

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

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 10:30 am	Attendance & Prayers/Meditation					
	Paper - VI, Yoga Practical-VI BYS306 MT	Paper - VI, Yoga Practical-VI BYS306 MT	Paper - VI, Yoga Practical-V BYS305 MT	Paper - VI, Yoga Practical-V BYS305 MT	Paper - VI, Yoga Practical-VI BYS306 MT	Paper - VI, Yoga Practical-VI BYS306 MT
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Paper - III Holistic Health BYS303 AS	Paper - III Holistic Health BYS303 AS	Paper - V, Yoga Practical-V BYS305 MT	Paper - V, Yoga Practical-V BYS305 MT	Library	Paper - I Patanjal Yoga Darshana – I BYS301 SJ
12:00 - 01:00 pm	Tutorial Class	Paper - VII Holistic Health Practical BYS307 AS	Paper- IV Functional English BYS304 SMD	Tutorial Class	Paper - I Patanjal Yoga Darshana – I BYS301 SJ	Paper - I Patanjal Yoga Darshana – I BYS301 SJ
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Tutorial Class	Library/ Indoor/Sports/Games NR	Library	Paper- IV Functional English BYS304 SMD	Library	Paper - III Holistic Health BYS303 AS
03:00 - 04:00 pm	Paper- II Yoga Education & Teaching Methodology BYS302 MT	Paper- II Yoga Education & Teaching Methodology BYS302 MT	Library	Paper- IV Functional English BYS304 SMD	Paper- II Yoga Education & Teaching Methodology BYS302 MT	Paper - VII Holistic Health Practical BYS307 AS

* Paper IV- Functional English - Communicative English, English Lab & Soft Skills

SJ: Dr. Somlata Jha, AS: Dr. Ankit Sharma, MT: Dr. Mala Tripathi, SMD: Dr. Seema Madok

Class In-charge: -

Discipline Coordinator: -


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