

SWAMI RAMA HIMALAYAN UNIVERSITY
School of Yoga Sciences
M.Sc. YS, SEMESTER - II, (Jan 2025 to May 2025)

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 10:30 am	Attendance, Prayers & Meditation					
	Yoga Practical-III MYS205 SSS	Yoga Practical-III MYS205 SSS	Yoga Practical-III MYS205 SSS	Yoga Practical-III MYS205 SSS	Yoga Practical-IV MYS206 SSS	Yoga Practical-IV MYS206 SSS
10:30 - 11:00 am	Break					
11:00 - 12:00 noon	Essence of Upanishad MYS204 AS	Library/ Self Study	Essence of Upanishad MYS204 AS	Patanjal Yoga Darshana MYS201 MT	Patanjal Yoga Darshana MYS201 MT	Patanjal Yoga Darshana MYS201 MT
12:00 - 01:00 pm	Yoga Practical-IV MYS206 SSS	Fundamentals of Ayurveda and Naturopathy MYS202 SM	Fundamentals of Ayurveda and Naturopathy MYS202 SM	Yoga Practical-IV MYS206 SSS	Fundamentals of Ayurveda and Naturopathy MYS202 SM	Yoga Practical-IV MYS206 SSS
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Human Anatomy & Physiology-II MYS203 SSS	Human Anatomy & Physiology-II MYS203 SSS	Human Anatomy & Physiology-II MYS203 SSS	Essence of Upanishad MYS204 AS	Yoga Practical-IV MYS206 SSS	Library/ Self Study
03:00 - 04:00 pm	Mentor-Mentee Interaction	UGC-NET MT	Soft Skill Training AG	UGC-NET SJ	Mentor-Mentee Interaction	Sports

*Practical Classes Venue- SYS.....

Date:

SSS: Dr. Subodh Saurabh Singh, AS: Dr. Ankit Sharma, MT: Dr. Mala Tripathi, SM: Dr. Saloni Malik, AG: Mr. Ashish Gupta

Class In-charge:

Discipline Coordinator: -

Suhela
17/01/2025

Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University
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