The Enlightened College of Physical Education

Jhunir, Mansa (PB)

Affiliated with Punjabi University Patiala And Approved by Punjab Govt.

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EXTERNAL THEORY DATESHEET OF P.G DIPL. IN YOGA

(For Regular and Reappear Students)
December 2026-27
Timing: 09:30AM-12:30PM

Date	Paper	
	Practical	**Theory**
17-11-2026	Selected Yogic Shatkramas	
18-11-2026	Surya Namaskara & Selected Yogasanas	
19-11-2026	Pranayama, Bandhas, Mudras, Dhayana	
20-11-2026	Naturopathy	
21-11-2026	Sessional Work/ Practical File/Viva	
23-11-2026		Foundations of Yoga
25-11-2026		Human Anatomy & Physiology
26-11-2026		Study of Hathayoga
27-11-2026		Naturopathy & Swasth-Vrata
28-11-2026		Human Consciouseness

Principal

Principal
The Enlightened College of Physical Education,
Jhunir-Mansa (Pb.)