

**LEVEL IV BAMS (2015/2016) SECOND SEMESTER  
PRACTICAL SCHEDULE  
SUBJECT - YOGA AND MEDITATION (SW 4207)  
STUDY UNIT OF SWASTHAVRITTA**

| <b>GROUP</b> | <b>DATE</b> | <b>TIME</b>            | <b>TOPIC</b>                                       | <b>LECTURER</b>   |
|--------------|-------------|------------------------|--|-------------------|
| E            | 12.09.2022  | 08.00 AM -<br>12.00 PM | Shitilakarana Vyayama<br>Suryanamaskara            | Dr. MDP<br>Ishara |
| A            | 21.09.2022  |                        |  |                   |
| B            | 30.09.2022  |                        |  |                   |
| C            | 10.10.2022  |                        |  |                   |
| D            | 19.10.2022  |                        |  |                   |
| E            | 13.09.2022  | 08.00 AM -<br>12.00 PM | Shitilakarana Vyayama<br>Asana - Standing Postures | Dr. MDP<br>Ishara |
| A            | 22.09.2022  |                        |  |                   |
| B            | 01.10.2022  |                        |  |                   |
| C            | 11.10.2022  |                        |  |                   |
| D            | 20.10.2022  |                        |  |                   |
| E            | 14.09.2022  | 08.00 AM -<br>12.00 PM | Shitilakarana Vyayama<br>Asana - Sitting Postures  | Dr. MDP<br>Ishara |
| A            | 23.09.2022  |                        |  |                   |
| B            | 03.10.2022  |                        |  |                   |
| C            | 12.10.2022  |                        |  |                   |
| D            | 21.10.2022  |                        |  |                   |
| E            | 15.09.2022  | 08.00 AM -<br>12.00 PM | Shitilakarana Vyayama<br>Asana - Supine Postures   | Dr. MDP<br>Ishara |
| A            | 24.09.2022  |                        |  |                   |
| B            | 04.10.2022  |                        |  |                   |
| C            | 13.10.2022  |                        |  |                   |
| D            | 22.10.2022  |                        |  |                   |
| E            | 16.09.2022  | 08.00 AM -<br>12.00 PM | Shitilakarana Vyayama<br>Asana - Prone Postures    | Dr. MDP<br>Ishara |
| A            | 26.09.2022  |                        |  |                   |
| B            | 05.10.2022  |                        |  |                   |
| C            | 14.10.2022  |                        |  |                   |
| D            | 25.10.2022  |                        |  |                   |