

Message

Dear Learners,

Education and innovation are the basic desiderata of any nation aspiring for Progress. Innovation is made more meaningful and accepted only when it is based on research findings. 21st Century is designed as a knowledge century. Everyone should realize that knowledge is the fulfillment of human life.

Today Universities are considered as key institutions in the process of Social change and development and play a key role in societal transformation of the country and the world at large.

Distance Education System has grown exponentially in the last two decades in our country to meet the education needs of the poor people at affordable cost. Tamil Nadu Physical Education and Sports university is unique and first of its kind in India as an affiliating University exclusively for Physical Education and Sports, the whole of our country, offering innovative professional and allied courses at the undergraduate, post graduate, Research and Diploma levels. It is one of the most renowned Institutions of Higher Education, functioning with the objective of providing quality education to all segment of the society at the door steps of the needy. The University plans to offer quality Distance Education programme by providing state of art course material in tune with latest technology. Further the University also plans to have a vast network of study centers throughout the country to prove quality service to the learners.

The prospective learners can make use of the opportunities made available by the Tamil Nadu Physical Education and Sports University to enrich their knowledge and skill in the chosen field for their individual development and for the development of nation's human resources.

wish you all success.

Tamil Nadu Physical Education and Sports University

AUTHORITIES

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DISTANCE EDUCATION

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EXAMINATIONS

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TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

VISION

“To engage in relentless pursuit of Excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit”

MISSION

- To create an ideal academic environment for Learning, Scholarship, Professionalism, and Collaboration that fosters Excellence in active student learning and professional growth.
- To design and introduce innovative, integrated, inter-disciplinary curriculum in Physical Education and various Sports and games and allied areas and provide Leadership to the Profession.
- To offer unique graduate, Post-graduate and research Programmes in Physical Education, Sports and allied fields.
- To produce competent health conscious Physical Education teachers at various levels, who will be fully equipped to impart instruction in Physical Education and undertake physical activity programmes for children and youth.
- To develop High-Tech research facilities and contribute to the body to knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.
- To facilities the application of research finding to refine and sharpen the coaching and training techniques in Physical Education and Sports.
- To closely collaborate and coordinate with the State and National bodies in Physical Education and Sports, in matters of common interest and concern.
- To actively design programme for the promotion and development of fitness and health concept among the students, faculty and the community around so as to mould them into physically fit and emotionally matured citizens.

MOTTO

“EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS”

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**THE STUDENTS ARE ADVISED
TO KEEP THIS HANDBOOK SAFELY
TILL THE COMPLETION OF THE
PROGRAMME**

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

PROFILE

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliating University, exclusively for Physical Education and Sports. The said Act came into force with effect from 15th September 2005 after obtaining the accent from His Excellency, the President of India on 05.08.2005.

List of Study Centres, TNPESU

S.No	<i>Name of the Study Centres</i>
1.	Grace Academy , 84, Grace Mansion, Sakthi Nagar, Ponneri-601 204. M.9443398743
2.	Chengai Study Centre 17, Second Floor, (Opp. Kulunthiamman Koil) V.O.C.Street, Chengalpattu—1.
3.	Bharath Study Circle, 34, Dr. Nanjappa Road, Kasturi Bhavan Complex, 2 nd Floor, Gandhipuram, Coimbatore-641012. 9443682547/9894743722
4.	GKM College of Physical Education GKM, Nagar, New Perungalathur, Chennai-600 063, 044-22790253, 9444963405. Suganthi Educational Trust No.15, Corporation Colony, Kodambakkam, Chennai-24. Ph: 24833101.
5.	Yoga Mission International, No.old-16, New-37, 5 th Floor, College Road, Nungambakkam, Chennai-600006. Cell-9841998149 / 9841450455.
6.	V. Ponnusamy Educational and Charitable Trust, No.31/10, Co-operative Colony, Gandhi Nagar, Namakkal-637 001. Ph: 042860-231794.
7.	D.K.Nagarathi Educational Trust, 103, Radha Avenue, Sri Devi Gardens, Valasaravakkam, Chennai-600087. Ph:24860583
8.	Yoga and Nature Cure Health Aid Trust, (YANCHAT) No.70, Murugappan Street, Stuarpet, Arakkonam-631 001. Ph: 9380111870.
9.	Khadir Mohideen College Adirampattinam – 614 701. Thanjavur District, Ph:9443160441.
10.	Dev Sports Academy Trust 48, Kalathumettu Street, Natham, Chengalpattu-603 002. Ph: 9842328331.
11.	St. Johns Educatioinal and Charitable Trust No. 41, Selvaraj Nagar, Thiruninravur-602 024. Ph:26300109
12.	R.Yatheesh Kumar No.140/A, Bangalore Road, Krishnagiri-635001. M. 9865810856
13.	Institute of Gandhian Studies and Research Ghandhi Memorial Museum, Madurai-625 020. Ph: 0452-2522822.

14.	Swamy Vivekananda Educational Trust, Mr.Paramanathan, Annapoorna Gardens, 10 th Cross Street, Sundaram Nagar, Medical College Road, Thanjavur-613004. Ph: 9360332999.
15.	L. Durai Institute of Bharath Yoga College No.3 Varadarajan Street, Vijalakshmpuram, Ambattur, Chennai-53. Ph:9444347331.
16.	P.Periyar Mannan (Co-ordinator) Periyar Training Centre, Sumngali Jeweller Back Side, opp. Bus Stand, Valappady-636115, Salam. Ph: 9443273922.
17.	K. Ajit Kumar (Director), Viniyoga Healing Foundation of India, No.7, 25 th Cross Street, Besent Nagar, Chennai-600090, Ph: 24464141. 9841054272
18.	Thirumoolar Education & Yoga, Wellfare Charitable Trust, 106/B, Gandhi Road Kallikurichi-606202. M 9842884005, 04151-223284
19.	Win Professional College, No.111-B, Dharmapuri Main Road, Omalur, Salam-636455. Ph: 04290-221155, 9361243272.
20.	Asian Martial Arts Academy, No.33/11, Jones Road, Saidipet, Chennai-15. Ph: 98404 58191/98406 52582.
21.	Ponnu Study Centre, No.89, Parthasarathy Nagar Housing Board, Old Washermenpet, Chennai-600021. (Near Pandian Theatre), Ph: 9444124440.
22.	G.Rajakumar (Correspondent), Kamaraj Educational Trust, Thenmahadevamangalam, Kadaladi (via), Polur T.K, Tiruvanamalai Dist- 606908. Ph: 9443378713.
23.	Genius Social Service Organisation, No.4/245, Maruthupandian Street, Thasildhar Nagar, Madurai-625020, Ph: 0452-2459902/9344773049/050.
24.	DHANARAJ STUDY CENIRE, First Floor, Natesan Pawnambal Complex, Opp. Taluk Office, Thindivanam Road, Gingee.
25 New	ANNAI STUDY CENIRE, 64, III Floor, Sri Krishna Complex, Opp. E.R. Higher School, Chinthamani, Trichy-2. 984246088,9750956788,0431-2708088.
26	DEEPIGHA INSTITUTE OF MANAGEMENT & TECHNOLOGY, No. 149, 100Feet Road, Ekkaduthangal, (Between Hyundai & Kasi Theatre Bridge),

	Chennai-97
27	PONDICHERRYINSTITUTE OF COMPUTER SCIENCE & MANAGEMENT, No.8,Lenin Street, Kosapalayam, Saram P.O. Puducherry-605013. 0413 2231950/60, 9443357894/9600828240
28	SYEDHAMEEDHA ARTS & SCIENCE COLLEGE, East Coast Road, Kilakarai-623 806
29	IGJ ARTS AND SCIENCE COLLEGE, 88E, Gingee Road, Tindivanam-1.
30	BHARATH POSTGRADUATE COLLEGE No-8,Karpagambal Nagar, Mylapore, Chennai-600004,
31	Atelier's Fitness No. 37, Velachery Main Road, Vijaya Nagar, Chennai-600 073 Ph.42184141/42184142, M-9551299844
32	Padmavathi College of Pharmacy Krishnagiri Main road, Periyannahalli-635 205.Dharmapuri dist.04348-247020/111/326
33	SVR Study Centre Pasumadam, 13A/3, Thiruthnthoni road, Woraiur,Trichy-620 003. M-9842621384
34	Shreyas Yoga Kendram M.Goutham Chand, 11, Ist Main Road, Tirumalai Nagar Annex, Perungudi, Chennai-96.
35	Sri Renugambal College of Phy. Education. Mr. R. Ramachandran (Chairman) CC Road, Ettivadi, Polur TK., Thiruvannamallai Dist. Ph.04181-222669,689
36	GSRG Educational Service Centre, Mr. S. Paramasivan, 36, Nabigal Nayagam Street, Tirunelveli Town,Pin-627006. 9865409739/9965847470
37	School of Santhi Yoga school Educational & Charitable Trust C.P.Santhiprasad 96, M.P. Appan Nagar, Vazhuthacaud, Thiruvananthapuram-695014. Kerala. M-9895318323
38	The Global Yoga Mission D.Kumaragurubaran No.38c, Type, II Quarters, Block-4, Neyveli-607801.
39	GOJU-RYU WORLD KARATE-DO SHOHBUKAI INDIA, Mr.C.Ajith Prakash Chief Instructor, No.195/75, S.M.G. Complex, Chandragandhi Nagar main, By-Pass Road, Madurai-625010. M 9843369107

