

Tentative Date Sheet
Diploma in Meditation and Yoga Sciences (DMYS)
Theory & Practical Examinations Third Trimester, September- 2026 (Morning Session Time- 10:00 AM to 01:00 PM)

DMYS- 3rd Trimester (Batch-II)			
Date	Day	Subject Code	Subject Name
22.09.2026	Tuesday	DYS-301	Yoga Therapy and basic concept of Psychology
23.09.2026	Wednesday	DYS-302	Different yogic Text i.e Bhagwadgita, Yoga-Vashishta, Yogapanishad etc.
24.09.2026	Thursday	DYS-303	Basic concept of Research Methodology in Yoga
25.09.2026	Friday	DYS-304	(Practical-V) Advance Practices of Shatkarma and Yogasanas
29.09.2026	Tuesday	DYS-305	(Practical-VI) Advance Practices of Pranayama and Meditation

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
11.09.2026

(Dr. Anju Bala)
Controller of Examinations