

Shri Vishwakarma Skill University, Haryana

Skill Faculty of Applied Sciences and Humanities Session 2021-22

Diploma in Yoga (2022 Batch)

Sem: 1st (Odd) w.e.f: Feb 14, 2022

	Lecture 1 0730 AM-8:30 AM	Lecture 2 08:30 AM-09:30 AM	Break 09:30AM-10:00AM	Lecture 3 10:00 AM-11:00 AM	Lecture 4 11:00 AM-12:00 PM	Lecture-5 12:00 PM-01:00 PM	Lunch 01:00 PM-02:00 PM	Lecture 6 02:00 PM-03:00 PM	Lecture 7 03:00 PM-04:00 PM
Mon	RN:, FFH,	RN:, FFH		RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH
				FY	YS	HA-I			
Tue	RN:, FFH,	RN:, FFH		RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH
	YP-I	YP-I		FY	HA-I (L)	HA-I			
Wed	RN:, FFH,	RN:, FFH,		RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH
	YP-I	YP-I		FY	HA-I (L)	CS			
Thur	RN:, FFH,	RN:, FFH,		RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH
	YP-I	YP-I		FY	PHY	CS			
Fri	RN:, FFH,	RN:, FFH		RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH	RN:, FFH
	YP-I	YP-I		YS	PHY	PHY (L)			
Sat	RN:, FFH,	RN:, FFH		RN:, FFH	RN:,	RN:,	RN:, FFH	RN:, FFH	RN:, FFH
				PHY (L)	LIBRARY	LIBRARY			

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Short	Subject Name
CS	Communication Skill (संचार कौशल)
FY	Foundations of Yoga (योग के आधारभूत तत्व)
YS	Yoga Sutra (योगसूत्र)
HA-I	Human Anatomy (I) (मानव शरीर क्रिया विज्ञान)
PHY	Principal of Hatha Yoga (हठयोग के सिद्धांत)
YP-I	Yoga Practical (I) (प्रयोगात्मक योग)

FFH: First Floor Hall
RN: Room No

Short	Faculty Name
RM	Mr. Rahul Malik
SL	Dr. Sohan Lal
LB	Dr. Lalita Bijlwan
DS	Mr. Deepak Sharma Guest Faculty (Yoga)

Prepared By Dr. Sohan Lal

Verified By : Dr. Arun Kumar

Approved By: Prof. Ashish Shrivastava