

National Institute of Health Science & Research

DATE SHEET FOR PGDYED ONE YEAR

SESSION MARCH - 2024

Sr. No	Day & Date	Subject	Max Marks
1	Monday 11/03/2024	Patanjali Yoga Sutra	100
2	Tuesday 12/03/2024	Yogic Text	100
3	Wednesday 13/03/2024	Yoga And Cultural Synthesis	100
4	Thursday 14/03/2024	Anatomy & Physiology of Yogic Practice	100
5	Friday 15/03/2024	Yoga & Mental Health	100
6	Saturday 16/03/2024	Practical	100
7	Monday 18/03/2024	Internal Assessment	50
8	Tuesday 19/03/2024	Viva Voice	50

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

Controller of Exam
Nihsr New Delhi
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