40	Pudhuvai Istitute of Higher Edication N.Arul Murugan,(Co-ordinator) No.117 S.V. Patel Salai, (Opp) Anandha Inn) Puducherry-605001. M-9442233430
41	Nathamuni Yogalaya S. Sridharan 38/2, Bhaktapuri Street, Kumbamknam-612001 M.9841010844
42	Mamaniam Coastal Rural Development & Research foundation S. Mariappa, 20 G. Vannarapalayam Main Road, Back Street, Vannarapalayam, Guddalore-607001.
43	St. John,s college of Physical Education, The Principal Veeravanallur-627426. 9344475775
44	Yogakshemam, Mr. B.Soundaram No.3, Chellan nagar, Pondicherry2-605011.
45	Pushpa Researach Institute for Yoga, Sports & Exercise No.41, V.O.C. Nagar, L.I.C. Colony, 3rd Street Extension, Sidco – 641021.
46	Dr. J. David Manuel Raj Silambam Fencing Centre, 32/46, 8th Cross Street, Shenoy Nagar West, Chennai- 600 030. 9176257750/044-26265570
47	Mahalatshmi Educational Trust, Dr. D.L. Balaji, Arcot-Arni Main Road, Villapakkam post-632521, Vellore District.
48	Satguru Yoga Vidyalayam, Mr. Jeladharan Nair, No.40/6B, Kavetti Naidu Nagar,5th Cross, Sowripalayam (P), Coimbatore-28. M-9443064465.
49	Tharabai Subramaniam Educational & Charitable Trust AG.3 Shanthi Colony, Anna Nagar, Chennai-600 040. Cell : 9841648203
50	Patanjali College of Yoga & Research Centre, No.4/1023, Ist Floor, West Mugappair, Chennai-37. M-9841326566
51	Yuva Yoga, Unit A, 3 rd Floor, Kwong Fu Building, No. 38, Kam Lam Street, Mongkok, Kowloon, Hong Kong.
52	Shri Gujarati Swetamber Sthanakwasi Jain Association, (Collaborative) “C.U. Shah Bhavan” New # 4 (old # 78/79), Ratherdon Road, Purasawalkam, Chennai-600 006. Ph. 25322077,26413825

53	Samarasa Sutha Sanmarga Sathiya Yogasalai, Gnanasithipuram, Thirukandeeswaram (Alias) Thiruvadugur, Guddalore Dt. 607 105 M-9443144242, 9840404056 (Collaborative)
54	M. Antony Samy, Abijith Yoga Centre, Founder, Meenakshi Matriculation Higher Secondary School, R-54 T.V.S. Avenue, Anna Nagar West Extension Chennai-101. M-9750762047, 9842235329
55	Saptharishi Institute of Yoga Education and Research (SIYER), D2/1A, West First Cross Street, K.K. Nagar, Madurai-625 020 M.9788866090.
56	Chandrasekar Tiwari (Collaborative) Director B-559, Ground Floor, Green Field Colony, Faridabad, Haryana-121003. M-09990008462, 09650692094
57	Mrs. Kajal Bachawat, Turquoise, Shop No. 110, 1st Floor, Sai Complex, Near Hotel La-Carta, GIDC Char Rasta, Vapi-396195 (Gujarat) Ph.09825904999, 9974545999
58	Challin Buddas Silambam Centre, No. 16, Karunadidhi Nagar, Periyakuppam, Thuruvallur-602001. M-9940804371
59	Kobudo A.S. Krishnamurthy's TAI-IKU-KAI Self Defence Training Centre, New No. 11, Old No. 4/3, 1st Floor, Rajambal Street, T.Nagar, Chennai-600 017.
60	Integral Psycho-Yoga & Holistic Health Association, MBRRA-23, Vanchiyoor, Thiruvananthapuram, Pin-695035. Kerala 09447151888
61	Sri Lakshmi Kanthammal Physical Education and Educational Trust, No.633/23, Poonamallee High Road, P.P. Garden, Aminjikarai, Chennai-600 029.
62	TARA'S INSTITUTE OF SPORTS SCIENCES, 339, New Jawahar Nagar, Jalandhar City, Punjab- 144 001. Ph.09814064618.
63	Sri Paranjothi Institute for Yoga Natroopathy and Holistic Health, Sri Paranjothi Nagar, Thirumurthi Hills -642 112, Udumalpet Taluk, Coimbatore District. M-9585528990
64	Dr. Asana Andiappan, Director, Asana Andiappan College of Yoga and Research Centre, No.16, 21 st Main Road, Anna Nagar West, Chennai-600 040, Ph: 26183709
65	Sri Ashram Siddha Yoga Research Institute, 3/33, Iyer Line (opp.Heath Selem Castle), Five Roads, Salem-636004, Ph:0427-2446647

66	Dr.V.R. Arivazhagan,Managing Director, Indian Institute of Yoga and Naturopathy , No.247, Alagesan Road, Sai Baba Colony, Coimbatore-641011, M-98431-97467
67	Centre for Administrative Training and Research Viricode Post, Marthandam – 629165. Kanyakumari District, Tamil Nadu. Tel. 04651- 271457
68	Thirumoolar Yoga and Natural Diet Trust , T2/187, Kattabhomman Street, Parri Nagar, Chennai-83. M- 9444837114
69	Koviloor Andavar College of Physical Education & Sports Science , Koviloor-630 307.
70	EASAN YOGA . No.1, Sophia Road, #05-19 Peace Centre, Singapore-228149
71	Health Resort Old No.305, I Floor Konnur High Road, (opp to HDFC Bank) Near Noor Hotel, Ayanavaram, Chennai - 600 023
72	Aathma Yoga Academy No.13, Jegajeevan Ram Nagar, Camp Road, Selaiyur,Tambaram East, Chennai-47.
73	Aishwarrya Study Centre , No. D-2, golden gate Apartments, New.No. 11, Old.No. 33, Habibullsh Road, T. Nagar, Chennai-600 017. 9444223535
74	Mr. D. Victor Rajapandiyam Chairman St. Paul’s Educational and Charitable Trust, Gobichettipalayam-638 476,
75	Muthiah Pillai Mariammal Educational & Charitable Trust , 180, Ettayapuram Bend Road, Kovilpatti-628 501. 04632 533930, 521204
76	Jananam Yogalaya No.5, 2 nd Main road, Natesan Nagar (Near Indira Gandhi Statue), Puducherry-5, 0413-2204879, 9442996719
77	Global College of Paramedical Sciences , No. 275, Kalaivanar Nagar, Vellimalayan II Street, Alanganallur-625 501. Madurai Dist. C. 9659392525
78	Mahathma Gandhi Institute of Yoga and Research Center Plot No. 84, Church Street, Valasaravakkam, Chennai-600 087. M.9043391336,9442355993
79	Amrita Education & Research Foundation Trust 2/59, New Street, Poonthotam -608201, Orathur (PO) Chidambaram T.K. Branch :Amirtha Nivas, Near Chakeri Railway Station, Kanpur, UP. Cell:09935494022. 9443287257

80	Soshihan S. Kothandan's College of Martial Arts & Research Centre, 1A/ 23, (Ist Floor) Agathiyar Nagar Extn. Vilivakkam, Chennai-600 049. Ph.45552159
81	Ananda Yoga Foundation 51/1, Ayyanar Kovil Road, (opp) Sacred Heart Girls High School, Pudukkottai-622 001. 9345114570
82	Sangamam Yoga Arokoa Maiam 83, Maolar 3 rd Street, East Govindhapuram, Dindigul -1, Cell-9976914993
83	Shah, S Distance Education Centre, Kadheeja Complex,XXV/231, K.G. Padi Tirur, Malapuram (Dt) Kerala M-9447336190
84	Mr. H.Balajeyaperumal, Director Bethesda Institute of Health Sciences, Balaji Clinic, 78/1, Maharnobu Pottal Road, Kenikarai, Ramanathapuram-623501 M- 9486694944
85	Dhyanapeeta Charitable Trust, NIMS-Nithyananda Institute Of Multispecialty Sciences , Nithyananda Dhyanapeetam, Nithyanadapuri, Girivalam Path, Adiannamalai, Tiruvannamalai -606604. Ph: 04175-237666
86	TKS.Yoga Centre, No.4, Balaji nagar, 3 rd Street, Vignarajapuram Water Tank, Santhoshapuram, Chennai-73
87	Agathiyar Herbal Physiotherapy Centre Medical-Vallam Road, Pillaiyarpatti, Thanjavur Taluk, Thanjavur District-613 403. 98424 70586.
88.	Goshin Kai Karate Do India No. 50,M.C.S. Compound, Kattoor Road, Mettupalayam-641301. M-9443187311
89.	Truth Yoga World, No.1, Ist Main road, Jaganathapuram, Velachery, Chennai-600 042. Ph.9381153504
90	Dr. Ramalingam Varma Clinic and Yoga Foundation, No. 84/76, Canal Bank road, CIT. Nagar, NAndhanam(PO), Chennai-600 035. 9884348596,044-24323989 E mail:dryogavarmam@gmail.com.
91	Yogalayam &Varmalayam 3/28, Balakumaran Nagar part-B, Murugasan Salai, Kolathur, Chennai-600 099. 9444749969

