

HIMACHAL PRADESH UNIVERSITY
(NAAC Accredited 'A' Grade University)
"CONDUCT BRANCH"

Revised Date-sheet for M.A. Yoga under CBCS Examination to be held in June, 2025

Morning Session

Time: 9.00 AM to 12.00 Noon

Date	Semester	Course	Title of the course
18.06.2025	2 nd	MYS-205-GEC-I	Yoga and Human Values
19.06.2025	4 th	MYS-408-GEC-II	Principles of Yoga and Yogic Practices
23.06.2025	4 th	MYS-401-Core	Shrimadbhagavadgita
24.06.2025	2 nd	MYS-201-Core	Indian Philosophy
25.06.2025	4 th	MYS-402-Core	Research Methodology
26.06.2025	2 nd	MYS-202-Core	Methods of Statistics
27.06.2025	4 th	MYS-404-EC	Diet and Nutrition
28.06.2025	2 nd	MYS-203-Core	Alternative Therapy
30.06.2025	4 th	MYS-405-EC	Ayurveda & Swasthavritta
01.07.2025	4 th	MYS-406-EC	Yoga and Applied Psychology
02.07.2025	1 st	MYS-101-Core	Foundations of Yoga
03.07.2025	3 rd	MYS-301-Core	Patanjalyoga Darshan
04.07.2025	3 rd	MYS-302-Core	Yoga Therapy
05.07.2025	1 st	MYS-102-Core	Foundations of Hathayoga
07.07.2025	3 rd	MYS-305-EC	Teaching of Upanishad-s
08.07.2025	1 st	MYS-103-Core	Human Anatomy & Physiology
09.07.2025	3 rd	MYS-304-EC	Yoga Education
10.07.2025	3 rd	MYS-306- EC	Teaching Methodology of Yoga

Dated: Shimla-5, the 10.06.2025

Note: Students of the above course are advised to appear in the papers of GE on the dates fixed in the date-sheet of Post Graduate Courses notified Separately.

Sd/-
Assistant Registrar (Conduct)
Examination Centre: Shimla, as per notification No. 1-11/2024-HPU (Conduct)
dated 24.04.2025

Sd/-
Controller of Examinations