

Prof.G.Ram Reddy Center for Distance Education					
Osmania University, Hyderabad, Telangana State					
Certificate Course in Yoga - 2025-26 Academic Year & Batch-5					
Online & Offline mode Personal Contact Classes -Time Table from 26th April 2026 to 21st June 2026					
First Weak 26th April 2026 Sunday at PG RR CDE Yoga Hall off line mode from 9:00 am to 4:00 pm					
First Weak 1	Offline Mode at PGRRCDE 26th April 2026 Sunday 9:00 am to 11:00 am Students Reporting at CDE - Introductory Session	Class 1: Offline Mode at PGRRCDE 26th April 2026 Sunday 9:00 am to 11:00 am Orientation on Certificate Course in Yoga - Papers, Contact Classes, Assignments, Theory and Practical Examinations & Paper-I Prof Ravindranath K. Murthy	Class 2:Offline Mode at PGRRCDE 26th April 2026 Sunday 11:15 am to 1:15 pm Induction and Theory Paper-I: ItY: Unit-I & Lesson -1: Meaning and Definitions of Yoga Dr.M.Kishor	Class 3: Offline Mode at PGRRCDE 26th April 2026 Sunday 2:00 pm to 4:00 pm Yoga Practicum Paper-IV CHYS & YD Unit-I & Lesson –1 & 2: Micro Yoga (Sukshma Vyayam) Batthini Kishan	Nil
Weak	Online Mode Monday Evening 6:00 pm to 8:00 pm	Online Mode Wednesday Evening 6:00 pm to 8:00 pm	Online Mode Friday Evening 6:00 pm to 8:00 pm	Offline Mode Sunday 9:00 am to 11:00 am	Offline Mode Sunday 11:15 am to 1:15 pm
Second Weak 2	Class 4: Online Zoom mode 27th April 2026 Monday Evening 6:00 pm to 8:00 pm Theory Paper I - ItY: Unit-I & Lesson 2: Nature and Scope of Yoga. Dr.Medipally Raju	Class 5: Online Zoom mode 29th April 2026, Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II - ToY: Induction and Unit-I & Lesson 1: Life and Teachings of Gautam Buddha Dr. Rosina Prusty	Class 6: Online Zoom mode 1st May 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III ClIY Unit-I & Lesson –1: Ethics, Values and Virtues Dr.Medipally Raju	Nil	
Third Weak 3	Class 7: Online Zoom mode 4th May 2026 Monday Evening 6:00 pm to 8:00 pm Theory Paper I - ItY: Unit-II Lesson-1: Concept and Evolution of Yoga & Lesson-2:Development of Yoga Dr.Medipally Raju	Class 8: Online Zoom mode 6th May 2026, Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-I & Lesson-2: Buddha Asthanga Marga or The Noble Eight – Fold Path and Vipasana -Ana pana meditation practice Dr. Rosina Prusty	Class 9: Online Zoom mode 8th May 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III ClIY Unit-I & Lesson –2: Acharya Human Transformation Model Dr.Medipally Raju	Class 10: Offline Mode at PGRRCDE 10th May 2026 Sunday 9:00 am to 11:00 am Yoga Practicum Paper-IV-CHYS & YD Unit-II & Lesson –1: Macro Yoga- Surya Namaskar Batthini Kishan	Class 11: Offline Mode at PGRRCDE 10th May 2026 Sunday 9:00 am to 11:00 am Yoga Practicum Practicum Paper V- S & FY Unit-I & Lesson-1: Common Yoga Protocol: Loosening Practices & Asana Dr.M.Kishor
Fourth Weak 4	Class 12: Online Zoom mode 11th May 2026 Monday Evening 6:00 pm to 8:00 pm Theory Paper I - ItY: Unit-III & Lesson-1 & 2 Bases and Basics of Yoga Dr.Ramesha	Class 13: Online Zoom mode 13th May 2026, Wednesday Evening 6:00 pm to 8:00 pm Practicum Paper V- S & FY Unit-IV & Lesson-1: Simple Meditation practices – Mindful, Mantra Meditation Padala Prathibha	Class 14: Online Zoom mode 15th May 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III ClIY Unit-II & Lesson –1 Meaning and Causes of Stress & Lesson –2: Yoga and Stress management Dr.Medipally Raju	Class 15: Offline Mode at PGRRCDE 17th May 2026 Sunday 9:00 am to 11:00 am Yoga Practicum Paper-IV-CHYS & YD Unit-II & Lesson –2: Macro Yoga- Asana Dr.D.Satya Reddy	Class 16: Offline Mode at PGRRCDE 17th May 2026 Sunday 11:15 am to 1:15 pm Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana Dr.M.Kishor
Fifth Weak 5	Class 17: Online Zoom mode 18th May 2026 Monday Evening 6:00 pm to 8:00 pm Theory Paper I - ItY: Unit-IV & Lesson-1 Misconceptions about Yoga in general & Lesson-2: Specific Misconceptions on Yoga Padala Prathibha	Class 18: Online Zoom mode 20th May 2026 Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-III & Lesson-1: Sri Aurobindo Integral Yoga and Discussion on Assignments Dr.J. Lalitha	Class 19: Online Zoom mode 22nd May 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III ClIY Unit-III & Lesson –1: Skeletal, Muscular, Respiratory and Circulatory Systems Dr.K.Sravani	Class 20: Offline Mode at PGRRCDE 24th May 2026 Sunday 9:00 am to 11:00 am Yoga Practicum Paper-IV-CHYS & YD Unit-II & Lesson –1& 2: Macro Yoga- Asana Dr.D.Satya Reddy	Class 21: Offline Mode at PGRRCDE 24th May 2026 Sunday 11:15 am to 1:15 pm Practicum Paper V- S & FY Unit-II & Lesson-1: Shat Kriyas – Neti, Nauli, Dhouti Batthini Kishan

