

# DISTANCE EDUCATION PROGRAM

DEV SANSKRITI VISHWAVIDYALAYA  
GAYATRI KUNJ SHANTI KUNJ HARIDWAR  
SUNDAY CLASS TIME TABLE

<b>PG DIPLOMA IN YOGA</b>					
<b>PRACTICAL in kshd d{kk a</b>					
<b>SUNDAY CLASS</b>	<b>SUBJECT</b>		<b>TIME</b>		<b>PLACE</b>
<b>Date</b>	Ist SEMESTER PG DIPLOMA IN YOGA	BOYS	6:00	7:15	CANTEEN IInd FLOORE
10/3/2019		GIRLS	6:00	7:15	CANTEEN Ist FLOORE
17/03/2019	IInd SEMESTER PG DIPLOMA IN YOGA	BOYS	7:15	8:30	CANTEEN IInd FLOOR
		GIRLS	7:15	8:30	CANTEEN Ist FLOOR
24/3/2019	TEA TIME 8:30 TO 9:00				
<b>FOUNDATION COURSE IN YOGIC SCIENCES &amp; HEALTH CONSERVATION</b>					
31/3/2019	<b>PRACTICAL in kshd d{kk a</b>				
	PRACTICAL / प्रायोगिक कक्षायें	BOYS	6:00	7:15	CANTEEN IInd FLOORE
7/4/2019		GIRLS	6:00	7:15	CANTEEN I FLOORE
	TEA TIME 8:30 TO 9:00				
14/4/2019	<b>PG DIPLOMA IN YOGA THEORY PAPER</b>				
	PAPER (0601) योग के आधारभूत तत्व	9:00 TO 9:35	CANTEEN I FLOOR		
21/4/2019	PAPER (0602) हठयोग परिचय	9:40 TO 10:15	CANTEEN I FLOOR		
	<b>BREAK FAST 10:15 TO 11:00</b>				
28/4/2019	PAPER (0603) शरीर क्रिया विज्ञान	11:00 TO 11:35	CANTEEN I FLOOR		
	PAPER (0604) वैकल्पिक चिकित्सा पद्धतियाँ	11:40 to 12:15	CANTEEN I FLOOR		
5/5/2019	PAPER (0606) योग सूत्र का परिचयात्मक अध्ययन	9:00 TO 9:35	CANTEEN IInd FLOORE		
	PAPER (0607) योग एवं स्वप्रबंधन	9:40 TO 10:15	CANTEEN IInd FLOORE		
	PAPER (0608) स्वस्थवृत्त एवं आहार चिकित्सा	11:00 TO 11:35	CANTEEN IInd FLOORE		

12/5/2019	<b>FOUNDATION COURSE IN YOGIC SCIENCES</b>		
	PAPER (0401) योग परिचय	9:00 TO 9:35	CANTEEN I FLOOR
	PAPER (0402) हठयोग	9:40 TO 10:15	CANTEEN I FLOOR
	PAPER (0403) योग एवं स्वास्थ्य	11:00 TO 11:35	CANTEEN I FLOOR
START FROM 10,MARCH, 2019 TO 12, MAY 2019	<b>HEALTH CONSERVATION</b>		
	PAPER (0501) स्वास्थ्य प्रबंधन	8:15 TO 8:55	AYURVED STUDY CENTRE
	PAPER (0502) शरीर संरचना एवं वैकल्पिक उपचार विधियाँ	9:00 TO 09:40	AYURVED STUDY CENTRE
	PAPER (0503) वानस्पतिक द्रव्यों का औषधीय उपयोग	9:45 TO 10:25	AYURVED STUDY CENTRE