

Tentative Date Sheet
Diploma in Meditation and Yoga Sciences (DYS)

Theory & Practical Examinations First, Second and Third Trimester (Supplementary) March - 2026 (Morning Session Time- 10:00 AM to 01:00 PM)

DYS-1st Trimester (Batch -I, II)			
Date	Day	Subject Code	Subject Name
11.03.2026	Wednesday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
12.03.2026	Thursday	DYS-102	Concept, Texts, Traditions and practices of Hathayoga
13.03.2026	Friday	DYS-103	Basic Human Anatomy and Physiology
14.03.2026	Saturday	DYS-104	Prayer, Shatkarma, Yogic Sukshma, Vyayama, Yogic Sthula vyayama (Practical-I)
16.03.2026	Monday	DYS-105	Suryanamaskar, Basic Yogasana, Pranayamas, Meditation (Practical-II)
DYS-2nd Trimester (Batch - I)			
Date	Day	Subject Code	Subject Name
11.03.2026	Wednesday	DYS-201	Patanjal-Yoga-Sutra
12.03.2026	Thursday	DYS-202	Fundamentals and Principles of different Yoga practices
13.03.2026	Friday	DYS-203	Yoga, Ayurvedic and modern concept of Diet and Nutrition
14.03.2026	Saturday	DYS-204	Revision of Practices of paper DYS-104 and Bandhas, Mudras (Practical-III)
16.03.2026	Monday	DYS-205	Revision of Practices of paper DYS-105 and Intermediation Practices of Yogasanas (Practical-IV)
DYS 3rd Trimester (Batch-I)			
Date	Day	Subject Code	Subject Name
11.03.2026	Wednesday	DYS-301	Yoga Therapy and basic concept of psychology
12.03.2026	Thursday	DYS-302	Different yogic Text i.e Bhagwadgeeta, Yoga-Vashishta, Yogapanishad etc.
13.03.2026	Friday	DYS-303	Basic concept of Research Methodology in Yoga
14.03.2026	Saturday	DYS-304	Revision of Practices of Paper DYS-104/204 and advance Practices of Shatkarma And Yogasanas (Practical-V)
16.03.2026	Monday	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
03.03.2026

(Dr. Anju Bala)
Controller of Examinations