

Directorate of Distance Education (DDE), S-VYASA

Timetable: PGDYT – Jan 9th to 15, 2016

Venue: Academic Block

| Date & Day | 5-6 am | 6-7am | 8.00-8.45 am | 10-1 pm | | 7-7.30 pm & 8.30- 9.30pm |
|-----------------------|---------------|---------------------|---------------------|--|--|-------------------------------------|
| 9/1/2016 | Self Practice | Self Practice | MM | PGDYT T 102 Yoga Therapy Principles & Application | PGDYT P 101 Yoga Therapy Training (Viva-Voce) (2.30 p.m. to 4.30 p.m.) (venue :DDE office) | Study Hour |
| 10/1/2016 | Self Practice | Advanced asana exam | MM | PGDYT T 107 Teaching Techniques Common Ailment -1 for doctors | PGDYT P 102 (2-4 pm – written exam) Advance Yoga Techniques | Study Hour |
| 11/1/2016 | Self Practice | Self Practice | MM | PGDYT T 106 Research Methodology | Advanced Meditation (2.30 to 3.30) Advanced pranayama (3.30 to 4.30) (Viva-Voce) (venue :DDE office) | Study Hour |
| 12/1/2016 | Self Practice | Self Practice | MM | PGDYT T 105 Yoga Texts | | Study Hour |
| 13/1/2016 | Self Practice | Self Practice | MM | PGDYT T 101 Anatomy & Physiology Applied Physiology for doctor | | Study Hour |
| 14/1/2016 | Self Practice | Self Practice | MM | PGDYT T 104 Common Ailments Common ailment -2 for doctor | PGDYT F 101 Arogyadhama Training (present case study) (venue :DDE office) | Study Hour |
| 15/1/2016 | Self Practice | Self Practice | MM | PGDYT T 103 Introduction to Ayurveda & Naturopathy | Study Hour | Study Hour |

Subject Scheme: PGDYT; T – Theory, P – Practice, F – Field Work

7.30- 8.00am: Break fast, 1-2.00pm: Lunch, 5-6pm: Tuning to Nature, 6-15- 7pm: Bhajans, 7.30-8.00pm: Dinner,

8.00- 8.45 am: Maitri Milan

Note: For doctors Applied Physiology in place of Anatomy and Physiology. Common Ailments – 2 instead of Introduction to Ayurveda and Naturopathy. They will not be having teaching technique exams.