

Tamil Nadu Physical Education and Sports University			
Chennai - 600 127			
School of Distance Education Examination and All Arrear Examination			
FEBRUARY - 2025			
Examination Timetable			
M.Sc Yoga - (Semester Pattern 2020 Batch Onwards)			
First Semester			
Subject Code	Subject	Date	Time
20MY101	Fundamentals of Yoga	24.02.2025	10 am to 1 pm
20MY102	Anatomy and Physiology	25.02.2025	10 am to 1 pm
20MY103	Methods of Yogic Practices	26.02.2025	10 am to 1 pm
20MY105	Yogic Diet	27.02.2025	10 am to 1 pm

Second Semester			
Subject Code	Subject	Date	Time
20MY201	Yoga and Psychology	24.02.2025	2 pm to 5 pm
20MY202	Methodology in Teaching Y	25.02.2025	2 pm to 5 pm
20MY203	Basic Yoga Texts	26.02.2025	2 pm to 5 pm
20MY205	Yoga and Nutrition	27.02.2025	2 pm to 5 pm

Third Semester			
Subject Code	Subject	Date	Time
20MY301	Yoga therapy	28.02.2025	10 am to 1 pm
20MY302	Yoga sutras	01.03.2025	10 am to 1 pm
20MY303	Hatha yoga texts	03.03.2025	10 am to 1 pm
20MY305	Methods of Naturopathy	04.03.2025	10 am to 1 pm

Fourth Semester			
Subject Code	Subject	Date	Time
20MY401	Research Processes in Yog	28.02.2025	2 pm to 5 pm
20MY402	Traditional Systems of Medicines and Therapies	01.03.2025	2 pm to 5 pm
20MY403	Thesis / Yoga and Health / Thirumoolar's	03.03.2025	2 pm to 5 pm
20MY405	Statistics in Yoga	04.03.2025	2 pm to 5 pm

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First Semester			

Subject Code	Subject	Date	Time
20BY101	Tamil - I/Hindi - I	05.03.2025	10 am to 1 pm
20BY102	English - I	06.03.2025	10 am to 1 pm
20BY103	Fundamentals of Yoga	07.03.2025	10 am to 1 pm
20BY105	Basic Yoga Texts	08.03.2025	10 am to 1 pm

Second Semester			
Subject Code	Subject	Date	Time
20BY201	Tamil - II/Hindi - II	05.03.2025	2 pm to 5 pm
20BY202	English - II	06.03.2025	2 pm to 5 pm
20BY203	Yoga and Psychology	07.03.2025	2 pm to 5 pm
20BY205	Anatomy and Physiology	08.03.2025	2 pm to 5 pm

Third Semester			
Subject Code	Subject	Date	Time
20BY301	Tamil - III/Hindi - III	24.02.2025	10 am to 1 pm
20BY302	English - III	25.02.2025	10 am to 1 pm
20BY303	Methodology of Teaching Y	26.02.2025	10 am to 1 pm
20BY305	Health and Psyschology	27.02.2025	10 am to 1 pm

Fourth Semester			
Subject Code	Subject	Date	Time
20BY401	Tamil - IV/Hindi - IV	28.02.2025	10 am to 1 pm
20BY402	English - IV	01.03.2025	10 am to 1 pm
20BY403	Traditional Indian System of Medicines and Therapies	03.03.2025	10 am to 1 pm
20BY405	Diet and Nutrition	04.03.2025	10 am to 1 pm

Fifth Semester			
Subject Code	Subject	Date	Time
20BY501	Yoga Therapy	24.02.2025	2 pm to 5 pm
20BY502	Patanjali Yoga Sutra	25.02.2025	2 pm to 5 pm
20BY504	Usage of Props	26.02.2025	2 pm to 5 pm
20BY505	Environmental Studies	27.02.2025	2 pm to 5 pm

Sixth Semester			
Subject Code	Subject	Date	Time
20BY601	Yogic Diet	28.02.2025	2 pm to 5 pm
20BY602	Methods of Naturopathy	01.03.2025	2 pm to 5 pm
20BY604	Yoga and Fitness	03.03.2025	2 pm to 5 pm
20BY605	Value Education	04.03.2025	2 pm to 5 pm