

**Tentative Date Sheet**

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

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

<b>DYS-1<sup>st</sup> Trimester (Supplementary)</b>			
<b>Date</b>	<b>Day</b>	<b>Subject Code</b>	<b>Subject Name</b>
16.12.2025	Tuesday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
<b>DYS-2<sup>nd</sup> Trimester</b>			
<b>Date</b>	<b>Day</b>	<b>Subject Code</b>	<b>Subject Name</b>
16.12.2025	Tuesday	DYS-201	Patanjal-Yoga-Sutra
17.12.2025	Wednesday	DYS-202	Fundamentals and Principles of different Yoga practices
18.12.2025	Thursday	DYS-203	Yoga, Ayurvedic and modern concept of Diet and Nutrition
19.12.2025	Friday	DYS-204	Revision of Practices of paper DYS-104 and Bandhas, Mudras (Practical-III)
20.12.2025	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**  
**11.12.2025**

**(Dr. Anju Bala)**  
**Controller of Examinations**