

PGRRRCDE, Osmania University, Hyderabad, TS

Certificate Course in Yoga

Time table for weekend cum Contact Classes

S.No.	Date	Period- I Time	Paper/Practicum	Teacher Name	Period-II Time	Paper/Theory	Teacher Name	Period-III Time	Paper/Theory	Teacher Name
1	11/6/2023 Sunday	9:00am to 10:00am	Inagural Programme	PGRR CDE Director, Course Coordinator, & all the teachers	10:15am to 11:15am	Induction on all Papers	Sr. Prof. T.Mrunalini, Course Coordinator	11:30am to 12:30pm	Induction on Practicum	Dr. T.Venkat Rajaiah
2	18/6/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit 1: Micro Yoga	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-I:ItY Unit-1:Meaning of Yoga	M.Vijay Bhaskar Reddy	11:30am to 12:30pm	Paper-I:ItY Unit-1:Nature and Scope of Yoga	M.Vijay Bhaskar Reddy
3	25/6/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit 1: Micro Yoga	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-I:ItY Unit-1:Meaning, Nature and Scope of Yoga	Dr.T.Venkat Rajaiah	11:30am to 12:30pm	Paper-I:ItY Unit-1:Meaning, Nature and Scope of Yoga	RP
4	2/7/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit 1: Micro Yoga	Dr.T.Venkat Rajaiah	10:15am to 11:15am	Paper-I:ItY Unit-2: Evolution of Yoga	M.Vijay Bhaskar Reddy	11:30am to 12:30pm	Paper-I:ItY Unit-3:Bases and Basics of Yoga	M.Vijay Bhaskar Reddy
5	9/7/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit 1: Micro Yoga	RP	10:15am to 11:15am	Paper-I:ItY Unit-2: Evolution of Yoga	Dr.T.Venkat Rajaiah	11:30am to 12:30pm	Paper-I:ItY Unit-3:Bases and Basics of Yoga	Dr.T.Venkat Rajaiah
6	16/7/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit- 2: Macro Yoga	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-I:ItY Unit-2: Evolution of Yoga	RP	11:30am to 12:30pm	Paper-I:ItY Unit-3:Bases and Basics of Yoga	RP
7	23/7/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit- 2: Macro Yoga	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-I:ItY Unit- 4: Misconceptions on Yoga	Dr. Rosina Prusty	11:30am to 12:30pm	Paper-I:ItY Unit- 4: Misconceptions on Yoga	Dr. Rosina Prusty
8	30/7/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit- 2: Macro Yoga	Dr.M.Kishor	10:15am to 11:15am	Paper-I:ItY Unit- 4: Misconceptions on Yoga	Dr.M.Kishor	11:30am to 12:30pm	Paper-I:ItY Unit- 4: Misconceptions on Yoga	RP
9	6/8/2023 Sunday	9:00am to 10:00am	Paper-IV: CHYS & YD Unit- 2: Macro Yoga	RP	10:15am to 11:15am	Paper-II:ToY Unit-1: Ashtanga Marga-Gauthama Bhuddha	Dr. Rosina Prusty	11:30am to 12:30pm	Paper-II:ToY Unit-1: Ashtanga Marga-Gauthama Bhuddha	Dr. Rosina Prusty

