

TIME TABLE FOR ONLINE CONTACT SESSIONS FOR CERTIFICATE IN YOGA

Date	6-9-2025	7-9-2025	8-9-2025	9-9-2025	10-9-2025	11-9-2025
Morning	Practical Session -1 Ms. Jyotsna Ambekar 10am – 12 noon	Practical Session-3 Ms. Jyotsna Ambekar 10 am- 12 noon	Practical Session - 6 Ms. Jyotsna Ambekar 8-30 am- 10-30 am	Practical Session - 8 Ms. Jyotsna Ambekar 8-30 am- 10-30 am	Practical Session -10 Ms. Jyotsna Ambekar 8-30 am- 10-30 am	Practical Session - 12 Ms. Jyotsna Ambekar 8-30 am- 10-30 am
Evening	Practical Session -2 Ms. Jyotsna Ambekar 5 pm – 7 pm	Practical Session - 4 Ms. Jyotsna Ambekar 2 pm – 4 pm	Practical Session-7 Sri. Satyendra Pandey 7 pm – 9 pm	Practical Session-9 Sri. Satyendra Pandey 7 pm – 9 pm	Practical Session-11 Sri. Satyendra Pandey 7 pm – 9 pm	Nil
Evening	Nil	Practical Session-5 Sri. Satyendra Pandey 7 pm – 9 pm	Nil	Nil	Nil	Nil

Sd/-

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