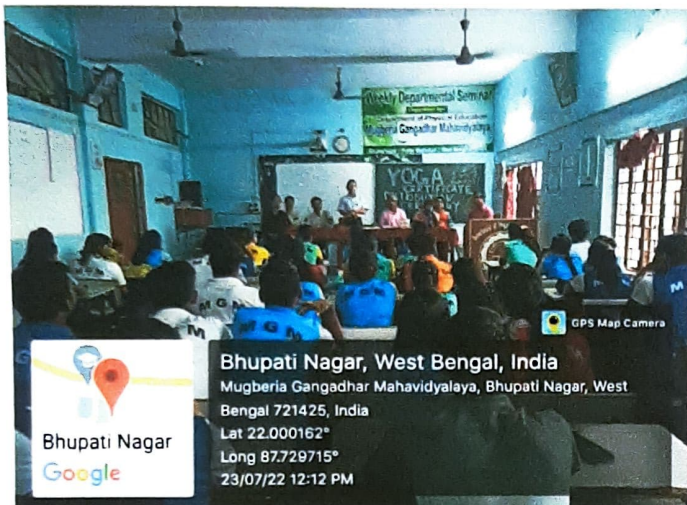
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CERTIFICATE AND PRIZE DISTRIBUTION CEREMONY





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LIST OK ADMISSION

Young Certificate Course	
Roll. NO	Name of the Student
1	AHALA HEMBRAM
2	AJAHAR ALI SARKAR
3	AJIT HANSDA
4	AMIT GIRI
5	BABITA SARKAR
6	BANASHREE MAJI
7	BISHNU MONDAL
8	CHAITALI ROY
9	DEBASHISH ROY
10	DEBENDRA BARMAN
11	DIBYENDU DUTTA
12	DIPA NASKAR
13	DIPAK BISWAS
14	DIPANWITA BERA
15	INDRAJIT DALBERA
16	INDRANIL PARUA
17	JAMUNA SARKAR
18	JAYANTI CHAKRABORTY
19	JYOTI TOPPO
20	KIRAN CHANDRA SARKAR
21	MILAN KUMAR JANA
22	MINAKSHI MONDAL
23	MOUMITA MAITY
24	MUKTA DHAR
25	NABAMITA GHORAI
26	OZOSWI BANERJEE
27	PAKHI ROY
28	PARAMITA MONDAL
29	PARBATI HEMBROM
30	PARSI MURMU
31	PARTHA PRATIM SARKAR
32	PRASENJIT SAR
33	PRAVATI SARKAR
34	PRIVANSHU PAL
35	PROSANJIT DEBSHARMA
36	PUJA PATTANAYEK
37	PUJA SARKAR
38	PUJA SEN

39	RAHUL JAISWAL
40	RAKHI ROY
41	RAMESH MONDAL
42	RINA MONDAL
43	RITA MONDAL
44	SAIKAT SAMANTA
45	SAITI MITRA
46	SAJANI BARMAN
47	SAMIM AKTAR
48	SANCHAYITA SII
49	SANJIT ROY
50	SANJOY MURMU
51	SATYAJIT BIJULI
52	SHARMILA MURMU
53	SHILPI BISWAS
54	SHYAMALI KHANDA
55	SOMA SARKAR
56	SONATAN BHOWMIK
57	SOUMEN MANDAL
58	SRAHANI MAHATA
59	SUBHANKARI DAS
60	SUDIPA GAYEN
61	SUJAY HEMBRAM
62	SUSAMA MURMU
63	SUSMITA SENGUPTA
64	SUVENDU SARKAR
65	TAJMERINA KHATUN
66	TAMAL CHAKRABORTY





