

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

TIME TABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:30 - 09:00 am	Attendance, Prayers & Meditation					
09:00 - 10:00	Elective-I, Holistic Health MYS403 AS	Research Methodology & Statistics MYS401 SM	Elective-I, Holistic Health MYS403 AS	Elective-I, Holistic Health MYS403 AS	Elective-I, Holistic Health MYS403 AS	Yogic Management of Diseases MYS402 MT
10:00 - 11:00 am	Yogic Management of Diseases MYS402 MT	Yogic Management of Diseases MYS402 MT	Research Methodology & Statistics MYS401 SM	Yogic Management of Diseases MYS402 MT	Research Methodology & Statistics MYS401 SM	Research Methodology & Statistics MYS401 SM
11:00 - 12:00 noon	Soft Skill Training AG	Case Study MYS405 SM	Case Study MYS405 SM	Placement Preparation	Case Study MYS405 SM	Case Study MYS405 SM
12:00 - 01:00 pm	Dissertation MYS406 SJ	Dissertation MYS406 SJ	Dissertation MYS406 SJ	Dissertation MYS406 SJ	Dissertation MYS406 SJ	Dissertation MYS406 SJ
01:00 - 02:00 pm	Lunch					
02:00 - 03:00 pm	Case Study MYS405 SM	UGC-NET AS	Case Study MYS405 SM	Case Study MYS405 SM	Dissertation MYS406 SJ	UGC-NET AS
03:00 - 04:00 pm	Dissertation MYS406 SJ	UGC-NET MT	Case Study MYS405 SM	Library / Self Study	UGC-NET SM	UGC-NET AS

*Practical Classes Venue- SYS.....

Date:

SJ: Dr. Somlata Jha, MT: Dr. Mala Tripathi, AS: Dr. Ankit Sharma, SM: Dr. Saloni Malik

Class In-charge:

Discipline Coordinator: -

Suhell
17/01/2025

Principal

Himalayan School of Yoga Sciences

Principal

School of Yoga Sciences

Swami Rama Himalayan University

Jolly Grant, Dehradun Uttarakhand-248016