

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

**Date Sheet – ESE Examination Nov-Dec, 2024 – (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. in Yogic Science</b>	02-12-2024	Monday	YOGDC101	Foundations of Yoga
	04-12-2024	Wednesday	YOGDC102	Introduction to Hath Yoga and It's Texts
	06-12-2024	Friday	FNDGE-101	Basics of Food and Nutrition
	09-12-2024	Monday	AEC101	Communication Skills: Listening & Speaking Skills
	11-12-2024	Wednesday	YOGVC101	Introduction to Pranayama
	13-12-2024	Friday	YOGSEC101	Basis of Sanskrit

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

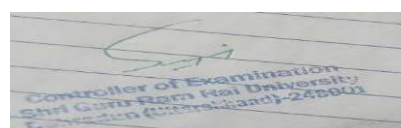
**Semester: 3<sup>rd</sup>**

<b>B.Sc. in Yogic Science</b>	20-11-2024	Wednesday	YOGDC301	Essence of Principal Upanishads
	22-11-2024	Friday	YOGDC302	Human Anatomy & Physiology-II
	25-11-2024	Monday	YOGDE301	Introduction to AYUSH
	27-11-2024	Wednesday	AEC301	Communication Skills : Reading & Writing Skills
	29-11-2024	Friday	YOGSEC301	Basis of Yoga Therapy
	02-12-2024	Monday	YOGVC301	Introduction of Meditation

**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>	02-12-2024	Monday	MYHC101/ MYSC101/ MYAC101/ MYNC101	Fundamentals of Yoga
	04-12-2024	Wednesday	MYHC102/ MYSC102/ MYAC102/ MYNC102	Yogic Concepts in Principal Upanishads
	06-12-2024	Friday	MYHC103/ MYSC103/ MYAC103/ MYNC103	Applications of Hatha Yoga
	09-12-2024	Monday	MYHC104/ MYSC104/ MYAC104/ MYNC104	Human Anatomy, Physiology and Yoga-1



**Date Sheet – ESE Examination Nov-Dec, 2024 – (Regular and Supplementary)**

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**Time: 02:00 PM to 04:30 PM**

**Semester: 5<sup>th</sup>**

<b>B.Sc. in Yogic Science</b>	20-11-2024	Wednesday	YOGMC501	Basis of Yoga Therapy
	22-11-2024	Friday	YOGMC503	Human System According to Yoga
	25-11-2024	Monday	HOMGE-501	Nutrition and Health
	27-11-2024	Wednesday	YOGVC501	Basis of Sanskrit
	29-11-2024	Friday	YOGCC501	Introduction to Ayurveda

**Time: 02:00 PM to 04:30 PM**


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

<b>M.Sc. in Yogic Science</b>	20-11-2024	Wednesday	MYSC301	Statistics and Research Methodology in Yoga
	22-11-2024	Friday	MYSC302	Therapeutic Yoga
	25-11-2024	Monday	MYSE303A	Teaching Methodology in Yoga
	27-11-2024	Wednesday	MYSE304B	Diet and Nutrition in Yoga

<b>M.A. in Human Consciousness and Yogic Science</b>	20-11-2024	Wednesday	MYHC301	Statistics and Research Methodology in Yoga
	22-11-2024	Friday	MYHC302	Therapeutic Yoga
	25-11-2024	Monday	MYHE303A	Teaching Methodology in Yoga
	27-11-2024	Wednesday	MYHE304B	Diet and Nutrition in Yoga

<b>M.Sc. in Yogic Science and Naturopathy</b>	20-11-2024	Wednesday	MYNC301	Statistics and Research Methodology in Yoga
	22-11-2024	Friday	MYNC302	Principles of Naturopathy, Hydro and Mud Therapy
	25-11-2024	Monday	MYNE303A	Therapeutic Yoga
	27-11-2024	Wednesday	MYNE304B	Diet, Nutrition and Fasting Therapy

<b>M.Sc. in Yogic Science and Alternative Therapies</b>	20-11-2024	Wednesday	MYAC301	Statistics and Research Methodology in Yoga
	22-11-2024	Friday	MYAC302	Introduction of Pranic Healing and Magnet Therapy
	25-11-2024	Monday	MYAE303A	Therapeutic Yoga
	27-11-2024	Wednesday	MYAE304B	Diet and Nutrition in Yoga

  
Controller of Examination  
Shri Guro-Ram Rai University  
Ludhiana (Punjab)-141004