



UNIVERSITY OF LUCKNOW
FACULTY OF YOGA & ALTERNATIVE MEDICINE
PROGRAMME OF EVEN SEMESTER EXAMINATION 2025

B.A./B.Sc. YOGA SEMESTER-II
(Regular/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

| DATE | PAPER CODE | PAPER TITLE |
|------------|------------|---------------------------------|
| 16.05.2025 | BYCT -201 | Patanjala Yoga Darshan |
| 19.05.2025 | BYCT -202 | Human Anatomy and Physiology-II |
| 23.05.2025 | BYCT -205 | Environmental Hazards and Yoga |
| 26.05.2025 | BYVC -206 | Yogic Diet and Nutrition |

B.A./B.Sc. YOGA SEMESTER-IV
(Regular/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

| DATE | PAPER CODE | PAPER TITLE |
|------------|------------|-------------------------------------------------------|
| 17.05.2025 | BY-CT-401 | School of Yoga |
| 20.05.2025 | BY-CT-402 | Shatkarm, Mudra and Bandha (as in Gherand Samhita) |
| 22.05.2025 | BY-CT-403 | Essence of Bhagavad Geeta |
| 24.05.2025 | BY-CT-405 | Basis of Yoga Therapy |
| 27.05.2025 | BY-VC-406 | Acupressure Therapy |

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.

-sd-

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

Dated: 30.04.2025

30.4.2025
Controller of Examination
University of Lucknow
Lucknow



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PROGRAMME OF EVEN SEMESTER EXAMINATION 2025

B.A./B.Sc. YOGA SEMESTER-VI
(Regular/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

| DATE | PAPER CODE | PAPER TITLE |
|------------|------------|----------------------------------------------------------------------------------|
| 16.05.2025 | BYCT601 | Yoga and Human Values |
| 19.05.2025 | BYCT602 | Research Methodology & Statistics |
| 23.05.2025 | BYCT603 | Applied Yoga (Elective) Or Diseases of Different System (Elective) |

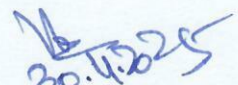
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FACULTY OF YOGA & ALTERNATIVE MEDICINE
PROGRAMME OF EVEN SEMESTER EXAMINATION 2025

M.A./M.Sc. (Yoga) SEM-II
(Regular/Back/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

| DATE | PAPER | PAPER TITLE |
|------------|------------|-----------------------------|
| 16.05.2025 | YOGCC-201 | Human Consciousness |
| 19.05.2025 | YOGCC-202 | Science of Soul |
| 22.05.2025 | YOGCC-203 | Yoga Theory and Practice-II |
| 24.05.2025 | YOGCC-204 | Yoga in Upanishad |
| 26.05.2025 | YOGCC-205 | Hath Yoga |
| 28.05.2025 | YOGCC-206 | Yoga and Health |
| 30.05.2025 | YOGVNV-201 | Therapies and Nature Cure |

M.A./M.Sc. (Yoga) SEM-IV
(Regular/Back/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

| DATE | PAPER | PAPER TITLE |
|------------|------------|-----------------------------------------------------------------|
| 17.05.2025 | YOGCC-401 | Yoga: A Management of Health & Diseases |
| 20.05.2025 | YOGEL-401A | Teaching Methods in Yoga |
| | YOGEL-401B | Reflexology Exercise & Massage Therapy |
| 23.05.2025 | YOGEL-402A | Yoga & Personality Development |
| | YOGEL-402B | Applied Psychology & Yogic Counselling |
| 27.05.2025 | YOGIRA-401 | Diagnostic Methods & Management of Diseases through Naturopathy |

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(Prof. Ashok Kumar Sonkar)

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University of Lucknow

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UNIVERSITY OF LUCKNOW
FACULTY OF YOGA & ALTERNATIVE MEDICINE
Revised PROGRAMME OF EVEN SEMESTER EXAMINATION 2025

PG Diploma in Yoga SEM-II
(Regular/Back/Improvement)

TIME ALLOWED: 3 HOURS

TIMINGS: 08.30 A.M. TO 11.30 A.M.

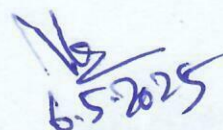
| DATE | PAPER | PAPER TITLE |
|------------|----------|----------------------------------|
| 17.05.2025 | PGDY-201 | Hath Yoga |
| 20.05.2025 | PGDY-202 | Yoga and Personality Development |
| 22.05.2025 | PGDY-203 | Health and Diseases |
| 24.05.2025 | PGDY-204 | Therapies of Naturopathy |
| 27.05.2025 | PGDY-205 | Yoga Therapy |

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(Prof. Ashok Kumar Sonkar)
Dean
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University of Lucknow

Dated: 06.05.2025


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