



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAM OF 2026

SEMESTER PATTERN EXAMINATION

DRAFT PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV MAR./APR-2026

EXAMINATION TO BE HELD IN APR.-2026

1. Student should see their Seat No. and Name in the Name list and mistakes if any should be communicated 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 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 Right of Person with Disabilities Act-2016 the persons with Disabilities are given 20 minutes extra for one 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 |

| M.A.YogaSem-I (New w.e.f.June 2023) (NEP CBCSPattern-2023) | | | |
|---|------------------|----------------|---|
| Day & Date | Paper No. | Sr. No. | Subject Time:3:00p.m.to 05:30p.m |
| Friday 17/04/2026 | DSC -1 | 1 | Foundation of Yoga (230125101) |
| Monday 20/04/2026 | DSC- 2 | 2 | Anatomy and Physiology of Yogic Practices (230125102) |
| Wednesday 22/04/2026 | DSC- 3 | 3 | Introduction to Indian Philosophy (230125103) |
| Friday 24/04/2026 | RM | 4 | Research Methodology (230125105) |
| Friday 17/04/2026 | DSE .1 | 5 | Applied Yoga (230125106) OR |
| | | 6 | Gher and Samhita (230125107) |

| M.A. YogaSem-II(Neww.e.f.June2023) (NEP CBCSPattern-2023) | | | |
|--|------------------|----------------|--|
| Day & Date | Paper No. | Sr. No. | Subject Time:11:00a.m.to1:30p.m |
| Thursday 16/04/2026 | DSE- V | 7 | Hatha Yogic (230125201) |
| Saturday 18/04/2026 | DSE- VI | 8 | Patanjal Yoga Sutras (230125202) |
| Tuesday 21/04/2026 | DSE- VII | 9 | Yoga and Mental Health (230125203) |
| Thursday 23/04/2026 | DSE | 10 | A) Yoga for Health Promotion (230125206) OR |
| | | 11 | B) Applied Psychology (230125207) |

| M.A. Yoga Sem–III (NEW w.e.f. June 2024) (NEP CBCSPattern-2023) | | | |
|--|------------------|----------------|--|
| Day & Date | Paper No. | Sr. No. | Subject Time:11:00 a.m.to 1:30 p.m |
| Friday 17/04/2026 | YG-301 | 12 | Therapeutic Aspect of Yog Practical (230125301) |
| Monday 20/04/2026 | YG-302 | 13 | Yog Upanishads (230125302) |
| Wednesday 22/04/2026 | YG-303 | 14 | Applied Psychology (230125303) |
| Friday 24/04/2026 | YG-304 | 15 | Mantra Yoga (230125304) |
| Friday 17/04/2026 | DSE | 16 17 | A)Introduction to Meditation Techniques (230125306) OR B) Yoga and Sports (230125307) |

| M.A.Yoga Sem-IV (Neww.e.f.Nov. 2024) (NEP CBCS Pattern-2023) | | | |
|---|------------------|----------------|---|
| Day & Date | Paper No. | Sr. No. | Subject Time:3:00p.m.to 05:30p.m |
| Thursday 16/04/2026 | YG-401 | 18 | Advance Teaching Practices Practical (230125401) |
| Saturday 18/04/2026 | YG-402 | 19 | Yog Diet and Nutrition (230125402) |
| Tuesday 21/04/2026 | YG-403 | 20 | Bhagwat Gita (230125403) |
| Thursday 23/04/2026 | YG-404 | 21 | a) Yog, Religion and Spirituality (230125405) |
| | YG-405 | 22 | OR b) Yog in Principal Upanishad (230125406) |

| M.A. Yoga Sem-IV (New w.e.f.June 2022) (CBCS Pattern-2021) (Old up to OCT-2025) | | | |
|--|------------------|----------------|---|
| Day & Date | Paper No. | Sr. No. | Subject Time:3:00p.m.to 06:00p.m |
| Thursday 16/04/2026 | HCTY4.1 | 23 | Integrated Approach of Yoga (MAYG0401) |
| Saturday 18/04/2026 | HCTY4.2 | 24 | Different Types of Meditation (MAYG0402) |
| Tuesday 21/04/2026 | HCTY4.3 | 25 | Yoga Therapy & Other Therapies (MAYG0403) |
| Thursday 23/04/2026 | SCTY4.1 | 26 | a) Yoga for Mental Health (MAYG0405) |
| | SCTY4.2 | 27 | OR b) Yoga for Stress Management (MAYG0406) |

Please visit sus.ac.in

Ref No.: PAHSUS/EXAM/TIME-TABLE/2026/209

Date : 25/02/2026

Sd/-
Director
Board of Examinations and Evaluation