

**National Institute of Technical Education & Research**  
**DATE SHEET FOR BYNS 1<sup>st</sup> Year**

**SESSION MARCH - 2024**

Sr. No	Day & Date	Subject	Max Marks
1	Monday 11/03/2024	History of Yoga & Sutra	100
2	Tuesday 12/03/2024	Principles & Practices of Yoga	100
3	Wednesday 13/03/2024	Introduction of Naturopathy	100
4	Thursday 14/03/2024	Practice of Basic Asanas	100
5	Friday 15/03/2024	Practice of Pranayama	100
6	Saturday 16/03/2024	Introduction & Practice of Naturopathy & Yogic Food	100
7	Monday 18/03/2024	Practical	100
8	Tuesday 19/03/2024	(a) Internal Examination Monthly/Quarterly. (b) Field Work. (c) Record Keeping, Assessment & Preparation of AV Aids.	100

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

**Controller of Exam**

**Niter New Delhi**  
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