

**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)**

<b>DYS-3<sup>rd</sup> Trimester</b>			
<b>Date</b>	<b>Day</b>	<b>Subject Code</b>	<b>Subject Name</b>
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**