92	Mr. C. Mariappan OKINAWA JUNDOKAN GOJU RYU KARATE-DO ASSOCIATION INDIA No.3/5, Thiru Ganna Sambandar Strteet, Vivekanandar Nagar, Kodungaiyur, Chennai-600 118. Cell 9003274753
93	CHRIST COLLEGE OF PHYSICAL EDUCATION IRINJALAKUDA-680 125, Kerala, Ph- 0480-3257746
94	TAEKWONDO SPORTS ACEDAMY N. Mohanarangan, Director, 49, A, Nachiyar Road, Woraiyur, Trichy-620 003. M-9443495372,9443145234
95	Rajivgandhi Polytechnic College Erode-Chennimalai Main road, Myladi-638112. M- 9360029292
96	Dr.T. Rajendran Rajendra Hospital Aluvilai, Moolachel,Mekkamandapam P.O., Kanyakumari Dist-629166.
97	Guru Educational Institute 33/11, Ariba Building, Ist Floor, Gayathri Complex, Opp. Govt. Arts College, Salem-636007. M.94875 77007
98	St. Xavier Educational & Charitable Trust, SF No. 161/9A,Kovai CNC Building, Arigner Anna Colony Extn. Kurichi Industrial Eatate (PO), Coimbatore-641021. Ph.0422-2679884, M- 98432-30851
99	Peace Yoga Training & Research Foundation No. 29, Hassan Basha Cross Street,(Near Kavitha Mat. School), Pallavaram, Chennai-43. Cell 9840381615,9884944902
100	Afriell Academy No. 2/17 B, Palayathan Street, Alandur, Chennai-600 016. M- 9790971123, 9840892408
101	Chinese Black Tiger Kungfu Association No. 31A, Ist Floor, Gandhi Road, Alwarthirunagar, Chennai-600 087. M-9444884857/47
102	Salem Scientific Yoga Research Institute # 88, 8 th East Street, Kannan Kadu, Hasthampatty, Salem-636007. M-9443001318,9698983001
103	Mathumathi Herbal & Yoga Hospital Nagalapuram, Sri Rengapuram PO, Theni Dist, Pin Code: 625534. 9047853997/9047853998

104	Akhil Academy 27,Jaihindppuram First Street, Madurai-625011. M-82200 06875
105	D.S. Distance Education StudyCentre 10/9, Madha Chruch Road, Mandavallipakkam, Chennai-28. M-9940503717, 9840973223
106	Sri Puttru Maharishi Social and Medical Service Centre No. 205-A, Nehru Nagar, Phase-II, Sathuvachari, Vellore-632 009. M-9443422935, 94429761900
107	Dr. Asok Kumar Sree Sadguru, School Kadu, Vilayodi (po) Chittur, Palakkad, Kerala-678103 M- 098097122751
108	CM Health Foundation 5, Rajkamal, Opp. Vidyanagari, Kalina, Mumbai-400098. 912226663156 E.Mail- drchasrani@cmhs.in
109	Sensi M.D. Selvam OA-15, Shivram Complex Mohanpura, 15/45, Shivram Complex, M/Pura. Port Blair, Soouth Andaman-744101, M9434264719
110	Patanjalee Institute of Yoga and Therapy, G. Ramakrishnan F1, Gokul Flats, 1,2 nd Canal Cross Road, Gandhi Nagar, Adyar, Chennai-600 020 9841262874
111	A.N. College of Physical Education & Sports (Run by Adi Nanjunda Education, Sports & Charitable Trust) 52&53 , 1 st Floor, J.J. Complex, 100 ft Road, Thirumangalam, Anna Nagar, Chenni- 600 040. Ph-044-26158888/64569999,M-9841520000. E mail:ancolleges@gmail.com
112	Ramaiyan Educational Charitable Trust 627, Mettu Street, Thiruvisanallur, Kumbakonam, Pin-612105.9688234837 Mail-rathigan2009@yaghoo.com
113	Sahara Institute of Distance Education S. Ramya, Plot No:9, 14 th Cross "C" Street, Krishna Nagar, Lawspet, Pondicherry-605008. 9443294247
114	Jai Yoga Centre, No.16, Raja Street, Perambur, Chennai-600 011. M- 99401 6217/9884867427

115	Pranav Yogasramam Kochukavala, Vaikom, Kottayam District Kerala-686141. 9895868119, 04829-225129
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ADMISSION

The Candidate may seek admission either directly to the University or through any one of the approved Study Centers of an University. The list of Approved Study Centre is given in the University Website www.tnpesu.org

If the Candidates enroll *directly* with the University, the Course Materials shall be directly sent to them and they have to attend the Contact Classes and Examinations at Chennai only.

If the candidates enroll *through Study Centers*, the Course Materials shall be sent through the Study Centers and students have to attend the Contact Classes arranged by the Study Centers at their places.

DIRECT ADMISSION WITH THE UNIVERSITY

The following documents are to be enclosed along with the filled-in applications:

- The original entry qualification of HSC / Diploma Certificate or Degree or Provisional Certificate and a Copy attested by the Gazetted Officer. (Original Certificates will be returned immediately after verification)
- **Identity Card:** Student will be issued Identity Card by the Directorate or Study Centres after their admission. The identity Card signed by the Director/Study Centre Officer will be returned to the students. Students are instructed to keep their Identity Card safely till the completion of the Programme and must bring their Identity Card at the time of Personal Contact Programme (PCP) and Examinations.
- Demand Draft for the prescribed *total fees* drawn in favour of the Director, DDE, Tamil Nadu Physical Education and Sports University, payable at Chennai (Refer to Annexure- I for fee details).

- No Transfer Certificate is required for admission to any of the Courses. The Directorate will not issue any Transfer Certificate. However, a "Course Completion Certificate" may be issued for those candidates who apply for it.
- The filled-in-application along with the required documents should be sent to the following address by *Registered Post* before the last date specified.

THE DIRECTOR
DIRECTORATE OF DISTANCE EDUCATION

Tamil Nadu Physical Education and Sports University

Melakottaiyur (PO) Kandigai, Vandalur Road, Chennai-600 127 Ph.044-27402637.

ADMISSION THROUGH STUDY CENTRES

1. The filled-in-application has to be submitted through the respective Study Centres along with the following documents.
 - i. The original entry qualification of HSC / Diploma Certificate or Degree or Provisional Certificate and a copy attested by the Gazetted Officer. (Original Certificates will be returned immediately after verification).
 - ii. Student Index Card with a Stamp size Photo and signature affixed.
 - iii. The Candidate has to submit One Demand Draft separately towards Course Fee in favour of the Director, DDE, Tamil Nadu Physical Education and Sports University, payable at Chennai towards the University,
 - iv. No Transfer Certificate is required for admission to any of the Courses. The Directorate will not issue any Transfer Certificate. However, a "Course Completion Certificate" may be issued for those candidates who apply for it.
 - v. Please note that no other fee is payable by the Candidates to the Study Centers except Examination Fees.

ADMISSION CONFIRMATION

- ◆ After scrutinizing the documents, the Directorate shall confirm Admission to the eligible candidates, assign Register Number and issue Identity Card.
- ◆ Students are instructed to keep the Identity Card in safe custody till they complete the programme.
- ◆ Once the candidate is admitted, his/her registration is valid for the entire period of study, subject to the payment of course fees for the respective year.

PERSONAL CONTACT PROGRAMME

The personal contact programme will be conducted in two spells of classes for a minimum duration of 50 hours for Theory papers and 100 hours for programme involving both theory and practicals in a year. Student should make their own arrangement for their board and lodging at the centres where PCP's are held.

A circular of details of date,venue and time for the Personal Contact Programmes for the academic year will be sent to their centres. Centres where these Programmes are to be intimated to the students with sufficient notice.

