



PUNYASHLOKAHILYADEVIHOLKARSOL APURUNIVERSITY,SOLAPUR

EXAMOF2024 SEMESTERPATTERN EXAMINATION

DRAFT PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV MAR.-2024 EXAMINATION TO BE HELD IN MAY-2024

1. Student should see their Seat No. and Name in the Name list and mistakes if any should be communicate to thisofficeimmediately.AllcandidatesarerequestedtoconfirmtheirExaminationSeatNo.aswellasplaceofexamination on the Notice Board of the University/College mentioned below at least two days before the date ofExamination.ThecandidateshouldwritecorrectSeatNo.oneachanswerbook.Ifcandidate writeswrongSeatNo.onanswerBooktheperformanceofsuchsubjectwillnotbeconsidered.
2. CandidatearerequestedtobepresentattheirrespectiveplacesoftheExamination **FIFTEENMINUTES** before the time starting of the first paper and **TEN MINUTES** before the time starting of each subsequent paper. Candidates are for bidden to take any book or paper in to 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. AlltheCandidatesareaskedtofollowthetimelyinstructionsbyUniversityinaccordancewiththeexaminationsmet hodology.
5. AspertheRightsofPersonwithDisabilitiesAct-2016thepersonswithDisabilitiesaregiven20minutesextra for one per hour for the Online/Offline exam (केंद्र शासनाच्या अपंग व्यक्ती अधिकार 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 2023) (NEP CBCSPattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to5:30p.m
Friday 10/05/2024	DSC -1	1	Foundation of Yoga (230125101)
Monday 13/05/2024	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Wednesday 15/05/2024	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Friday 17/05/2024	RM	4	Research Methodology (230125105)
Monday 20/05/2024	DSE .1	5 6	Applied Yoga (230125106) OR Gher and Samhita (230125107)

YogaSem-I(w.e.f.June 2021) (CBCSPattern-2021) (Old up to Mar.2024)			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to6:00p.m
Friday 10/05/2024	HCTY1.1	7	Fundamentals of Yoga(MAYG0101)
Monday 13/05/2024	HCTY1.2	8	Darshan Shastra(MAYG0102)
Wednesday 15/05/2024	HCTY1.3	9	Human Anatomy & Physiology (MAYG0103)
Friday 17/05/2024	SCTY1.1	10	A) Yoga for Sports(MAYG0104)
	SCTY1.2	11	OR B) Yoga for Fitness(MAYG0105)

YogaSem-II(Neww.e.f.June2023) (NEW CBCSPattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00a.m.to1:30p.m
Thursday 09/05/2024	DSE- V	12	Hatha Yogic ()
Saturday 11/05/2024	DSE- VI	13	Patanjal Yoga Sutras(MAYG0202)
Tuesday 14/05/2024	DSE- VII	14	Yoga and Mental Health(MAYG0203)
Thursday 16/05/2024	DSE	15	A) Yoga for Health Promotion ()
		16	OR B) Applied Psychology ()

YogaSem-II(w.e.f.June2021) (CBCSPattern-2021) (Old up to OCT.2024)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00a.m.to2:00p.m
Thursday 09/05/2024	HCTY2.1	17	Vedas & Upanishads (MAYG0201)
Saturday 11/05/2024	HCTY2.2	18	Patanjal Yogasutras (MAYG0202)
Tuesday 14/05/2024	HCTY2.3	19	Research Methodology (MAYG0203)
Thursday 16/05/2024	SCTY2.1	20	A)Yoga for Health Promotion(MAYG0204)
	SCTY2.2	21	OR B) Yoga for Immunity (MAYG0205)

Yoga Sem-III(w.e.f. June2022) (CBCSPattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 2:00 p.m
Friday 10/05/2024	HCTY3.1	22	Hath Yoga (MAYG0301)
Monday 13/05/2024	HCTY3.2	23	Four Streams of Yoga (MAYG0302)
Wednesday 15/05/2024	HCTY3.3	24	Teaching Methodology for Yoga (MAYG0303)
Saturday 18/05/2024	SCTY3.1	25	A) Health & Nutrition(MAYG0305) OR
	SCTY3.2	26	B) Yoga for Child Health (MAYG0306)

Yoga Sem-IV(New w.e.f.June 2022) (CBCSPattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to6:00p.m
Thursday 09/05/2024	HCTY4.1	27	Integrated Approach of Yoga (MAYG0401)
Saturday 11/05/2024	HCTY4.2	28	Different Types of Meditation (MAYG0402)
Tuesday 14/05/2024	HCTY4.3	29	Yoga Therapy & Other Therapies (MAYG0403)
Thursday 16/05/2024	SCTY4.1	30	A) Yoga for Mental Health(MAYG0405) OR
	SCTY4.2	31	B) Yoga for Stress Management (MAYG0406)

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

Ref No.: PAHSUS/EXAM/TIME-TABLE/2024/920

Date:15/04/2024

Sd/-

Director

Board of Examinations and Evaluation