

Tentative Date Sheet

Diploma in Meditation and Yoga Sciences (DMYS)

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

DMYS-2nd Trimester (Supplementary)			
Date	Day	Subject Code	Subject Name
21.08.2026	Friday	DYS-201	Patanjal-Yoga-Sutra
22.08.2026	Saturday	DYS-202	Fundamentals and Principles of different Yoga practices
24.08.2026	Monday	DYS-203	Yoga, Ayurvedic and modern concept of Diet and Nutrition
25.08.2026	Tuesday	DYS-204	(Practical – III) Bandhas, Mudras.
26.08.2026	Wednesday	DYS-205	(Practical-IV) Intermediate Practices of Yogasanas.

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
12.08.2026**

**(Dr. Anju Bala)
Controller of Examinations**