

Summary of the Course:

Name of the Programme: Yoga

Duration: Three months

Learning objectives:

- i) To provide knowledge on yoga philosophy and its different branches
- ii) To provide practical knowledge of the benefits of different yoga practices
- iii) To develop the professional efficiency of the students in the field of yoga

Learning outcomes:

- i) Students will gain knowledge of yoga philosophy
- ii) Students will be aware of holistic development through yoga
- iii) Students will be able to perform practical skills proficiently

List of students enrolled (year-wise):

2023-24:

SL. No.	Name of the Student
1	Tina Das
2	Rimpi Das
3	Trishna Borah
4	Kaku Boruah
5	Bobita Tanti
6	Pinky Proja
7	Sunu Kochari
8	Sanjay Tanti
9	Elina Nonda
10	Bikrom Tanti
11	Priyanka Nahak
12	Loshmi Tanti
13	Nobajit Tanti
14	Joyshree Devi
15	Pubali Gogoi
16	Sonali Saikia
17	Porashmoni Gogoi
18	Sangita Dutta
19	Akashi Barukial
20	Neha Gupta
21	Papori Saikia
22	Rashmi Borah
23	Monali Bora
24	Mrinmoyee Bora
25	Gargi Bora
26	Pallabi mal

27	Bidisha Taid
28	Lovely Das
29	Tora Pathori

2022-23:

SL. No.	Name of the Student
1	Kasturi Borgohain
2	Ankita Gogoi
3	Preetiksha Nath
4	Sondip Pradhan

2021-22:

SL.No.	Name of the Student
1	Aparajita Chutia
2	Gayatri Bhuyan
3	Pratikha Hazarika
4	Dipsikha Saikia
5	Richika Kachari
6	Jantu Sahu
7	Papu Kanu
8	Munindra Tamuly
9	Dipjyoti Saikia
10	Basanta Saikia
11	Swapna Pradhan
12	Pori Morang
13	Arena Begum
14	Bhagyashree Gogoi
15	Pallabi Bora
16	Joyshree Thakur
17	Bolbindar Kour
18	Modhusudan Gogoi
19	Juwel Saikia
20	Sujata Debnath
21	Karan Yadav
22	Tajmin Sultana
23	Sukanya Robidas
24	Dhiraj Boruah
25	Roshan Barla
26	Arkita Saikia

2020-21: Since the institution remained closed for most of the time in the period 2020-21 due to Coronavirus induced Lockdown, therefore physical classes could not be held. The

situation was very in tricky in Assam too and thus all including the students were under huge mental pressure at that time. Owing to this situation, the institution could not add/run any other certificate/add-on course in the period.

2019-20:

SL.No.	Name of the Student
1	Monikanchan Loying
2	Jyotika Borah
3	Mousumi Saikia
4	Lekhashree Deka
5	Kusum Kumari
6	Tulika Saikia
7	Pranjal Hazarika
8	Rupam Saikia
9	Khajanmoni Kour
10	Jigyashi Gogoi
11	Madhurjya Das
12	Tonmoyee Saikia
13	Gitanjali Bori
14	Dipika Bora
15	Dipli Charingia
16	Bhupali Gogoi
17	Janmonee Kutum
18	Mrinalee Bori
19	Bharati Borah
20	Rupshree Bora
21	Anamika Loying
22	Rashmi Gogoi
23	Roktim Borah
24	Dipu Loying
25	Antarikha Sarma
26	Bhagyasri Hiloidary
27	Jupitora Dh. Phukan
28	Bijoy Borah
29	Arupjyoti Gogoi
30	Bidyut Borah
31	Aditya Sahu
32	Kakuli Borah
33	Dimpi Gogoi
34	Gayatri Gogoi
35	Madhurima Saikia
36	Meera Thengal
37	Runmoni Thengal
38	Junmoni Thengal
39	Abhijit Bora
40	Rohit Robidas
41	Mahanta Bori

42	Isha Boruah
43	Ponkhi Rajkhowa
44	Bitu Khandait
45	Bonisha Borphukan

Assessment Procedure:

The theory part of the course is assessed through a written examination consisting of 50 marks. The practical component is assessed in two parts, i.e., yoga practices and viva. It consists of 50 marks. The absolute grading system is applied to evaluate the performance of the students. The following scale of grading system is applied to indicate the performances of the students in terms of letter grade and grade points as given below:

Letter Grade with meaning		Grade Point
O	Outstanding	10 (Marks securing above 90%)
A+	Excellent	9 (Marks securing 80%-90%)
A	Very Good	8 (Marks securing 70%-80%)
B+	Good	7 (Marks securing 60%-70%)
B	Above Average	6 (Marks securing 50%-60%)
P	Pass	5 (Marks securing 40%-50%)
F	Fail	0 (Marks securing below 40%)
Abs	Absent/ Incomplete	0