

**Criteria 2.3.1 Programs for Slow and Advanced Learners:-**

**Slow learner-**

1. If you never practice yoga before, so then start with empty stomach, at morning with two or three glass of water.
2. Start with small warm up and move your hands, legs, waist, hip, head, wrist clock wise and anti-clock wise.
3. That all small exercise known as sukshm vyayam so they all have to do.
4. It is compulsory to do practically sukshm vyayam at least five times at morning in a day.
5. By the help of daily practicing, slowly the body becomes flexible.
6. After completion of flexibility or warm-up process then we have to start stretching part.
7. After completion of flexibility process, then we started advance asanas practices.
8. After above stage, slowly we started pranayama and nadishodhan .
9. After this we started meditation and shatkarma part.

**Advanced learner-**

1. They are practicing with stretching their ability with advance asanas.
2. After few month they are practicing yoga dance and yoga pyramid.
3. They are participating various type of competition held on state.
4. Some of good and participating also in state level and national level competition.
5. Our yoga department student also participating state level competition (organized by Chhattisgarh Yoga Sport Association) and secure standing position.

Department- PG Diploma in Yoga and Philosophy (Physical Education)

Govt.V.Y.T. PG Autonomous College, G.E Road Durg, 491001 (C.G)

Session 2023-24

I<sup>st</sup>Semester Time - Table

Day	Practical	Practical	Break	Paper-I	Paper-II
Monday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Tuesday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Wednesday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Thursday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Friday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Saturday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am

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II<sup>nd</sup> Semester Time - Table

Day	Practical	Practical	Break	Paper-I	Paper-II
Monday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
Tuesday	8:30 am to 9.10am	9:10 am to 9:50 am	9:50 am to 10:20 am	10:20 am to 11:00 am	11:00 am to 11:40 am
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( I<sup>st</sup> Semester )

Advance and Slow Learner Time Table

Day	Advance Learner	Slow learner
Monday	11:40am to 12:20am	—
Tuesday	11:40am to 12:20am	—
Wednesday	11:40am to 12:20am	—
Thursday	—	11:40am to 12:20am
Friday	—	11:40am to 12:20am
Saturday	—	11:40am to 12:20am

( II<sup>st</sup> Semester )

Advance and Slow Learner Time Table

Day	Advance Learner	Slow learner
Monday	11:40am to 12:20am	—
Tuesday	11:40am to 12:20am	—
Wednesday	11:40am to 12:20am	—
Thursday	—	11:40am to 12:20am
Friday	—	11:40am to 12:20am
Saturday	—	11:40am to 12:20am



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