Week	Online Mode Monday Evening 6:00 pm to 8:00 pm	Online Mode Wednesday Evening 6:00 pm to 8:00 pm	Online Mode Friday Evening 6:00 pm to 8:00 pm	Offline Mode Sunday 9:00 am to 11:00 am	Offline Mode Sunday 11:15 am to 1:15 pm
Sixth Week 6	Class 22: Online Zoom mode 25th May 2026, Monday Practicum Paper V- S & FY Unit-IV & Lesson-1 & 2: Simple Meditation practices – Mindful, Mantra, Visualization, Chakra, and Vipasana Meditation Padala Prathibha	Class 23: Online Zoom mode 27th May 2026, Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-III & Lesson-2: Concept of Integral Personality Dr.J. Lalitha	Class 24: Online Zoom mode 29th May 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III CiiY Unit-III & Lesson-2: Nervous, Digestive, Endocrine and Excretory Systems Dr.K.Sravani	Class 25: Offline Mode at PGRRCD 31st May 2026 Sunday 9:00 am to 11:00 a 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 26: Offline Mode at PGRRCD 31st May 2026 Sunday 11:15 am to 1:15 pm Practicum Paper V- S & FY Unit-II & Lesson-2: Shat Kriyas – Shat Kriyas – Basti, Kapala Bhati, Trataka Batthini Kishan
Seventh Week 7	Class 27: Online Zoom mode 1st June 2026, Monday Evening 6:00 pm to 8:00 pm Practicum Paper V- S & FY Unit-IV & Lesson-2: Simple Meditation practices – Visualization, Chakra, and Vipasana Meditation Padala Prathibha	Class 28: Online Zoom mode 3rd June 2026, Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-IV & Lesson-1: Introduction of Srimad Bhagavadgita Dr. Rosina Prusty	Class 29: Online Zoom mode 5th June 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III CiiY Unit-IV & Lesson-1 Concept of Sapta Chakras – Mooladhara, Swadhistana, Manipura and Anahata Chakra Dr.Ramesha	Class 30: Offline Mode at PGRRCD 7th June 2026 Sunday 9:00 am to 11:00 am 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 31: Offline Mode at PGRRCD 7th June 2026 Sunday 11:15 am to 1:15 pm Practicum Paper V- S & FY Unit-III & Lesson-1: Immunity Yoga – Yoga Asanas Dr.D.Satya Reddy
Eighth Week 8	Class 32: Online Zoom mode 8th June 2026, Monday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-II & Lesson-1 & 2: Introduction to Patanjali Yoga and Patanjali Ashtanga Yoga Dr.M.Kishor	Class 33: Online Zoom mode 10th June 2026, Wednesday Evening 6:00 pm to 8:00 pm Theory Paper-II -ToY Unit-IV & Lesson-2: Yoga as per the Srimad Bhagavadgita Dr. Rosina Prusty	Class 34: Online Zoom mode 12th June 2026, Friday Evening 6:00 pm to 8:00 pm Theory Paper-III CiiY Unit-IV & Lesson-2: Concept of Sapta Chakras – Visudha, Agna, sahasrana Chakra. Dr.Ramesha	Class 35: Offline Mode at PGRRCD 14th June 2026 Sunday 9:00 am to 11:00 am Paper-IV-CHYS & YD Unit-IV & Lesson-1: Isha Upayoga Sadhana: Directional Movements of Arms, Neck practices, Yoga Namaskar, nadi Shuddi and Nada Yoga. & Lesson-2: Isha Upayoga Sadhana: Shambhavi Mudra, Yoga for Namaskar, SMS, Isha Kriya and Chit Shakti Meditation Mr. Bala Gopal	Class 36: Offline Mode at PGRRCD 14th June 2026 Sunday 11:15 am to 1:15 pm Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana & Discussion on Practical Exams Dr.M.Kishor

