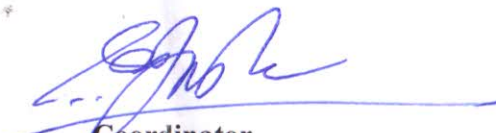


## Time Table for PGDYT (w.e.f. 16 August 2016)

DAYS	06.00-07.00 am	7.00.00-8.00 am	3.00-4.00pm	4.00-5.00pm
	Practical Classes		Theory Classes	
Mon	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 109) Yoga therapy and Special Technique (Miss.Sonesh Poonia)	(PGDYT 102) Basic relevant of yoga therapy (Mr.Harendra Sikarwar)	(PGDYT 101) Foundation of Yoga (Miss.Sonesh Poonia)
Tues	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 109) Yoga therapy and Special Technique (Miss.Sonesh Poonia)	(PGDYT 102) Basic relevant of yoga therapy (Mr.Harendra Sikarwar)	(PGDYT 101) Foundation of Yoga (Miss.Sonesh Poonia)
Wed	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 109) Yoga therapy and Special Technique (Miss.Sonesh Poonia)	(PGDYT 104) Integral Approach to yoga Therapy (Mr.Harendra Sikarwar)	(PGDYT 101) Foundation of Yoga (Miss.Sonesh Poonia)
Thurs	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 107) Teaching Practice (Miss.Sonesh Poonia)	(PGDYT 103) Human Biology (Mr.Harendra Sikarwar)	(PGDYT 105) Yoga Therapy in Practise (Miss.Sonesh Poonia)
Fri	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 107) Teaching Practice (Miss.Sonesh Poonia)	(PGDYT 103) Human Biology (Mr.Harendra Sikarwar)	(PGDYT 105) Yoga Therapy in Practise (Miss.Sonesh Poonia)
Sat	(PGDYT 106) Asana, Pranayama, Kriyas,Mudras, Bandhas (Dr. Diwakar Pal)	(PGDYT 107) Teaching Practice (Miss.Sonesh Poonia)	(PGDYT 103) Human Biology (Mr.Harendra Sikarwar)	(PGDYT 104) Integral Approach to yoga Therapy (Mr.Harendra Sikarwar)

PGDYT 108 Project viva

  
**Coordinator**  
**Prof. S.K. GUPTA**  
**COORDINATOR**  
**Center For Yogic Science**  
**Jiwaji University Gwalior**