

SWAMI RAMA HIMALAYAN UNIVERSITY

Himalayan School of Yoga Sciences

M. Sc. YS, SEMESTER - I, (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-I MYS105 SJ	Paper - V, Yoga Practical-I MYS105 SJ	Paper - V, Yoga Practical-I MYS105 SJ	Paper - VI, Yoga Practical-II MYS106 SJ	Paper - VI, Yoga Practical-II MYS106 SJ	Paper - VI, Yoga Practical-II MYS106 SJ
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Paper - IV Principles of Hatha Yoga MYS104 AD	Paper- I Foundation of Yoga MYS101 SJ	Paper- I Foundation of Yoga MYS101 SJ	Paper - IV Principles of Hatha Yoga MYS104 AD	Paper- I Foundation of Yoga MYS101 SJ	Paper- II Human Consciousness MYS102 MT
12:00 - 01:00 pm	Paper- II Human Consciousness MYS102 MT	Paper - III Human Anatomy & Physiology-I MYS103 SSS	Paper - III Human Anatomy & Physiology-I MYS103 SSS	Paper- II Human Consciousness MYS102 MT	Paper - IV Principles of Hatha Yoga MYS104 AD	Paper - III Human Anatomy & Physiology-I MYS103 SSS
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Internship	Internship	Internship	Internship	Internship	Internship
03:00 - 04:00 pm	Internship	Internship	Internship	Internship	Internship	Internship

* Practical Classes Venue-

Date:

AD: Dr. Ajay Dubey, SJ: Dr. Somlata Jha, SSS: Dr. Subodh Saurabh Singh, MT: Dr. Mala Tripathi, AS: Dr. Ankit Sharma

Class In-charge: -

Discipline Coordinator: -


Principal

Himalayan School of Yoga Sciences

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