

NATIONAL INSTITUTE OF HEALTH SCIENCE & RESEARCH

DATE SHEET FOR BYNS 1st YEAR SESSION MARCH-2025

Sr.No	Day & Date	Subject	Max Marks
1.	Monday 3/03/2025	History of Yoga & Sutra	100
2.	Wednesday 5/03/2025	Principles & Practices of Yoga	100
3.	Friday 7/03/2025	Introduction of Naturopathy	100
4.	Monday 10/03/2025	Practice of Basic Asanas	100
5.	Wednesday 12/03/2025	Practice of Pranayama	100
6.	Thursday 13/03/2025	Introduction & Practice of Naturopathy & Yogic Food	100
7.	Monday 17/03/2025	Practical, Internal Assessment, Viva- voice	200

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

Controller of Exam
Nihsr New Delhi
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