

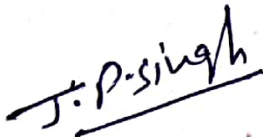
Centre for Distance and Online Education (CDOE)
Jain Vishva Bharati Institute, Ladnun
Online Contact Class-Cum-Training Programme for
Six Months Certificate Course in Yoga and Preksha Meditation

Session 2024-25 **(JULY TO DECEMBER 2024)**

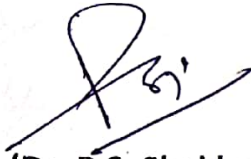
DAILY SCHEDULE

(10 FEBRUARY To 20 FEBRUARY 2025)

Sr. No.	Paper	Time	Date	Name
1.	Practical (Aasan Pranayam , Shudhi kriya, Yogic Kriya)	8:30am to 9:30 am	10-20 FEBRUARY 2025	Sh. Dashrath Singh
2.	Theory-1	2:30Pm to 3:15 pm	10-20 FEBRUARY 2025	Dr. Vinod Kaswan
3.	Theory-2	3:15pm to 4:00 pm	10-20 FEBRUARY 2025	Dr. Hemlata Joshi
4.	Practical (Meditation)	4.00pm to 4.30 pm	10-20 FEBRUARY 2025	Sh. Dashrath Singh



(Dr. J.P. Singh)
Asst. Prof. cum coordinator



(Dr. P.S. Shekhawat)
HOD. Yoga & SOL



(Prof. A.P. Tripathi)
Director, CDOE