

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

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Attendance, Prayers & Meditation					
08:30 - 10:30 am	Yoga Practical-X BYS606 SM	Yoga Practical-X BYS606 AS	Yoga Practical-X BYS606 SM	Human Values, according to Different Philosophical System BYS601 SM	Self-Yoga Practice SM	Mentor-Mentee Interaction
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Mentor-Mentee Interaction	Human Values, according to Different Philosophical System BYS601 SM	Library / Self Study	Yoga Management of Lifestyle related disorders BYS602 SJ	Yoga Field Work BYS607 SM	Yoga Field Work BYS607 SM
12:00 - 01:00 pm	Yoga Management of Lifestyle related disorders BYS602 SJ	Fundamentals of Environmental Science BYS603 AC	Yoga Management of Lifestyle related disorders BYS602 SJ	Elective-II, Applied Alternative Therapies BYS605 AS	Elective-II, Applied Alternative Therapies BYS605 AS	Elective-II, Applied Alternative Therapies BYS605 AS
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Internship BYS608	Internship BYS608	Internship BYS608	Fundamentals of Environmental Science BYS603 AC	Fundamentals of Environmental Science BYS603 AC	Internship BYS608
03:00 - 04:00 pm	Internship BYS608	Internship BYS608	Internship BYS608	Internship BYS608	Internship BYS608	Human Values, according to Different Philosophical System BYS601 SM

*Practical Classes Venue- SYS.....

Date:

SJ: Dr. Somlata Jha, AS: Dr. Ankit Sharma, SM: Dr. Saloni Malik, AC: Dr. Ashutosh Chaudhary

Class In-charge:

Discipline Coordinator: -

Luharee
17/01/2025

Principal

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