

National Institute of Health Science & Research
DATE SHEET FOR B.Y.N.S. 2ND YEAR
MARCH-2024

Sr. No	Day & Date	Subject	Max Marks
1	Monday 11/03/2024	Anatomy & Physiology	100
2	Tuesday 12/03/2024	Yoga Literature Hath Yoga & Patanjali Yoga Sutras	100
3	Wednesday 13/03/2024	Naturopathy	100
4	Thursday 14/03/2024	Advance Asanas Method and Practice	100
5	Friday 15/03/2024	Bandhas, Kriyas and Mudras	100
6	Saturday 16/03/2024	Teaching Methods and Yogic Diet & Practice	100
7	Monday 18/03/2024	Practical	100
8	Tuesday 19/03/2024	Internal Assessment	50
9	Wednesday 20/03/2024	Viva Voice.	50

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

Controller of Exam
 Nihsr New Delhi
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