

**SHRI GURU RAM RAI UNIVERSITY**  
**Patel Nagar, Dehradun-248001 (Uttarakhand)**

**Date Sheet – ESE Examination Nov-Dec, 2023 – (Regular and Supplementary)**

**School: SGRRU School of Yogic Science & Naturopathy**

**Time: 10:00 AM to 12:30 PM**

**Semester: 1<sup>st</sup>**

<b>B.Sc. Yoga I</b>	21-11-2023	Tuesday	YOGDC101	Foundations of Yoga
	23-11-2023	Thursday	YOGDC102	Introduction to Hath Yoga and It's Texts
	29-11-2023	Wednesday	YOGGE101	Introduction of Journalism
	01-12-2023	Friday	AEC101	Communication Skills: Listening & Speaking Skills
	04-12-2023	Monday	YOGSEC101	Computer Lab
	06-12-2023	Wednesday	YOGVC101	Fundamentals of Shatkarma

**Time: 10:00 AM to 12:30 PM**

**Semester: 3<sup>rd</sup>**

<b>B.Sc. Yoga III</b>	18-11-2023	Saturday	YOGMC301	Essence of Principal Upanishads
	20-11-2023	Monday	YOGMC303	Human Anatomy and Physiology-II
	22-11-2023	Wednesday	HOMGE301	Human Development
	25-11-2023	Saturday	YOGVC301	Fundamentals of Naturopathy
	28-11-2023	Tuesday	YOGCC301	Yoga Psychology

**Time: 10:00 AM to 12:30 PM**

**Semester: 1<sup>st</sup>**

<b>M.A. in Human Consciousness and Yogic Science / M.Sc. in Yogic Science / M.Sc. in Yogic Science and Alternative Therapy / M.Sc. in Yogic Science and Naturopathy</b>	21-11-2023	Tuesday	MYHC101/ MYSC101/ MYAC101/ MYNC101	Fundamentals of Yoga
	23-11-2023	Thursday	MYHC102/ MYSC102/ MYAC102/ MYNC102	Yogic Concepts in Principal Upanishads
	25-11-2023	Saturday	MYHC103/ MYSC103/ MYAC103/ MYNC103	Applications of Hatha Yoga
	28-11-2023	Tuesday	MYHC104/ MYSC104/ MYAC104/ MYNC104	Human Anatomy, Physiology and Yoga-1

**Date Sheet – ESE Examination Nov-Dec, 2023 – (Regular and Supplementary)****School: SGRRU School of Yogic Science & Naturopathy****Time: 02:00 PM to 04:30 PM****Semester: 5<sup>th</sup>**

<b>B.Sc Yoga V</b>	18-11-2023	Saturday	BYSC_501	Human System According to Yoga
	20-11-2023	Monday	BYSC_502	Yoga and Human Consciousness
	22-11-2023	Wednesday	BYSC_503	Yogic Management of Lifestyle related disorders
	25-11-2023	Saturday	BSY_DSET504	DSE-1 (Fundamentals of Naturopathy)
	28-11-2023	Tuesday	BSY_DSET505	DSE-2 (Introduction to Ayurveda)

**Time: 02:00 PM to 04:30 PM****Semester: 3<sup>rd</sup>**

<b>M.A./ M.Sc. Yoga III</b>	18-11-2023	Saturday	MYSC_301	Statistics and Research Methodology in Yoga
	20-11-2023	Monday	MYSC_302	Teaching Methodology in Yoga
	22-11-2023	Wednesday	MYSE_303	Principles of Naturopathy
	25-11-2023	Saturday	MYSE_304	Diet and Nutrition in Yoga

**Controller of Examination**