



NATIONAL COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI- 620 001

M.Sc YOGA END SEMESTER EXAMINATIONS APRIL 2025

| | | Forenoon:9.30 am to 12.30 pm | | Afternoon :2.00 pm to 5.00 pm | |
|------------|-----------|------------------------------|--|-------------------------------|---|
| Date | Day | Course Code | Course Title | Course Code | Course Title |
| 21-04-2025 | Monday | P19Y016 | APPLICATION OF TEST AND MEASUREME | P19Y011 | Research methodology & Statistics in Yoga |
| 21-04-2025 | Monday | P22Y016 | APPLICATION OF TEST AND MEASUREMENT | P22Y011 | Research methodology & Statistics in Yoga |
| 22-04-2025 | Tuesday | ---- | ---- | P19Y012 | Yoga and meditation |
| 22-04-2025 | Tuesday | ---- | ---- | P22Y012 | Yoga and meditation |
| 23-04-2025 | Wednesday | P19Y018E | HYGIENE, DIET & NUTRITION | ---- | ---- |
| 23-04-2025 | Wednesday | P22Y018E | HYGIENE, DIET & NUTRITION | ---- | ---- |
| 24-04-2025 | Thursday | ---- | ---- | P19Y014E | Yoga therapy |
| 24-04-2025 | Thursday | ---- | ---- | P22Y014E | Yoga therapy |
| 25-04-2025 | Friday | ---- | ---- | P19Y015E | Fitness and Rehabilitation |
| 25-04-2025 | Friday | ---- | ---- | P22Y015E | Fitness and Rehabilitation |
| 26-04-2025 | Saturday | P19Y06 | SCIENTIFIC ASPECTS OF YOGA | P19Y01 | Yoga and Health |
| 26-04-2025 | Saturday | P22Y06 | SCIENTIFIC ASPECTS OF YOGA | P22Y01 | Yoga and Health |
| 28-04-2025 | Monday | P19Y07 | YOGA AND ALTERNATIVE MEDICINE | P19Y02 | Elements of Yoga |
| 28-04-2025 | Monday | P22Y07 | YOGA AND ALTERNATIVE MEDICINE | P22Y02 | Elements of Yoga |
| 29-04-2025 | Tuesday | P19Y08 | YOGA AND SPORTS | P19Y03 | Yoga Asanas : Practice and Benefits |
| 29-04-2025 | Tuesday | P22Y08 | YOGA AND SPORTS | P22Y03 | Yoga Asanas : Practice and Benefits |
| 30-04-2025 | Wednesday | ---- | ---- | ---- | ---- |
| 30-04-2025 | Wednesday | ---- | ---- | ---- | ---- |
| 02-05-2025 | Friday | P19Y010E | YOGA AND CHAKRAS | P19Y05E | Human Anatomy and Yoga |
| 02-05-2025 | Friday | P22Y010E | YOGA AND CHAKRAS | P22Y05E | Human Anatomy and Yoga |