Attendance is compulsory. Attendance certificate will be issued at the end of the Personal contact Programme. Only those students who attended the contact programme are eligible to sit for the examination. The practical will be conducted in the respective Centres. Attendance certificate with the Exam application form for registration for the University examination at the end of the academic year. If it is not attached, the candidate concerned shall not be permitted to write examination.

INSTRUCTIONS TO CANDIDATES

1. Before submitting the filled-in-application, the candidates should ensure their eligibility for admission to the programme for which they apply.
2. The candidates should clearly specify their options in their Application
3. The candidates who acquired P.G. qualification directly under Open University Stream are not eligible for admission to another P.G. programme.

4. All fees should be paid in the form of Demand Draft , drawn in favour of the **Director, DDE, Tamil Nadu Physical Education and Sports University**, payable on any one of the following banks at Chennai.

- ◆ State Bank of India
- ◆ Indian Bank
- ◆ Syndicate Bank
- ◆ Central Bank of India
- ◆ Union Bank of India
- ◆ ICICI Bank
- ◆ City Union Bank
- ◆ Bank of Baroda
- ◆ Karur Vysya Bank
- ◆ Outstation Bank
- ◆ Canara Bank
- ◆ Indian Overseas Bank
- ◆ Pubjab National Bank
- ◆ United Commercial Bank
- ◆ Tamil Nadu Mercantile Bank
- ◆ Lakshmi Vilas Bank
- ◆ Vijaya Bank
- ◆ Pandyan Grama Bank
- ◆ Bank of India

5. The candidates should write their-

(i) Name

(ii) Application number and

(iii) Programme on the reverse of the demand draft. They should not sign anywhere on the demand draft

6. The demand draft should reach the Directorate of Distance Education within 15 days from the date of its issue by the bank.
7. Demand Draft should be payable at Chennai only; Demand Draft payable outside Chennai will not be accepted.
8. Payment of fees in installment is not permitted.
9. The students are permitted to pay the fees year-wise
10. Fee once paid shall neither be refunded nor adjusted towards any other payment.
11. Cheques, Postal Orders and Money orders will not be accepted under any circumstances.
12. Applicants should fill-up the application form and Student Index Card in block letters in his/her own handwriting and duly sign in the space provided.
13. Incomplete applications and over-written applications will be rejected.
14. Admission cannot be claimed as a matter of right.
15. Before despatching the application to the Directorate the applicant should make note of the application number.
16. Whenever the candidate corresponds with the Directorate, he/she has to quote his/her Enrolment Number, the programme and the Study Centre through whom they have enrolled.

Correspondence without Enrolment Number, Programme and the name of the Study Centre will not be entertained.

17. No candidate should register for two Programmes in the Directorate in the same year.
18. Change of Name will not be permitted in the middle of the course of study.
19. The University reserves the right not to conduct any of the Programmes if the circumstances so warrant.
20. If the certificate submitted by the applicant is in any language other than English / Tamil, an English version of the Certificate, duly attested by a Gazetted Officer should be enclosed, failing which such certificate will not be considered.
21. In case of Certificates/Degree of Foreign Educational Institutions, such Institution must be the Members of Association Indian Universities or Commonwealth Universities.
22. The Directorate reserves the right to revise, modify, add/ or delete any part of the syllabus, considering the welfare of the students.
23. The second and third year, the study materials will be dispatched by; the directorate through post on receipt of the tuition fee for the respective year.

OTHER FEES

Renewal	Rs. 500	Every year for a maximum Registration of 5 years Registration of 5 years
Change of Study Centre	Rs.300	May be permitted in deserving cases during beginning of the academic year cases during beginning of the academic year
Change of Programme	Rs.500	May be permitted only upto 31 st March for Calendar Year / 15 th October for Academic Year admission.The excess amount if any, will not be refunded. However, the books should be returned for replacement of new option.
Change of Name	Rs.500	Apply with Original Gazette Notification
Change of Optional	Rs.500	If the Candidates fail to mention the option Electives in application the University shall assign the option / elective.
Change of Address	Rs.100	-
Migration Certificate	Rs. 50	-
Duplicate ID Card	Rs. 100	-
Additional Lesson Material Per copy	Rs.100	-
Course completion Certificate	Rs.50	-
Bonafied/Course/ Certificate	Rs. 200	May apply to the director
Transfer Certificate	Rs. 200	

COMPLETION OF COURSE

The students are permitted to complete the course (both Theory and Practicals/Projects/Dissertations) within 5 years from the year of completion of period of study, failing which, their registration will stand automatically cancelled and they have paid the Course Fees for all the years of / to any study before the last date specified.

ENQUIRY AND CORRESPONDENCE

All enquires and correspondence (except those relating to the University Examinations) should be addressed to

THE DIRECTOR
DIRECTORATE OF DISTANCE EDUCATION

Tamil Nadu Physical Education and Sports University,
Melakottaiyur (PO)Vandalur, (Near Kandigai) Chennai 600 127.
Ph: 044-27402637, Website: www.tnpesu.org. e-mail tnpesudde@yahoo.in

EXAMINATIONS

1. The annual University Examination will be conducted in the month of May for all the Programmes. Supplementary examination for absentees and those who have failed in the previous examinations are held usually in December.
2. Examination application form will be sent in the month of February/March by the Controller of Examination to all the students who have paid their tuition fee in full before January.
3. Those students who do not receive the examination application form for any reason before the end of March are required to contact the Controller of Examination.
4. 50% of the marks to be secured in the University examinations in both internal and external for a final pass in all degree and PG. Diploma courses.
5. 40% of the marks to be secured in the University examinations in both internal and external for a final pass in all Diploma/Certificate courses.
6. The Examination Fees and Schedule of Examination are given in Annexure - II
7. Hall - Tickets shall be issued by the Controller of Examinations to the Students through Examination Centers 2 days before commencement of Examinations. No Separate Communication will be sent to the Candidates for this purpose.
8. The Statement of Marks, Provisional Certificate, Degree / Diploma Certificates publication of results shall be sent to the Candidates by the Controller of Examinations.
9. For all enquiries regarding the examinations, candidates will have to contact.

THE CONTROLLER OF EXAMINATIONS

Tamil Nadu Physical Education and Sports University
Melakottaiyur (PO)Vandalur, (Near Kandigai) Chennai 600 127.

Website: www.tnpesu.org. e-mail tnpesudde@yahoo.in
For Examinations Schedule / Result / Enquiries
Phone: Ph: 044-27402628

CAUTION

The Directorate has no agents and takes no responsibility for their action except Approved Study Centres. The address of the approved study centres are given in the University web site. Candidates can apply through the approved study centres.

NOTE

With regard to disputes arising in all matters, only the Courts and Tribunal having Jurisdiction over Chennai shall have Jurisdiction for the purpose of filing the suit or taking any legal proceedings against the University.

REGULATIONS

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-600 006.
DIRECTORATE OF DISTANCE EDUCATION
COURSE FEE STRUCTURE-2012-13

S.N	Courses	Duration	Eligibility	Fees Structure Per Year
1	MBA. General	2Years	Any Degree	8000
2	MBA. Sports Management	2Years	Any Degree	8000
3	M.Sc., in Yoga	2Years	Any Degree	7000
4	M.Sc.,in Yoga (Lateral Entry)	1 Year	Any Degree with P.G. Diploma in Yoga	9000
5	M.Sc in Yoga Therapy	2Years	Any Degree with Diploma in Yoga	9000
6	M.Sc in Yoga Therapy (Lateral Entry)	1Year	Degree with PG Diploma in Yoga Therapy	10000
7	M.Sc., Psychology	2Years	Any Degree	4000
8	M.Sc in Yoga Naturopathy	2 Year	Any Degree	8000
9	M.Sc in Yoga Naturopathy (Lateral Entry)	1 Year	Any Degree P.G.Diploma in Naturapathy	8000
10	M.Sc in Psycho Neurobics	2 Year	Any Degree	9000
11	M.Sc in Psycho Neurobics (Lateral Entry)	1 Year	Any Degree P.G.Diploma in Psycho Neurobics	9000
12	M.Sc., in Naturopathy and Yogic Sciences	2 Years	Any Degree	8000
13	M.Sc., in Varma and Thokkanam (Massage) Sciences	2 Years	Any Degree	8000
14	M.Sc., in Varma and Thokkanam (Massage) Sciences (Lateral Entry)	1 Year	Any Degree with P.G.Diploma in Varma and Thokkanam	9000

