

AKHIL BHARTIYA YOG AVAM PRAKRITIK CHIKITSA SANSTHAN

**DATE SHEET FOR
Diploma in Yoga (DY) – ONE YEAR COURSE
SESSION JUNE- 2026**

Sr.No	Day & Date	Subject	Max Marks
1	Monday 01/06/2026	Fundamentals of Yoga	100
2	Tuesday 02/06/2026	Scientific Basis of Yoga	100
3	Wednesday 03/06/2026	Methods of Yoga Teaching & Practice	100
4	Thursday 04/06/2026	Principles of Yogic Therapy	100
5	Friday 05/06/2026	Applied Yoga & Lifestyle Management	100
6	Saturday 06/06/2026	Practical, Internal Assessment, Viva- voice	200

Timing: - 11:00 A.M To 2:00 P.M

Controller of Exam
abypcs New Delhi
www.abypcs.com

अखिल भारतीय योग एवं प्राकृतिक चिकित्सा संस्थान
All India institute of Yoga & Naturopathy