



UNIVERSITY OF LUCKNOW
FACULTY OF ARTS
PROGRAMME OF EXAMINATIONS-2020-2021

(Regular & Back Paper/Improvement)

M.A. In Human Consciousness & Yogic Sciences SEM-IV

TIME ALLOWED: 3 HOURS

TIMINGS: 09.00 A.M. TO 12.00 Noon

DATE	PAPER	TITLE OF PAPER
18.08.2021	I	Philosophical Background of Yoga (Sri Mad Bhagwadgeeta)
20.08.2021	II	Personality Development
23.08.2021	III	Yoga and Value Based Education
25.08.2021	IV	Practice and Teaching Methods of Yoga

P.G. Diploma in Yoga, Semester II

TIME ALLOWED: 3 HOURS

TIMINGS: 09.00 A.M. TO 12.00 Noon

DATE	PAPER	TITLE OF PAPER
18.08.2021	I	Yoga and Personality Development
20.08.2021	II	Health and Disease
23.08.2021	III	Physiological Effects of Yoga
25.08.2021	IV	Teaching Methodology

Certificate in Yoga (Jan to April 2021)

TIME ALLOWED: 3 HOURS

TIMINGS: 09.00 A.M. TO 12.00 Noon

DATE	PAPER	TITLE OF PAPER
21.08.2021	I	Principles and Practice of Yoga
24.08.2021	II	Elementary Anatomy and Physiology
26.08.2021	III	Yoga and mental Health

NOTE: (a) University reserves the right to change the schedule as per organizational requirements.

(b) Students are advised to remain updated on the L.U. website www.lkouniv.ac.in for any changes in the schedule.

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University of Lucknow
Lucknow

Date: 01.08.2021