

SWAMI RAMA HIMALAYAN UNIVERSITY

SWAMI RAM NAGAR, JOLLY GRANT, DEHRADUN, 248016

OFFICE OF THE CONTROLLER OF EXAMINATIONS

Ref No.: SRHU/COE/Int./2023- 383

Date: 11 December 2023

NOTIFICATION

1. Please refer to this office Notification SRHU/COE/Int./2023-372 dated 02 December 2023.
2. Revised schedule of University Examinations (December 2023/January 2024) for B.Sc. (Yoga Science & Holistic Health) & M.Sc. (Yoga Sciences) Odd Semesters shall be as under:

Theory Examination (Timings: 10:00 am to 01:00 pm)

Venue : Yoga Hall

Practical Examination (Timings: 09:00 am onwards)

B. Sc. (Yoga Science & Holistic Health) Semester I (Theory)

S.No	Date	Day	Course Code	Course Title
1.	26/12/2023	Tuesday	BYS101	Foundations of Yoga - I
2.	28/12/2023	Thursday	BYS102	Principles of Hatha Yoga - I
3.	30/01/2024	Saturday	BYS103	Human Anatomy and Physiology - I
4.	03/01/2024	Wednesday	BYS104	Basics of Sanskrit

B. Sc. (Yoga Science & Holistic Health) Semester I (Practical)

S.No	Date	Day	Course Code	Course Title
1.	08/01/2024	Monday	BYS105	Paper-V: Yoga Practical - I
2.	09/01/2024	Tuesday	BYS106	Paper-VI: Yoga Practical - II
3.	10/01/2024	Wednesday	BYS107	Paper -VII: Human Anatomy and Physiology Practical-I

B.Sc. (Yoga Science & Holistic Health) Semester III (Theory)

S.No	Date	Day	Course Code	Course Title
1.	27/12/2023	Wednesday	BYS301	Patanjal Yoga Darshana- I
2.	29/12/2023	Friday	BYS302	Yoga Education & Teaching Methodology
3.	01/01/2024	Monday	BYS303	Holistic Health
4.	04/01/2024	Thursday	BYS304	Functional English

B. Sc. (Yoga Science & Holistic Health) Semester III (Practical)

S.No	Date	Day	Course Code	Course Title
1.	11/01/2024	Thursday	BYS305	Paper-V: Yoga Practical - V
2.	12/01/2024	Friday	BYS306	Paper-VI: Yoga Practical - VI
3.	13/01/2024	Saturday	BYS307	Paper-VII: Holistic Health Practical



B. Sc. (Yoga Science & Holistic Health) Semester V (Theory)

S.No	Date	Day	Course Code	Course Title
1.	05/01/2024	Friday	BYS501	Bhagavadgita
2.	06/01/2024	Saturday	BYS502	Yoga Principles & Practices of Healthy Living
3.	08/01/2024	Monday	BYS503	Fundamentals of Biochemistry
4.	09/01/2024	Tuesday	BYS504-B	Elective-II, Fundamentals of Naturopathy

B. Sc. (Yoga Science & Holistic Health) Semester V (Practical)

S.No	Date	Day	Course Code	Course Title
1.	10/01/2024	Wednesday	BYS507-B / BYS507-C (Old)	Naturopathy Practical / Applied Alternative Therapy Practical
2.	11/01/2024	Thursday	BYS506	Practical of Biochemistry
3.	12/01/2024	Friday	BYS505	Yoga Practical- IX

M. Sc. (Yoga Science) Semester 1 (Theory)

S.No	Date	Day	Course Code	Course Title
1.	04/01/2023	Thursday	MYS101	Foundations of Yoga
2.	06/01/2023	Saturday	MYS102	Human Consciousness
3.	08/01/2024	Monday	MYS103	Human Anatomy and Physiology- I
4.	10/01/2024	Wednesday	MYS104	Principles of Hatha Yoga

M. Sc. (Yoga Science) Semester I (Practical)

S.No	Date	Day	Course Code	Course Title
1.	12/01/2024	Friday	MYS105	Yoga Practical-I
2.	13/01/2024	Saturday	MYS106	Yoga Practical-II



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M. Sc. (Yoga Science) Semester III (Theory)

S.No	Date	Day	Course Code	Course Title
1.	04/01/2023	Thursday	MYS301	Yoga Psychology
2.	06/01/2023	Saturday	MYS302	Indian Philosophy
3.	08/01/2024	Monday	MYS304	Applied Astrology, Vaastu Shastra & Holistic Healing Methods (Elective-II)
4.	10/01/2024	Wednesday	MYS305	Yoga and Alternative Therapy

M. Sc. (Yoga Science) Semester III (Practical)

S.No	Date	Day	Course Code	Course Title
1.	13/01/2024	Saturday	MYS306	Yoga Practical-V

This bears approval of the competent authority.

Ahankant
11-12-2023
(Controller of Examinations)

Copy to : Hon'ble Vice Chancellor }
: Registrar } for kind information please

: Principal, Himalayan School of Yoga Sciences } For further necessary action i.e. to inform all concerned/
: Webmaster – to upload on the University website } provide invigilation duties chart/ seating arrangements etc.
: Notice Boards



Ahankant
11-12-2023
(Controller of Examinations)