U.P. Rajarshi Tandon Open University, Prayagraj

School of Health Sciences

MA (YOGA)

Counselling Classes Schedule for MAYO (JULY-2026)

Date 21.10.2026 – 30.11.2026

Time	11:00- 12:00	12:00- 01:00	01:00- 02:00	03:00- 04:00
Monday	MAYO-101N AKS/AS/NS	MAYO-102N AKS/AS/NS	MAYO-103N AS/AKS/NS/ZS/AR/TF/MP	MAYO-104N AS/AKS/NS/ZS/AR/TF/MP
Tuesday	MAYO-106N AKS/AS/NS	MAYO-107N AKS/AS/NS	MAYO-108N AKS/AS/NS/AM	MAYO-109N AKS/AS/NS/AM
Wednesday	MAYO-111N AKS/AS/NS	MAYO-112N S/AKS/NS/ZS/AR/TF/MP	MAYO-113N AKS/AS/NS	MAYO-114N S/AKS/NS/ZS/AR/TF/MP
Thursday	MAYO-116N AKS/AS/NS	MAYO-117N AKS/AS/NS	MAYO-101N AKS/AS/NS	MAYO-102N AKS/AS/NS
Friday	MAYO-103N S/AKS/NS/ZS/AR/TF/MP	MAYO-104N AS/AKS/NS/ZS/AR/TF/MP	MAYO-106N AKS/AS/NS	MAYO-107N AKS/AS/NS
Saturday	MAYO-108N AKS/AS/NS/AM	MAYO-109N AKS/AS/NS/AM	MAYO-111N AKS/AS/NS	MAYO-112N S/AKS/NS/ZS/AR/TF/MP

Faculty: AKS- Amit Kumar Singh; AS- Anurag Shukla; NS- Niket Singh; AM- Dr. Atul Mishra; MP- Prof. Meera Pal; ZS- Dr. Zoomi Singh; AR- Dr. Arunima Rai; TF- Dr. Tooba Fatma

INSTRUCTIONS

- No classes on Sundays, 2nd Saturdays & holidays.
- All classes are held at School of Health Sciences, Saraswati Parisar, UPRTOU, Prayagraj.
- Contact the concerned faculty between 10:00 AM and 5:00 PM

Copy to:

1. PS to Hon'ble Vice – Chancellor for kind information
2. Registrar. UPRTOU- Prayagraj
3. Concerned Faculty member
4. In-Charge University Website.

Amit Kumar Singh
Anurag Shukla

SOHS, UPRTOU.