S.No.	Date	Period- I Time	Paper/Practicum	Teacher Name	Period-II Time	Paper/Theory	Teacher Name	Period-III Time	Paper/Theory	Teacher Name
10	13/8/2023 Sunday	9:00am to 10:00am	Paper-II:ToY Unit-1: Ashtanga Marga-Gauthama Bhuddha	Dr. Rosina Prusty	10:15am to 11:15am	Paper-IV: CHYS & YD Unit- 3: Yogic Diet	Dr. Malati Shyamala	11:30am to 12:30pm	Paper-IV: CHYS & YD Unit-3: Yogic Diet	Dr. Malati Shyamala
11	20/8/2023 Sunday	9:00am to 10:00am	Paper-II:ToY Unit-1: Ashtanga Marga-Gauthama Bhuddha	RP	10:15am to 11:15am	Paper-IV: CHYS & YD Unit- 3: Yogic Diet	Dr. Malati Shyamala	11:30am to 12:30pm	Paper-IV: CHYS & YD Unit-3: Yogic Diet	RP
12	27/8/2023 Sunday	9:00am to 10:00am	Paper-II:ToY Unit-2: Patanjali- Ashtanga Marga-	M.Vijay Bhaskar Reddy	10:15am to 11:15am	Paper-IV: CHYS & YD Unit- 4: Isha Upa-Yoga	Ms.Dakshina Bhooswamy	11:30am to 12:30pm	Paper-IV: CHYS & YD Unit-4: Isha Upa- Yoga	Ms.Dakshina Bhooswamy
13	3/9/2023 Sunday	9:00am to 10:00am	Paper-II:ToY Unit-2: Patanjali- Ashtanga Marga-	M.Vijay Bhaskar Reddy	10:15am to 11:15am	Paper-IV: CHYS & YD Unit- 4: Isha Upa-Yoga	Ms.Dakshina Bhooswamy	11:30am to 12:30pm	Paper-IV: CHYS & YD Unit-4: Isha Upa- Yoga	RP
14	10/9/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-1: Aayush Common Yoga Protocol	Dr.M.Kishor	10:15am to 11:15am	Paper-II:ToY Unit-2: Patanjali- Ashtanga Marga-	Sr. Prof. T.Mrunalini, Course Coordinator	11:30am to 12:30pm	Paper-II:ToY Unit-2: Patanjali- Ashtanga Marga-	Sr. Prof. T.Mrunalini, Course Coordinator
15	17/9/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-1: Aayush Common Yoga Protocol	Dr.M.Kishor	10:15am to 11:15am	Paper-II:ToY Unit-3: Integral / Purna Yoga - Sri Aurobindo Ghosh	Dr.T.Venkat Rajaiah	11:30am to 12:30pm	Paper-II:ToY Unit-3: Integral / Purna Yoga - Sri Aurobindo Ghosh	Dr.T.Venkat Rajaiah
16	24/9/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-1: Aayush Common Yoga Protocol	Dr.M.Kishor	10:15am to 11:15am	Paper-II:ToY Unit-3: Integral / Purna Yoga - Sri Aurobindo Ghosh	Dr.T.Venkat Rajaiah	11:30am to 12:30pm	Paper-II:ToY Unit-3: Integral / Purna Yoga - Sri Aurobindo Ghosh	RP
17	1/10/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-1: Aayush Common Yoga Protocol	RP	10:15am to 11:15am	Paper-II:ToY Unit-4: Bhagavad Gita- Bakthi, Gyana and Karma Yoga	Dr. Arun Jyothi	11:30am to 12:30pm	Paper-II:ToY Unit-4: Bhagavad Gita- Bakthi, Gyana and Karma Yoga	Dr. Arun Jyothi
18	8/10/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-2: Shat Karmas and Shat- Kriyas in Yoga Sadhana	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-II:ToY Unit-4: Bhagavad Gita- Bakthi, Gyana and Karma Yoga	Dr. Arun Jyothi	11:30am to 12:30pm	Paper-II:ToY Unit-4: Bhagavad Gita- Bakthi, Gyana and Karma Yoga	RP

