



**SHRI GURU RAM RAI UNIVERSITY, DEHRADUN - 248001**  
**School of Yogic Science & Naturopathy**

**External Exam Date Sheet for End Semester MAY-2026**

**B.Sc. in Yogic Science, Sem - II**

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

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
B.Sc. in Yogic Science	Second	YOGDC201	Patanjal Yoga Darshana	12-05-2026	Tuesday	65
		YOGDC202	Human Anatomy and Physiology-I	14-05-2026	Thursday	65
		FNDGE-201	Food Safety and Preservation	16-05-2026	Saturday	65
		AEC201	Environmental Studies-I	18-05-2026	Monday	65
		YOGVC201	Introduction of Meditation	20-05-2026	Wednesday	65

**B.Sc. in Yogic Science, Sem - IV**

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

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
B.Sc. in Yogic Science	Fourth	YOGDC401	Essence of Bhagavad Gita for Holistic Living	13-05-2026	Wednesday	69
		YOGDC402	Methods of Teaching Yoga	15-05-2026	Friday	69
		YOGDE401	Introduction to Ayurveda	19-05-2026	Tuesday	69
		AEC401	Environmental Studies-II	21-05-2026	Thursday	69
		YOGSEC401	Disaster Management	23-05-2026	Saturday	69
		YOGVC401	Fundamentals of Shatkarma	25-05-2026	Monday	69

**B.Sc. in Yogic Science, Sem - VI**

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

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
B.Sc. in Yogic Science	Sixth	YOGDC601	Yoga and Holistic Health	12-05-2026	Tuesday	69
		YOGDC602	Fundamentals of Biochemistry	14-05-2026	Thursday	69
		YOGDE601	Yoga and Mental Health	16-05-2026	Saturday	69
		FNDGE601	Community Nutrition and Nutritional Deficiency	18-05-2026	Monday	69

**M.Sc. in Yogic Science, Sem - II**

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

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science	Second	MYSC201	Patanjal Yoga Darshan	12-05-2026	Tuesday	44
		MYSC202	Biomechanics and Kinesiology	14-05-2026	Thursday	44
		MYSC203	Applications of Yogic Texts	16-05-2026	Saturday	44
		MYSC204	Human Anatomy, Physiology and Yoga-2	18-05-2026	Monday	44


**Controller of Examination**  
**Shri Guru Ram Rai University**  
**Dehradun, Uttarakhand**

M.A. in Human Consciousness and Yogic Science, Sem - II				Time - Evening 02:00 PM to 04:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.A. in Human Consciousness and Yogic Science	Second	MYHC201	Patanjal Yoga Darshan	12-05-2026	Tuesday	46
		MYHC202	Human Consciousness	14-05-2026	Thursday	46
		MYHC203	Applications of Yogic Texts	16-05-2026	Saturday	46
		MYHC204	Human Anatomy, Physiology and Yoga-2	18-05-2026	Monday	46


M.Sc. in Yogic Science and Alternative Therapies, Sem - II				Time - Evening 02:00 PM to 04:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science and Alternative Therapy	Second	MYAC201	Patanjal Yoga Darshan	12-05-2026	Tuesday	28
		MYAC202	Introduction to Ayurveda & Panchkarma	14-05-2026	Thursday	28
		MYAC203	Applications of Yogic Texts	16-05-2026	Saturday	28
		MYAC204	Human Anatomy, Physiology and Yoga-2	18-05-2026	Monday	28

M.Sc. in Yogic Science and Naturopathy, Sem - II				Time - Evening 02:00 PM to 04:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science and Naturopathy	Second	MYNC201	Patanjal Yoga Darshan	12-05-2026	Tuesday	25
		MYNC202	Introduction to Ayurveda & Panchkarma	14-05-2026	Thursday	25
		MYNC203	Application of Yogic Texts	16-05-2026	Saturday	25
		MYNC204	Human Anatomy, Physiology and Yoga-2	18-05-2026	Monday	25

M.Sc. in Yogic Science, Sem - IV				Time - Morning 10:00 AM to 12:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
		MYSC401	Yoga and Psychology	13-05-2026	Wednesday	39
		MYSC402	Physiological Effects of Yoga Practice	15-05-2026	Friday	39
		MYSE403B	Principles of Naturopathy	19-05-2026	Tuesday	39

  
 Controller of Examination  
 Shri Guru Ram Rai University  
 Dehradun, Uttarakhand

M.A. in Human Consciousness and Yogic Science, Sem - IV				Time - Morning 10:00 AM to 12:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.A. in Human Consciousness and Yogic Science,	Fourth	MYHC401	Yoga and Psychology	13-05-2026	Wednesday	33
		MYHC402	Yoga and Alternative Therapies	15-05-2026	Friday	33
		MYHE403B	Principles of Naturopathy	19-05-2026	Tuesday	33
		MYHE404A	Essay	21-05-2026	Thursday	33
M.Sc. in Yogic Science and Alternative Therapy, Sem - IV				Time - Morning 10:00 AM to 12:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science and Alternative Therapy	Fourth	MYAC401	Biomechanics and Kinesiology	13-05-2026	Wednesday	19
		MYAC402	Introduction of Acupressure and Marma Therapies	15-05-2026	Friday	19
		MYAE403A	Introduction of Mantra and Yajna Therapies	19-05-2026	Tuesday	19
M.Sc. in Yogic Science and Naturopathy, Sem - IV				Time - Morning 10:00 AM to 12:30 PM		
Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science and Naturopathy	Fourth	MYNC401	Biomechanics and Kinesiology	13-05-2026	Wednesday	17
		MYNC402	Chromo and Massage Therapy	15-05-2026	Friday	17
		MYNE403A	Yoga and Psychology	19-05-2026	Tuesday	17

  
**Controller of Examination**  
**Shri Guru Ram Rai University**  
**Dehradun, Uttarakhand**