



# GOVT. COLLEGE OF YOGA EDUCATION & HEALTH

SECTOR 23 A CHANDIGARH

Website: [www.gcyeh.edu.in](http://www.gcyeh.edu.in) & E-mail: [gcyehchandigarh@gmail.com](mailto:gcyehchandigarh@gmail.com)

Contact: 0172-2700378

## DUTY ROSTER FOR GENERAL PUBLIC SESSIONS W.E.F. 01<sup>st</sup> APRIL, 2025 TILL FURTHER ORDER

Sr. No.	Session No.	Time	Yoga Instructor
1.	<b>Session 1</b> (General Yoga)	05:15 a.m. to 06:15 a.m.	RU/RK
2.	<b>Session 2</b> (General Yoga)	06:20 a.m. to 07:20 a.m.	MK/SH
3.	<b>Session 3</b> (Ladies General Yoga)	10:00 a.m. to 11:00 a.m.	SK/AN
4.	<b>Session 4</b> (General Yoga)	04:30 p.m. to 05:30 p.m.	RK/MK
5.	<b>Session 5</b> (General Yoga)	05:30 p.m. to 06:30 p.m.	SH/RU
6.	<b>Session 6</b> (Advance Asanas) only for college enrolled students	03:00 p.m. to 04:00 p.m.	KS/RU

Yoga Therapy Hall No. II (10:00 to 15:00 hrs.)  
(On prior appointment basis only)

MRS. MEETU

RU – Mr. Rajiv Uppal

AN – Dr. Anupma Kaushal

SH – Mrs. Sheeraj Kumari

SK – Mrs. Sarghi Kohli

RK – Mrs. Rajwant Kaur

MK – Dr. Mohinder Kumar

KS – Mr. Kulwant Singh

### INSTRUCTIONS:-

1. First official is allotted the session and the second official will take class while he/she on leave.
2. Yoga instructors are required to inform to Time Table In-charge in advance as well as leave application to be submitted in the office for approval of leave.
3. All Yoga Instructors are required to be present in college from 10:00 a.m. to 12:30 p.m. for other activities of the college.
4. All Yoga Instructors are required to be present 10 minutes before the commencement of session/class in college.
5. During the Panjab University winter/summer vacations all Saturday remain off.
6. Second Saturday remains off every month to Yoga Instructors.
7. All gazetted holidays and Panjab University Holidays will be observed as holidays.
8. Daily attendance shall be taken by the respective Yoga-Instructor.
9. The college reserves the right to suspend/change any session/venue due to valid reason without prior notice.
10. Only registered public members are allowed to attend the General Yoga Sessions and Yoga Therapy sessions.
11. All concerned yoga instructors kindly submit the list of absentees within 10 working days positively to Mr. Pankaj, Computer Lab Attendant

Principal

Govt. College of Yoga Education & Health  
Sector 23-A, Chandigarh