

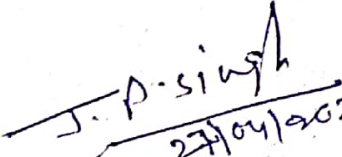
Centre for Distance and Online Education (CDOE)  
**Jain Vishva Bharati Institute, Ladnun**  
Online Contact Class-Cum-Training Programme for  
Six Months Certificate Course in Yoga and Preksha Meditation

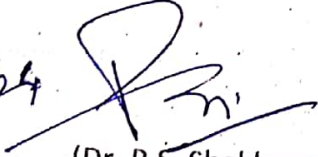
Session 2023-24 (Dec.2023-May 2024)

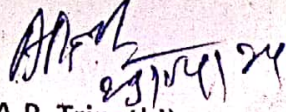
DAILY SCHEDULE OF EVENTS

(1 May To 11 May 2024)

Sr. No.	Paper	Time	Date	Name
1.	Practical (Aasan Pranayam)	9:00 Am to 10:00 Am	01.05.2024 to 11.05.2024	Shri Dashrath Singh
2.	Theory-2	10:40 Am to 11:20 Am	01.05.2024 to 11.05.2024	Dr. Ashok Bhaskar
3.	Theory-1	11:20 Am to 12:00 Pm	01.05.2024 to 11.05.2024	Dr. Hemlata Joshi
4.	Practical (Meditation)	12:00 Pm to 12:45 Pm	01.05.2024 to 11.05.2024	Dr. P.S. Shekhawat

  
(Dr. J.P. Singh)  
Coordinator, CDOE

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

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

google meet link - <https://meet.google.com/dyt-fmbi-zot>