

Prof.G.Ram Reddy Center for Distance Education					
Osmania University, Hyderabad, Telangana State					
Certificate Course in Yoga - 2025-26 Academic Year & Batch-4					
Weekend cum Contact Classes -Time Table from 21st December 2026 onwards					
S. No.	Date	Day	9:00am to 11:00am	11:15am to 1:15pm	2:00pm to 4:00pm
1	21st December 2025	Sunday	Students Reporting at CDE - Introductory Session	Class 1: Orientation on Certificate Course in Yoga - Papers, Contact Classes, Assignments, Theory and Practical Examinations & Paper-I Prof Ravindranath K. Murthy	Class 2: Induction and Theory Paper-I: ItY: Unit-I & Lesson -1: Meaning and Definitions of Yoga Dr.Medipally Raju
2	28th December 2025	Sunday	Class 3 - Yoga Practicum Paper-IV CHYS & YD Unit-I & Lesson –1 & Lesson –2: Micro Yoga (Sukshma Vyayam) Batthini Kishan	Class 4: Theory Paper I - ItY: Unit-I & Lesson 2: Nature and Scope of Yoga. Dr.M.Kishor	Class 5: Theory Paper-II: Induction and Unit-I & Lesson 1: Life and Teachings of Gautam Buddha Dr. Rosina Prusty
3	4th January 2026	Sunday	Class 6 Yoga Practicum Paper-IV- CHYS & YD Unit-II & Lesson –1: Macro Yoga- Surya Namaskar Batthini Kishan	Class 7: Theory Paper I - ItY: Unit-II Lesson-1: Concept and Evolution of Yoga & Lesson-2:Development of Yoga Dr.Medipally Raju	Class 8: TheoryPaper-II -ToY Unit-I & Lesson-2: Buddha Asthanga Marga or The Noble Eight – Fold Path and Vipasana -Ana pana meditation practice Dr. Rosina Prusty
4	11th January 2026	Sunday	Class 9 - Yoga Practicum Paper-IV- CHYS & YD Unit-II & Lesson –2: Macro Yoga- Asana Dr.D.Satya Reddy	Class 10: Theory Paper-III CliY Unit-I & Lesson –1:Ethics, Values and Virtues Dr.Medipally Raju	Class 11 Theory Paper-II -ToY Unit-II & Lesson-1 & 2: Introduction to Patanjali Yoga and Patanjali Ashtanga Yoga Dr.M.Kishor
5	18th January 2026	Sunday	Class 12 - Yoga Practicum Paper-IV- CHYS & YD Unit-II & Lesson –1& 2: Macro Yoga- Asana Dr.D.Satya Reddy	Class 13 Theory Paper I - ItY: Unit-III & Lesson-1 & 2: Bases and Basics of Yoga Dr.Ramesha	Class 14: Theory Paper I - ItY: Unit-IV & Lesson-1 Misconceptions about Yoga in general & Lesson-2: Specific Misconceptions on Yoga Padala Prathibha
6	25th January 2026	Sunday	Class 15 Practicum Paper-IV-CHYS & YD Unit-IV& Lesson –1: Isha Upayoga Sadhana: Directional Movements of Arms, Neck practices, Yoga Namaskar, nadi Shuddi and Nada Yoga. Mr. Bala Gopal	Class 16 Theory Paper-III CliY Unit-I & Lesson –2: Acharya Human Transformation Model Dr.Medipally Raju	Class 17 Theory Paper-II -ToY Unit-III & Lesson-1: Sri Aurobindo Integral Yoga and Discussion on Assignments Dr.J. Lalitha
7	1st February 2026	Sunday	Class 18 Practicum Paper-IV-CHYS & YD Unit-IV& Lesson-2: Isha Upayoga Sadhana: Shambhavi Mudra, Yoga for Namaskar, SMS, Isha Kriya Meditation and Chit Shakti Meditation Mr. Bala Gopal	Class 19 Paper-IV-CHYS & YD Unit-III & Lesson –1: Yogic Diet – General categories of Food Dr.K.Sravani	Class 20 Theory Paper-II -ToY Unit-III & Lesson-2: Concept of Integral Personality Dr.J. Lalitha
8	8th February 2026	Sunday	Class 21 Practicum Paper-IV-CHYS & YD Unit-IV& Lesson-2: Isha Upayoga Sadhana: Shambhavi Mudra, Yoga for Namaskar, SMS, Isha Kriya and Chit Shakti Meditation Mr. Bala Gopal	Class 22 Paper-IV-CHYS & YD Unit-III & Lesson –2: Yogic Diet as per the Hathayoga Pradipika and Gherenda Samhita Dr.K.Sravani	Class 23 Theory Paper-III CliY Unit-II & Lesson –1 Meaning and Causes of Stress & Lesson –2: Yoga and Stress management Dr.Medipally Raju
