

RG PG COLLEGE

DEPARTMENT OF B.VOC YOGIC -SCIENCE

B.VOC 1ST, 3RD AND 5TH SEM (SESSION -2023-2024)

Name of the teacher	I (10:00 – 11:00 AM)	II (11:00 -12:00 PM)	III (12:00 -1:00 PM)	IV (1:00 -2:00 PM)	V (2:00 -3:00 PM)
Preeti Bansal	1 st Sem Yoga practical (1106) (Mon -Fri)	YS 5 th Sem Naturopathy (5101) (Mon-Wed)	1 st Sem Hath Yoga (1102) (Mon – Wed)	3 rd Sem SWASVARITH TA (3103) (Mon - Wed)	Skill class
	3 rd Sem Yoga Practical 2 (1107) SAT	Practical II (5107) (Thru - Sat)		Alternative Therapy (3102) (Thru - Sat)	
Reshu Jain		YS 1 st Sem Human Consciousness (Mon - Wed)	3 rd Sem Yoga Therapy (3104) (Thru - Sat)	5 th Sem Self MGMT (5102) (Mon - Wed)	Skill class
		YS 3 rd Sem English Comm. (Thru -Sat)	5 th Sem Value Ed. (5105) (Mon -Wed)	Personality Dev. &Yog (5104) (Thru - Sat)	
Ruby Tanwar	3 rd Sem Yoga Practical (3106) (Mon -Fri)	YS 3 rd Sem Patanjali YOG Sutra (3101) (Mon – Wed)	5 th Sem Mental health and Yoga (5103) (Thru -Sat)	1 st Sem Foundation of Yoga (1101) (Mon -Sat)	Dept. Work
	5 th Sem Yoga Practical (5106) (Mon -Fri)	1 st Sem Anat &Physio. (1103) (Thru -Sat)			
	1 st Sem practical 2 (Sat)				
Remedial Classes					

Note:

Library period had scheduled as:

BVOC YS 1st Sem on Mon, Tue at 9:00 am to 10:00 AM

BVOC YS 3rd Sem on Wed, Thru at 9:00 am to 10:00 AM

BVOC YS 5th Sem on Fri, Sat at 9:00 am to 10:00 AM

Timetable in charge:

Mrs. Preeti Bansal



Co-Ordinator

Dr. Manju Singh



H.O.D. OF B.VOC IN YOGIC SCIENCE