S.No.	Date	Period- I Time	Paper/Practicum	Teacher Name	Period-II Time	Paper/Theory	Teacher Name	Period-III Time	Paper/Theory	Teacher Name
19	15/10/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-2: Shat Karmas and Shat- Kriyas in Yoga Sadhana	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-III:CiaY Unit-1: Ethics, Values and Virtues	Dr. Nallaboina N.B.Sudharshan Acharya	11:30am to 12:30pm	Paper-III:CiaY Unit-1: Ethics, Values and Virtues	Dr. Nallaboina N.B.Sudharshan Acharya
20	22/10/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-2: Shat Karmas and Shat- Kriyas in Yoga Sadhana	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-III:CiaY Unit-1: Ethics, Values and Virtues	Dr. Nallaboina N.B.Sudharshan Acharya	11:30am to 12:30pm	Paper-III:CiaY Unit-1: Ethics, Values and Virtues	RP
21	29/10/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-2: Shat Karmas and Shat- Kriyas in Yoga Sadhana	RP	10:15am to 11:15am	Paper-III:CiaY Unit-2: Stress Management and Yoga	Dr. Rosina Prusty	11:30am to 12:30pm	Paper-III:CiaY Unit-2: Stress Management and Yoga	Dr. Rosina Prusty
22	5/11/2023 Sunday	9:00am to 10:00am	Paper-III:CiaY Unit-2: Stress Management and Yoga	Dr.M.Kishor	10:15am to 11:15am	Paper-V: S&FY Unit-3:Immunity Yoga	Mrs. Alivelu Reddy	11:30am to 12:30pm	Paper-V: S&FY Unit-4:Simple Meditation Practices	Mrs. Alivelu Reddy
23	12/11/2023 Sunday	9:00am to 10:00am	Paper-III:CiaY Unit-2: Stress Management and Yoga	RP	10:15am to 11:15am	Paper-V: S&FY Unit-3:Immunity Yoga	Mrs. Alivelu Reddy	11:30am to 12:30pm	Paper-V: S&FY Unit-4:Simple Meditation Practices	Mrs. Alivelu Reddy
24	19/11/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-3:Immunity Yoga	Mrs. Alivelu Reddy	10:15am to 11:15am	Paper-III:CiaY Unit-3: Systems of Human Body- Skeletal & Muscular Systems	M.Vijay Bhaskar Reddy	11:30am to 12:30pm	Paper-III:CiaY Unit-3: Systems of Human Body- Digestive & Respiratory Systems	M.Vijay Bhaskar Reddy
25	26/11/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-3:Immunity Yoga	RP	10:15am to 11:15am	Paper-III:CiaY Unit-3: Systems of Human Body- Excretory & Nervous Systems	Dr.M.Kishor	11:30am to 12:30pm	Paper-III:CiaY Unit-3: Systems of Human Body	RP
26	3/12/2023 Sunday	9:00am to 10:00am	Paper-III:CiaY Unit-4:Saptha Chakras and Yoga	Dr.D.Satya Reddy	10:15am to 11:15am	Paper-V: S&FY Unit-4:Simple Meditation Practices	Mrs. Alivelu Reddy	11:30am to 12:30pm	Paper-V: S&FY Unit-4:Simple Meditation Practices	RP
27	10/12/2023 Sunday	9:00am to 10:00am	Paper-V: S&FY Unit-4:Simple Meditation Practices	Mrs. Alivelu Reddy	10:15am to 11:15am	Paper-III:CiaY Unit-4:Saptha Chakras and Yoga	Mrs. Alivelu Reddy	11:30am to 12:30pm	Concluding Session	PGRR CDE Director, Course Coordinator, & all the teachers

Coordinator

PGRRCDE, OU		
Certificate Course in Yoga		
Time table for weekend cum Contact Classes		
Teacher wise Distribution of Classes		
S.No	Teachers	Total Classes Allotted
1	Inagural	1
2	Sr. Prof. T.Mrunalini, Course Coordinator	3
3	Dr. Malati Shyamala	3
4	Dr.T.Venkat Rajaiah	8
5	M.Vijay Bhaskar Reddy	8
6	Dr.D.Satya Reddy	8
7	Mrs. Aivelu Reddy	8
8	Dr. M.Kishor	7
9	Dr. Rosina Prusty	7
10	Dr. Arun Jyothi	3
11	Dr. Nallaboina N.B.Sudharshan Acharya	3
12	Ms.Dakshina Bhooswamy	3
13	Resource Persons	18
14	Concluding Session	1
14	Grand Total	81