PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAM OF 2026

SEMESTER PATTERN EXAMINATION

FINAL PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV OCT./NOV-2026

EXAMINATION TO BE HELDIN ON OCT.-2026

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 candidate should write correct Seat No. one ach answer book. If candidate writes wrong Seat No.on answer Book the performance of such subject will not be considered.

2. Candidatearerequestedtobepresentattheirrespectiveplacesoftheexamination **FIFTEENMINUTES** beforethe 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. AlltheCandidatesareaskedtofollowthetimelyinstructionsgivenbyUniversityinaccordancewiththeexaminationsmethodology.

5. As per the Rights 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 तरतूदीनुसार अपंग विद्यार्थ्यांना ऑनलाईन व ऑफलाईन परीक्षेमध्ये सर्वसाधरण 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 HOLKARSOLAPUR UNIVERSITY, SOLAPUR

M.A.Yoga Sem–I (New w.e.f.June 2026) (NEP CBCS Pattern-2023)			
Day & Date	**Paper No.**	**Sr. No.**	**Subject** **Time:3:00p.m.to 05:30p.m**
Monday 21/12/2026	DSC -1	1	Foundation of Yoga (M1926-DSC-11)
Wednesday 23/12/2026	DSC- 2	2	Anatomy and Physiology of Yogic Practices (M1926-DSC-12)
Saturday 26/12/2026	DSC- 4	4	Patanjal Yoga Sutra- I (M1926-DSC-14)
Monday 28/12/2026	RM	5	Research Methodology (M1926-RM-11)
Wednesday 30/12/2026	DSE .1	6 7	Applied Yoga (M1926-DSE-1A) OR Gherand Samhita (M1926-DSE-1B)

M.A.Yoga Sem–I (New w.e.f.June 2023) (NEP CBCS Pattern-2023) (Old up to Mar-2027)			
Day & Date	**Paper No.**	**Sr. No.**	**Subject** **Time:3:00p.m.to 05:30p.m**
Monday 21/12/2026	DSC -1	8	Foundation of Yoga (230125101)
Wednesday 23/12/2026	DSC- 2	9	Anatomy and Physiology of Yogic Practices (230125102)
Saturday 26/12/2026	DSC- 3	10	Introduction to Indian Philosophy (230125103)
Monday 28/12/2026	RM	11	Research Methodology (230125105)
Wednesday 30/12/2026	DSE .1	12 13	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: 12:00 p.m.to 2:30 p.m**
Tuesday 22/12/2026	DSE- V	14	Hatha Yogic Texts (230125201)
Thursday 24/12/2026	DSE- VI	15	Patanjali Yoga Sutras (230125202)
Tuesday 29/12/2026	DSE- VII	16	Yoga and Mental Health (230125203)
Thursday 31/12/2026	DSE 2	17 18	A) Yoga for Health Promotion (230125206) OR B) Applied Psychology (230125207)

M.A. Yoga Sem–III (NEW w.e.f. June 2024) (NEP CBCS Pattern-2023)			
Day & Date	**Paper No.**	**Sr. No.**	**Subject** **Time: 12:00 p.m.to 2:30 p.m**
Monday 21/12/2026	YG-301	19	Therapeutic Aspect of Yog Practical (230125301)
Wednesday 23/12/2026	YG-302	20	Yog Upanishads (230125302)
Saturday 26/12/2026	YG-303	21	Applied Psychology (230125303)
Monday 28/12/2026	YG-304	22	Mantra Yoga (230125304)
Wednesday 30/12/2026	DSE 3	23 24	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:3:00p.m.to 05:30p.m**
Tuesday 22/12/2026	YG-401	25	Advance Teaching Practices Practical (230125401)
Thursday 24/12/2026	YG-402	26	Yog Diet and Nutrition (230125402)
Tuesday 29/12/2026	YG-403	27	Bhagwat Gita (230125403)
Thursday 31/12/2026	YG-404 YG-405	28 29	a) Yog, Religion and Spirituality (230125405) OR b) Yog in Principal Upanishad (230125406)

Please Visit : sus.ac.in

Sd/-
Director
Board of Examinations and Evaluation