

# NATIONAL INSTITUTE OF HEALTH SCIENCE & RESEARCH

## DATE SHEET FOR BYNS 3<sup>rd</sup> YEAR SESSION MARCH-2025

| Sr.No | Day & Date              | Subject                                        | Max Marks |
|-------|-------------------------|------------------------------------------------|-----------|
| 1.    | Monday<br>3/03/2025     | Anatomy & Physiology (Yogic View)              | 100       |
| 2.    | Wednesday<br>5/03/2025  | Ashtanga Yoga & Technique                      | 100       |
| 3.    | Friday<br>7/03/2025     | Naturopathy (Advanced)                         | 100       |
| 4.    | Monday<br>10/03/2025    | Project work on Yoga (Treatment)               | 100       |
| 5.    | Wednesday<br>12/03/2025 | Practice of Naturopathy for Disorders          | 100       |
| 6.    | Thursday<br>13/03/2025  | Practice of Pranayama and Yoga Teaching Method | 100       |
| 7.    | Monday<br>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  
[www.nihsr.com](http://www.nihsr.com)