

Tentative Date Sheet

Diploma in Meditation and Yoga Sciences (DYS)

Theory & Practical Examinations First Trimester, (Second Batch) January - 2026 (Morning Session Time- 11:00 AM to 02:00 PM)

DYS-1st Trimester

Date	Day	Subject Code	Subject Name
20.01.2026	Tuesday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
21.01.2026	Wednesday	DYS-102	Concept, Texts, Traditions and practices of Hathayoga
22.01.2026	Thursday	DYS-103	Basic Human Anatomy and Physiology
23.01.2026	Friday	DYS-104	Prayer, Shatkarma, Yogic Sukshma, Vyayama, Yogic Sthula vyayama (Practical-I)
24.01.2026	Saturday	DYS-105	Suryanamaskar, Basic Yogasana, Pranayamas, Meditation (Practical-II)

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

08.01.2026

*(Dr. Anju Bala)
Controller of Examinations*