



PUNYASHLOKAHILYADEVIHOLKARSOL APURUNIVERSITY,SOLAPUR

EXAMOF2023 SEMESTERPATTERN EXAMINATION

**FINAL PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV OCT.-2023 EXAMINATION TO BE
HELD IN DEC. 2023**

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 सर्वांनुमते 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
Sunday 24/12/2023	DSC -1	1	Foundation of Yoga (230125101)
Tuesday 26/12/2023	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Wednesday 27/12/2023	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Thursday 28/12/2023	RM	4	Research Methodology (230125105)
Friday 29/12/2023	DSE .1	5	Applied Yoga (230125106)
	DSE.2	6	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
Sunday 24/12/2023	HCTY1.1	7	Fundamentals of Yoga(MAYG0101)
Tuesday 26/12/2023	HCTY1.2	8	Darshan Shastra(MAYG0102)
Wednesday 27/12/2023	HCTY1.3	9	Human Anatomy & Physiology (MAYG0103)
Thursday 28/12/2023	SCTY1.1	10	A) Yoga for Sports(MAYG0104)
	SCTY1.2	11	OR B) Yoga for Fitness(MAYG0105)

YogaSem-II(Neww.e.f.June2021) (CBCSPattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00a.m.to2:00p.m
Monday 18/12/2023	HCTY2.1	12	Vedas & Upanishads (MAYG0201)
Tuesday 19/12/2023	HCTY2.2	13	Patanjal Yogasutras (MAYG0202)
Wednesday 20/12/2023	HCTY2.3	14	Research Methodology (MAYG0203)
Thursday 21/12/2023	SCTY2.1	15	A) Yoga for Health Promotion(MAYG0204)
	SCTY2.2	16	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
Sunday 24/12/2023	HCTY3.1	17	Hath Yoga (MAYG0301)
Tuesday 26/12/2023	HCTY3.2	18	Four Streams of Yoga (MAYG0302)
Wednesday 27/12/2023	HCTY3.3	19	Teaching Methodology for Yoga (MAYG0303)
Thursday 28/12/2023	SCTY3.1	20 21	A) Health & Nutrition(MAYG0305) OR B) Yoga for Child Health (MAYG0306)
	SCTY3.2		

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
Monday 18/12/2023	HCTY4.1	22	Integrated Approach of Yoga (MAYG0401)
Tuesday 19/12/2023	HCTY4.2	23	Different Types of Meditation (MAYG0402)
Wednesday 20/12/2023	HCTY4.3	24	Yoga Therapy & Other Therapies (MAYG0403)
Thursday 21/12/2023	SCTY4.1	25 26	A) Yoga for Mental Health(MAYG0405) OR B) Yoga for Stress Management (MAYG0406)
	SCTY4.2		

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

Ref No.: PAHSUS/EXAM/TIME-TABLE/2023/2800

Date:05/12/2023

Sd/-
Ag. Director
Board of Examinations and Evaluation