



# PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

**Yoga Semester**  
**EXAM MAR/APR-2025**

**EXAMOF 2025**

**SEMESTER PATTERN EXAMINATION**

**FINAL PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV MAR./APR-2025 EXAMINATION**

**TO BE HELD IN MAY.-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

<b>M.A.Yoga Sem-I (New w.e.f.June 2023)</b> <b>(NEP CBCS Pattern-2021)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to5:30p.m
<b>Saturday</b> <b>03/05/2025</b>	DSC -1	1	Foundation of Yoga (230125101)
<b>Wednesday</b> <b>07/05/2025</b>	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
<b>Friday</b> <b>09/05/2025</b>	DSC- 3	3	Introduction to Indian Philosophy (230125103)
<b>Wednesday</b> <b>14/05/2025</b>	RM	4	Research Methodology (230125105)
<b>Friday</b> <b>16/05/2025</b>	DSE .1	5	Applied Yoga (230125106)
		6	OR Gher and Samhita (230125107)

<b>M.A. Yoga Sem-II (New w.e.f.June 2023)</b> <b>(NEP CBCS Pattern-2023)</b>			
Day & Date	Paper No.	Sr. No.	<b>Subject</b> <b>Time:11:00a.m.to1:30p.m</b>
Friday 02/05/2025	DSE- V	7	Hatha Yogic (230125201)
Tuesday 06/05/2025	DSE- VI	8	Patanjal Yoga Sutras (230125202)
Thursday 08/05/2025	DSE- VII	9	Yoga and Mental Health (230125203)
Saturday 10/05/2025	DSE	10 11	A) Yoga for Health Promotion (230125206) OR B) Applied Psychology (230125207)

<b>M.A. Yoga Sem-III (NEW w.e.f. June 2024)</b> <b>(NEP CBCSPattern-2023)</b>			
Day & Date	Paper No.	Sr. No.	<b>Subject</b> <b>Time:11:00 a.m.to 1:30 p.m</b>
Saturday 03/05/2025	YG-301	11	Therapeutic Aspect of Yog Practical (230125301)
Wednesday 07/05/2025	YG-302	12	Yog Upanishads (230125302)
Friday 09/05/2025	YG-303	13	Applied Psychology (230125303)
Wednesday 14/05/2025	YG-304	14	Mantra Yoga (230125304)
Friday 16/05/2025	DSE	15 16	A)Introduction to Meditation Techniques (230125306) OR B) Yoga and Sports (230125307)

<b>M.A. Yoga Sem–III (w.e.f. June 2022)</b> <b>(CBCS Pattern-2021) (Old up to MAR.-2025)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 2:00 p.m
Saturday 03/05/2025	HCTY3.1	17	Hath Yoga (MAYG0301)
Wednesday 07/05/2025	HCTY3.2	18	Four Streams of Yoga (MAYG0302)
Friday 09/05/2025	HCTY3.3	19	Teaching Methodology for Yoga (MAYG0303)
Wednesday 14/05/2025	SCTY3.1	20	A) Health & Nutrition(MAYG0305 )
	SCTY3.2	21	OR B) Yoga for Child Health (MAYG0306)

<b>M.A.Yoga Sem–IV (New w.e.f.Nov. 2024)</b> <b>(CBCS Pattern-2023)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to6:00p.m
Friday 02/05/2025	YG-401	22	Advance Teaching Practices Practical (230125401)
Tuesday 06/05/2025	YG-402	23	Yog Diet and Nutrition (230125402)
Thursday 08/05/2025	YG-403	24	Bhagwat Gita (230125403)
Saturday 10/05/2025	YG-404	25	a) Yog, Religion and Spirituality (230125405)
	YG-405	26	OR b) Yog in Principal Upanishad (230125406)

<b>M.A. Yoga Sem–IV (New w.e.f.June 2022)</b> <b>(CBCS Pattern-2021) (Old up to OCT-2025)</b>			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to6:00p.m
Friday 02/05/2025	HCTY4.1	27	Integrated Approach of Yoga (MAYG0401)
Tuesday 06/05/2025	HCTY4.2	28	Different Types of Meditation (MAYG0402)
Thursday 08/05/2025	HCTY4.3	29	Yoga Therapy & Other Therapies (MAYG0403)
Saturday 10/05/2025	SCTY4.1	30	a) Yoga for Mental Health(MAYG0405)
	SCTY4.2	31	OR b) Yoga for Stress Management (MAYG0406)

Please visit sus.ac.in

Ref No.: PAHSUS/EXAM/TIME-TABLE/2025/518

Date : 26/03/2025

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Board of Examinations and Evaluation

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