



# PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAMOF 2025

SEMESTER PATTERN EXAMINATION

REVISED FINAL PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV MAR./APR-2025

EXAMINATION TO BE HELD IN MAY.-2025

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 candidates 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. Candidates 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 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. All the Candidates are asked to follow the timely instructions given by University in accordance with the examination methodology.
5. As per the Right 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 अधिकार अधिनियम २०१६ मधील तरतुदीनुसार 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	PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

<b>M.A.Yoga Sem-I (New w.e.f.June 2023)</b> <b>(NEP CBCSPattern-2021)</b>			
Day & Date	Paper No.	Sr. No.	Subject <b>Time:3:00p.m.to5:30p.m</b>
Thursday 15/05/2025	DSC -1	1	Foundation of Yoga (230125101)
Saturday 17/05/2025	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Monday 19/05/2025	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Saturday 24/05/2025	RM	4	Research Methodology (230125105)
Monday 26/05/2025	DSE .1	5	Applied Yoga (230125106) OR Gher and Samhita (230125107)
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<b>M.A. Yoga Sem-II (New w.e.f.June 2023)</b> <b>(NEP CBCS Pattern-2023)</b>			
Day & Date	Paper No.	Sr. No.	Subject <b>Time:11:00a.m.to1:30p.m</b>
Wednesday 14/05/2025	DSE- V	7	Hatha Yogic (230125201)
Friday 16/05/2025	DSE- VI	8	Patanjal Yoga Sutras (230125202)
Tuesday 20/05/2025	DSE- VII	9	Yoga and Mental Health (230125203)
Thursday 22/05/2025	DSE	10	A) Yoga for Health Promotion (230125206) OR B) Applied Psychology (230125207)
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<b>M.A. Yoga Sem–III (NEW w.e.f. June 2024)</b> <b>(NEP CBCSPattern-2023)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 1:30 p.m
Thursday 15/05/2025	YG-301	12	Therapeutic Aspect of Yog Practical (230125301)
Saturday 17/05/2025	YG-302	13	Yog Upanishads (230125302)
Monday 19/05/2025	YG-303	14	Applied Psychology (230125303)
Saturday 24/05/2025	YG-304	15	Mantra Yoga (230125304)
Monday 26/05/2025	DSE	16 17	A)Introduction to Meditation Techniques (230125306) OR B) Yoga and Sports (230125307)

<b>M.A. Yoga Sem–III (w.e.f. June 2022)</b> <b>(CBCS Pattern-2021) (Old up to MAR.-2025)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 2:00 p.m
Thursday 15/05/2025	HCTY3.1	18	Hath Yoga (MAYG0301)
Saturday 17/05/2025	HCTY3.2	19	Four Streams of Yoga (MAYG0302)
Monday 19/05/2025	HCTY3.3	20	Teaching Methodology for Yoga (MAYG0303)
Saturday 24/05/2025	SCTY3.1 SCTY3.2	21 22	A) Health & Nutrition(MAYG0305 ) OR B) Yoga for Child Health (MAYG0306)

<b>M.A.Yoga Sem–IV (New w.e.f.Nov. 2024)</b> <b>(NEP CBCS Pattern-2023)</b>			
<b>Day &amp; Date</b>	<b>Paper No.</b>	<b>Sr. No.</b>	<b>Subject</b> <b>Time:3:00p.m.to 5:30p.m</b>
<b>Wednesday 14/05/2025</b>	YG-401	23	Advance Teaching Practices Practical (230125401)
<b>Friday 16/05/2025</b>	YG-402	24	Yog Diet and Nutrition (230125402)
<b>Tuesday 20/05/2025</b>	YG-403	25	Bhagwat Gita (230125403)
<b>Thursday 22/05/2025</b>	YG-404 YG-405	26 27	a) Yog, Religion and Spirituality (230125405) OR b) Yog in Principal Upanishad (230125406)

<b>M.A. Yoga Sem–IV (New w.e.f.June 2022)</b> <b>(CBCS Pattern-2021) (Old up to OCT-2025)</b>			
<b>Day &amp; Date</b>	<b>Paper No.</b>	<b>Sr. No.</b>	<b>Subject</b> <b>Time:3:00p.m.to6:00p.m</b>
<b>Wednesday 14/05/2025</b>	HCTY4.1	28	Integrated Approach of Yoga (MAYG0401)
<b>Friday 16/05/2025</b>	HCTY4.2	29	Different Types of Meditation (MAYG0402)
<b>Tuesday 20/05/2025</b>	HCTY4.3	30	Yoga Therapy & Other Therapies (MAYG0403)
<b>Thursday 22/05/2025</b>	SCTY4.1 SCTY4.2	31 32	a) Yoga for Mental Health(MAYG0405) OR b) Yoga for Stress Management (MAYG0406)

Please visit [sus.ac.in](http://sus.ac.in)

Ref No.: PAHSUS/EXAM/TIME-TABLE/2025/844

Date : 06/05/2025

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Board of Examinations and Evaluation

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