



# PUNYASHLOK AHILYADEVII HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

## EXAM OF 2023 SEMESTER PATTERN EXAMINATION

### FINAL PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV MAR/APR.-2023 EXAMINATION TO BE HELD IN JULY.-2023

1. Student should see their Seat No. and Name in the Name list and mistakes if any should be communicate to this office immediately. All candidates are requested to confirm their Examination Seat No. as well as place of examination on the Notice Board of the University/College mentioned below at least two days before the date of Examination. The candidate should write correct Seat No. on each answer book. If candidate writes wrong Seat No. on answer Book the performance of such subject will not be considered.
2. Candidate are requested to be present at their respective places of the Examination **FIFTEEN MINUTES** before the time starting of the first paper and **TEN MINUTES** before the time starting of each subsequent paper. Candidates are forbidden to take any book or paper into the Examination Hall.
3. **Important Note:** Code Numbers given in the Bracket are Computer Code of respective Subjects, Students should mention these Code Numbers on Answer Books with Name of the Subject. Also write these Code Numbers on JSR (Junior Supervisor Report) and related documents.
4. All the Candidates are asked to follow the timely instructions given by University in accordance with the examinations methodology.
5. As per the Rights of Person with Disabilities Act-2016 the persons with Disabilities are given 20 minutes extra for one per hour for the Online/Offline exam (केंद्र शासनाच्या अपंग व्यक्ती अधिकांर अधिनियम २०१६ मधील तरतूदीनुसार अपंग विद्यार्थ्यांना ऑनलाईन व ऑफलाईन परीक्षेमध्ये सर्वसाधारण विद्यार्थ्यांपेक्षा १ तासाला कमीत कमी २० मिनीट इतका वेळ वाढवून देण्यास सर्वानुमते मान्यता देण्यात आली.)

Sr. No.	Center	College Abbreviation	Place
1	Solapur	PAHSUS	University Campus

Yoga Sem – I (New w.e.f. June 2021) (CBCS Pattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time: 3:00 p.m. to 6:00 p.m
Wednesday 19/07/2023	HCTY1.1	1	Fundamentals of Yoga (MAYG0101)
Thursday 20/07/2023	HCTY1.2	2	Darshan Shastra (MAYG0102)
Friday 21/07/2023	HCTY1.3	3	Human Anatomy & Physiology (MAYG0103)
Saturday 22/07/2023	SCTY1.1	4	A) Yoga for Sports (MAYG0104)
	SCTY1.2	5	OR B) Yoga for Fitness (MAYG0105)

<b>Yoga Sem – II (New w.e.f. June 2021)</b> <b>(CBCS Pattern-2021)</b>			
<b>Day &amp; Date</b>	<b>Paper No.</b>	<b>Sr. No.</b>	<b>Subject</b> <b>Time: 11:00 a.m. to 2:00 p.m</b>
<b>Wednesday 19/07/2023</b>	HCTY2.1	6	Vedas & Upanishads (MAYG0201)
<b>Friday 21/07/2023</b>	HCTY2.2	7	Patanjal Yogasutras (MAYG0202)
<b>Sunday 23/07/2023</b>	HCTY2.3	8	Research Methodology (MAYG0203)
<b>Tuesday 25/07/2023</b>	SCTY2.1 SCTY2.2	9 10	A) Yoga for Health Promotion(MAYG0204) OR B) Yoga for Immunity (MAYG0205)

<b>Yoga Sem – III (w.e.f. June 2022)</b> <b>(CBCS Pattern-2021)</b>			
<b>Day &amp; Date</b>	<b>Paper No.</b>	<b>Sr. No.</b>	<b>Subject</b> <b>Time: 11:00 a.m. to 2:00 p.m</b>
<b>Monday 10/07/2023</b>	HCTY3.1	11	Hath Yoga (MAYG0301)
<b>Tuesday 11/07/2023</b>	HCTY3.2	12	Four Streams of Yoga (MAYG0302)
<b>Wednesday 12/07/2023</b>	HCTY3.3	13	Teaching Methodology for Yoga (MAYG0303)
<b>Thursday 13/07/2023</b>	SCTY3.1 SCTY3.2	14 15	A) Health & Nutrition(MAYG0305 ) OR B) Yoga for Child Health (MAYG0306)

<b>Yoga Sem – IV (New w.e.f. June 2022)</b> <b>(CBCS Pattern-2021)</b>			
<b>Day &amp; Date</b>	<b>Paper No.</b>	<b>Sr. No.</b>	<b>Subject</b> <b>Time: 3:00 p.m. to 6:00 p.m</b>
<b>Monday 10/07/2023</b>	HCTY4.1	16	Integrated Approach of Yoga (MAYG0401)
<b>Wednesday 12/07/2023</b>	HCTY4.2	17	Different Types of Meditation (MAYG0402)
<b>Friday 14/07/2023</b>	HCTY4.3	18	Yoga Therapy& Other Therapies (MAYG0403)
<b>Sunday 16/07/2023</b>	SCTY4.1 SCTY4.2	19 20	A) Yoga for Mental Health(MAYG0405) OR B) Yoga for Stress Management (MAYG0406)

Please visit -<http://su.digitaluniversity.ac>

Ref No.: PAHSUS/EXAM/TIME-TABLE/2023/1489

Date: 04/07/2023

Sd/-

**Director**

Board of Examinations and Evaluation