

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

OFFICE OF THE CONTROLLER OF EXAMINATIONS

Ref No.: SRHU/COE/Int./2025-488

Date: 12 December, 2025

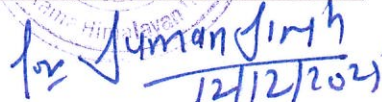
NOTIFICATION

It is hereby notified that the schedule of **University Examinations (January-2026)** for **B.Sc. (Yoga Science & Holistic Health) & M.Sc. (Yoga Sciences) Odd Semesters** shall be as under:

Venue : School of Yoga Sciences

B.Sc. (Yoga Science & Holistic Health) Semester I (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	14.01.2026	Wednesday	BYSC101	Foundations of Yoga- I
2.	16.01.2026	Friday	BYSC102	Principles of Hatha Yoga- I
3.	19.01.2026	Monday	BYSC103	Human Anatomy and Physiology- I
4.	21.01.2026	Wednesday	BYSC104	Basics of Sanskrit
5.	23.01.2026	Friday	BYSC105	Public Health and Hygiene
B.Sc. (Yoga Science & Holistic Health) Semester I (Practical)				
Timing: 9:00 am 4:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	27.01.2026	Tuesday	BYSC106	Yoga Practical - I
2.	28.01.2026	Wednesday	BYSC107	Yoga Practical - II
3.	29.01.2026	Thursday	BYSC108	Human Anatomy and Physiology Practical-I

B.Sc. (Yoga Science & Holistic Health) Semester III (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	13.01.2026	Tuesday	BYSC301	Patanjal Yoga Darshana-I
2.	15.01.2026	Thursday	BYSC302	Yoga Education & Teaching Methodology
3.	17.01.2026	Saturday	BYSC303	Holistic Health
4.	20.01.2026	Tuesday	BYSC304	Functional English
5.	22.01.2026	Thursday	BYSC305	Health and Yogic Hygiene
6.	24.01.2026	Saturday	MDC101	Health & Fitness through Yoga Science


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B.Sc. (Yoga Science & Holistic Health) Semester III (Practical)				
Timing: 9:00 am 4:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	29.01.2026	Thursday	BYSC306	Yoga Practical - V
			BYSC307	Yoga Practical - VI
2.	30.01.2026	Friday	BYSC308	Holistic Health Practical

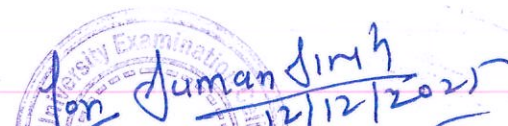
B.Sc. (Yoga Science & Holistic Health) Semester V (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	14.01.2026	Wednesday	BYS501	Bhagavadgita
2.	16.01.2026	Friday	BYS502	Yoga Principles & Practices of Healthy Living
3.	19.01.2026	Monday	BYS503	Fundamentals of Biochemistry
4.	21.01.2026	Wednesday	BYS504	Generic Elective-II, Fundamentals & Application of Naturopathy
B.Sc. (Yoga Science & Holistic Health) Semester V (Practical)				
Timing: 9:00 am 4:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	27.01.2026	Tuesday	BYS506	Naturopathy Practical
2.	29.01.2026	Thursday	BYS507	Internship-I
3.	30.01.2026	Friday	BYS505	Yoga Practical-IX

M.Sc. (Yoga Sciences) Semester I (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	13.01.2026	Tuesday	MYS101	Foundations of Yoga
2.	15.01.2026	Thursday	MYS102	Human Consciousness
3.	17.01.2026	Saturday	MYS103	Human Anatomy and Physiology-I
4.	20.01.2026	Tuesday	MYS104	Principles of Hatha Yoga
M.Sc. (Yoga Sciences) Semester I (Practical)				
Timing: 9:00 am 4:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	31.01.2026	Saturday	MYS105	Yoga Practical - I
			MYS106	Yoga Practical - II

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M.Sc. (Yoga Sciences) Semester III (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	16.01.2026	Friday	MYS301	Yoga Psychology
2.	19.01.2026	Monday	MYS302	Indian Philosophy
3.	21.01.2026	Wednesday	MYS303	Elective-I, Environmental Pollution and Human Health
4.	23.01.2026	Friday	MYS305	Yoga and Alternative Therapy
M.Sc. (Yoga Sciences) Semester III (Practical)				
Timing: 9:00 am 4:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	31.01.2026	Saturday	MYS306	Yoga Practical-V

This bears approval of the competent authority.

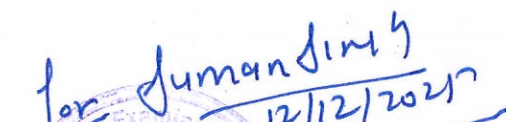

 (Controller of Examinations)

Copy to : Hon'ble Vice Chancellor
 : Registrar
 : Principal, School of Yoga Sciences

for kind information please

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

: Webmaster – to upload on the University website
 : Notice Boards


 (Controller of Examinations)