



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

EXAMOF 2024 SEMESTERPATTERN EXAMINATION

DRAFT PROGRAM OF M.A. (YOGA) SEMESTER –I TO IV OCT./NOV-2024 EXAMINATION

TO BE HELD IN DEC.-2024

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 सर्वानुमते मान्यता देण्यात आली.)

Sr. No.	Center	College Abbreviation	Place
1	Solapur	PAHSUS	PUNYASHLOK AHILYADEVI HOLKARSOLAPUR UNIVERSITY, SOLAPUR

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
Tuesday 10/12/2024	DSC -1	1	Foundation of Yoga (230125101)
Thursday 12/12/2024	DSC- 2	2	Anatomy and Physiology of Yogic Practices (230125102)
Tuesday 17/12/2024	DSC- 3	3	Introduction to Indian Philosophy (230125103)
Thursday 19/12/2024	RM	4	Research Methodology (230125105)
Saturday 21/12/2024	DSE .1	5 6	Applied Yoga (230125106) OR Gher and Samhita (230125107)

YogaSem-II(Neww.e.f.June2023) (NEP CBCSPattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00a.m.to1:30p.m
Wednesday 11/12/2024	DSE- V	7	Hatha Yogic (230125201)
Friday 13/12/2024	DSE- VI	8	Patanjal Yoga Sutras (230125202)
Wednesday 18/12/2024	DSE- VII	9	Yoga and Mental Health (230125203)
Friday 20/12/2024	DSE	10 11	A) Yoga for Health Promotion (230125206) OR B) Applied Psychology (230125207)

YogaSem-II(w.e.f.June2021) (CBCSPattern-2021) (Old up to OCT.2024)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00a.m.to2:00p.m
Wednesday 11/12/2024	HCTY2.1	12	Vedas & Upanishads (MAYG0201)
Friday 13/12/2024	HCTY2.2	13	Patanjal Yogasutras (MAYG0202)
Wednesday 18/12/2024	HCTY2.3	14	Research Methodology (MAYG0203)
Friday 20/12/2024	SCTY2.1 SCTY2.2	15 16	A)Yoga for Health Promotion(MAYG0204) OR B) Yoga for Immunity (MAYG0205)

Yoga Sem-III (NEW w.e.f. June2024) (NEP CBCSPattern-2023)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 1:30 p.m
Tuesday 10/12/2024	YG-301	17	Therapeutic Aspect of Yog Practical
Thursday 12/12/2024	YG-302	18	Yog Upanishads
Tuesday 17/12/2024	YG-303	19	Applied Psychology)
Thursday 19/12/2024	YG-304	20	Mantra Yoga
Saturday 21/12/2024	DSE	21 22	A) Introduction to Meditation Techniques OR B) Yoga and Sports

Yoga Sem-III(w.e.f. June2022) (CBCSPattern-2021) (Old up to MAR.-2025)			
Day & Date	Paper No.	Sr. No.	Subject Time:11:00 a.m.to 2:00 p.m
Tuesday 10/12/2024	HCTY3.1	23	Hath Yoga (MAYG0301)
Thursday 12/12/2024	HCTY3.2	24	Four Streams of Yoga (MAYG0302)
Tuesday 17/12/2024	HCTY3.3	25	Teaching Methodology for Yoga (MAYG0303)
Thursday 19/12/2024	SCTY3.1	26	A) Health & Nutrition(MAYG0305) OR
	SCTY3.2	27	B) Yoga for Child Health (MAYG0306)

Yoga Sem-IV(New w.e.f.June 2022) (CBCSPattern-2021)			
Day & Date	Paper No.	Sr. No.	Subject Time:3:00p.m.to6:00p.m
Wednesday 11/12/2024	HCTY4.1	28	Integrated Approach of Yoga (MAYG0401)
Friday 13/12/2024	HCTY4.2	29	Different Types of Meditation (MAYG0402)
Wednesday 18/12/2024	HCTY4.3	30	Yoga Therapy & Other Therapies (MAYG0403)
Friday 20/12/2024	SCTY4.1	31	A) Yoga for Mental Health(MAYG0405)
	SCTY4.2	32	OR B) Yoga for Stress Management (MAYG0406)

Please visit-<http://su.digitaluniversity.ac>

Ref No.: PAHSUS/EXAM/TIME-TABLE/2024/2227

Date: 21/11/2024

Sd/-
Director
Board of Examinations and Evaluation