

**DATE SHEET FOR
PGDYED - 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
Niter New Delhi
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