

Routine of yogic Practices

Notice


All students of UG & PG are informed that the following routine for yogic practices will be applicable from 01/12/2023 to 14/12/2023. The venue will be at Guru Mandir, YSM


Day	TIME&CLASS	TIME&CLASS	TIME&CLASS	TIME&CLASS	TIME&CLASS
Mon	9:30-10AM Meditation for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10-10:45 Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C
TUE	Meditation for all all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C
WED	Meditation for all all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C
THU	Meditation for all all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C
FRI	Meditation for all all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C
SAT	Meditation for all all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st..	Yogasan & Pranayam for all interested UG (Sem. 1- Sem. 6) & PG(Sem. 1- Sem. 4) st.	10:45-11:30 UG SEM-1 VAC-Yoga Practical Group-A	12:15-01PM UG SEM-1 VAC-Yoga Practical Group-B	01-01:45PM UG SEM-1 VAC-Yoga Practical Group-C

Group A: Commerce + Hindi

Group B: Political Science + All Science

Group C: English + History + Economics


28-11-2023
Yoga Teacher


Principal
08-11-23