

Tentative Date Sheet

Diploma in Meditation and Yoga Sciences (DYS)

Theory & Practical Examinations First & Second Trimester May - 2026 (Morning Session Time- 10:00 AM to 01:00 PM)

DYS-2nd Trimester (Batch – I & II)			
Date	Day	Subject Code	Subject Name
20/05/2026	Wednesday	DYS-201	Patanjal-Yoga-Sutra
21/05/2026	Thursday	DYS-202	Fundamentals and Principles of different Yoga practices
22/05/2026	Friday	DYS-203	Yoga, Ayurvedic and modern concept of Diet and Nutrition
23/05/2026	Saturday	DYS-204	Revision of Practices of paper DYS-104 and Bandhas, Mudras (Practical-III)
25/05/2026	Monday	DYS-205	Revision of Practices of paper DYS-105 and Intermediation Practices of Yogasanas (Practical-IV)
DYS-1st Trimester (Batch -II)			
Date	Day	Subject Code	Subject Name
20/05/2026	Wednesday	DYS-101	Philosophical foundations of Yoga and Schools of Yoga
21/05/2026	Thursday	DYS-102	Concept, Texts, Traditions and practices of Hathayoga
22/05/2026	Friday	DYS-103	Basic Human Anatomy and Physiology
23/05/2026	Saturday	DYS-104	Prayer, Shatkarma, Yogic Sukshma, Vyayama, Yogic Sthula vyayama (Practical-I)
25/05/2026	Monday	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
13.05.2026

(Dr. Anju Bala)
Controller of Examinations