



## Department of Yoga

### Time-Table (2021-22) (Semester - II)

Date: 28/04/2022

Day	09.00-11.00 AM	11.00-12.00 AM	12:00-1:00 PM	2:00 – 3:00 PM	3:00-4:00 PM (DCEC)		4.00-5.00 PM (GEC)
Monday	Yoga Practical – 2	Pātañjala-Yogasūtra	Yogic Practices and Human Anatomy and Physiology -2	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	Indian Philosophy	Complementary And Alternative Therapy	Fundamentals of Yoga
Tuesday	Yoga Practical – 2	Pātañjala-Yogasūtra	Yogic Practices and Human Anatomy and Physiology -2	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	Indian Philosophy	Complementary And Alternative Therapy	Fundamentals of Yoga
Wednesday	Yoga Practical – 2	Pātañjala-Yogasūtra	Yogic Practices and Human Anatomy and Physiology -2	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	Indian Philosophy	Complementary And Alternative Therapy	Fundamentals of Yoga
Thursday	Yoga Practical – 2	Pātañjala-Yogasūtra	Yogic Practices and Human Anatomy and Physiology -2	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	Indian Philosophy	Complementary And Alternative Therapy	Fundamentals of Yoga (Practical)
Friday	Yoga Practical – 2	Pātañjala-Yogasūtra	Yogic Practices and Human Anatomy and Physiology -2	Principle Upaniṣads, Gītā and Yogavāsiṣṭha	-	-	Fundamentals of Yoga (Practical)

A: Dr. Ajay Pal

R: Dr. Ravi Kumar

Prof. Neelam Sangwan  
Head, Department of Yoga