

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
**School of Yoga Sciences**  
**B.Sc. YSHH, SEMESTER - II, (Jan 2025 to May 2025)**

**TIME TABLE**

| Time                  | Monday                                                     | Tuesday                                           | Wednesday                                                          | Thursday                                         | Friday                                                          | Saturday                                                           |
|-----------------------|------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------|
| 08:30 - 10:30 am      | <b>Attendance, Prayers &amp; Meditation</b>                |                                                   |                                                                    |                                                  |                                                                 |                                                                    |
|                       | Yoga Practical-III<br>BYSC206<br>SJ                        | Yoga Practical-III<br>BYSC206<br>SJ               | Yoga Practical-III<br>BYSC206<br>SJ                                | Self-Yoga Practice<br>SJ                         | Yoga Practical-IV<br>BYSC207<br>SJ                              | Yoga Practical-IV<br>BYSC207<br>SJ                                 |
| 10:30 - 11:00 am      | <b>Break</b>                                               |                                                   |                                                                    |                                                  |                                                                 |                                                                    |
| 11:00 - 12:00<br>noon | Foundations of<br>Yoga<br>BYSC201<br>SSS                   | Foundations of<br>Yoga<br>BYSC201<br>SSS          | Soft Skill Training<br>BYSC205<br>AG                               | Foundations of Yoga<br>BYSC201<br>SSS            | Human Anatomy &<br>Physiology Practical-<br>II<br>BYSC208<br>SJ | Yogic Concept of<br>Human Anatomy &<br>Physiology<br>BYSC204<br>SJ |
| 12:00 - 01:00 pm      | Principles of Hatha<br>Yoga-II<br>BYSC202<br>MT            | Principles of<br>Hatha Yoga-II<br>BYSC202<br>MT   | Soft Skill Training<br>BYSC205<br>AG                               | Principles of Hatha<br>Yoga-II<br>BYSC202<br>MT  | Human Anatomy &<br>Physiology Practical-<br>II<br>BYSC208<br>SJ | Yogic Concept of<br>Human Anatomy &<br>Physiology<br>BYSC204<br>SJ |
| 01:00 - 02:00 pm      | <b>Lunch</b>                                               |                                                   |                                                                    |                                                  |                                                                 |                                                                    |
| 02:00 - 03:00 pm      | Human Anatomy &<br>Physiology-II<br>BYSC203<br>SJ          | Human Anatomy<br>& Physiology-II<br>BYSC203<br>SJ | Human Anatomy &<br>Physiology-II<br>BYSC203<br>SJ                  | Yoga, Dietetics and<br>Nutrition<br>MDC103<br>MT | Yoga, Dietetics and<br>Nutrition<br>MDC103<br>MT                | Yoga, Dietetics and<br>Nutrition Practical<br>MDC103<br>MT         |
| 03:00 - 04:00 pm      | Yoga, Dietetics and<br>Nutrition Practical<br>MDC103<br>MT | Mentor-Mentee<br>Interaction                      | Yogic Concept of<br>Human Anatomy &<br>Physiology<br>BYSC204<br>SJ | Self-Study                                       | Mentor-Mentee<br>Interaction                                    | Sports                                                             |

\*Practical Classes Venue- SYS.....

Date:

SSS: Dr. Subodh Saurabh Singh, SJ: Dr. Somlata Jha, MT: Dr. Mala Tripathi, AG: Mr. Ashish Gupta

Class In-charge:

Discipline Coordinator: -

*Suhree*  
**17/01/2025**  
**Principal**

**Himalayan School of Yoga Sciences**  
School of Yoga Sciences  
Swami Rama Himalayan University  
Jolly Grant Dehradun, Uttarakhand-248016