15	M.Sc., Yoga and Nature Cure	2 Years	Any Degree	8000
16	M.Sc., Yoga and Nature Cure (Lateral Entry)	1 Year	Any Degree with P.G. Diploma in Nature Cure	9000
17	P.G. Diploma in Yoga	1Year	Any Degree	4000
18	P.G. Diploma in Yoga Therapy	1Year	Any Degree with Diploma in Yoga	6000
19	P.G. Diploma in Exercise Therapy	1Year	See the Prospectus	4000
20	P.G. Diploma in Obesity & Weight Management	1Year	Any Degree	4000
21	P.G. Diploma in Fitness and Nutrition	1Year	Any Degree	4000
22	P.G. Diploma in Fitness and Wellness Management	1Year	Any Degree	4000
23	P.G. Diploma in GYM / Fitness Instruction	1Year	Any Degree	5000
24	P.G. Diploma in Silambam Fencing	1Year	Any Degree	5000
25	P.G. Diploma in Yoga and Diabetes	1Year	Any Degree	6000
26	P.G.Diploma in Onfield Sports Injury Management	1Year	BPT,MPT, MBBS	6000
27	P.G.Diploma in Sports First Aid	1Year	Any Degree	6000
28	P.G.Diploma in VARMA and Thokkanam (Massage) Sciences	1Year	Any Degree	6000
29	P.G.Diploma in Yoga , Asthma and Sinusitis	1Year	Any Degree	6000
30	P.G.Diploma in Yoga and Back Pain	1Year	Any Degree	6000
31	P.G.Diploma in Yoga and Women Related Ailments	1Year	Any Degree	6000
32	P.G.Diploma in Yoga, Varma and Herbal Sciences	1Year	Any Degree	6000
33	PG Diploma in Yoga and Yogic Diet	1Year	Any Degree	6000
34	P.G.Diploma in Karate	1Year	Any Degree	5000
35	P.G.Diploma in Kubudo	1Year	Any Degree	5000
36	P.G. Diploma Course in Panchakarma Therapy	1Year	Any Degree	5000
37	B.Sc. in Yoga and Nature Cure	3 Years	12 th Std	4000
38	B.Sc. in Yoga and Nature Cure (Lateral Entry)	2 Years	12 th Passed with Diploma in Yoga	4000
39	B.Sc. in Yoga and Naturopathy	3 Years	12 th Std	6500
40	B.Sc in Yoga and Naturopathy (Lateral Entry)	2 Years	12 th Passed with Diploma in Yoga	6500
41	B.Sc in Psycho Neurobics	3 Years	12 th Passed	4000
42	B.Sc in Psycho Neurobics (Lateral Entry)	2 Years	12 th Passed with Diploma in Psycho Neurobics	4000
43	Diploma in Yoga	1Year	12 th Std	3000
44	Diploma in GYM / Fitness Instructor	1Year	12 th Std	4000

45	Diploma in Aerobic Instructor	1 Year	12 th Std	12000
46	Diploma in Kalaripayattu	1 Year	12 th Std	4000
47	Diploma in Karate	1 Year	12 th Std	4000
48	Diploma in Life Guard Training	1 Year	12 th Std, 400 Mtrs Swimming	4000
49	Diploma in VARMA and Thokkanam (Massage) Sciences	1 Year	12 th Std	4000
50	Diploma in Silambam Fencing	1 Year	12 th Std	4000
51	Diploma in Kubudo	1 Year	12 th Std	4000
52	Diploma in Kungfu	1 Year	12 th Std	4000
53	Diploma in Panchakarma Therapy	1 Year	12 th Std	4000
54	Diploma in Psycho Analysis and Delta Healing	1 Year	12 th Std	4000
55	Certificate in Yoga	6 Months	10 th Std	2000
56	Certificate in GYM / Fitness Instruction	6 Months	10 th Std	2500
57	Certificate in Karate	6 Months	10 th Std	2500
58	Certificate in Aerobic Instructor	6 Months	10 th Std	10000
59	Certificate in Silambam Fencing	6 Months	10 th Std	2500
60	Certificate in Yoga and Nature Cure	6 Months	10 th Std	2000
61	Certificate in Health Literacy	6 Months	10 th Std	2000
62	Certificate in Kungfu	6 Months	10 th Std	2500
63	Certificate in Panchakarma Therapy	6 Months	10 th Std	2500
64	Certificate in Kubudo	6 Months	10 th Std	2500

SCHEDULE OF PAYMENT OF II / III YEAR COURSE FEE

Academic Year	Last Date
Without fine	30 th September
With fine of Rs.200	31 st October
With renewal of registration fees of Rs.500	31 st March_____

- There will not be any separate communication from the Directorate of Distance Education for payment of II/III year course fees.
- The II / III year fees has to be paid whether the candidate has taken up the examinations or not / results declared or not.

FOR EXAMINATION SCHEDULE / RESULTS

ENQUIRIES

Phone : 044 - 277402628

E-es_sub@yahoo.com

Fax :

ANNEXURE - I

SCHEDULE OF EXAMINATIONS

1. Date of Commencement of Examination May 20th
2. Last date for Receipt of filled -in Examination Application by COE April 25th (without fine)
May 5th (with fine Rs. 10/- per day) for 10 days

ANNEXURE -II

EXAMINATION FEES

S.N	Name of the Paper	Cert./Dip	UG/PG Dip	P.G.Courses
1	Theory per paper	75.00	125.00	175.00
2	Foc Each Practical	80.00	150.00	150.00
3	Thesis/Project	-	-	300.00
4	Examination Application Form	25.00	25.00	25.00
5	Mark Statement (For each semester)	50.00	50.00	50.00
6	Provisional Certificate	200.00	200.00	200.00
7	Degree Diploma/Convocation Fee	400.00	400.00	400.00
8	Late Fee Rs. 10/day for 10 days	10.00	10.00	

ANNEXURE - III

LIST OF EXAMINATION CENTRES

TAMIL NADU

Centre details will be available at the office
The details are available in the University website

MBA GENERAL				
Code	Name of the subject	Int	Ext	Total
01101	Management Concepts	25	75	100
01102	Managerial Economics	25	75	100
01103	Quantitative Methods	25	75	100
01104	Business Laws	25	75	100
01105	Financial and Management Accounting	25	75	100
01106	Business Environment	25	75	100
01107	Research Methods	25	75	100
01108	Management Information System	25	75	100
SECOND YEAR				
01201	Financial Management	25	75	100
01202	Production and Operation Management	25	75	100
01203	Human Resource Management	25	75	100
01204	Marketing Management	25	75	100
01205	Elective	25	75	100
01206	Elective	25	75	100
01207	Project Work and Viva-Voce	50	150	200
Total Marks:				1600

MBA SPORTS MANAGEMENT				
Code	Name of the subject	Pass	Total	
02101	Management Concepts	25	75	100
02102	Business Laws	25	75	100
02103	Managerial Economics	25	75	100
02104	Sports Organizations and Administration	25	75	100
02105	Production and Operations Management	25	75	100
02106	Marketing management	25	75	100
02107	Financial management	25	75	100
02108	Human Resources Management	25	75	100
SECOND YEAR				
02201	Management Information System	25	75	100
02202	Research Methods	25	75	100
02203	Sports Competition Management	25	75	100
02204	Fitness & Wellness Management	25	75	100
02205	Sports Training Management	25	75	100
02206	Sports Marketing	25	75	100
02207	Project Work & Viva-Voce	50	150	200
Total Marks:				1600

MSC PSYCHOLOGY				
Code	Name of the subject	Int	Ext	Total
05101	Advanced General Psychology	25	75	100
05102	Life Span Development	25	75	100
05103	Research Methodology, Statistics and Computer Application in Psychology	25	75	100
05104	Psychopathology & Mental Health	25	75	100
ELECTIVES				
05105 A	Skills for Personal Effectiveness	25	75	100
05105 B	Sports Psychology	25	75	100
05106	Experimental Psychology – Practical-I	25	75	100
SECOND Year				
05201	Counseling and Behavior Modification	25	75	100
05202	Training and Development	25	75	100
05203	Psychotherapy	25	75	100
05204	Organizational Behavior (or) Project-Construction	25	75	100
05205 A	Life Skills for Adolescents and Youth	25	75	100
05205 B	Stress Management	25	75	100
ELECTIVES				
05206	Psychological Testing – Practical - II	25	75	100

M.SC YOGA – TWO YEARS				
FIRST YEAR				
Paper Code	Name of the Subject	Int	Ext	Total
06101	Fundamentals of Yoga Education	25	75	100
06102	Applied Anatomy and Physiology	25	75	100
06103	Methods of Yogic Practices – I	25	75	100
06104	Introduction to Alternative Medicine & Therapies	25	75	100
06105	Yoga, Spirituality and Meditation	25	75	100
06106	Practical Training in Yoga – I	25	75	100
06107	Teaching Practice	25	75	100
06108	Methods of Yoga Practices-I	25	75	100
SECOND YEAR				
06201	Research Processes and Statistics in Yoga	25	75	100
06202	Methods of Yogic Practices-I	25	75	100
06203	Yogic Psychology and super-Consciousness	25	75	100
06204	Thesis and Viva-Voce	25	75	100
06205	Practical Training in Yoga-II	25	75	100
06206	Internship (Hospitals or Health centers or	25	75	100

