

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

OFFICE OF THE CONTROLLER OF EXAMINATIONS

Ref No.: SRHU/COE/Int./2026-146

Date: 05 May, 2026

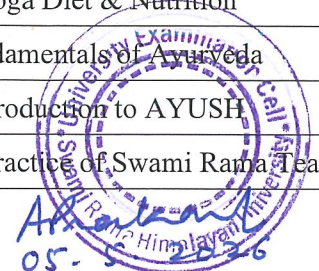
NOTIFICATION

It is hereby notified that the schedule of University Examinations (June-2026) for B.Sc. (Yoga Science & Holistic Health), M.Sc. (Yoga Science & Holistic Health) & M.Sc. (Yoga Therapy) Even Semesters shall be as under:

Venue : School of Yoga Sciences

B.Sc. (Yoga Science & Holistic Health) Semester II (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	06.06.2026	Saturday	BYSC201	Foundations of Yoga- II
2.	09.06.2026	Tuesday	BYSC202	Principles of Hatha Yoga- II
3.	11.06.2026	Thursday	BYSC203	Human Anatomy and Physiology- II
4.	13.06.2026	Saturday	BYSC204	Yogic concept of Human Anatomy & Physiology
5.	16.06.2026	Tuesday	MDC101	Health & Fitness through Yoga Science
6.	18.06.2026	Thursday	BYSC205	Soft Skill Training
B.Sc. (Yoga Science & Holistic Health) Semester II (Practical)				
Timing: 9:00 am Onwards				
S.N	Date	Day	Course Code	Course Title
1.	19.06.2026	Friday	BYSC206	Yoga Practical - III (Sec-A)
2.	19.06.2026	Friday	BYSC207	Yoga Practical - IV (Sec-A)
3.	20.06.2026	Saturday	BYSC206	Yoga Practical – III (Sec-B)
4.	20.06.2026	Saturday	BYSC207	Yoga Practical - IV (Sec-B)
5.	22.06.2026	Monday	BYSC208	Human Anatomy and Physiology Practical-II

B.Sc. (Yoga Science & Holistic Health) Semester IV (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	05.06.2026	Friday	BYSC401	Patanjal Yoga Darshana-II
2.	08.06.2026	Monday	BYSC402	Yoga Psychology
3.	10.06.2026	Wednesday	BYSC403	Yoga Diet & Nutrition
4.	12.06.2026	Friday	BYSC404	Fundamentals of Ayurveda
5.	15.06.2026	Monday	MDC102	Introduction to AYUSH
6.	17.06.2026	Wednesday	BYSC405	Subtleties of Practice of Swami Rama Teaching



B.Sc. (Yoga Science & Holistic Health) Semester IV (Practical)**Timing: 9:00 am Onwards**

S.N	Date	Day	Course Code	Course Title
1.	23.06.2026	Tuesday	BYSC406	Yoga Practical - VII
2.	23.06.2026	Tuesday	BYSC407	Yoga Practical - VIII
3.	25.06.2026	Thursday	BYSC408	Ayurveda Practical

B.Sc. (Yoga Science & Holistic Health) Semester VI (Theory)**Timings: 10:00 am to 01:00 pm**

S.N	Date	Day	Course Code	Course Title
1.	06.06.2026	Saturday	BYS601	Human Values, according to different Philosophical system
2.	09.06.2026	Tuesday	BYS602	Yoga Management of Lifestyle related Disorders
3.	11.06.2026	Thursday	BYS603	Fundamentals of Environmental Science
4.	13.06.2026	Saturday	BYS605	Elective-II Applied Alternative Therapies

B.Sc. (Yoga Science & Holistic Health) Semester VI (Practical)**Timing: 9:00 am Onwards**

S.N	Date	Day	Course Code	Course Title
1.	20.06.2026	Saturday	BYS607	Yoga Field Work
2.	22.06.2026	Monday	BYS606	Yoga Practical-X
3.	24.06.2026	Wednesday	BYS608	Internship-II

M.Sc. (Yoga Science & Holistic Health) Semester II (Theory)**Timings: 10:00 am to 01:00 pm**

S.N	Date	Day	Course Code	Course Title
1.	05.06.2026	Friday	MYS201	Patanjala Yoga Darshana
2.	08.06.2026	Monday	MYS202	Fundamentals of Ayurveda and Naturopathy
3.	10.06.2026	Wednesday	MYS203	Human Anatomy and Physiology-II
4.	12.06.2026	Friday	MYS204	Essence of Upanishad

M.Sc. (Yoga Science & Holistic Health) Semester II (Practical)**Timing: 9:00 am Onwards**

S.N	Date	Day	Course Code	Course Title
1.	19.06.2026	Friday	MYS205	Yoga Practical - III
2.	20.06.2026	Saturday	MYS206	Yoga Practical - IV



M.Sc. (Yoga Science & Holistic Health) Semester IV (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	09.06.2026	Tuesday	MYS401	Research Methodology & Statistics
2.	11.06.2026	Thursday	MYS402	Yogic Management of Diseases
3.	13.06.2026	Saturday	MYS404	Elective-II- Basics of Computer
M.Sc. (Yoga Science & Holistic Health) Semester IV (Practical)				
Timing: 9:00 am Onwards				
S.N	Date	Day	Course Code	Course Title
1.	19.06.2026	Friday	MYS405	Case Study
2.	20.06.2026	Saturday	MYS406	Dissertation

M.Sc. (Yoga Therapy) Semester II (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N	Date	Day	Course Code	Course Title
1.	05.06.2026	Friday	MYT201	Physiological effects of Yoga Practices
2.	08.06.2026	Monday	MYT202	Applied Yoga Psychology
3.	10.06.2026	Wednesday	MYT203	Physiotherapy
4.	12.06.2026	Friday	MYT204	Yoga Therapy
M.Sc. (Yoga Therapy) Semester II (Practical)				
Timing: 9:00 am Onwards				
S.N	Date	Day	Course Code	Course Title
1.	25.06.2026	Thursday	MYT205	Yoga Therapy Practicum-II
2.	25.06.2026	Thursday	MYT206	Applied Yoga Psychology & Counselling Practicum

This bears approval of the competent authority.

Ahankar
05.05.2026
(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 _____

Ahankar
05.05.2026
(Controller of Examinations)