

# GURU RAVIDAS AYURVED UNIVERSITY PUNJAB HOSHIARPUR

## Tentative Date Sheet

### Diploma in Meditation and Yoga Sciences (DYS)

*Theory Examinations First Trimester, 2025 (Morning Session Time- 10:00 AM to 01:00 PM)*

Date	Day	Subject Code	Subject Name
29.03.2025	Saturday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
01.04.2025	Tuesday	DYS-102	Concept, Texts, Traditions and practices of Hathayoga
03.04.2025	Thursday	DYS-103	Basic Human Anatomy and Physiology


### *Practical Examinations First Trimester, 2025*

Date	Day	Subject Code	Examination Type	Subject Name
04.04.2025	Friday	DYS-104	Practical-I	Prayer, Shatkarma, Yogic Sukshma, Vyayama, Yogic sthula vyayama
05.04.2025	Saturday	DYS-105	Practical-II	Suryanamaskar, Basic Yogasana, Pranayamas, Meditation)

### **Note:-**

- 1. The Candidates are not permitted to carry communication equipment such as mobile phone/pager, wireless set, scanner pen, scanner camera or any such gadgets etc. inside the examination hall which is punishable with disqualification for a period as prescribed in the University ordinances.*
- 2. For writing in any answer sheet only blue ball pen /royal blue ink is permissible.*
- 3. Students are strictly warned not to disclose any identification mark or write your roll number, name, etc. inside the answer book. Any student found guilty shall be disqualified.*
- 4. If a candidate is found copying/ allowed another candidate to copy, his/her answer shows or it is otherwise established will be disqualified along with the University UMC ordinance.*

Hoshiarpur  
22.03.2025

  
(Dr. Anju Bala)  
Controller of Examinations