

NEHRU GRAM BHARATI (Deemed To Be University)
KOTWA-JAMUNIPUR-DUBAWAL, PRAYAGRAJ - (U.P.) - 221505

P.G. Diploma in Yoga (Semester I st)

TIME-TABLE - OFFLINE / ONLINE- 2020-21

Day	10:00 To 10:50 am	10:50 To 11:40 am	11:40 To 12:30 pm	12:30 To 01:20 pm	01:20 To 02:10 pm	02:10 To 03:00 pm	03:00 To 03:50 pm
Monday	PRACTICAL Mr. SANTOSH KUMAR SHUKLA	SRIMAD BHAGVADGEETA & UPANISAD III rd PAPER Dr. ARVIND SHUKLA	FUNDAMENTAL YOG & HATHA YOGA I st PAPER Mr. SANTOSH KUMAR SHUKLA	HUMAN ANATOMY & PHILOSOPHY II nd PAPER Dr. ADINATH UPADDHYAY			
Tuesday	PRACTICAL Mr. SANTOSH KUMAR SHUKLA	SRIMAD BHAGVADGEETA & UPANISAD III rd PAPER Dr. ARVIND SHUKLA	FUNDAMENTAL YOG & HATHA YOGA I st PAPER Mr. SANTOSH KUMAR SHUKLA	HUMAN ANATOMY & PHILOSOPHY II nd PAPER Dr. ADINATH UPADDHYAY			
Wednesday	PRACTICAL Mr. SANTOSH KUMAR SHUKLA	SRIMAD BHAGVADGEETA & UPANISAD III rd PAPER Dr. ARVIND SHUKLA	FUNDAMENTAL YOG & HATHA YOGA I st PAPER Mr. SANTOSH KUMAR SHUKLA	HUMAN ANATOMY & PHILOSOPHY II nd PAPER Dr. ADINATH UPADDHYAY			
Thursday	PRACTICAL Mr. SANTOSH KUMAR SHUKLA	SRIMAD BHAGVADGEETA & UPANISAD III rd PAPER Dr. ARVIND SHUKLA	FUNDAMENTAL YOG & HATHA YOGA I st PAPER Mr. SANTOSH KUMAR SHUKLA	HUMAN ANATOMY & PHILOSOPHY II nd PAPER Dr. ADINATH UPADDHYAY			
Friday	PRACTICAL Mr. SANTOSH KUMAR SHUKLA	SRIMAD BHAGVADGEETA & UPANISAD III rd PAPER Dr. ARVIND SHUKLA	FUNDAMENTAL YOG & HATHA YOGA I st PAPER Mr. SANTOSH KUMAR SHUKLA	HUMAN ANATOMY & PHILOSOPHY II nd PAPER Dr. ADINATH UPADDHYAY			

ONLINE CLASS ZOOM ID- 3125686972

PASSWORD - 12345



Dr. ARVIND SHUKLA (MOB.- 9198133013)
 MR. SANTOSH KUMAR SHUKLA (MOB.-9452009649)

Dr. PRABUDDHA MISHRA
Philosophy & Yoga Department