

Tentative Date Sheet

Diploma in Meditation and Yoga Sciences (DYS)

Theory & Practical Examinations Third Trimester, December - 2025 (Morning Session Time- 11:00 AM to 02:00 PM)

DYS-3rd Trimester

Date	Day	Subject Code	Subject Name
29.12.2025	Monday	DYS-301	Yoga Therapy and basic concept of psychology
30.12.2025	Tuesday	DYS-302	Different yogic Text i.e Bhagwadgeeta, Yoga-Vashishta, Yogapanishad etc.
31.12.2025	Wednesday	DYS-303	Basic concept of Research Methodology in Yoga
01.01.2026	Thursday	DYS-304	Revision of Practices of Paper DYS-104/204 and advance Practices of Shatkarma And Yogasanas (Practical-V)
02.01.2026	Friday	DYS-305	Revision of Practices of paper DYS-105, 205 and Advanc Practices of Pranayama anMeditation (Practical-VI)

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
23.12.2025*

*(Dr. Anju Bala)
Controller of Examinations*