



# RAMAKRISHNA MISSION SIKSHANAMANDIRA

(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

College with Potential for Excellence (CPE),

College of Teacher Education (CTE) & Swami Vivekananda Centre for

Multidisciplinary Research in Educational Studies (SVCRES)

Phone No. – (033) 2654 – 1635/6081/9281

Email – rkmsmc@gmail.com, rkmsm@rediffmail.com

Website – www.rkmsm.org

Belur Math, Howrah – 711202, West Bengal.

## OFFICE OF THE CONTROLLER OF EXAMINATIONS

No. CE-35/EXP/PGDYE/26-27

### Schedule for 2<sup>nd</sup> Semester Examination of Post Graduate Diploma in Yoga Education Programme 2025-2026

| Date                   |                | Course Code | Course Name                                                                          | FM  | Time           |
|------------------------|----------------|-------------|--------------------------------------------------------------------------------------|-----|----------------|
| 09/08/2026<br>(Sunday) | Theory         | 621         | Hatha Yoga and Value Education                                                       | 80  | 12 Noon – 3 PM |
| 16/08/2026<br>(Sunday) | Practicum-II   | 623         | Advanced Asanas, Pranayamas, Bandhas and Mudras, Kriyas, Recitations and Meditations | 100 | 9 AM onwards   |
| 23/08/2026<br>(Sunday) | Theory         | 622         | Yoga and Mental Health                                                               | 80  | 12 Noon – 3 PM |
| 30/08/2026<br>(Sunday) | Practicum – II | 624         | Internship                                                                           | 50  | 11 AM onwards  |
|                        |                | 625         | Project on Yogic Activities                                                          | 50  |                |

*Sw. Urjitananda*  
01/08/26

01.08.2026

(Swami Urjitananda)

**Controller of Examinations**

Swami Urjitananda

Controller of Examinations

Ramakrishna Mission Sikshanamandira

Belur Math, Howrah-711202, W.B.

Copy to

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|--------------------------------|--------------------------|
| 1. Rev. Principal Mahara       | 6. Hostel Superintendent |
| 2. College Office              | 7. Hostel Notice Board   |
| 3. Exam. Centre In-Charge      | 8. Website               |
| 4. Course Coordinator/Convenor | 9. Scrap/Guard File      |
| 5. College Notice Board        |                          |

“Knowledge can only be got in one way, the way of experience; there is no other way to know.”

- Swami Vivekananda