

**DATE SHEET FOR
BYNS 2nd YEAR
SESSION MARCH-2025**

Sr.No	Day & Date	Subject	Max Marks
1.	Monday 3/03/2025	Anatomy & Physiology	100
2.	Wednesday 5/03/2025	Yoga Literature Hath Yoga & Patanjali Yoga Sutras	100
3.	Friday 7/03/2025	Naturopathy	100
4.	Monday 10/03/2025	Advance Asanas Method and Practice	100
5.	Wednesday 12/03/2025	Bandhas, Kriyas and Mudras	100
6.	Thursday 13/03/2025	Teaching Methods and Yogic Diet & Practice	100
7.	Monday 17/03/2025	Practical, Internal Assessment, Viva- voice	200

Timing: - 11:00 A.M To 2:00 P.M

Controller of Exam
Niter New Delhi
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