

SWAMI RAMA HIMALAYAN UNIVERSITY
Himalayan School of Yoga Sciences
B. Sc. YSHH, SEMESTER - I, (Sep 2024 to Dec 2024)

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 10:30 am	Attendance, Prayers & Meditation					
	Paper - V, Yoga Practical-I BYSC106 AS	Paper - V, Yoga Practical-I BYSC106 AS	Paper - V, Yoga Practical-I BYSC106 AS	Paper - VI, Yoga Practical-II BYSC107 AS	Paper - VI, Yoga Practical-II BYSC107 AS	Paper - VI, Yoga Practical-II BYSC107 AS
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Paper - I Foundations of Yoga - I BYSC101 MT	Paper - I Foundations of Yoga - I BYSC101 MT	Public Health and Hygiene BYSC105 AD	Paper - VII Human Anatomy and Physiology-I Practical BYSC108 SJ	Paper - VI, Yoga Practical-II BYSC107 AS	Paper - VI, Yoga Practical-II BYSC107 AS
12:00 - 01:00 pm	Paper - II Principles of Hatha Yoga - I BYSC102 AD	Paper - II Principles of Hatha Yoga - I BYSC102 AD	Paper - II Principles of Hatha Yoga - I BYSC102 AD	Paper - VII Human Anatomy and Physiology-I Practical BYSC108 SJ	Paper - I Foundations of Yoga - I BYSC101 MT	Public Health and Hygiene BYSC105 AD
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Library/Self-/Study /Tutorials	Paper - III Human Anatomy and Physiology-I BYSC103 SJ	Paper - III Human Anatomy and Physiology-I BYSC103 SJ	Library/Self-/Study/ Tutorials	Paper - III Human Anatomy and Physiology-I BYSC103 SJ	Indoor/Sports/Games
03:00 - 04:00 pm	Paper - IV Basics of Sanskrit BYSC104 AS	Paper - IV Basics of Sanskrit BYSC104 AS	Paper - IV Basics of Sanskrit BYSC104 AS	Library/Self-/Study/ Tutorials	Library/Self-/Study/T utorials	Indoor/Sports/Games

***Practical Classes Venue- HSYS, Main Yoga Hall**

AD: Dr. Ajay Dubey

SJ: Dr. Somlata Jha

AS: Dr. Ankit Sharma

MT: Dr. Mala Tripathi

Class In-charge:

Discipline Coordinator: -


Principal
Himalayan School of Yoga Sciences

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