



Tamil Nadu Physical Education and Sports University

Chennai - 600 127

School of Distance Education Examination and

All Arear Examination

OCTOBER - 2023

Examination Timetable

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

First Semester

Subject Code	Subject	Date	Time
20MY101	Fundamentals of Yoga	03.10.2023	10 am to 1 pm
20MY102	Anatomy and Physiology	04.10.2023	10 am to 1 pm
20MY103	Methods of Yogic Practices	05.10.2023	10 am to 1 pm
20MY105	Yogic Diet	06.10.2023	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20MY201	Yoga and Psychology	07.10.2023	10 am to 1 pm
20MY202	Methodology in Teaching Yoga	09.10.2023	10 am to 1 pm
20MY203	Basic Yoga Texts	10.10.2023	10 am to 1 pm
20MY205	Yoga and Nutrition	11.10.2023	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20MY301	Yoga therapy	03.10.2023	2 pm to 5 pm
20MY302	Yoga sutras	04.10.2023	2 pm to 5 pm
20MY303	Hatha yoga texts	05.10.2023	2 pm to 5 pm
20MY305	Methods of Naturopathy	06.10.2023	2 pm to 5 pm

Fourth Semester

Subject Code	Subject	Date	Time
20MY401	Research Processes in Yoga	07.10.2023	2 pm to 5 pm
20MY402	Traditional Systems of Medicines and Therapies	09.10.2023	2 pm to 5 pm
20MY403	Thesis / Yoga and Health / Thirumoolar's Thirumandiram	10.10.2023	2 pm to 5 pm
20MY405	Statistics in Yoga	11.10.2023	2 pm to 5 pm

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

Subject Code	Subject	Date	Time
20BY101	Tamil - I/Hindi - I	03.10.2023	10 am to 1 pm
20BY102	English - I	04.10.2023	10 am to 1 pm
20BY103	Fundamentals of Yoga	05.10.2023	10 am to 1 pm
20BY105	Basic Yoga Texts	06.10.2023	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20BY201	Tamil - II/Hindi - II	07.10.2023	10 am to 1 pm
20BY202	English - II	09.10.2023	10 am to 1 pm
20BY203	Yoga and Psychology	10.10.2023	10 am to 1 pm
20BY205	Anatomy and Physiology	11.10.2023	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20BY301	Tamil - III/Hindi - III	03.10.2023	2 pm to 5 pm
20BY302	English - III	04.10.2023	2 pm to 5 pm
20BY303	Methodology of Teaching Yoga	05.10.2023	2 pm to 5 pm
20BY305	Health and Psychology	06.10.2023	2 pm to 5 pm

Fourth Semester

Subject Code	Subject	Date	Time
20BY401	Tamil - IV/Hindi - IV	07.10.2023	2 pm to 5 pm
20BY402	English - IV	09.10.2023	2 pm to 5 pm
20BY403	Traditional Indian System of Medicines and Therapies	10.10.2023	2 pm to 5 pm
20BY405	Diet and Nutrition	11.10.2023	2 pm to 5 pm

Fifth Semester

Subject Code	Subject	Date	Time
20BY501	Yoga Therapy	12.10.2023	2 pm to 5 pm
20BY502	Patanjali Yoga Sutra	13.10.2023	2 pm to 5 pm
20BY503	Usage of Props	14.10.2023	2 pm to 5 pm
20BY504	Environmental Studies	16.10.2023	2 pm to 5 pm