	Naturopathy centers)			
06207	Village Placement Programme	25	75	100

M.SC YOGA (LATERAL ENTRY) – ONE YEAR				
Paper Code	Name of the Subject	Int	Ext	Total
07101	Research Processes, Statistics and Computer Application of Yoga	25	75	100
07102	Methods of Yogic practices	25	75	100
07103	Yogic psychology and super - consciousness	25	75	100
07104	Introduction to Alternative Medicine and Therapies	25	75	100
07105	Thesis and Viva- Voce	25	75	100

M.SC – YOGA THERAPY – (TWO YEARS)				
FIRST YEAR				
Paper Code	Title	Int	Ext	Total
08101	Basic Principles of Yoga Therapy and other Alternative Medicine Systems	25	75	100
08102	Introduction to Yogic Anatomy, Physiology and Psychology	25	75	100
08103	Methodology in Yoga therapy	25	75	100
08104	Yoga therapy - Practical I	25	75	100
08105	Teaching Practice	25	75	100
SECOND YEAR /LATERAL ENTRY				
Paper Code	Title	Int	Ext	Total
08201	Research processes, statistics and computer applications of Yoga	25	75	100
08202	Physical Examination Methods	25	75	100
08203	Pathology - Ailments and Yogic practices	25	75	100
08204	Yoga therapy – Practical II	25	75	100
08205	Thesis	25	75	100
08206	Internship	25	75	100
08207	Village placement program	25	75	100

M.Sc. Yoga Naturopathy (First Year)				
Code	Name of the Subject	Int	Ext	Total
056101	Paper-I Applied Anatomy and Physiology	25	75	100
056102	Paper-II Naturo Therapy	25	75	100
056103	Paper-III Theory of Asanas, Pranayama, Mudras, Bandhas and Kriyas	25	75	100
056104	Paper-IV, Yoga Therapy	25	75	100
056105	Practical-Paper I Practiace of Suryanamaskar, Asanas, Pranayama, Mudras, Bandhas, Kriyas &Preparataion of Diet Chart and Yoga Chart for specific diseases.	25	75	100
056106	Practical-Paper-II Teaching Practice in Yoga and Preparation and Presentation of Naturopathic food	25	75	100
Second Year/Lateral Entry				
056107	Paper-V -Applied yoga and Yogic diet in modern life	25	75	100
056108	Paper-VI- Research Processes and Statistics in Yoga	25	75	100
056109	Paper-VII-Theories of Advanced Yogic practices	25	75	100
056110	Paper-VIII-Principles of Yogic therapy and other Alternative medicines	25	75	100
056111	Practical-Paper III -Thesis	25	75	100
056112	Practical-Paper-IV - Advanced Yogic Practices	25	75	100
056113	Practical-Paper- V - Intership (Hospitals or Health centers or Naturopathy centers)	25	75	100
056114	Village Placement Programme	25	75	100

M.Sc. Yoga Naturopathy Lateral Entry				
		Int	Ext.	Total
057101	Paper-V -Applied yoga and Yogic diet in modern life	25	75	100
057102	Paper-VI- Research Processes and Statistics in Yoga	25	75	100
057103	Paper-VII-Theories of Advanced Yogic practices	25	75	100
057104	Paper-VIII-Principles of Yogic therapy and other Alternative medicines	25	75	100
057105	Practical-Paper III -Thesis	25	75	100
057106	Practical-Paper-IV - Advanced Yogic Practices	25	75	100
057107	Practical-Paper- V - Intership (Hospitals or Health centers or Naturopathy centers)	25	75	100
057108	Village Placement Programme	25	75	100

M.Sc. in Varma and Thokkanam (Massage) Sciences (Two Years)				
Code	Name of the Subject			
066101	Varma and Thokkanam (Massage) Science	25	75	100
066102	Applied Anatomy and Physiology	25	75	100
066103	Medicinal Plants and ThadavuEyal (Massage)	25	75	100
066104	Practical-I Varma and Thokkanam (Massage) Science	25	75	100
066105	Practical-II Medicinal Plants and ThadavuEyal (Massage) Babaji Kriya Yoga Asanas, Vasi Yogam & Meditation	25	75	100
M.Sc. in Varma and Thokkanam (Massage) Sciences IYear				
066106	Research Process and Statistics	25	75	100
066107	Thokkanam and Thadavu Eyal (Massage) Science	25	75	100

066108	Introduction of Alternative Medicine and Therapies	25	75	100
066109	Thesis and Vivavoice	25	75	100
066110	Practical-I Varma Science	25	75	100
066111	Practical Thokkanam ThadavuEyal (Massage) Sciences	25	75	100
066112	V.P.P.	100	-	100
066113	Internship	100	-	100

M.Sc. in Varma and Thokkanam (Massage) Sciences (Lateral Entry)				
067101	Research Process and Statistics	25	75	100
067102	Thokkanam and Thadavu Eyal (Massage) Science	25	75	100
067103	Introduction of Alternative Medicine and Therapies	25	75	100
067104	Thesis and Vivavoice	25	75	100
067105	Practical-I Varma Science	25	75	100
067106	Practical Thokkanam ThadavuEyal (Massage) Sciences	25	75	100
067107	V.P.P.	100	-	100
067108	Internship	100	-	100

M.Sc. in Psycho Neurobics (First Year)				
Code	Name of the Subject			
	Science of Memory	25	75	100
	Psycho Neurobics	25	75	100
	Science of Memory	25	75	100
	Anatomy Physiology and Psycho Neuro Immunology	25	75	100
	Practical- Psycho Neurobic Exercises I	25	75	100

M.Sc. in Psycho Neurobics Lateral Entry/Second Year

Code	Name of the Subject			
	Applied Psycho Neurobics	25	75	100
	Science Healing	25	75	100
	Research Methodology & Statistics	25	75	100
	Anatomy and Physiology	25	75	100
	Practical- Psycho Neuro Therapy ;and Delta Healing	25	75	100
	Dissertation	25	75	100

M.Sc. Yoga and Nature Cure First Year

Code	Name of the Subject			
072101	Fundamentals of Yogic Science	25	75	100
072102	Human Science and Yoga	25	75	100
072103	Methods of Yoga Practices	25	75	100
072104	Yoga Practicals	25	75	100
072105	Teaching Practices			

M,Sc. Yoga and Nature Cure Second Year

Code	Name of the Subject			
072106	Research Methods and Yoga	25	75	100
072107	Methods of Yogic Practices	25	75	100
072108	Yogic Psychology	25	75	100
072109	Alternative Medicine and Nature Cure	25	75	100
072110	Practicals – Asanas, Pranayama, Mudras, Kriyas, & Meditation	25	75	100
072111	Thesis	25	75	100
072112	Intership	25	75	100
072113	Village Placement Programme	25	75	100

M,Sc. Yoga and Nature Cure Lateral Entry

Code	Name of the Subject			
073101	Research Methods and Yoga	25	75	100
073102	Methods of Yogic Practices	25	75	100
073103	Yogic Psychology	25	75	100
073104	Alternative Medicine and Nature Cure	25	75	100
073105	Practicals – Asanas, Pranayama, Mudras, Kriyas, & Meditation	25	75	100
073106	Thesis	25	75	100
073107	Intership	25	75	100
073108	Village Placement Programme	25	75	100

M.Sc in Naturopathy and Yogic Sciences First Year

Code	Name of the Subject			
074101	History of Naturopathy and Means of Nature Cure	25	75	100
074102	Anatomy and Physiology	25	75	100
074103	Yogic and Naturopathic Treatment for common diseases	25	75	100
074104	Yogasan, Pranayam and Meditation	25	75	100
074105	Pracatice of Suryanamaskar, Asans, Pranayama and Meditation	25	75	100
074106	Practical training of Naturopathic Treatmlents	25	75	100

B.Sc. Yoga (Three Years)

First Year				
Code	Name of the Subject	Int	Ext.	Total
	Theory	25	75	100
09101	Part I-Language-Tamil I	25	75	100
09102	Part II-Language-English I	25	75	100
	Part III-Major-Yoga	25	75	100
09103	Fundamentals of yoga Education	25	75	100
09104	Scientific basics of yoga Education	25	75	100
09105	Methods of Yogic Practices-I	25	75	100
09106	Skill –based Elective	25	75	100
09107	Health, Fitness, Wellness &Yoga (or) Personality Development.	25	75	100
09108	Practicals- Yogic Practices-I	25	75	100
Second Year(Lateral Entry)				
09201	Part I-Language-Tamil II	25	75	100
09202	Part II-Language-English II	25	75	100
	Part III-Major-Yoga	25	75	100
09203	Yogic Physiology	25	75	100
09204	Methods of yogic practices-II	25	75	100
09205	Introduction to alternative Medicine	25	75	100
09206	Skill-based Elective	25	75	100
09207	Computer Applications in Yoga (or) Environmental Studies	25	75	100
09208	Practicals- Yogic Practices-II	25	75	100
09209	Computer Programming	25	75	100
Third Year				
09301	Yogic Physiology and value Education	25	75	100
09302	Methods of Yogic practices-III	25	75	100
09303	Yogic and Nature-cure Therapy	25	75	100
09304	Practicals- Yogic Practices-III	25	75	100
09305	Teaching Practice	25	75	100
09306	Project	25	75	100
09307	VPP	25	75	100

