



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAM OF 2025

SEMESTER PATTERN EXAMINATION

RE-REVISED FINAL 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 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 तरतूदीनुसार 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
Wednesday 17/12/2025	DSC -1	1	Foundation of Yoga (230125101)
Friday 19/12/2025	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Monday 22/12/2025	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Wednesday 24/12/2025	RM	4	Research Methodology (230125105)
Friday 26/12/2025	DSE .1	5 6	Applied Yoga (230125106) OR 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
Tuesday 16/12/2025	DSE- V	7	Hatha Yogic (230125201)
Thursday 18/12/2025	DSE- VI	8	Patanjal Yoga Sutras (230125202)
Saturday 20/12/2025	DSE- VII	9	Yoga and Mental Health (230125203)
Tuesday 23/12/2025	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 17/12/2025	YG-301	12	Therapeutic Aspect of Yog Practical (230125301)
Friday 19/12/2025	YG-302	13	Yog Upanishads (230125302)
Monday 22/12/2025	YG-303	14	Applied Psychology (230125303)
Wednesday 24/12/2025	YG-304	15	Mantra Yoga (230125304)
Friday 26/12/2025	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
Tuesday 16/12/2025	YG-401	18	Advance Teaching Practices Practical (230125401)
Thursday 18/12/2025	YG-402	19	Yog Diet and Nutrition (230125402)
Saturday 20/12/2025	YG-403	20	Bhagwat Gita (230125403)
Tuesday 23/12/2025	YG-404	21	a) Yog, Religion and Spirituality (230125405) OR
	YG-405	22	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
Tuesday 16/12/2025	HCTY4.1	23	Integrated Approach of Yoga (MAYG0401)
Thursday 18/12/2025	HCTY4.2	24	Different Types of Meditation (MAYG0402)
Saturday 20/12/2025	HCTY4.3	25	Yoga Therapy & Other Therapies (MAYG0403)
Tuesday 23/12/2025	SCTY4.1	26	a) Yoga for Mental Health (MAYG0405) OR
	SCTY4.2	27	b) Yoga for Stress Management (MAYG0406)

Please visit sus.ac.in

Ref No.: PAHSUS/EXAM/TIME-TABLE/2025/2023

Date : 18/10/2025

Sd/-
Director
Board of Examinations and Evaluation