SCHOOL OF YOGIC SCIENCE & NATUROPATHY
SHRI GURU RAM RAI UNIVERSITY, DEHRADUN - 248001

External Exam Date Sheet for End Semester December-2026

B.Sc. in Yogic Science, Sem - I — **Time - Morning 10:30 AM to 01:00 PM**

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
B.Sc. in Yogic Science	First	YOGDC101	Foundations of Yoga	14-12-2026	Monday	81
		YOGDC102	Introduction to Hath Yoga and It's Texts	16-12-2026	Wednesday	81
		FNDGE101	Basics of Food and Nutritions	18-12-2026	Friday	81
		AEC101	English Communication Skills: Listening & Speaking Skills	21-12-2026	Monday	81
		YOGVC101	Introduction of Pranayama	23-12-2026	Wednesday	81

B.Sc. in Yogic Science, Sem - III — **Time - Morning 10:30 AM to 01:00 PM**

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
B.Sc. in Yogic Science	Third	YOGDC301	Essence of Principal Upanishads	08-12-2026	Tuesday	65
		YOGDC302	Human Anatomy & Physiology-II	10-12-2026	Thursday	65
		YOGDE301	Introduction to AYUSH	12-12-2026	Saturday	65
		AEC301	English Communication Skills : Reading & Writing Skills	14-12-2026	Monday	65
		YOGVC301	Yoga & Self-Management	16-12-2026	Wednesday	65

B.Sc. in Yogic Science, Sem - V — **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	Fifth	YOGDC501	Basis of Yoga Therapy	04-12-2026	Friday	69
		YOGDC502	Human System According to Yoga	07-12-2026	Monday	69
		YOGDE501	Yoga Protocols for Special Targeted Groups	09-12-2026	Wednesday	69
		FNDGE501	Food Preservation	12-12-2026	Saturday	69

M.Sc. in Yogic Science, Sem - I — **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	First	MYSC101	Fundamentals of Yoga	08-12-2026	Tuesday	38
		MYSC102	Yogic Concepts in Principal Upanishads	10-12-2026	Thursday	38
		MYSC103	Applications of Hatha Yoga	12-12-2026	Saturday	38
		MYSC104	Human Anatomy, Physiology and Yoga-1	14-12-2026	Monday	38

M.A. in Human Consciousness and Yogic Science, Sem - I — **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	First	MYHC101	Fundamentals of Yoga	08-12-2026	Tuesday	34
		MYHC102	Yogic Concepts in Principal Upanishads	10-12-2026	Thursday	34
		MYHC103	Applications of Hatha Yoga	12-12-2026	Saturday	34
		MYHC104	Human Anatomy, Physiology and Yoga-1	14-12-2026	Monday	34

Controller of Examination
Shri Guru Ram Rai University
Dehradun (Uttarakhand)-248001

M.Sc. in Yogic Science and Alternative Therapies, Sem - I — **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	First	MYAC101	Fundamentals of Yoga	08-12-2026	Tuesday	21
		MYAC102	Yogic Concepts in Principal Upanishads	10-12-2026	Thursday	21
		MYAC103	Applications of Hatha Yoga	12-12-2026	Saturday	21
		MYAC104	Human Anatomy, Physiology and Yoga-1	14-12-2026	Monday	21

M.Sc. in Yogic Science and Naturopathy, Sem - I — **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	First	MYNC101	Fundamentals of Yoga	08-12-2026	Tuesday	18
		MYNC102	Yogic Concepts in Principal Upanishads	10-12-2026	Thursday	18
		MYNC103	Applications of Hatha Yoga	12-12-2026	Saturday	18
		MYNC104	Human Anatomy, Physiology and Yoga-1	14-12-2026	Monday	18

M.Sc. in Yogic Science, Sem - III — **Time - Morning 10:30 AM to 01:00 PM**

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science,	Third	MYSC301	Statistics and Research Methodology in Yoga	05-12-2026	Saturday	38
		MYSC302	Therapeutic Yoga	07-12-2026	Monday	38
		MYSE303A	Teaching Methodology in Yoga	09-12-2026	Wednesday	38
		MYSE304B	Diet and Nutrition in Yoga	11-12-2026	Friday	38

M.A. in Human Consciousness and Yogic Science, Sem - III — **Time - Morning 10:30 AM to 01:00 PM**

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.A. in Human Consciousness and Yogic Science,	Third	MYHC301	Statistics and Research Methodology in Yoga	05-12-2026	Saturday	46
		MYHC302	Therapeutic Yoga	07-12-2026	Monday	46
		MYHE303A	Teaching Methodology in Yoga	09-12-2026	Wednesday	46
		MYHE304B	Diet and Nutrition in Yoga	11-12-2026	Friday	46

M.Sc. in Yogic Science and Alternative Therapy, Sem - III — **Time - Morning 10:30 AM to 01:00 PM**

Course Programme	Semester	Subject Code	Subject Name	Date	Day	Number of Students
M.Sc. in Yogic Science and Alternative Therapy	Third	MYAC301	Statistics and Research Methodology in Yoga	05-12-2026	Saturday	28
		MYAC302	Introduction of Pranic Healing and Magnet Therapy	07-12-2026	Monday	28
		MYAE303A	Therapeutic Yoga	09-12-2026	Wednesday	28
		MYAE304B	Diet and Nutrition in Yoga	11-12-2026	Friday	28

Controller of Examination
Shri Guru Ram Rai University
Dehradun (Uttarakhand)-248001

M.Sc. in Yogic Science and Naturopathy, Sem - III				Time - Morning 10:30 AM to 01:00 PM		
Course Programme	**Semester**	**Subject Code**	**Subject Name**	**Date**	**Day**	**Number of Students**
M.Sc. in Yogic Science and Naturopathy	Third	MYNC301	Statistics and Research Methodology in Yoga	05-12-2026	Saturday	**25**
		MYNC302	Principles of Naturopathy, Hydro and Mud Therapy	07-12-2026	Monday	**25**
		MYNE303A	Therapeutic Yoga	09-12-2026	Wednesday	**25**
		MYNE304B	Diet, Nutrition and Fasting Therapy	11-12-2026	Friday	**25**

Dr. Surendra Prasad Rayal

Associate Professor & Head
Department of Naturopathy
and Alternative Therapy
School of Yogic Science & Naturopathy
Shri Guru Ram Rai University, Dehradun

Prof. (Dr.) Kanchan Joshi

DEAN
School of Yogic Science & Naturopathy
Shri Guru Ram Rai University
Pathri Bagh, Dehradun (Uttarakhand) 248001

Controller of Examination
Shri Guru Ram Rai University
Dehradun (Uttarakhand)-248001