B.Sc. in Psycho Neurobics				
Code	Name of the Subject			
	Part I – Language – English	25	75	100
	Part II- Language Elective Tamil/Hindi	25	75	100
	Part III – Major – Psycho Neurobics			
	Science of Memory	25	75	100
	Fundamentals of Psycho Neurobics	25	75	100
	Human Anatomy & Physiology	25	75	100
	Practical – Psycho Neurobic Exercises-I			
	Second Year			
	Part I – Language – English	25	75	100
	Part II- Language Elective Tamil/Hindi	25	75	100
	Part III – Major – Psycho Neurobics	25	75	100
	Introduction to Alternate Medicine	25	75	100
	Neurobics – Aerobics of Body, Mind and Soul	25	75	100
	Psycho Neurobics for Personality Development	25	75	100
	Practicals- Psycho Neurobic Exercises-II	25	75	100
	Third Year			
	Part III – Major – Psycho Neurobics	25	75	100
	Advance Mnemornics	25	75	100
	Mind Empowerment	25	75	100
	Value Medicine	25	75	100
	Practical - Psycho Neurobic Exercises- III	25	75	100
	Teaching and Counseling Practics	25	75	100
	Project	25	75	100

B.Sc. in Yoga Naturopathy

Code	Name of the Subject	Int	Ext	Total
	Language Paper-I	25	75	100
	Language Paper-II	25	75	100
	Fundamentals of Yogic Techniques	25	75	100
	Applied Anatomy and Physiology	25	75	100
	Practical's –I Practice of Asanas, Suryanamaskar, Pranayama, Mudras, Bandhas, Kriyas & Preparation of Naturopathic Food	25	75	100
	Practical –II, Intensive Teaching Practices in Yoga and Presentation of Naturopathic	25	75	100
Second year or Lateral Entry				
	Language-Paper-III, Tamil/Hindi			
	Language-Paper-IV, English			
	Paper-III Yoga Aphorisms of Saint Thirumoolar	25		
	Paper-IV –Advanced Asanas and Naturopathic Diet and Methods	25	75	100
	Practical-III , Practice of advanced Asanas and Naturopathic Diet and Methods.	25	75	100
	Practical-IV, Preparation of Yogic chart for different age groups. Preparation and Naturopathic diet chart for different age groups.	25	75	100
	Practical-V, Presentation of Naturopathic Diet and Methods	25	75	100
	Third Year			
Third year				
	Paper V -Yogic Literature	25	75	100
	Paper-VI -Yoga Therapy	25	75	100
	Paper-VII Naturo Therapy	25	75	100
	Practical -Paper-VI Project-Yoga	25	75	100
	Practical-PaperVII ,-Application of Hatha Yoga Techniques for different diseases	25	75	100
	Practical-Paper-VIII Application of Naturopathic Techniques and diet for different diseases	25	75	100
	Practical-Paper IX Project-Naturopathy	25	75	100

P.G. DIPLOMA IN YOGA – ONE YEAR				
Paper Code	Title	Int	Ext	Total
10101	Fundamentals of Yoga Education	25	75	100
10102	Applied Anatomy and Physiology	25	75	100
10103	Methods of Yoga Practices	25	75	100
10104	Practicals on Asanas Pranayama, Kriyas Bandhas, Mudras & Meditations	25	75	100
10105	Teaching Practice	25	75	100

P.G. DIPLOMA IN YOGA THERAPY – (ONE YEAR)				
Code	Title	Int	Ext	Total
11101	Basic Principles of Yoga Therapy and other Alternative Medicine Systems	25	75	100
11102	Introduction to yogic Anatomy, Physiology and Psychology	25	75	100
11103	Methodology in Yoga therapy	25	75	100
11104	Yoga therapy -Practical	25	75	100
11105	Teaching practice	25	75	100

P.G. DIPLOMA IN EXERCISE THERAPY – (ONE YEAR)				
Code	Title	Int	Ext	Total
12101	Anatomy and Physiology	25	75	100
12102	Kinesiology, Biomechanics and Sports Injuries	25	75	100
12103	Principles of Exercise Therapy	25	75	100
12104	Practicals	25	75	100
Eligibility Any Paramedical Courses B.Sc., Phy., Edn., B.P.Ed., M.P.Ed., B.P.E., B.Sc., & M.Sc., Exercise Physiology and Nutrition, M.Sc., Biomechanics and Kinesiology, Yoga.				

P.G. DIPLOMA IN OBESITY AND WEIGHT MANAGEMENT				
Code	Paper Title	Int	Ext	Total
14101	Body Composition and Health Appraisal	25	75	100
14102	Obesity Assessment and Treatment	25	75	100
14103	Nutrition and Weight Management	25	75	100
14104	Exercise Prescription for Obesity	25	75	100

Total				400
P.G. DIPLOMA IN FITNESS AND WELLNESS MANAGEMENT				
Code	Paper Title	Int	Ext	Total
13101	Scientific Foundations of Fitness and Wellness	25	75	100
13102	Exercise Testing and Prescription	25	75	100
13103	Fitness Equipment Management	25	75	100
13104	Applied Kinesiology and in Injury Management	25	75	100
PRACTICALS				
13105	Exercise Testing and Prescription	25	75	100
13106	Fitness Equipments Management	25	75	100
Total				600

P.G. DIPLOMA IN FITNESS AND NUTRITION				
Code	Paper Title	Int	Ext	Total
15101	Cardio Respiratory and Muscular Fitness	25	75	100
15102	Effect of Exercise on Various System	25	75	100
15103	Exercise Prescription for Special Population	25	75	100
15104	Occupational Fitness	25	75	100
15105	Health Promotion and Nutritional Care	25	75	100
ELECTIVES				
15106	Fitness and Wellness	25	75	100
Practical		25	75	100
15107	Fitness and Nutrition	25	75	100

P.G. DIPLOMA IN GYM INSTRUCTOR				
Paper Code	Name of the Subject	Int	Ext	Total
17101	Anatomy and Physiology	25	75	100
17102	Fitness Equipment Management	25	75	100
17103	Scientific Foundation of Fitness and Wellness	25	75	100
17104	Practicals-1	25	75	100

17105	Practicals-2	25	75	100
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P.G. DIPLOMA IN SILAMBAM FENCING				
Paper Code	Name of the Subject	Int	Ext	Total
20101	Fundamental of Silambam Fencing Education	25	75	100
20102	Introduction in Alternative Medicine and Therapies	25	75	100
20103	Anatomy and Physiology	25	75	100
20104	Practicals-1	25	75	100
20105	Practicals-2	25	75	100

PG.DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCES				
Paper Code	Name of the Subject	Int	Ext	Total
038101	Varma and Thokkanam (Massage) Science	25	75	100
038102	Human Anatomy and Physiology	25	75	100
038103	Medicinal Plants and Drug Preparations. Babaji Kriya Yoga., etc	25	75	100
038104	Practical- Varma and Thokkanam (Massage) Science	25	75	100
038105	Practical- Medicinal Plants and Drug Preparations. Babaji Kriya Yoga., etc	25	75	100

P.G. Diploma in Yoga and Diabetes

Code	Name of the Subject	Int	Ext	Total
043101	Foundation and principles of Yoga therapy	25	75	100
043102	An overview of Diabetes	25	75	100
043103	Yoga and Diabetes	25	75	100
043104	Yoga and Diabetes-Practical-I	25	75	100
043105	Teaching Methodology-Practical -II	25	75	100

P.G. Diploma in Yoga and Back Pain

Code	Name of the Subject	Int	Ext	Total
043101	Foundation and principles of Yoga therapy	25	75	100
043102	An overview of Back Pain	25	75	100

043103	Yoga and Back Pain	25	75	100
043104	Yoga for Back Pain-Practical-I	25	75	100
043105	Teaching Methodology-Practical -II	25	75	100

P.G. Diploma in Yoga and Women related Ailments

Code	Name of the Subject	Int	Ext	Total
046101	Functional Anatomy and Physiology for Women	25	75	100
046102	Yogic management and Alternative Medicine for women ailments	25	75	100
043103	Methods of Yogic Practices	25	75	100
	Practical's on Asanas, Pranayama, Kriyas, Bandhas, Mudras & Meditation	25	75	100
	Teaching Practice-Practical -II	25	75	100

P.G. Diploma in Sports First Aid

Code	Name of the Subject	Int	Ext	Total
049101	Anatomy and Physiology	25	75	100
049102	Common Sports Injuries	25	75	100
049103	First Aid in Sports Injuries	25	75	100
049104	Practical's -I	25	75	100

