

**PGRRCDE, Osmania University, Hyderabad, TS**

**Certificate Course in Yoga**

**Time Table for weekend cum Contact Classes - Proposal -A**

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	6th July 2024 Saturday	9:00am to 11:00am	Inagural Programme	PGRR CDE Director, Course Coordinator, & all the teachers	11:15am to 1:15pm	Induction on Course Induction & Paper-II -ToY Syllabus Induction Unit-I & Lesson -1: Life and Teachings of Gautam Buddha Paper-II -ToY	Dr. Rojina Prusty	2:00pm to 4:00pm	No Class	No Class
2	7th July 2024 Sunday	9:00am to 11:00am	Induction on Practicum Paper-IV CHYS & YD Unit-I & Lesson -1: Micro Yoga (Sukshma Vyayam) – Exercise for	Dr.D.Satya Reddy	11:15am to 1:15pm	Unit-1 & Lesson-2: Buddha Asthanga Marga or The Noble Eight – Fold Path and Vipasana -Ana pana meditation practice	Dr. M.Kishor	2:00pm to 4:00pm	Paper I - ItY: Unit-I & Lesson-1: Meaning and Definitions of Yoga.	Dr.Medipally Raju
3	14th July 2024 Sunday	9:00am to 11:00am	Practicum Paper-IV-CHYS & YD Unit-I & Lesson -2: Micro Yoga (Sukshma Vyayam) – Exercise for, Shoulders and Neck, Butterfly	Dr.D.Satya Reddy	11:15am to 1:15pm	Paper-II -ToY Unit-II & Lesson-1 & 2: Introduction to Patanjali Yoga and Patanjali Ashtanga Yoga	Dr. M.Kishor	2:00pm to 4:00pm	Paper I - ItY: Unit-III & Lesson-1 & 2: Bases and Basics of Yoga	Padala Prathibha
4	21st July 2024 Sunday	9:00am to 11:00am	Practicum Paper-IV-CHYS & YD Unit-II & Lesson -1: Macro Yoga- Surya Namaskar	Batthini Kishan	11:15am to 1:15pm	Paper I - ItY: Unit-I & Lesson 2: Nature and Scope of Yoga.	Dr.Medipally Raju	2:00pm to 4:00pm	Paper-III ClY Unit-I & Lesson -1: Ethics, Values and Virtues	Dr.Medipally Raju
5	28th July 2024 Sunday	9:00am to 11:00am	Practicum Paper-IV-CHYS & YD Unit-II & Lesson -2: Macro Yoga- Asana	Batthini Kishan	11:15am to 1:15pm	Paper I - ItY: Unit-II & Lesson-1: Concept and Evolution of Yoga & Lesson-2: Development of Yoga	Dr.Medipally Raju	2:00pm to 4:00pm	Paper-II -ToY Unit-III & Lesson-1: Sri Aurobindo Integral Yoga	Dr.T.Venkat Rajaiah
6	4th August 2024 Sunday	9:00am to 11:00am	Practicum Paper-IV-CHYS & YD Unit-III & Lesson -1: Yogic Diet – General categories of Food	Dr. Malati Shyamala	11:15am to 1:15pm	Paper-III ClY Unit-I & Lesson -2: Acharya Human Transformation Model	Dr.Medipally Raju	2:00pm to 4:00pm	Paper-II -ToY Unit-III & Lesson-2: Concept of Integral Personality	Dr.T.Venkat Rajaiah
7	11th August 2024 Sunday	9:00am to 11:00am	Paper-IV-CHYS & YD Unit-III & Lesson -2: Yogic Diet as per the Hathayoga Pradipika and Gherenda Samhita	Dr. Malati Shyamala	11:15am to 1:15pm	Paper I - ItY: Unit-IV & Lesson-1: Misconceptions about yoga in general & Lesson-2: Specific Misconceptions on Yoga	Dr. Rosina Prusty	2:00pm to 4:00pm	Paper-II -ToY Unit-IV & Lesson-1: Introduction of Srimad Bhagavadgita	Dr. Arun Jyothi
8	18th August 2024 Sunday	9:00am to 11:00am	Practicum Paper-IV-CHYS & YD Unit-IV & Lesson -1: Isha Upayoga Sadhana: Directional Movements of Arms, Neck practices, Yoga Namaskar, nadi	Isha Hatha Yoga Teacher RP	11:15am to 1:15pm	Paper-III ClY Unit-III & Lesson -1: Skeletal, Muscular, Respiratory and Circulatory Systems	Dr. Rosina Prusty	2:00pm to 4:00pm	Paper-II -ToY Unit-IV & Lesson-2: Yoga as per the Srimad Bhagavadgita	Dr. Arun Jyothi
9	25th August 2024 Sunday	9:00am to 11:00am	Paper-IV-CHYS & YD Unit-IV & Lesson-2: Isha Upayoga Sadhana: Shambhavi Mudra, Yoga for Namaskar, SMS, Isha Kriya Meditation and Chit Shakti Meditation	Isha Hatha Yoga Teacher RP	11:15am to 1:15pm	Paper-III ClY Unit-III & Lesson-2: Nervous, Digestive, Endocrine and Excretory Systems	Dr. Rosina Prusty	2:00pm to 4:00pm	Paper-III ClY Unit-II & Lesson -1: Meaning and Causes of Stress & Lesson -2: Yoga and Stress management	Padala Prathibha

