

# **SWAMI RAMA HIMALAYAN UNIVERSITY**

**SWAMI RAM NAGAR, JOLLY GRANT, DEHRADUN, 248016**

## **OFFICE OF THE CONTROLLER OF EXAMINATIONS**

Ref No.: SRHU/COE/Int./2023- 372

Date: 02 December, 2023

### **NOTIFICATION**

It is hereby notified that the 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)**

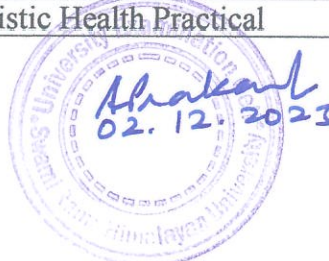
| S.No | Date       | Day       | Course Code | Course Title                                         |
|------|------------|-----------|-------------|------------------------------------------------------|
| 1.   | 08/01/2024 | Monday    | BYS105      | Paper-V: Yoga Practical - I                          |
| 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.   | 10/01/2024 | Wednesday | BYS305      | Paper-V: Yoga Practical - V          |
| 2.   | 11/01/2024 | Thursday  | BYS306      | Paper-VI: Yoga Practical - VI        |
| 3.   | 12/01/2024 | Friday    | BYS307      | Paper-VII: Holistic Health Practical |

A circular purple stamp of Swami Rama Himalayan University is visible, containing the text "Swami Rama Himalayan University" and "Dehradun". Overlaid on the stamp is a handwritten signature in blue ink and the date "02.12.2023".

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

| S.No | Date       | Day       | Course Code | Course Title                                  |
|------|------------|-----------|-------------|-----------------------------------------------|
| 1.   | 27/12/2023 | Wednesday | BYS501      | Bhagavadgita                                  |
| 2.   | 29/12/2023 | Friday    | BYS502      | Yoga Principles & Practices of Healthy Living |
| 3.   | 01/01/2024 | Monday    | BYS503      | Fundamentals of Biochemistry                  |
| 4.   | 04/01/2024 | Thursday  | BYS504-B    | Fundamentals of Naturopathy (Elective-II)     |

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

| S.No | Date       | Day       | Course Code                   | Course Title                                                  |
|------|------------|-----------|-------------------------------|---------------------------------------------------------------|
| 1.   | 10/01/2024 | Wednesday | BYS507-B /<br>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 |





**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.

*Abhakar*  
02.12.2023  
(Controller of Examinations)

Copy to : Hon'ble Vice Chancellor  
: Registrar

} for kind information please

: Principal, Himalayan School of Yoga Sciences ]  
: Webmaster – to upload on the University website  
: Notice Boards

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



*Abhakar*  
02.12.2023  
(Controller of Examinations)