

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

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 10:30 am	Attendance, Prayers & Meditation					
	Yoga Practical-VII BYS405 MT	Yoga Practical-VII BYS405 MT	Yoga Practical-VII BYS405 MT	Yoga Practical-VII BYS405 MT	Yoga Practical-VIII BYS406 MT	Yoga Practical-VIII BYS406 AS
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Patanjal Yoga Darshana-II BYS401 SJ	Patanjal Yoga Darshana-II BYS401 SJ	Patanjal Yoga Darshana-II BYS401 SJ	Yoga Diet & Nutrition BYS403 SM	Mentor-Mentee Interaction	Yoga Practical-VIII BYS406 MT
12:00 - 01:00 pm	Library / Self Study	Mentor-Mentee Interaction	Fundamentals of Ayurveda BYS404 R. Bhatt	Yoga Diet & Nutrition BYS403 SM	Fundamentals of Ayurveda BYS404 R. Bhatt	Yoga Practical-VIII BYS406 MT
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Library / Self Study	Yoga Psychology BYS402 SM	Yoga Psychology BYS402 SM	Soft Skill Training GK	Yoga Psychology BYS402 SM	Sports
03:00 - 04:00 pm	Fundamentals of Ayurveda BYS404 R. Bhatt	Library / Self Study	Ayurveda Practical BYS407 R. Bhatt	Yoga Diet & Nutrition BYS403 SM	Ayurveda Practical BYS407 R. Bhatt	Sports

*Practical Classes Venue- SYS.....

Date:

SJ: Dr. Somlata Jha, AS: Dr. Ankit Sharma, SM: Dr. Saloni Malik, R. Bhatt: Dr. Rohit Bhatt, GK: Ms. Garima Kapoor

Class In-charge:

Discipline Coordinator: -

Luhelle
17/01/2025

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