

SRM INSTITUTE OF SCIENCE & TECHNOLOGY DIRECTORATE OF DISTANCE EDUCATION
M.Sc. YOGA FOR HUMAN EXCELLENCE -
PCP TIMETABLE
SEMESTER 1- BATCH 1

PERIOD NO.	1	2		3		4
DATE / TIME	10 AM - 11 AM	11 AM -12 PM		12.30 PM - 1.30 PM		2.30 PM - 3.30 PM
29-Oct-22	Classical Yoga Texts	Yoga for Modern Age	12 Noon to 12.30 Pm Break Time	Elements of Human Biology	1.30 Pm to 2.30 Pm Break Time	Vethathiriyam Sky Yoga
30-Oct-22	Elements of Human Biology	Classical Yoga Texts		Yoga for Modern Age		Vethathiriyam Sky Yoga
05-Nov-22	Elements of Human Biology	Yoga for Modern Age		Classical Yoga Texts		Vethathiriyam Sky Yoga
06-Nov-22	Yoga for Modern Age	Classical Yoga Texts		Elements of Human Biology		Vethathiriyam Sky Yoga
12-Nov-22	Classical Yoga Texts	Yoga for Modern Age		Elements of Human Biology		Vethathiriyam Sky Yoga
13-Nov-22	Elements of Human Biology	Classical Yoga Texts		Yoga for Modern Age		Vethathiriyam Sky Yoga
27-Nov-22	Classical Yoga Texts	Yoga for Modern Age		Elements of Human Biology		Vethathiriyam Sky Yoga
10-Dec-22	Elements of Human Biology	Classical Yoga Texts		Yoga for Modern Age		Vethathiriyam Sky Yoga
11-Dec-22	Elements of Human Biology	Yoga for Modern Age		Classical Yoga Texts		Vethathiriyam Sky Yoga
07-Jan-23	Yoga for Modern Age	Classical Yoga Texts		Elements of Human Biology		Vethathiriyam Sky Yoga
21-Jan-23	Classical Yoga Texts	Yoga for Modern Age		Elements of Human Biology		Vethathiriyam Sky Yoga
22-Jan-23	Elements of Human Biology	Classical Yoga Texts		Yoga for Modern Age		Vethathiriyam Sky Yoga

SL NO	SUBJECT CODE	SUBJECT NAME	NAME OF THE FACULTY	CONTACT NUMBER
1	22YGC401T	Classical Yoga Texts	External SME - 1	*** WCSC – Coordinator
2	22YGC402T	Yoga for Modern Age	External SME - 2	*** WCSC – Coordinator
3	22YGB403T	Elements of Human Biology	Dr. K. Usha DDE	6383997257
4	22YGC404L	VETHATHIRIYAM SKY Yoga	External SME - 3	*** WCSC – Coordinator

Dr. K Usha
DDE Yoga Coordinator

Dr.G.venugopalan
Academic Coordinator

Director - DDE