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

OFFICE OF THE CONTROLLER OF EXAMINATIONS

Ref No.: SRHU/COE/Int./2026- 454- Date: 17 November, 2026

NOTIFICATION

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

Venue: New Building of Yoga School

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.	08/12/2026	Tuesday	BYSC301	Patanjal Yoga Darshana-I
2.	10/12/2026	Thursday	BYSC302	Yoga Education & Teaching Methodology
3.	12/12/2026	Saturday	BYSC303	Holistic Health
4.	15/12/2026	Tuesday	BYSC304	Functional English
5.	17/12/2026	Thursday	MDC101	Health & Fitness though Yoga Science
6.	18/12/2026	Friday	BYSC305	Health and Yogic Hygiene
PRACTICAL				
Timing: 09:00 am Onwards				**Venue- NLT SYS**
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	22/12/2026	Tuesday	BYSC306	Yoga Practical – V
2.	23/12/2026	Wednesday	BYSC306	Yoga Practical – V
3.	22/12/2026	Tuesday	BYSC307	Yoga Practical - VI
4.	23/12/2026	Wednesday	BYSC307	Yoga Practical - VI
5.	24/12/2026	Thursday	BYSC308	Holistic Health Practical

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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.	07/12/2026	Monday	BYSC501	Bhagavadgita
2.	09/12/2026	Wednesday	BYSC502	Yoga Principles & Practices of Healthy Living
3.	11/12/2026	Friday	BYSC503	Fundamentals of Naturopathy
4.	14/12/2026	Monday	BYSC505	Applied Marma Therapy
5.	16/12/2026	Wednesday	BYSC506	Research Methodology

PRACTICAL

Timing: 09:00 am Onwards **Venue- NLT SYS**

S.N.	Date	Day	Course Code	Course Title
1.	24/12/2026	Thursday	BYSC507 (Regular)	Yoga Practical - IX
			BYS505 (Supplementary)	Yoga Practical - IX
2.	19/12/2026	Saturday	BYSC508	Internship - I Case Study
3.	26/12/2026	Saturday	BYSC509	Naturopathy Practical

M.Sc. (Yoga Therapy) Semester I (Theory)

Timings: 10:00 am to 01:00 pm

S.N.	Date	Day	Course Code	Course Title
1.	07/12/2026	Monday	MYT101	Basic Principles and Application of Hathayogic Practices
2.	09/12/2026	Wednesday	MYT102	Human Anatomy and Physiology
3.	11/12/2026	Friday	MYT103	Biomechanics & Kinesiology
4.	14/12/2026	Monday	MYT104	Yoga and Strategic Management

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PRACTICAL				
Timing: 09:00 am Onwards				**Venue- NLT SYS**
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	19/12/2026	Saturday	MYT105	Yoga Therapy Practicum-I
2.	21/12/2026	Monday	MYT106	Yoga Anatomy Practicum
3.	24/12/2026	Thursday	MYT107	Biomechanics & Kinesiology Practicum

M.Sc. (Yoga Therapy) Semester III (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	08/12/2026	Tuesday	MYT301	Fundamentals of Ayurveda
2.	10/12/2026	Thursday	MYT302	Fundamentals of Integrative Medicine & Yoga
3.	12/12/2026	Saturday	MYT303	Research Methodology in Yoga Therapy
4.	15/12/2026	Tuesday	MYT304	Yoga Dietetics & Nutrition
PRACTICAL				
Timing: 09:00 am Onwards				**Venue- NLT SYS**
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	22/12/2026	Tuesday	MYT305	Yoga Therapy Practicum-III
2.	23/12/2026	Wednesday	MYT306	Ayurveda Practicum
3.	26/12/2026	Saturday	MYT307	Yoga Dietetics & Nutrition Practicum

M.Sc. (Yoga Sciences & Holistic Health) Semester III (Theory)				
Timings: 10:00 am to 01:00 pm				
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	08/12/2026	Tuesday	MYS301	Yoga Psychology
2.	10/12/2026	Thursday	MYS302	Indian Philosophy
3.	12/12/2026	Saturday	MYS303	Elective-I, Environmental Pollution and Human Health
4.	15/12/2026	Tuesday	MYS305	Yoga and Alternative Therapy

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PRACTICAL				
Timings: 09:00 am Onwards				**Venue- NLT SYS**
S.N.	**Date**	**Day**	**Course Code**	**Course Title**
1.	26/12/2026	Saturday	MYS306	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.

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