

National Institute of Health Science & Research
DATE SHEET FOR B.Y.N.S. 3rd YEAR
MARCH-2024

Sr. No	Day & Date	Subject	Max Marks
1	Monday 11/03/2024	Anatomy & Physiology (Yogic View)	100
2	Tuesday 12/03/2024	Ashtanga Yoga & Technique	100
3	Wednesday 13/03/2024	Naturopathy (Advanced)	100
4	Thursday 14/03/2024	Project work on Yoga (Treatment)	100
5	Friday 15/03/2024	Practice of Naturopathy for Disorders	100
6	Saturday 16/03/2024	Practice of Pranayama and Yoga Teaching Method	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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