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LIST OF SUCCESSFUL STUDENTS

1	Email address	Name	Father's Name	Mother's Name	Date of Birth	Educatic	Permanent Address	Mobile number
2	ozoswi banerjee@gmail.com	OZOSWI BANERJEE	Aloke Banerjee	Debasree Banerjee	21/03/1999	B A	Vill+ P O - Rangibasan	8170897014
3	monikhathu88792@gmail.com	Tajmenna khatun	Taslim Mondal	Sahanaj Bibi	19.02.1999	B A	P S Kumar ganj, Dist -C	8945881684
4	ajaharali7872@gmail.com	AJAHAR ALI SARKAR	Hasan Ali Sarkar	Sahanaj Parvin	01.03.1999	B P Ed	Uttar Dinajpur 733128	8514026594
5	chaitaliroy486@gmail.com	Chaitali Roy	Adaitya Roy	Latika Roy	10/09/1992	M P Ed	Vill-Natun Patua, P O	9749837410
6	nabamilaghorai1999@gmail.c	Nabamita Ghorai	Uttam Kumar Ghorai	Nilima Adak Ghorai	02/05/1999	B P Ed	Vill -Rajpur P O -Argor.	8001730591
7	sanjoymurmu743@gmail.com	Sanjoy Murmu	Iswar Murmu	Chandmani Murmu	28.12.1992	B P ED	Vill-Damdaha, P O+P S	7430053214
8	sanjubarmen834@gmail.com	Sajani barman	Dilip barman	Kajal barman	30/06/1998	B A	Vi +po-dunia ps-naraya	8116820927
9	prasenjitsar1@gmail.com	Prasenjit Sar	Arun Sar	Bornita Rani Sar	05/08/1997	B P Ed	Vill+P O- Radhakrishn,	9932570237
10	sharmilamurmu0508@gailm.c	Sharmila murmu	Bishu murmu	Arati hansda	05/08/1999	B p ed	Vill- Ganga jti , p o - ka	8373848346
11	srabanimahata1996@gmail.cc	Srabani Mahata	Sankar Mahata	Apu Rani Mahata	10/8/1996	M P Ed	Vill-Bhangabandh P o-	8918144834
12	ntz_mondal_rm@gmail.com	Rita Mondal	Nitai Mondal	Durga Mondal	29/03/1994	M p ed	C k road(billa), Satbani	7908974218
13	shyamalikhand23@gmail.cor	SHYAMALI KHANDA	Braya Behari Khanda	Priti kana khanda	10.05.1995	B P Ed	Vill+P O+PS- Mohanpu	9564128260
14	babitasarkar712@gmail.com	Babita sarkar	Pitani sarkar	Taramoni sarkar	2.8.1997	B P Ed	Vill-kamal pur, P O-par	8159897722
15	chandrakiran2042@gmail.com	Kiran chandra sarkar	Shiben chandra sarkar	Bharli sarkar	14/12/1996	B P Ed	Vill- Mobarakpur, P O-	8509471825
16	parsimurmugm@gmail.com	Parsi murmu	Matal chandra murmu	Maimoni murmu	19.02.1998	B P ED	Khargapur	8918765584
17	droy45143@gmail.com	Debashish Roy	Dinesh Ch Roy	Champa Roy	02/03/1999	B A	Vill- Uday Pur, P o - C	6296259874
18	puja40160@gmail.com	Puja sarkar	Bijay Chandra sarkar	Minu sarkar	07/01/2000	Bped	Vill-Berol,p o-Berol.p	8509925863
19	rinamondal621@gmail.com	Rina Mandal	Ananda Mandal	Jayanti Mandal	23/01/1995	BPED	Vill-Baharan,P O-Nisct	6294540917
20	beradipanwita77@gmail.com	Dipanwita Bera	Pranab Bera	Sheuli Bera	03/08/1998	B A	Vill+po- Dhablat laipur,	7047795793
21	ltoppo776@gmail.com	Jyoti toppo	Bartholomew toppo	Manam toppo	21/01/1997	BPED	Mina para, Rajib pur, g	8942927986
22	sudipa123gayen@gmail.com	Sudipa Gayen	Sukumar Gayen	Bindu Rani Gayen	22/4/1999	B A	Vill-Kamdebnagar, pos	9093232224
23	mynetwork_soumen@gmail.co	SOU MEN MANDAL	UDAY NARAYAN MA	DURGAMANI MANDA	10/02/1997	B A	VILL+P O-RUDRANAC	9563411101
24	parthasarkar934@gmail.com	Partha Pratim Sarkar	Shanti Ranjan Sarkar	Tripti Sarkar	14.09.1997	B P Ed	Vill-Nandangram, P O-	8250449105
25	paruaindranil2@gmail.com	Indranil Parua	Bikash chandra Parua	Tapati Parua	02/04/1998	B P Ed	Vill - Indraprasth, P O -	8617369959
26	rameshmondalorg@gmail.com	Ramesh Mondal	Haradhan Mondal	Rani Mondal	05/10/1999	BPED	Vill+po- kalikakundu p	7718266106
