



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
Deemed to be University under section 3 of the UGC Act 1956

Vinayaka Mission's College of Physical Education, Salem

THEORY TIME TABLE – NOVEMBER 2025

M.P.E.S (2023-2024 Regulation)

S.No	Sem/yr	Course Code	Course Name	Regular / Arrear	Date	Session
1.	1 Sem / I Yr	75423CC01	Research Process in Physical Education and Sports Sciences	Arrear	19.11.2025	FN
2.	2 Sem / I Yr	75423CC04	Applied Statistics in Physical Education and Sports	Regular	19.11.2025	AN
3.	1 Sem / I Yr	75423CC02	Physiology of Exercise	Arrear	21.11.2025	FN
4.	2 Sem / I Yr	75423CC05	Sports Biomechanics and Kinesiology	Regular	21.11.2025	AN
5.	1 Sem / I Yr	75423CC03	Tests, Measurement and Evaluation in Physical Education	Arrear	24.11.2025	FN
6.	2 Sem / I Yr	75423CC06	Sports Psychology and Sociology	Regular	24.11.2025	AN
7.	1 Sem / I Yr	75423EC01	Yogic Sciences	Arrear	26.11.2025	FN
8.	2 Sem / I Yr	75423EC02	Physical Fitness and Wellness	Regular	26.11.2025	AN

PG Diploma in Yoga (2024-2025 Regulation)

S.No	Sem/yr	Course Code	Course Name	Regular / Arrear	Date	Session
1.	2 Sem / I Yr	29724CC05	Essence of Principle Upanishads and Bhagavad Gita	Regular	19.11.2025	FN
2.	1 Sem / I Yr	29724CC01	Foundations of yoga	Arrear	19.11.2025	AN
3.	2 Sem / I Yr	29724CC06	Patanjala Yoga Darshana	Regular	21.11.2025	FN
4.	1 Sem / I Yr	29724CC02	Hatha Yoga	Arrear	21.11.2025	AN
5.	2 Sem / I Yr	29724CC07	Applied Yoga	Regular	24.11.2025	FN
6.	1 Sem / I Yr	29724CC03	Human Anatomy & Physiology	Arrear	24.11.2025	AN
7.	2 Sem / I Yr	29724CC08	Methods of Teaching Yoga & Value Education	Regular	26.11.2025	FN
8.	1 Sem / I Yr	29724CC04	Yogic Life Style	Arrear	26.11.2025	AN
9.	2 Sem / I Yr	29724EC02	Yoga Therapy	Regular	28.11.2025	FN
10.	1 Sem / I Yr	29724EC01	Biomechanics of yoga	Arrear	28.11.2025	AN

K. Mani
6/11/25
C.O.R

Vinayaka Mission's College of Physical Education, Salem
THEORY TIME TABLE – NOVEMBER 2025

M.Sc., (Yoga) (2024-2025 Regulation)

S.No	Sem/yr	Course Code	Course Name	Regular / Arrear	Date	Session
1.	2 Sem / I Yr	29624CC06	Applications of Yoga Vasistha and Bhagavad Gita	Regular	19.11.2025	FN
2.	1 Sem / I Yr	29624CC01	Insights into Indian philosophy	Arrear	19.11.2025	AN
3.	2 Sem / I Yr	29624CC07	Physiological Effects of Yoga Practices	Regular	21.11.2025	FN
4.	1 Sem / I Yr	29624CC02	Applications of Hatha Yoga and Patanjala Yoga	Arrear	21.11.2025	AN
5.	2 Sem / I Yr	29624CC08	Yoga, Dietetics and Nutrition	Regular	24.11.2025	FN
6.	1 Sem / I Yr	29624CC03	Biomechanics and Kinesiology	Arrear	24.11.2025	AN
7.	2 Sem / I Yr	29624CC09	Applied Psychology and Yogic Counselling	Regular	26.11.2025	FN
8.	1 Sem / I Yr	29624CC04	Therapeutic Yoga	Arrear	26.11.2025	AN
9.	2 Sem / I Yr	29624CC10	Research Methodology and Statistics	Regular	28.11.2025	FN
10.	1 Sem / I Yr	29624CC05	Yoga and Strategic Management	Arrear	28.11.2025	AN

K. Merin
6/11/25