

KURUKSHETRA UNIVERSITY KURUKSHETRA

(Established by the State Legislature Act XII of 1956)

("A++" Grade NAAC Accredited)

Date-Sheet for the M.A. Yoga I & III Semester, PG Dip in Yoga I Semester, PG Dip in Yoga Therapy I Semester Examinations, December, 2025.

(THEORY EXAMINATION)

Examination Centre : As mentioned in Admit Card

Time of Examination : 09.30 A.M. (MORNING SESSION)

DATE	SUBJECT
	MA Yoga I Semester (NEP)
8-Dec-2025	M24-YGA-101: Foundation of Yoga
11-Dec-2025	M24-YGA-102: Anatomical and Physiological Aspect of Yoga
16-Dec-2025	M24-YGA-103: Hatha Yoga
19-Dec-2025	M24-YGA-104: Research Methodology in Yoga
	MA Yoga III Semester (NEP)
4-Dec-2025	M24-YGA-301:Naturopathy
9-Dec-2025	M24-YGA-302:Basic Yogic Text Principles of Upanishads and Bhagwat Geeta
12-Dec-2025	M24-YGA-303:Application of Yoga
17-Dec-2025	M24-YGA-304:Kinesiological Aspect of Yoga
	M.A. Yoga Ist SEMESTER (Non NEP)
8-Dec-2025	MA YOGA-101: Fundamentals of Yoga (CBCS only)
8-Dec-2025	P-101: Fundamentals of Yoga (Non CBCS)
11-Dec-2025	MA YOGA-102: Anatomical and Physiological Aspects of Yoga (CBCS only)
11-Dec-2025	P-102: Anatomical and Physiological Aspects of Yoga (Non CBCS)
16-Dec-2025	MA YOGA-103: Pantanjali Yog Sutra (CBCS only)
16-Dec-2025	P-103: Pantanjali Yog Sutra (Non CBCS)
19-Dec-2025	MA YOGA-104: Research Methodology in Yoga (CBCS only)
19-Dec-2025	P-104: Research Methodology in Yoga (Non CBCS)
	M.A. Yoga 3rd SEMESTER(Non NEP)
4-Dec-2025	MA YOGA-301: Fundamentals of Naturopathy (CBCS only)
4-Dec-2025	P-301: Fundamentals of Naturopathy (Non CBCS)
9-Dec-2025	MA YOGA-302: Basic Yoga Texts Principle Upanishads & Bhagwat Gita (CBCS only)
9-Dec-2025	P-302: Basic Yoga Texts Principle Upanishads & Bhagwat Gita (Non CBCS)
12-Dec-2025	MA YOGA-303: Applications of Yoga (CBCS only)
12-Dec-2025	P-303: Applications of Yoga (Non CBCS)
17-Dec-2025	MA YOGA-304: Applied Psychology in Yoga (CBCS only)
17-Dec-2025	P-304: Applied Psychology in Yoga (Non CBCS)
	PG Dip in Yoga I Semester (NEP)
8-Dec-2025	M24-YGA-101: Foundation of Yoga
11-Dec-2025	M24-YGA-102: Anatomical and Physiological Aspect of Yoga
16-Dec-2025	M24-YGA-103: Hatha Yoga
19-Dec-2025	M24-YGA-104: Research Methodology in Yoga
	PG Diploma in Yoga Ist Semester (Non NEP)
8-Dec-2025	PGDY-101: Yoga Parichya (CBCS only)
8-Dec-2025	Paper-PGDY(101): Yoga Parichya
11-Dec-2025	PGDY-102: Anatomy, Physiology for Yogic Practices (CBCS only)
11-Dec-2025	Paper-PGDY(102): Anatomy, Physiology for Yogic Practices

Contd. on Page....2

16-Dec-2025	PGDY-103: Traditional Yoga (CBCS only)
16-Dec-2025	Paper-PGDY(103): Traditional Yoga
19-Dec-2025	PGDY-104: Teaching Methodology for Yogic Practices (CBCS only)
19-Dec-2025	Paper-PGDY(104): Teaching Methodology for Yogic Practices
	PG Dip in Yoga Therapy I Semester (NEP)
8-Dec-2025	M24-YGA-101: Foundation of Yoga
11-Dec-2025	M24-YGA-102: Anatomical and Physiological Aspect of Yoga
16-Dec-2025	M24-YGA-103: Hatha Yoga
19-Dec-2025	M24-YGA-104: Research Methodology in Yoga

- NOTES :
- 1 On getting a question-paper and before answering it, the candidates must check up and ensure that they have been supplied with the correct question-paper. If the question-paper is not correct they should bring the same to the notice of the Invigilator. Complaints in this regard after the examination shall not be entertained.
 - 2 Electronics gadgets such as pagers, Cell phone and Programmable Calculators etc. are not allowed in the Examination Hall.
 - 3 No extra answer-sheet will be provided.

KURUKSHETRA

3-Nov-2025

CONTROLLER OF EXAMINATIONS