



Tamil Nadu Physical Education and Sports University

Chennai - 600 127

School of Distance Education Examination and All Arrear Examination

JULY- 2025

Examination Timetable

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

First Semester

Subject Code	Subject	Date	Time
20MY101	Fundamentals of Yoga	22.07.2025	10 am to 1 pm
20MY102	Anatomy and Physiology	23.07.2025	10 am to 1 pm
20MY103	Methods of Yogic Practices	24.07.2025	10 am to 1 pm
20MY105	Yogic Diet	25.07.2025	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20MY201	Yoga and Psychology	17.07.2025	10 am to 1 pm
20MY202	Methodology in Teaching Yoga	18.07.2025	10 am to 1 pm
20MY203	Basic Yoga Texts	19.07.2025	10 am to 1 pm
20MY205	Yoga and Nutrition	21.07.2025	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20MY301	Yoga therapy	22.07.2025	2 pm to 5 pm
20MY302	Yoga sutras	23.07.2025	2 pm to 5 pm
20MY303	Hatha yoga texts	24.07.2025	2 pm to 5 pm
20MY305	Methods of Naturopathy	25.07.2025	2 pm to 5 pm

Fourth Semester

Subject Code	Subject	Date	Time
20MY401	Research Processes in Yoga	17.07.2025	2 pm to 5 pm
20MY402	Traditional Systems of Medicines and Therapies	18.07.2025	2 pm to 5 pm
20MY403	Thesis / Yoga and Health / Thirumoolar's Thirumandiram	19.07.2025	2 pm to 5 pm
20MY405	Statistics in Yoga	21.07.2025	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	17.07.2025	10 am to 1 pm
20BY102	English - I	18.07.2025	10 am to 1 pm
20BY103	Fundamentals of Yoga	19.07.2025	10 am to 1 pm
20BY105	Basic Yoga Texts	21.07.2025	10 am to 1 pm

Second Semester

Subject Code	Subject	Date	Time
20BY201	Tamil - II/Hindi - II	26.07.2025	10 am to 1 pm
20BY202	English - II	28.07.2025	10 am to 1 pm
20BY203	Yoga and Psychology	29.07.2025	10 am to 1 pm
20BY205	Anatomy and Physiology	30.07.2025	10 am to 1 pm

Third Semester

Subject Code	Subject	Date	Time
20BY301	Tamil - III/Hindi - III	22.07.2025	10 am to 1 pm
20BY302	English - III	23.07.2025	10 am to 1 pm
20BY303	Methodology of Teaching Yoga	24.07.2025	10 am to 1 pm
20BY305	Health and Psychology	25.07.2025	10 am to 1 pm

Fourth Semester			
Subject Code	Subject	Date	Time
20BY401	Tamil - IV/Hindi - IV	22.07.2025	2 pm to 5 pm
20BY402	English - IV	23.07.2025	2 pm to 5 pm
20BY403	Traditional Indian System of Medicines and Therapies	24.07.2025	2 pm to 5 pm
20BY405	Diet and Nutrition	25.07.2025	2 pm to 5 pm

Fifth Semester			
Subject Code	Subject	Date	Time
20BY501	Yoga Therapy	26.07.2025	2 pm to 5 pm
20BY502	Patanjali Yoga Sutra	28.07.2025	2 pm to 5 pm
20BY504	Usage of Props	29.07.2025	2 pm to 5 pm
20BY505	Environmental Studies	30.07.2025	2 pm to 5 pm

Sixth Semester			
Subject Code	Subject	Date	Time
20BY601	Yogic Diet	17.07.2025	2 pm to 5 pm
20BY602	Methods of Naturopathy	18.07.2025	2 pm to 5 pm
20BY604	Yoga and Fitness	19.07.2025	2 pm to 5 pm
20BY605	Value Education	21.07.2025	2 pm to 5 pm