



CENTRAL UNIVERSITY OF HARYANA

(Established vide Act No. 25 (2009) of Parliament)

Jant-Pali, Mahendergarh (Haryana)-123031

Department of Yoga

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

Date: 28/04/2022

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

A: Dr. Ajay Pal R: Dr. Ravi Kumar