21st June 2026 Sunday 8:00 am to 10:00 am International Yoga Day Celebrations. Venue: Department of Education, University College of Education, Osmania University

Ninth Week 9	Class 37: Online Zoom mode 15th June 2026, Monday Evening 6:00 pm to 8:00 pm Yoga Practicum Paper V- S & FY Unit-I & Lesson-2: Common Yoga Protocol: Asana, Pranayama, Dyana Dr.M.Kishor	Class 38: Online Zoom mode 17th June 2026, Wednesday Evening 6:00 pm to 8:00 pm Paper-IV-CHYS & YD Unit-III & Lesson –2: Yogic Diet as per the Hathayoga Pradipika and Gherenda Samhita Dr.K.Sravani	Class 39: Online Zoom mode 19th June 2026, Friday Evening 6:00 pm to 8:00 pm Practicum Paper V- S & FY Unit-III & Lesson-2: Immunity Yoga – Pranayama Practices Batthini Kishan	Class 40: Offline Mode at PGRRCD 28th June 2026 Sunday 9:00 am to 11:00 am Paper-IV-CHYS & YD Unit-III & Lesson –1: Yogic Diet – General categories of Food Dr.K.Sravani	Class 41: Offline Mode at PGRRCD 28th June 2026 Sunday 11:15 am to 1:15 pm Practicum Paper V- S & FY Unit-III & Lesson-1&2: Immunity Yoga – Yoga Asanas & Pranayama Practices Batthini Kishan
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Final Theory Examinations 29th June 2026 onwards

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. Rosina Prusty & Dr.M.Kishor

Theory Paper CCY 003: Contemporary Issues in Yoga - Dr.Medipally Raju, 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
P-2	7 Classes
P-3	7 Classes
P-4	9 Classes
P-5	12 Classes
Total	41 Classes

Total 41 Classes only

Sd/-
H.O.D., Department of Education, OU