P.G. Diploma in Onfield Sports Injury Management

Code	Name of the Subject	Int	Ext	Total
050101	Basic Sciences	25	75	100
050102	Sports Traumatology	25	75	100
050103	On Field Sports Injury Management	25	75	100
	Practical's -I	25	75	100
	Compulsory on Field Sports Injury Management Internship (COFSIMI)			

P.G. Diploma in Yoga and Varma & Herbal Sciences

Code	Name of the Subject	Int	Ext	Total
047101	Principles of Yogic Practices	25	75	100
047102	An Introduction to Varmam	25	75	100
047103	Concepts of Herbal Sciences	25	75	100

	Practical's –I- Yoga, Varmam and Herbal Sciences.	25	75	100
	Practical –II Teaching Practice	25	75	100

P.G. Diploma in Yoga and Yogic Diet

Code	Name of the Subject	Int	Ext	Total
048101	Principles of Yogic Practices	25	75	100
048102	Concepts to Yogic Diet	25	75	100
048103	Health and Yogic Diet	25	75	100
048104	Practical's –I- Yoga Practicals	25	75	100
048105	Practical –II Preparation of Diet Chart and presentation of Naturopathic Diet	25	75	100

PG.DIPLOMA KARATE

Code	Name of the Subject	Int	Ext	Total
060101	Fundamentals of Karate	25	75	100
060102	Karate & Its Development	25	75	100
060103	Anatomy and World Karate Federation	25	75	100
060104	Practicals-Basic- Techniques, Kata, Kumite	25	75	100

P.G.Diploma in Kubudo

Code	Name of the Subject	Int	Ext	Total
063101	Physical, Leg Work and Techniques of Kobudo	25	75	100
063102	Fundamental Movements of Kobudo	25	75	100
063103	Practical	25	75	100

PG.Diploma course in Panchakarama Therapy

Code	Name of the Subject			
071101	Basic Theory of Ayurveda	25	75	100
071102	Basic Anatomy and Physiology	25	75	100
071103	Panchakarama and Yoga	25	75	100
071104	Panchakarama and Yoga- Praactical	25	75	100

P.G.Diploma in Yoga and Asthma & Sinus

Code	Name of the Subject	Int	Ext	Total
045101	P-I, Foundation and Principles of Yoga therapy	25	75	100
045102	P-II, An Overview of Asthma and Sinus	25	75	100
045103	P-III, Yoga for Asthma and Sinus	25	75	100
	P-IV, Practical Yoga for Astma and Sinus	25	75	100
	Practical –II, Teaching Methodology	25	75	100

DIPLOMA COURSE

DIPLOMA IN YOGA (ONE YEAR)				
Paper Code	Name of the Subject	Int	Ext	Total
87101	Fundamentals of Yoga Education	25	75	100
87102	Yogic Psychology and Therapies	25	75	100
87103	Methods of Yogic Practices	25	75	100
87104	Practicals on Asanas, Pranayama, Kriyas, Bandhas, Mudras and Meditation	25	75	100

DIPLOMA IN SILAMBAM FENCING				
Paper Code	Name of the Subject	Int	Ext	Total
21101	Fundamentals and Methods of Silambam Fencing	25	75	100
21102	Anatomy and Physiology	25	75	100
21103	Practicals-1	25	75	100
21104	Practicals-2	25	75	100

DIPLOMA IN KALARIPAYATTU				
Paper Code	Name of the Subject	Int	Ext	Total
25101	Introduction Description Techniques and Therapy of Kalaripayattu	25	75	100
25102	Anatomy and Physiology	25	75	100
25103	Practicals-1	25	75	100
25104	Practicals-2	25	75	100

DIPLOMA IN LIFE GUARD TRAINING				
Paper Code	Name of the Subject	Int	Ext	Total
27101	Fundamental Organisation & Administration & Life Guard Training	25	75	100
27102	Anatomy and Physiology	25	75	100
27103	Practicals-1	25	75	100
27104	Practicals-2	25	75	100

DIPLOMA IN GYM FITNESS INSTRUCTOR				
Paper Code	Name of the Subject	Int	Ext	Total
29101	Scientific Foundation of Fitness and Wellness	25	75	100
29102	Anatomy and Physiology	25	75	100
29103	Practicals-1	25	75	100
29104	Practicals-2	25	75	100

DIPLOMA IN KARATE				
Paper Code	Name of the Subject	Int	Ext	Total
31101	History of Karate	25	75	100
31102	Anatomy and Physiology	25	75	100
31103	Practicals-1	25	75	100
31104	Practicals-2	25	75	100

DIPLOMA IN VARMA AND THOKKANAM (MASSAGE) SCIENCE				
Paper Code	Name of the Subject	Int	Ext	Total
37101	th;kh kw;Wk; njhf;fz;k; (kdrh[;) tpQ;Qhdk	25	75	100
37102	cl; ,ay;, cl; ,aq;tpay;	25	75	100
37103	Practicals-;th;kh kw;Wk; njhf;fz;k; (kdrh[;) tpQ;Qhdk	25	75	100

Diploma in Aerobic Instructor

Code	Name of the Subject	Int	Ext	Total
051101	Exercise Programme design, body conditioning, flexibility	25	75	100
048102	Kinesiology, Exercise Physiology and Nutrition	25	75	100
	Practical's –I	25	75	100
	Practical –II	25	75	100

Diploma in Kubudo

Code	Name of the Subject	Int	Ext	Total
062101	Development of Kobudo	25	75	100
062102	Theory of Martial Arts and Kobudo	25	75	100
062103	Practical	25	75	100

Diploma in Kungfu

Code	Name of the Subject			
065101	Fundamentals and Techniques of KUNGFU	25	75	100
065102	Methods of KUNGFU Training	25	75	100
065103	<u>Practical-I</u>	25	75	100
065104	<u>Practical-II</u>	25	75	100

Diploma in Psycho Analysis and Delta Healing

Code	Name of the Subject			
068101	Psycho Analysis	25	75	100
068102	Delta Healing	25	75	100
068103	Practical	25	75	100

Diploma course in Panchakarama Therapy

Code	Name of the Subject			
070101	Basic Theory of Ayurveda and Anatomy	25	75	100
070102	Panchakarama and Wellness	25	75	100
070103	Panchakarama and Yoga-Practical	25	75	100

CERTIFICATE COURSES

CERTIFICATE IN YOGA

Paper Code	Name of the Subject	Int	Ext	Total
32101	Fundamentals of Yoga Education	25	75	100
32102	Methods of Yogic Practices	25	75	100
32103	Practicals on Asanas, Pranayama, Kriyas, Bandhas, Mudras and Meditation	25	75	100

CERTIFICATE COURSE IN SILAMBAM FENCING

Paper Code	Name of the Subject	Int	Ext	Total
34101	Fundamental and Methods of Silambam Fencing	25	75	100
34102	Anatomy and Physiology	25	75	100
34103	Practicals	25	75	100

CERTIFICATE COURSE IN GYM INSTRUCTOR

Paper Code	Name of the Subject	Int	Ext	Total
36101	Scientific Foundation of Fitness and Wellness	25	75	100
36102	Anatomy and Physiology	25	75	100
36103	Practicals	25	75	100

Certificate course in Yoga and Nature Cure

Code	Name of the Subject	Int	Ext	Total
053101	NahfKk; tho;tk;-jpahp	25	75	100
053102	Nahfg; gapw;rp Kiwfs;-jpahp	25	75	100
053103	Nahfg; gapw;rpfspd; nray; Kiwfs;	25	75	100
053104	Practical-I	25	75	100

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Certificate course in Health Literacy

Code	Name of the Subject	Int	Ext	Total
054101	Health Education	25	75	100
054102	Practical	25	75	100

Certificate in Aerobic Instructor

Code	Name of the Subject	Int	Ext	Total
052101	Exercise Programme design, Muscles energy system and Injury	25	75	100
052102	Practical's –I Certificate course in Karate	25	75	100
052103	Practical –II	25	75	100

Certificate course in Karate

Code	Name of the Subject	Int	Ext	Total
059101	Fundamentals of Karate	25	75	100
059102	Practicals-Basic- Techniques, Kata, Kumite	25	75	100

Certificate course in Kubudo

Code	Name of the Subject	Int	Ext	Total
061101	History and Introduction of Kobudo	25	75	100
061102	Practical	25	75	100

Code	Name of the Subject	Int	Ext	Total
064101	Fundamentals and Techniques of KUNGFU	25	75	100
064102	<u>Practical</u>	25	75	100

Certificate course in Kungfu

Certificate course in Panchakarama Therapy

Code	Name of the Subject	Int	Ext	Total
069101	Basic Theory of Ayurveda and Panchakarama	25	75	100
069102	Panchakarama and Yoga- Praactical	25	75	100