27	sonatanbhowmik535@gmail.c	Sonatan Bhowmik	Joydeb Bhowmik	Molina Bhowmik	27/04/1991	B P Ed	Vil-Debipur, Po-Raych	9382266487
28	sarkarsoma6216@gmail.com	SOMA SARKAR	Bichen Sarkar	Maya Sarkar	16/10/1995	BPED	Vill-Mahinagar, P O-Pe	7029968718
29	sroy80769@gmail.com	Sanjit Roy	Nimai Roy	Chitra Roy	29.03.1999	B A	Piplan, Birghai,Raiganj	6297998795
30	sonutyagi88043@gmail.com	Sonu kumar sharma	Bageshvar sharma	Sunita devi	15.04.1998	B A	Vill+post akhalaspur p	9102477982
31	dbiswas563@gmail.com	Dipak Biswas	Patit Paban Biswas	Dipali Rani Biswas	03/01/1999	B P Ed	Vill+P o-Parbatipur P s	7074395454
32	sojoyhembram94@gmail.com	Sojoy hembram	Chhaku Hembram	Rani Tudu	03/03/1994	B P ED	Vill-Bangardighi, p o-M	6297481477
33	roy_balurghat2000@gmail.co	Pakhi roy	Bankim Roy	Kanika Roy	24.04.2000	B A	Vill-Jafarpur,p o-kantal	7478734803
34	milanjana4g@gmail.com	Milan kumar jana	Rameswar jana	Mitali jana	13.04.2000	B P Ed	Vill - panchet, P O - P.	9733938996
35	prosanjitdebsharma@gmail.cc	Prosanjit Debsharma	Sudhan Debsharma	Janibala Debsharma	02.07.1997	B P ED	Vill-Mahendra,P O-kan	9932428499
36	banashremaji238@gmail.com	Banashree Maji	Prasanta Maji	Kalyani Maji	23.01.1998	BPED	Vill-Chhatapathar, P C	8159000404
37	naskardipa99@gmail.com	Dipa Naskar	Dilip Naskar	Bula Naskar	13/12/1999	B P Ed	Bill+p o- shikharbali, p	9073176716
38	sanchayitasil6@gmail.com	Sanchayita Sil	SWAPAN KUMAR SIL	Smita Sil	08.1993	BPED	97, sds lane chinsurah	8777219751
39	ahembram8116@gmail.com	Ahala Hembram	Brojen Hembram	Suraj Hembram	18.1994	BPED	Vill-kamarbedya P o-M	8116360508
40	debendrabarman950@gmail.c	Debendra Barman	Gourhari Barman	Asha Barman	06/19	ED	Vill+Po- Dwanbera, Ps	7063150950
41	satyajitbijuli99@gmail.com	Satyajit Bijuli	Shibnarayan bijuli	Pushpa Bijuli	06/10/19	ED	V-Baharda P-Jahaldaj	8670004161
42	parbatihembram123@gmail.c	Parbati Hembram	Late -chunkai Hembram	Chumkai Mardi	01/01/1996	ED	Vill -uttar jamal pur p c	8972161966
43	rakhiroy2704@gmail.com	Rakhi Roy	Bankim Roy	Kanika Roy	27.04.1999	B A	Vill-jafar pur,P o-kantal	7908990162
44	pravati.04321@gmail.com	Pravati sarkar	Atin sarkar	Dipti sarkar	15.05.99	B A	Vill-Chandail,P O-purb.	8170002480
45	dibyendudutta041099@gmail	Diabyendu Dutta	Dipak Dutta	Sunita Dutta	04/10/1999	B P Ed	Vill+P O- kechuadanga	7479110780
46	Sjamuna493@gmail.com	Jamuna sarkar	Shankar Lal sarkar	Niyomi sarkar	19/5/1998	B A	Vill -Hemat pur p o- Ba	9883055910
47	mandalbishnu752@gmail.com	Bishnu Mondal	Nandadulal Mondal	Chhayarani Mondal	10/12/1994	B A	Vill-Palitpara,p o-Jajan	7407765281
48	shilpibiswas02091997@gimat	Shilpi Biswas	Bikash ch biswas	Prarthana biswas	02/09/1997	B P Ed	Vill-itahar(talbari), p o+	7908034361
49	subhankaridas96@gmail.com	Subhankari Das	Tapas Das	Shibani Das	20.5.1999	B P ED	Vill+po-Dhablat laipur,	9635333566
50	ajithansda733125@gmail.com	Ajit Hansda	Sadhu hansda	Rani murmu	15/05/1998	Bped	Village, Pal bhabani,	6294133125
51	ChakrabortyJayanti63@gmail	Jayanti Chakraborty	Biplab Chakraborty	Aparna Chakraborty	04/11/1996	BPED	Vill/p o- Gandhigram, g	9091410236
52	samantasakat2017@gmail.co	SAIKAT SAMANTA	Mahadeb Samanta	Supriya Samanta	29.06.1998	B P Ed	Gurat, Barman, Kolagh	7001280043





