



# UNIVERSITY OF LUCKNOW, LUCKNOW

## Faculty of Yoga and Alternative Medicine

PROGRAMME OF ODD SEMESTER EXAMINATIONS-2023

### B.A./ B.Sc. Yoga, Semester-I

(Regular/Back Paper/Improvement)

(Second Campus)

Time Allowed: 3 Hours

Time: 9:00 AM – 12:00 Noon.

Title of Paper	Paper Code	Date
Foundation of Yoga	BYCT 101	08.01.2024
Human Anatomy & Physiology I	BYCT 102	10.01.2024
Environmental Studies & Yoga	BYCT 105	12.01.2024
Practice of Yogasana	BYCC 106	16.01.2024

### B.A./ B.Sc. Yoga, Semester-III

(Regular/Back Paper/Improvement)

Time Allowed: 3 Hours

Time: 9:00 AM – 12:00 Noon

Title of Paper	Paper Code	Date
Introduction to Hath Yoga	BYCT-301	09.01.2024
Yoga and Holistic Health	BYCT-302	11.01.2024
Asana and Pranayama (as in Gheranda Samhita)	BYCT-303	13.01.2024
Teaching Methodology for Yoga	BYCT-305	17.01.2024
Practice Meditation	BYCC-306	19.01.2024

### B.A./B.Sc. Yoga, Semester-V

(Regular/Back Paper/Improvement)

Time Allowed: 3 Hours

Time: 9:00 AM – 12:00 Noon

Title of Paper	Paper Code	Date
Essence of Principal Upanishads	BYCT 501	08.01.2024
Yoga and Biochemistry	BYCT 502	10.01.2024
Basis of Indian Culture Or Value Based Education	BYCT 503	12.01.2024

**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](http://www.lkouniv.ac.in) for any changes in the schedule.

-sd/-

(Prof. Ashok Kumar Sonkar)

Dean

Faculty of Yoga & Alternative  
Medicine

University of Lucknow,

Controller of Examination  
University of Lucknow,  
Lucknow

Dated: 27.12.2023