

**National Institute of Health Science & Research**  
**DATE SHEET FOR B.Y.N.S. 3rd YEAR**  
**MARCH-2023**

<b>Sr. No</b>	<b>Day &amp; Date</b>	<b>Subject</b>	<b>Max Marks</b>
1	Monday 13/03/2023	Anatomy & Physiology (Yogic View)	100
2	Tuesday 14/03/2023	Asthanga Yoga & Technique	100
3	Wednesday 15/03/2023	Naturopathy (Advanced)	100
4	Thursday 16/03/2023	Project work on yoga (Treatment)	100
5	Friday 17/03/2023	Practice of Naturopathy for Disorders	100
6	Saturday 18/03/2023	Practice of pranayama and yoga teaching method	100
7	Monday 20/03/2023	Practical	100
8	Tuesday 21/03/2023	Internal assesment	50
9	Thursday 23/03/2023	Viva Voice.	50

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

**Controller of Exam**