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SAMPLE OF CERTIFICATE

MUGBERIA GANGADHAR MAHAVIDYALAYA



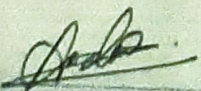
Certificate Course in Yoga Therapy Examination, 2022 (UGC APPROVED)

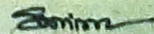
This is to certify that Mrs. Rakhi Roy has successfully completed the Six Month (January to June) UGC approved Certificate Course in Yoga Therapy from this College in the year 2022. She obtained the marks in the Examination as indicated below:

SEMESTER

Paper	Full Marks	Marks Obtained	Percentage (%)	Grade	Remarks
Theory	75	52	81	A+	Excellent
Practical	125	110			
Grand Total	200	162			

% of Marks	Grade	Remarks
90 - 100	AA	Outstanding
80 - 89	A+	Excellent
70 - 79	A	Very Good
60 - 69	B+	Good
50 - 59	B	Satisfactory
40 - 49	C	Marginal
Below 40	D	Disqualified


(Dr. Adityanarayan Adak)
Course Co-ordinator


(Dr. Swapan Kumar Misra)
Principal

realme Shot by pakhi

2022/08/18 20:11





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SAMPLE OF STUDENTS FEEDBACK

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STUDENTS' FEEDBACK ON CERTIFICATE COURSE IN YOGA THERAPY, 2022

1. The fees for the course were reasonable - ☒ YES / ☐ NO
2. The organization of the course and the logistics etc. were managed well - ☒ YES / ☐ NO
3. the course valuable for your future - ☒ YES / ☐ NO
4. This course will help you for your further education - ☒ YES / ☐ NO
5. The course helps you for managing your family health - ☒ YES / ☐ NO
6. You can help the society by completing this course - ☒ YES / ☐ NO
7. The course helps you to build your professional skills - ☒ YES / ☐ NO
8. Your teacher appreciates the times when you work hard towards scoring well in a test or performing well - ☒ YES / ☐ NO
9. Your teacher guides you in setting personal aim and developing strategies to achieve that aim - ☒ YES / ☐ NO
10. The student was benefitted by this course positively - ☒ YES / ☐ NO

Date : 23/07/22

Prasenjit Sam
Student's Signature



Sanjib
25.07-2022
Principal
Mugberia Gangadhar Mahavidyalaya