



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(New 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(New w.e.f.June2021) (CBCSPattern-2021) | | | |
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| 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) | | | |
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| 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 | A) Health & Nutrition(MAYG0305) |
| | SCTY3.2 | | OR B) Yoga for Child Health (MAYG0306) |
| | | 21 | |

| Yoga Sem–IV(New w.e.f.June 2022) (CBCSPattern-2021) | | | |
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| 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 | A) Yoga for Mental Health(MAYG0405) |
| | SCTY4.2 | 26 | OR B) Yoga for Stress Management (MAYG0406) |

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