



Exam.No. 246 /UUC Dt. 19.4.2024

NOTIFICATION

The Programme for **M.A.(Yoga)1stSemester,2nd Semester and 4th Semester (New Course)**(Regular & Back) Examination, is scheduled to be held as follows:

1 st Semester-2022			
Date	Paper	Title of the course	Time
30.04.2024	101	Patanjali Yoga Sutra	08.00 A.M. to 11.00 A.M.
04.05.2024	102	Elementary Sanskrit	-do-
08.05.2024	103	Foundation of Yoga	-do-
09.05.2024	104	Diet and Nutrition	-do-
15.05.2024	105	Practical -I	08.00 A.M onwards
16.05.2024	106	Practical-II	-do-

2 nd Semester-2023			
Date	Paper	Title of the course	Time
02.05.2024	201	Human Anatomy and Psychology	08.00 A.M. to 11.00 A.M.
07.05.2024	202	Yogic Management of Common Diseases	-do-
10.05.2024	203	Sankhya and Advaita Vedanta	-do-
11.05.2024	204	Hatha Yoga Texts	-do-
22.05.2024	205	Contemporary Yoga Techniques for Self-management-Practical-III	08.00 A.M onwards
23.05.2024	206	Yoga Practical-IV	-do-

4 th Semester-2023			
Date	Paper	Title of the course	Time
29.04.2024	401	Principal Upanishads	08.00 A.M. to 11.00 A.M.
01.05.2024	402	Bhagavad Gita	-do-
03.05.2024	404	Applied Psychology and Yogic Counseling	-do-
06.05.2024	405	Yoga Vashishta/ Teaching Methodology in Yoga & Value Education	08.00 A.M. to 11.00 A.M.
Pactical			
17.05.2024	403	Dissertation	08.00 A.M onwards
18.05.2024	406	Yoga Practical- VI	-do-

By Order Vice- Chancellor

[Signature]
Controller of Examinations.

Memo No. 247 /UUC Dt. 19.4.2024

Copy forwarded to

7. The Principal, Affiliated Colleges conducting M.A.(Yoga) for information and necessary action.
8. Steno to V.C/ Steno to Registrar for information and necessary action.
9. Notice Board/Website.

[Signature]
Controller of Examinations.