

Central University of Jammu

DATE SHEET FOR ONE YEAR PG DIPLOMA IN YOGA

SEMESTER-I

S.no.	DAY AND DATE	TIME	PAPER AND COURSE CODE
1.	MONDAY 02/12/2019	12:00-03:00 pm	FUNDAMENTALS OF YOGA (PDYOG1C001T)
2	WEDNESDAY 04/12/2019	12:00-03:00 pm	YOGA IN UPNISHADS (PDYOG1C002T)
3	FRIDAY 06/12/2019	12:00-03:00 pm	PRINCIPLES OF HATH YOGA (PDYOG1C003T)
4	Monday 09/12/2019	12:00-03:00 pm	STUDY OF HUMAN ANATOMY AND PHYSIOLOGY (PDYOG1C004T)
5	THURSDAY 11/12/2019	12:00-03:00 pm	PRACTICAL & VIVA VOCE ASANA AND PRANAYAMA (PDYOG1C005P)

22/12/2019
22/11/2019
I/c Controller of Examinations

No. CUJ/CE/Date sheet-Yoga /Dec, 2019/ *10632-36*

Dated : *22.11.2019*

Copy to :

1. In charge Yoga Centre
2. AR (ICT) with a request to upload on the website.
3. DR (GSW)
4. PS to Vice Chancellor for information of Vice Chancellor.
5. I/c Library