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	1st September 2024 Sunday	9:00am to 11:00am	Practicum Paper V- S & FY Unit-I & Lesson-1: Common Yoga Protocol: Loosening Practices & Asana	Dr. M.Kishor	11:15am to 1:15pm	Practicum Paper V- S & FY Unit-III & Lesson-1: Immunity Yoga – Yoga Asanas	Tuljapur Vinod RP	2:00pm to 4:00pm	Unit-IV & Lesson-1: Concept of Sapta Chakras – Mooladhara, Swadhistana, Manipura and Anahata Chakra	Y.Chalapathi Rao	
11	8th September 2024 Sunday	9:00am to 11:00am	Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana	Dr. M.Kishor	11:15am to 1:15pm	Practicum Paper V- S & FY Unit-III & Lesson-2: Immunity Yoga – Pranayama Practices	Tuljapur Vinod RP	2:00pm to 4:00pm	Paper-III CltY Unit-IV & Lesson-2: Concept of Sapta Chakras – Visudha, Agna, sahasrana Chakra.	Y.Chalapathi Rao	
12	15th September 2024 Sunday	9:00am to 11:00am	Practicum Paper V- S & FY Unit-II & Lesson-1: Shat Kriyas – Neti, Nauli, Dhouti	Batthini Kishan	11:15am to 1:15pm	Practicum Paper V- S & FY Unit-IV & Lesson-1: Simple Meditation practices – Mindful and Transcendental Meditation	Mrs. Alivelu Reddy	2:00pm to 4:00pm	Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana	Rajashekar Reddy	
13	22nd September 2024 Sunday	9:00am to 11:00am	Practicum Paper V- S & FY Unit-II & Lesson-2: Shat Kriyas – Basti, Kapala Bhati, Trataka	Batthini Kishan	11:15am to 1:15pm	Practicum Paper V- S & FY Unit-IV & Lesson-2: Simple Meditation practices – Visualization, Chakra and Vinasana Meditation	Mrs. Alivelu Reddy	2:00pm to 4:00pm	Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana	Dr. M.Kishor	
14	29th September 2024 Sunday	9:00am to 11:00am	Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana	Dr. M.Kishor	11:15am to 1:15pm	Practicum Paper V- S & FY Unit-IV & Lesson-2: Simple Meditation practices – Visualization, Chakra, and Vinasana Meditation	Rajashekar Reddy				
15	6th October 2024 Sunday	9:00am to 1:00pm	Valedictory Function and Motivation for Final theory and Practical Examinations								

Paper Code	Paper Name	Type	Marks
CCY-001	Introduction to Yoga (ItY)	Theory	100
CCY-002	Traditions of Yoga (ToY)	Theory	100
CCY-003	Contemporary Issues in Yoga (ClY)	Theory	100
CCY-004	Classical Hatha Yoga Sadhana and Yogic Diet (CHYS & YD)	Practicum	100
CCY-005	Structural & Functional Yoga (S & FA)	Practicum	100

  
Coordinator

Teacher wise Allotment of Classes -Abstract					
S.No	Teachers	Total Classes Allotted	S.No	Teachers	Total Classes Allotted
	Inagural	1	8	Bathini Kishan	4
1	Dr. Malati Shyamala	2	9	Vinod Tuljapur	2
2	Dr. M.Kishor	6	10	Dr.T.Venkat Rajaiah	2
3	Dr. Medipally Raju	5	11	Y.Chalapathi Rao	2
4	Dr. Rojina Prusty	4	12	Dr.D.Satya Reddy	2
5	Dr. Arun Jyothi	2	13	Mrs. Alivelu Reddy	2
6	Padala Pratibha	2	14	Isha Hatha Yoga Teacher RP	2
7	Rajashekar Reddy	2			
Valedictory					1
Grand Total					1+39+1

11/2/24

Coordinator