



Tamil Nadu Physical Education and Sports University

Chennai - 600 127

School of Distance Education Examination and
All Arear Examination

AUGUST - 2024

Examination Timetable

M.Sc Yoga - (Semester Pattern 2020 Batch Onwards)

First Semester

Subject Code	Subject	Date	Time
20MY101	Fundamentals of Yoga	22.08.2024	10 am to 1 pm
20MY102	Anatomy and Physiology	23.08.2024	10 am to 1 pm
20MY103	Methods of Yogic Practices	24.08.2024	10 am to 1 pm
20MY105	Yogic Diet	27.08.2024	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20MY201	Yoga and Psychology	17.08.2024	10 am to 1 pm
20MY202	Methodology in Teaching Yoga	19.08.2024	10 am to 1 pm
20MY203	Basic Yoga Texts	20.08.2024	10 am to 1 pm
20MY205	Yoga and Nutrition	21.08.2024	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20MY301	Yoga therapy	22.08.2024	2 pm to 5 pm
20MY302	Yoga sutras	23.08.2024	2 pm to 5 pm
20MY303	Hatha yoga texts	24.08.2024	2 pm to 5 pm
20MY305	Methods of Naturopathy	27.08.2024	2 pm to 5 pm

Fourth Semester			
Subject Code	Subject	Date	Time
20MY401	Research Processes in Yoga	17.08.2024	2 pm to 5 pm
20MY402	Traditional Systems of Medicines and Therapies	19.08.2024	2 pm to 5 pm
20MY403	Thesis / Yoga and Health / Thirumoolar's Thirumandiram	20.08.2024	2 pm to 5 pm
20MY405	Statistics in Yoga	21.08.2024	2 pm to 5 pm



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B.Sc Yoga - (Semester Pattern 2020 Batch Onwards)

First Semester

Subject Code	Subject	Date	Time
20BY101	Tamil - I/Hindi - I	17.08.2024	10 am to 1 pm
20BY102	English - I	19.08.2024	10 am to 1 pm
20BY103	Fundamentals of Yoga	20.08.2024	10 am to 1 pm
20BY105	Basic Yoga Texts	21.08.2024	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20BY201	Tamil - II/Hindi - II	22.08.2024	10 am to 1 pm
20BY202	English - II	23.08.2024	10 am to 1 pm
20BY203	Yoga and Psychology	24.08.2024	10 am to 1 pm
20BY205	Anatomy and Physiology	27.08.2024	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20BY301	Tamil - III/Hindi - III	28.08.2024	10 am to 1 pm
20BY302	English - III	29.08.2024	10 am to 1 pm
20BY303	Methodology of Teaching Yoga	30.08.2024	10 am to 1 pm
20BY305	Health and Psychology	31.08.2024	10 am to 1 pm

Fourth Semester			
Subject Code	Subject	Date	Time
20BY401	Tamil - IV/Hindi - IV	28.08.2024	2 pm to 5 pm
20BY402	English - IV	29.08.2024	2 pm to 5 pm
20BY403	Traditional Indian System of Medicines and Therapies	30.08.2024	2 pm to 5 pm
20BY405	Diet and Nutrition	31.08.2024	2 pm to 5 pm

Fifth Semester			
Subject Code	Subject	Date	Time
20BY501	Yoga Therapy	22.08.2024	2 pm to 5 pm
20BY502	Patanjali Yoga Sutra	23.08.2024	2 pm to 5 pm
20BY504	Usage of Props	24.08.2024	2 pm to 5 pm
20BY505	Environmental Studies	27.08.2024	2 pm to 5 pm

Sixth Semester			
Subject Code	Subject	Date	Time
20BY601	Yogic Diet	17.08.2024	2 pm to 5 pm
20BY602	Methods of Naturopathy	19.08.2024	2 pm to 5 pm
20BY604	Yoga and Fitness	20.08.2024	2 pm to 5 pm
20BY605	Value Education	21.08.2024	2 pm to 5 pm