

NATIONAL INSTITUTE OF HEALTH SCIENCE & RESEARCH

DATE SHEET FOR

Post Graduate Diploma in Yoga Education (P.G.D.Y.Ed.) – One Year

SESSION MARCH-2026

| Sr.No | Day & Date | Subject | Max Marks |
|-------|-------------------------|---|-----------|
| 1. | 07/03/2026 Saturday | Patanjali Yoga Sutra | 100 |
| 2. | 11/03/2026 Wednesday | Yogic Text | 100 |
| 3. | 13/03/2026 Friday | Yoga And Cultural Synthesis | 100 |
| 4. | 16/03/2026 Monday | Anatomy & Physiology of Yogic Practice | 100 |
| 5. | 18/03/2026 Wednesday | Yoga & Mental Health | 100 |
| 6. | 20/03/2026 Friday | 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