

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
**SWAMI RAM NAGAR, JOLLY GRANT, DEHRADUN, 248016**

**OFFICE OF THE CONTROLLER OF EXAMINATIONS**

Ref No.: SRHU/COE/Int./2024- 91

Date: 23 December, 2024

**NOTIFICATION**

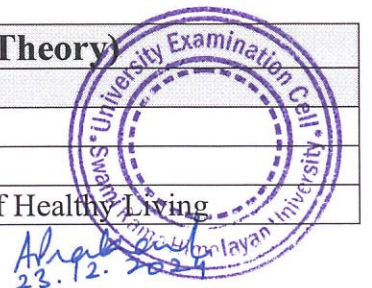
It is hereby notified that the schedule of **University Examinations (January-2025)** for **B.Sc. (Yoga Science & Holistic Health) & M.Sc. (Yoga Sciences) Odd Semesters** shall be as under:

**Venue: New Building of Yoga School**

<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester I (Theory)</b>				
<b>Timings: 10:00 am to 01:00 pm</b>				
S.N	Date	Day	Course Code	Course Title
1.	03/01/2025	Friday	BYSC101	Foundations of Yoga - I
2.	06/01/2025	Monday	BYSC102	Principles of Hatha Yoga - I
3.	08/01/2025	Wednesday	BYSC103	Human Anatomy and Physiology - I
4.	10/01/2025	Friday	BYSC104	Basics of Sanskrit
5.	11/01/2025	Saturday	BYSC105	Public Health and Hygiene
<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester I (Practical)</b>				
<b>Timing: 9:00 am -4:00 pm</b>				
S.N	Date	Day	Course Code	Course Title
1.	13/01/2025	Monday	BYSC106 / BYS105	Paper-V: Yoga Practical - I
2.	13/01/2025	Monday	BYSC107 / BYS106	Paper-VI: Yoga Practical - II
3.	14/01/2025	Tuesday	BYSC108 / BYS107	Paper -VII: Human Anatomy and Physiology Practical-I

<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester III (Theory)</b>				
<b>Timings: 10:00 am to 01:00 pm</b>				
S.N	Date	Day	Course Code	Course Title
1.	04/01/2025	Saturday	BYS301	Patanjal Yoga Darshana-I
2.	07/01/2025	Tuesday	BYS302	Yoga Education & Teaching Methodology
3.	09/01/2025	Thursday	BYS303	Holistic Health
4.	11/01/2025	Saturday	BYS304	Functional English
<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester III (Practical)</b>				
<b>Timing: 9:00 am -4:00 pm</b>				
S.N	Date	Day	Course Code	Course Title
1.	14/01/2025	Tuesday	BYS307	Paper-VII: Holistic Health Practical
2.	15/01/2025	Wednesday	BYS305	Paper-V: Yoga Practical - V
3.	15/01/2025	Wednesday	BYS306	Paper-VI: Yoga Practical - VI

<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester V (Theory)</b>				
<b>Timings: 10:00 am to 01:00 pm</b>				
S.N	Date	Day	Course Code	Course Title
1.	03/01/2025	Friday	BYS501	Bhagavadgita
2.	06/01/2025	Monday	BYS502	Yoga Principles & Practices of Healthy Living





3.	08/01/2025	Wednesday	BYS503	Fundamentals of Biochemistry
4.	10/01/2025	Friday	BYS504	Generic Elective-II, Fundamentals & Application of Naturopathy
<b>B.Sc. (Yoga Science &amp; Holistic Health) Semester V (Practical)</b>				
<b>Timing: 9:00 am -4:00 pm</b>				
<b>S.N</b>	<b>Date</b>	<b>Day</b>	<b>Course Code</b>	<b>Course Title</b>
1.	14/01/2025	Tuesday	BYS506	Naturopathy Practical
2.	15/01/2025	Wednesday	BYS505	Yoga Practical-IX

<b>M.Sc. (Yoga Sciences) Semester I (Theory)</b>				
<b>Timings: 10:00 am to 01:00 pm</b>				
<b>S.N</b>	<b>Date</b>	<b>Day</b>	<b>Course Code</b>	<b>Course Title</b>
1.	03/01/2025	Friday	MYS101	Foundations of Yoga
2.	06/01/2025	Monday	MYS102	Human Consciousness
3.	08/01/2025	Wednesday	MYS103	Human Anatomy and Physiology-I
4.	10/01/2025	Friday	MYS104	Principles of Hatha Yoga
<b>M.Sc. (Yoga Sciences) Semester I (Practical)</b>				
<b>Timing: 9:00 am -4:00 pm</b>				
<b>S.N</b>	<b>Date</b>	<b>Day</b>	<b>Course Code</b>	<b>Course Title</b>
1.	15/01/2025	Wednesday	MYS105	Paper-V: Yoga Practical - I
2.	15/01/2025	Wednesday	MYS106	Paper-VI: Yoga Practical - II

<b>M.Sc. (Yoga Sciences) Semester III (Theory)</b>				
<b>Timings: 10:00 am to 01:00 pm</b>				
<b>S.N</b>	<b>Date</b>	<b>Day</b>	<b>Course Code</b>	<b>Course Title</b>
1.	03/01/2025	Friday	MYS301	Yoga Psychology
2.	06/01/2025	Monday	MYS302	Indian Philosophy
3.	08/01/2025	Wednesday	MYS304	Elective-II, Applied Astrology, Vaastu Shastra & Holistic Healing Methods
4.	10/01/2025	Friday	MYS305	Yoga and Alternative Therapy
<b>M.Sc. (Yoga Sciences) Semester III (Practical)</b>				
<b>Timing: 9:00 am -4:00 pm</b>				
<b>S.N</b>	<b>Date</b>	<b>Day</b>	<b>Course Code</b>	<b>Course Title</b>
1.	15/01/2025	Wednesday	MYS306	Paper-V: Yoga Practical - V

This bears approval of the competent authority.

  
 (Controller of Examinations)

Copy to : Hon'ble Vice Chancellor  
 : Registrar  
 : Principal, Himalayan School of Yoga Sciences  
 : Webmaster – to upload on the University website  
 : Notice Boards

for kind information please

For further necessary action i.e. to inform all concerned/  
 provide invigilation duties chart/ seating arrangements etc.

  
 (Controller of Examinations)