

National Institute of Health Science & Research
DATE SHEET FOR BYNS 1ST YEAR
MARCH-2023

| Sr. No | Day & Date | Subject | Max Marks |
|--------|--------------------------------|--|-----------|
| 1 | <i>Monday</i> 13/03/2023 | History of Yoga & Sutra | 100 |
| 2 | <i>Tuesday</i> 14/03/2023 | Principles & Practices of Yoga | 100 |
| 3 | <i>Wednesday</i> 15/03/2023 | Introduction of Naturopathy | 100 |
| 4 | <i>Thursday</i> 16/03/2023 | Practice of Basic Asans | 100 |
| 5 | <i>Friday</i> 17/03/2023 | Practice of Pranayama | 100 |
| 6 | <i>Saturday</i> 18/03/2023 | Introduction & Practice of Naturopathy & Yogic Food | 100 |
| 7 | <i>Monday</i> 20/03/2023 | Practical | 100 |
| 8 | <i>Tuesday</i> 21/03/2023 | (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