

UNIVERSITY OF MYSORE



YOGIC SCIENCE PROGRAMME


2nd FLOOR, DEPARTMENT OF STUDIES IN STATISTICS, MANASAGANCOTHRI, MYSORE

TIME TABLE CERTIFICATE IN YOGIC SCIENCE PROGRAMME 2022-23

DAYS	PRACTICAL 6:30 to 8:30 AM	THEORY 8:30 to 9:30 AM	THEORY 3:00 to 4:00 PM	PRACTICAL 4:00 to 6:00 PM
Monday	Yoga Practical - I RHM	Introduction to Yoga DMS	Application of Yogic Science RHM	Yoga Practical - II DMS
Tuesday	Yoga Practical - I RHM	Introduction to Yoga DMS	Application of Yogic Science RHM	Yoga Practical - II DMS
Wednesday	Yoga Practical - I RHM	Introduction to Yoga DMS	Practical Seminar RHM	Yoga Practical - II DMS
Thursday	Yoga Practical - I RHM	Introduction to Yoga DMS	Practical Seminar RHM	Yoga Practical - II DMS
Friday	Yoga Practical - I RHM	Application of Yogic Science RHM	Practical Seminar DMS	Yoga Practical - II DMS
Saturday	Yoga Practical - I RHM	Application of Yogic Science RHM	Practical Seminar DMS	Yoga Practical - II DMS

Darshan Gowda M.S - DMS

Ravanikar H.M - RHM


Co-ordinator
Yogic Science Programme
University of Mysore
Mysuru 570 005



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TIME TABLE PG Diploma in Yogic Science Programme I Semester 2022-23

DAYS	PRACTICAL 6:30 to 8:30 AM	THEORY 8:30 to 9:30 AM	THEORY 3:00 to 4:00 PM	PRACTICAL 4:00 to 6:00 PM	
Monday	Yoga Practical - I	Fundamentals to Yogic Science	Introduction to Indian Philosophy	Yoga Practical-II	Yoga Practical-II
	DMS	RHM	DMS	RHM	RHM
Tuesday	Yoga Practical - I	Fundamentals to Yogic Science	Introduction to Indian Philosophy	Yoga Practical-II	Yoga Practical-II
	DMS	RHM	DMS	RHM	RHM
Wednesday	Yoga Practical - I	Fundamentals to Yogic Science	Principles of Yoga Therapy	Yoga Practical-II	Yoga Practical-II
	DMS	RHM	DMS	RHM	RHM
Thursday	Yoga Practical - I	Fundamentals to Yogic Science	Principles of Yoga Therapy	Yoga Practical-II	Yoga Practical-II
	DMS	RHM	DMS	RHM	RHM
Friday	Yoga Practical - I	Introduction to Indian Philosophy	Principles of Yoga Therapy	Yoga Practical-II	---
	DMS	DMS	DMS	RHM	
Saturday	Yoga Practical - I	Introduction to Indian Philosophy	Principles of Yoga Therapy	Yoga Practical-II	---
	DMS	DMS	DMS	RHM	

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