9	22nd February 2026	Sunday	Class 24: Yoga Practicum Practicum Paper V- S & FY Unit-I & Lesson-1: Common Yoga Protocol: Loosening Practices & Asana Dr.M.Kishor	Class 25 Practicum Paper V- S & FY Unit-IV & Lesson-1: Simple Meditation practices – Mindful and Mantra Meditation Padala Prathibha	Class 26 Theory Paper-III CliY Unit-III & Lesson –1: Skeletal, Muscular, Respiratory and Circulatory Systems Dr. Rosina Prusty
15th February 2026, Sunday holiday on the occasion of Mahashivaratri					
10	1st March 2026	Sunday	Class 27 Practicum Paper V- S & FY Unit-II & Lesson-1: Shat Kriyas – Neti, Nauli, Dhouti Batthini Kishan	Class 28 Practicum Paper V- S & FY Unit-IV & Lesson-2: Simple Meditation practices – Visualization, Chakra, and Vipasana Meditation Padala Prathibha	Class 29 - Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana Dr.M.Kishor
11	8th March 2026	Sunday	Class 30 Practicum Paper V- S & FY Unit-II & Lesson-2: Shat Kriyas – Shat Kriyas – Basti, Kapala Bhati, Trataka Batthini Kishan	Class 31 Theory Paper-II -ToY Unit-IV & Lesson-1: Introduction of Srimad Bhagavadgita Dr. G.Arun Jyothi	Class 32 Practicum Paper V- S & FY Unit-IV & Lesson-1 & 2: Simple Meditation practices – Mindful, Mantra, Visualization, Chakra, and Vipasana Meditation Padala Prathibha
12	15th March 2026	Sunday	Class 33 Practicum Paper V- S & FY Unit-III & Lesson-1: Immunity Yoga – Yoga Asanas Dr.D.Satya Reddy	Class 34 Theory Paper-II -ToY Unit-IV & Lesson-2: Yoga as per the Srimad Bhagavadgita Dr. G.Arun Jyothi	Class 35: Theory Paper-III CliY Unit-III & Lesson-2: Nervous, Digestive, Endocrine and Excretory Systems Dr.K.Sravani
13	22nd March 2026	Sunday	Class 36 - Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana Dr.M.Kishor	Class 37 Theory Paper-III CliY Unit-IV & Lesson-1 Concept of Sapta Chakras – Mooladhara, Swadhistana, Manipura and Anahata Chakra Dr.Ramesha	Class 38 Practicum Paper V- S & FY Unit-III & Lesson-2: Immunity Yoga – Pranayama Practices Batthini Kishan
14	29th March 2026	Sunday	Class 39 Practicum Paper V- S & FY Unit-III & Lesson-1&2: Immunity Yoga – Yoga Asanas & Pranayama Practices Batthini Kishan	Class 40 Theory Paper-III CliY Unit-IV & Lesson-2: Concept of Sapta Chakras – Visudha, Agna, sahasrana Chakra. Dr.Ramesha	Class 41 - Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana & Discussion on Practical Exams Dr.M.Kishor
15	5th April 2026	Sunday	Valedictory Session Time: 10:00 am to 1:00 pm & Final Theory and Practical Examinations April 2026		
Theory Paper CCY 001: Introduction to Yoga - Prof Ravindranath K. Murthy, Dr.M.Kishor, Dr.Medipally Raju, Padala Prathibha & Dr.Ramesha					
Theory Paper CCY 002: Traditions of Yoga - Dr. J. Lalitha, Dr.M.Kishor, Padala Prathibha, Dr. Rosina Prusty & Dr. G.Arun Jyothi					
Theory Paper CCY 003: Contemporary Issues in Yoga - Dr.Medipally Raju, Dr. Rosina Prusty, Dr.K.Sravani & Dr. Ramesha					
Practicum Paper CCY 004: Classical Hatha Yoga sadhana and Yogic Diet - Batthini Kishan, Dr.D.Satya Reddy, Dr.K.Sravani & Bala Gopal					
Practicum Paper CCY 005: Structural and Functional Yoga - Dr.M.Kishor, Batthini Kishan, Dr.D.Satya Reddy & Padala Prathibha					
P-1	6 Classes	Total 41 Classes only			
P-2	7 Classes				
P-3	7 Classes				
P-4	9 Classes				
P-5	12 Classes				
Total	41 Classes	Sd/- Director			

