

**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	<b>Attendance, Prayers &amp; Meditation</b>					
	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	<b>Break</b>					
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	<b>Lunch</b>					
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  
Himalayan School of Yoga Sciences  
Swami Rama Himalayan University  
Jolly Grant Dehradun Uttarakhand-248016