

# Shri Vishwakarma Skill University, Haryana

Skill Faculty of Applied Sciences and Humanities

Session 2022-23

Diploma in Yoga (2022-23 Batch)Sem:

1<sup>st</sup> (Odd)w.e.f: Nov 11,22022

	Lecture 1 09:00 AM-10:00 AM	Lecture 2 10:00 AM-11:00 AM	Lecture 3 11:00AM- 12:00AM	Lecture 4 12:00 PM-01:00 PM					
<b>Mon</b>	<b>FY</b>	<b>CS</b>	<b>YS</b>	<b>PHY</b>					
	DS	BR	DS	DS					
<b>Tue</b>	<b>YP-I</b>	<b>YP-I</b>	<b>PHY (L)</b>	<b>FY</b>					
	SL	SL	DS	DS					
<b>Wed</b>	<b>YP-I</b>	<b>YP-I</b>	<b>PHY</b>	<b>FY</b>					
	SL	SL	DS	DS					
<b>Thur</b>	<b>YP-I</b>	<b>YP-I</b>	<b>YP-I</b>	<b>FY</b>					
	SL	SL	SL	DS					
<b>Fri</b>	<b>YP-I</b>	<b>HA-I</b>	<b>CS</b>	<b>HA-I</b>					
	SL	SKY	BR	SKY					
<b>Sat</b>	<b>PHY (L)</b>	<b>YS</b>	<b>HA-I (L)</b>	<b>HA-I(L)</b>					
	DS	DS	(Online)MS	SKY					

Short	Subject Name
<b>CS</b>	Communication Skill
<b>FY</b>	Foundations of Yoga
<b>YS</b>	Yoga Sutra
<b>HA-I</b>	Human Anatomy (I)
<b>PHY</b>	Principal of Hatha Yoga
<b>YP-I</b>	Yoga Practical ( I )

Short	Faculty Name
<b>BR</b>	Dr. Bhawna Rooprai
<b>SL</b>	Dr.Sohan lal
<b>SKY</b>	Dr.Santosh K.Yadav
<b>DS</b>	Mr Deepak Sharma
<b>MS</b>	Dr.Manoj Sharma

Prepared By Dr. Bhawna Rooprai

Verified By Dr Nakul Singh

Approved By Prof Ashish Shrivasta

# Shri Vishwakarma Skill University, Haryana

Skill Faculty of Applied Sciences and Humanities

Session 2021-22

Diploma in Yoga (2022 Batch) Updated T T

Sem: 2<sup>nd</sup> (Even)

w.e.f: Sep 22, 2022

	Lecture 1 09:00 AM-10:00 AM	Lecture 2 10:00 AM-11:00 AM	Break 11:00AM- 12:00AM	Lecture 3 12:00 PM-01:00 PM	Lecture 4 01:00 PM-02:00 PM	Lecture-5 02:00 PM- 03:00 PM	Lecture 6 03:00 PM- 04:00 PM	Lecture 7 04:00 PM-05:00 PM	
<b>Mon</b>					<b>ED</b>	<b>YHW</b>	<b>YP-II</b>	<b>OJT/P</b>	
						DS	SL	SL	
<b>Tue</b>					<b>ED</b>	<b>DL</b>	<b>DL(L)</b>	<b>YP-II</b>	
						RG	RG	SL	
<b>Wed</b>					<b>ED</b>	<b>YHW</b>	<b>MTAY</b>	<b>YP-II</b>	
						DS	DS	SL	
<b>Thur</b>					<b>ED</b>	<b>YHW</b>	<b>MTAY(L)</b>	<b>YP-II</b>	
						DS	DS	SL	
<b>Fri</b>					<b>YHW</b>	<b>DL</b>	<b>DL(L)</b>	<b>YP-II</b>	
					DS	RG	RG	SL	
<b>Sat</b>					<b>MTAY</b>	<b>MTAY(L)</b>	<b>YP-II</b>	<b>OJT/P</b>	
					DS	DS	SL	SL	

Short	Subject Name
<b>ED</b>	Entrepreneurship Development
<b>YHW</b>	Yoga Health & Wellbeing
<b>DL</b>	Digital Literacy
<b>MTAY</b>	Methods of Teaching & Advanced Yoga
<b>YP-II</b>	Yoga Practical ( II )
<b>OJT/P</b>	On Job – Training /Practical

Short	Faculty Name
<b>ED</b>	Guest Faculty
<b>SL</b>	Dr Sohan Lal
<b>RG</b>	Ms Rachna Gupta
<b>DS</b>	Mr. Deepak Sharma Guest Faculty (Yoga)

