

SRM INSTITUTE OF SCIENCE & TECHNOLOGY
DIRECTORATE OF DISTANCE EDUCATION
M.Sc. YOGA FOR HUMAN EXCELLENCE
PCP TIMETABLE - SEMESTER 2
BATCH – I & BATCH - II

PERIOD NO.	1	2		3
DATE / TIME	10 AM - 11 AM	11 AM -12 PM		12.30 PM - 1 .30 PM
06-May-23	Science of Energy and Consciousness in Yoga	Psychological Elements in Yoga	12 Noon to 12.30 PmBreak Time	Yoga for Sublimation and Social Welfare
07-May-23	Psychological Elements in Yoga	Yoga for Sublimation and Social Welfare		Science of Energy and Consciousness in Yoga
27-May-23	Yoga for Sublimation and Social Welfare	Science of Energy and Consciousness in Yoga		Psychological Elements in Yoga
28-May-23	Science of Energy and Consciousness in Yoga	Psychological Elements in Yoga		Yoga for Sublimation and Social Welfare
03-June-23	Psychological Elements in Yoga	Yoga for Sublimation and Social Welfare		Science of Energy and Consciousness in Yoga
04-June-23	Yoga for Sublimation and Social Welfare	Science of Energy and Consciousness in Yoga		Psychological Elements in Yoga
10-June-23	Science of Energy and Consciousness in Yoga	Psychological Elements in Yoga		Yoga for Sublimation and Social Welfare
11-June-23	Psychological Elements in Yoga	Yoga for Sublimation and Social Welfare		Science of Energy and Consciousness in Yoga
17-June-23	Yoga for Sublimation and Social Welfare	Science of Energy and Consciousness in Yoga		Psychological Elements in Yoga
18-June-23	Science of Energy and Consciousness in Yoga	Psychological Elements in Yoga		Yoga for Sublimation and Social Welfare
01-July-23	Psychological Elements in Yoga	Yoga for Sublimation and Social Welfare		Science of Energy and Consciousness in Yoga
02-July-23	Yoga for Sublimation and Social Welfare	Science of Energy and Consciousness in Yoga		Psychological Elements in Yoga

SL. NO	SUBJECT CODE	SUBJECT NAME	NAME OF THE FACULTY	CONTACT NUMBER
1	22YGC405T	Science of Energy and Consciousness in Yoga	External SME - 1	*** WCSC – Coordinator
2	22YGH406T	Psychological Elements in Yoga	External SME - 2	*** WCSC – Coordinator
3	22YGC407T	Yoga for Sublimation and Social Welfare	External SME - 3	*** WCSC – Coordinator

Dr. K Usha
DDE Yoga Coordinator
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Director - DDE