

Tentative Date Sheet

Diploma in Meditation and Yoga Sciences (DYS)

Theory & Practical Examinations First Supplementary & Second Trimester, September - 2025 (Morning Session Time- 10:00 AM to 01:00 PM)

DYS-1st Trimester (Supplementary)			
Date	Day	Subject Code	Subject Name
10.09.2025	Wednesday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
15.09.2025	Monday	DYS-102	Concept, Texts, Traditions and practices of Hathayoga
17.09.2025	Wednesday	DYS-103	Basic Human Anatomy and Physiology
19.09.2025	Friday	DYS-104	Prayer, Shatkarma, Yogic Sukshma, Vyayama, Yogic Sthula vyayama (Practical-I)
23.09.2025	Tuesday	DYS-105	Suryanamaskar, Basic Yogasana, Pranayamas, Meditation (Practical-II)
DYS-2nd Trimester			
Date	Day	Subject Code	Subject Name
11.09.2025	Thursday	DYS-201	Patanjal-Yoga-Sutra
13.09.2025	Saturday	DYS-202	Fundamentals and Principles of different Yoga practices
16.09.2025	Tuesday	DYS-203	Yoga, Ayurvedic and modern concept of Diet and Nutrition
18.09.2025	Thursday	DYS-204	Revision of Practices of paper DYS-104 and Bandhas, Mudras (Practical-III)
20.09.2025	Saturday	DYS-205	Revision of Practices of paper DYS-105 and Intermediation Practices of Yogasanas (Practical-IV)

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
08.09.2025

(Dr. Anju Bala)
Controller of Examinations