



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAMOF 2025

SEMESTER PATTERN EXAMINATION

DRAFT PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV OCT./NOV-2025

EXAMINATION TO BE HELD IN OCT.-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 examinations 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

M.A.Yoga Sem-I (New w.e.f.June 2023) (NEP CBCSPattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time: 3:00 p.m. to 05:30 p.m
Wednesday 01/10/2025	DSC -1	1	Foundation of Yoga (230125101)
Saturday 04/10/2025	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Tuesday 07/10/2025	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Thursday 09/10/2025	RM	4	Research Methodology (230125105)
Saturday 11/10/2025	DSE .1	5 6	Applied Yoga (230125106) OR Gher and Samhita (230125107)

M.A. Yoga Sem-II (New w.e.f.June 2023) (NEP CBCS Pattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time: 11:00 a.m. to 1:30 p.m
Friday 03/10/2025	DSE- V	7	Hatha Yogic (230125201)
Monday 06/10/2025	DSE- VI	8	Patanjal Yoga Sutras (230125202)
Wednesday 08/10/2025	DSE- VII	9	Yoga and Mental Health (230125203)
Friday 10/10/2025	DSE	10 11	A) Yoga for Health Promotion (230125206) OR 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
Wednesday 01/10/2025	YG-301	12	Therapeutic Aspect of Yog Practical (230125301)
Saturday 04/10/2025	YG-302	13	Yog Upanishads (230125302)
Tuesday 07/10/2025	YG-303	14	Applied Psychology (230125303)
Thursday 09/10/2025	YG-304	15	Mantra Yoga (230125304)
Saturday 11/10/2025	DSE	16 17	A)Introduction to Meditation Techniques (230125306) OR B) Yoga and Sports (230125307)

M.A.Yoga Sem-IV (New w.e.f.Nov. 2024) (NEP CBCS Pattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time: 3:00 p.m. to 05:30 p.m
Friday 03/10/2025	YG-401	18	Advance Teaching Practices Practical (230125401)
Monday 06/10/2025	YG-402	19	Yog Diet and Nutrition (230125402)
Wednesday 08/10/2025	YG-403	20	Bhagwat Gita (230125403)
Friday 10/10/2025	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: 3:00 p.m. to 06:00 p.m
Friday 03/10/2025	HCTY4.1	23	Integrated Approach of Yoga (MAYG0401)
Monday 06/10/2025	HCTY4.2	24	Different Types of Meditation (MAYG0402)
Wednesday 08/10/2025	HCTY4.3	25	Yoga Therapy & Other Therapies (MAYG0403)
Friday 10/10/2025	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/2025/1391

Date : 22/07/2025

Sd/-
Director
Board of Examinations and Evaluation