

SWAMI RAMA HIMALAYAN UNIVERSITY
Himalayan School of Yoga Sciences
B. Sc. YSHH, SEMESTER – V (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-IX BYS505 SM	Paper - V, Yoga Practical-IX BYS505 SM	Paper - V, Yoga Practical BYS505 SM	Paper - VI, Naturopathy Practical BYS506(SP) SM	Paper - V, Yoga Practical BYS505 SM	Paper - VI, Naturopathy Practical BYS506(SP) SM
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Paper- III Fundamentals of Biochemistry BYS503 SM	Paper- III Fundamentals of Biochemistry BYS503 SM	Paper - I Bhagavadgita BYS501 AS	Paper - I Bhagavadgita BYS501 AS	Paper - I Bhagavadgita BYS501 AS	Paper – II Yoga Principles & Practices of Healthy Living BYS502 SSS
12:00 - 01:00 pm	Paper – II Yoga Principles & Practices of Healthy Living BYS502 SSS	Paper- IV Elective II, Fundamentals & Application of Naturopathy BYS504 SM	Paper- IV Elective II, Fundamentals & Application of Naturopathy BYS504 SM	Paper – II Yoga Principles & Practices of Healthy Living BYS502 SSS	Paper- III Fundamentals of Biochemistry BYS503 SM	Paper- IV Elective II, Fundamentals & Application of Naturopathy BYS504 SM
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507
03:00 - 04:00 pm	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507	Paper- VII Internship BYS507

* Practical Classes Venue-

* Internship will be in Sadhana Mandir Ashram/Hospital/RDI/Other

Date:

AS: Dr. Ankit Sharma SM: Dr. Saloni Malik SSS: Dr. Subodh Saurabh Singh MT: Dr. Mala Tripathi

Class In-charge: _

Discipline Coordinator: _


Principal
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