

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
**Himalayan School of Yoga Sciences**  
**M. Sc. YS, SEMESTER - III, (Sep 2024 to Dec 2024)**

**TIME TABLE**

| Time               | Monday                                                                                                        | Tuesday                                                                                                           | Wednesday                                                                                                        | Thursday                                                                                                      | Friday                                         | Saturday                                                     |
|--------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------|
| 08:30 - 10:30 am   | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ                                                                | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ                                                                    | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ                                                                   | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ                                                                | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ | Paper - V,<br>Yoga Practical-V<br>MYS306<br>SJ               |
| 10:30 - 11:00 am   | <b>Break</b>                                                                                                  |                                                                                                                   |                                                                                                                  |                                                                                                               |                                                |                                                              |
| 11:00 - 12:00 noon | Paper - IV<br>Yoga & Alternative<br>Therapy<br>MYS305<br>SSS                                                  | UGC NET/ JRF<br>SSS                                                                                               | Paper- I<br>Yoga Psychology<br>MYS301<br>SM                                                                      | UGC NET/ JRF<br>SSS                                                                                           | Paper- II<br>Indian Philosophy<br>MYS302<br>AS | Library                                                      |
| 12:00 - 01:00 pm   | Paper- II<br>Indian Philosophy<br>MYS302<br>AS                                                                | UGC NET/ JRF<br>SJ                                                                                                | Paper- II<br>Indian Philosophy<br>MYS302<br>AS                                                                   | Paper- II<br>Indian Philosophy<br>MYS302<br>AS                                                                | UGC NET/ JRF<br>SSS                            | Library                                                      |
| 01:00 - 02:00 pm   | <b>Lunch</b>                                                                                                  |                                                                                                                   |                                                                                                                  |                                                                                                               |                                                |                                                              |
| 02:00 - 03:00 pm   | Paper - III<br>Elective-II, Applied<br>Astrology, Vastu Shastra &<br>Holistic Healing Methods<br>MYS304<br>AS | Paper - III<br>Elective-II, Applied<br>Astrology, Vastu S<br>hastra & Holistic Healing<br>Methods<br>MYS304<br>AS | Paper - III<br>Elective-II, Applied<br>Astrology, Vastu Shastra<br>& Holistic Healing<br>Methods<br>MYS304<br>AS | Paper - III<br>Elective-II, Applied<br>Astrology, Vastu Shastra &<br>Holistic Healing Methods<br>MYS304<br>AS | Paper- I<br>Yoga Psychology<br>MYS301<br>SM    | Paper- I<br>Yoga Psychology<br>MYS301<br>SM                  |
| 03:00 - 04:00 pm   | UGC NET/ JRF<br>SJ                                                                                            | Paper- I<br>Yoga Psychology<br>MYS301<br>SM                                                                       | Paper - IV<br>Yoga & Alternative<br>Therapy<br>MYS305<br>SSS                                                     | Paper - IV<br>Yoga & Alternative<br>Therapy<br>MYS305<br>SSS                                                  | UGC NET/ JRF<br>AD                             | Paper - IV<br>Yoga & Alternative<br>Therapy<br>MYS305<br>SSS |

**\* Practical Classes Venue-**

**AD: Dr. Ajay Dubey, AS: Dr. Ankit Sharma, SJ: Dr. Somlata Jha, SM: Dr. Saloni Malik, SSS: Dr. Subodh Saurabh Singh,**

**Class In-charge:**

**Discipline Coordinator:**

  
Principal

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