



UNIVERSITY OF LUCKNOW, LUCKNOW

Faculty of Yoga and Alternative Medicine

PROGRAMME OF ODD SEMESTER EXAMINATIONS-2024

Venue: IInd Campus, University of Lucknow, Lucknow

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

(Regular/Back Paper/Improvement)

Time Allowed: 2 Hours

Time: 11.30 AM – 01.30 P.M.

Title of Paper	Paper Code	Date
Foundation of Yoga	BYCT 101	04.01.2025
Human Anatomy & Physiology I	BYCT 102	07.01.2025
Environmental Studies & Yoga	BYCT 105	09.01.2025
Practice of Yogasana [MM 50 (35+150)] 2 credits only	BYCC 106	11.01.2025

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

(Regular/Back Paper/Improvement)

Time Allowed: 2 Hours

Time: 02.30 AM – 04.30 P.M.

Title of Paper	Paper Code	Date
Introduction to Hath Yoga	BYCT-301	04.01.2025
Yoga and Holistic Health	BYCT-302	07.01.2025
Asana and Pranayama (as in Gherenda Samhita)	BYCT-303	09.01.2025
Teaching Methodology for Yoga	BYCT-305	11.01.2025
Practice Meditation [MM 50 (35+150)] 2 credits only	BYCC-306	13.01.2025

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

(Regular/Back Paper/Improvement)

Time Allowed: 2 Hours

Time: 08:30 AM – 11:30 A.M.

Title of Paper	Paper Code	Date
Essence of Principal Upanishads	BYCT 501	04.01.2025
Yoga and Biochemistry	BYCT 502	07.01.2025
Basis of Indian Culture Or (Elective) Value Based Education	BYCT 503	09.01.2025

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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(Prof. Ashok Kumar Sonkar)
Dean Faculty of Yoga & Alternative
Medicine
University of Lucknow,

Controller of Examination
University of Lucknow,
Lucknow

Dated: 20.12.2024

20.12.2024
20/12/24