

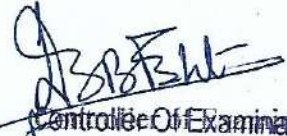
**Soban Singh Jeena University, Almora****Semester examination – 2022-2023****Programme for Department of Yoga****Time: 11:00 AM - 02:00 PM**

| Date & Day              | Class                                    | Subject                                                                     | Paper |
|-------------------------|------------------------------------------|-----------------------------------------------------------------------------|-------|
| 08/05/2023<br>Monday    | पंचकर्म चिकित्सा –प्रमाण पत्र            | Introduction of Panchkarma                                                  | I     |
| 09/05/2023<br>Tuesday   | M.A I Semester                           | योग का आधार<br>Pillars of Yog                                               | I     |
|                         | M.A III Semester                         | प्राकृतिक चिकित्सा के सिद्धान्त<br>Principal of Naturopathy                 | I     |
|                         | P.G. Diploma in Yogic Science I Semester | मानव चेतना एवं योग का परिचय<br>Introduction of Human Consciousness and yoga | I     |
| 10/05/2023<br>Wednesday | मर्म चिकित्सा-प्रमाण पत्र                | Introduction Marma Therapy                                                  | I     |
| 11/05/2023<br>Thursday  | M.A I Semester                           | हठयोग के सिद्धान्त<br>Principles of Hath Yoga                               | II    |
|                         | M.A III Semester                         | अनुसंधान विधियाँ<br>Research Methodology                                    | II    |
|                         | P.G. Diploma in Yogic Science I Semester | हठयोग<br>Hath Yoga                                                          | II    |
| 13/05/2023<br>Saturday  | M.A I Semester                           | मनोविज्ञान का आधार एवं योग<br>Bases of Psychology and Yoga                  | III   |
|                         | M.A III Semester                         | योग एवं आयुर्वेद<br>Yoga And Ayurveda                                       | III   |
|                         | P.G. Diploma in Yogic Science I Semester | योग में अध्यापन विधियाँ<br>Teaching Methodology in Yoga                     | III   |
| 16/05/2023<br>Tuesday   | M.A I Semester                           | शरीर रचना क्रिया विज्ञान<br>Anatomy , Physiology and Yogic Practices        | IV    |
|                         | M.A III Semester                         | योग में अध्यापन विधियाँ<br>Teaching Methodology of Yogic Practice           | IV    |
|                         | P.G. Diploma in Yogic Science I Semester | मानव शरीर रचना एवं क्रिया विज्ञान<br>Human Anatomy , Physiology             | IV    |
| 17/05/2023<br>Wednesday | CNYS                                     | योग एवं प्राकृतिक चिकित्सा का परिचय<br>Introduction of Yoga and Naturopathy | I     |
| 19/05/2023<br>Friday    | CNYS                                     | आहार, स्वास्थ्य एवं पोषण<br>Health, Diet and Nutrition                      | II    |

Note: No guarantee can be given to the candidates regarding the order of question papers.

Place: Almora

Date: 26/04/2023

  
Controller of Examinations  
Soban Singh Jeena University  
Almora-263601  
(Uttarakhand)