



**UNIVERSITY OF MADRAS**  
**INSTITUTE OF DISTANCE EDUCATION**  
**THEORY TIME TABLE FOR B.Nat. – NATUROPATHY AND YOGIC SCIENCES AND**  
**B.A – YOGA FOR HUMAN EXCELLENCE DEGREE EXAMINATIONS, DECEMBER 2015**  
**F.N: Fore-Noon - 10.00 A.M to 1.00 P.M. A.N. After-noon – 2.00 P.M. TO 5.00 P.M.**

DATE	SUBJECT	CODE	B.A – YOGA FOR HUMAN EXCELLENCE (FOR CANDIDATES ADMITTED FROM 2010 -2011)		
<b>B.Nat. – NATUROPATHY AND YOGIC SCIENCES (FOR CANDIDATES ADMITTED FROM 2009-2010)</b>			<b>FIRST YEAR</b>		
<b>FOUNDATION COURSE- PART-I LANGUAGES FIRST YEAR</b>			<b>FIRST YEAR</b>		
12.12.15 F.N	Tamil-I **	ULAA	12.12.15 F.N	<b>Paper – I: Tamil **</b>	UGLAA
	Telugu-I **	ULBA	13.12.15 F.N	<b>Paper –II: English **</b>	UGEZA
	Kannada-I **	ULCA	19.12.15 F.N	<b>Paper –III: Yoga for Modern Age (Body Life-Force, Mind)</b>	BYHIA
	Malayalam-I **	ULDA	20.12.15 F.N	<b>Paper – IV: Personality Development</b>	BYHIB
	Hindi-I **	ULEA	26.12.15 F.N	<b>Paper – V: Basic Computer Application</b>	BYHIC
	<b>Urdu-I @@</b>	ULFA	<b>SECOND YEAR</b>		
	French-I **	ULKA	12.12.15 A.N	<b>Paper – VII: Tamil – Thirukkural Explanations</b>	BYHID
	Sanskrit-I **	ULGA	13.12.15 A.N	<b>Paper – VIII: English – Atomic Poison</b>	BYHIE
	Arabic-I **	ULHA	19.12.15 A.N	<b>Paper – IX: Psychology</b>	BYHIG
Communicative English-I **	ULJA	20.12.15 A.N	<b>Paper – X: Evolution of Universe</b>	BYHIH	
<b>SECOND YEAR</b>			26.12.15 A.N	<b>Paper XI: Evolution of Living Beings</b>	BYHIK
12.12.15 A.N	Tamil-II **	ULAB	<b>THIRD YEAR</b>		
	Telugu -II**	ULBB	27.12.15 F.N	<b>Paper – XIII : Religions And Principles</b>	BYH1L
	Kannada -II**	ULCB	02.01.16 F.N	<b>Paper –XIV: Consciousness Is Truth</b>	BYH1M
	Malayalam -II**	ULDB	03.01.16 F.N	<b>Paper –XV : Cause And Effect System</b>	BYHIN
	Hindi-II **	ULEB	09.01.16 F.N	<b>Paper – XVI : Economic Prosperity</b>	BYHIP
	<b>Urdu-II @@</b>	ULFB	10.01.16 F.N	<b>Paper – XVII : Social Welfare And World Peace</b>	BYH1R
	French-II **	ULKB	<p><b>NOTE : The Practical Examinations wherever prescribed will be conducted only at the end of the Practical Classes at the PCP Centres for those who have earned necessary attendance and made required progress by completing the record note books. Such other candidates are advised to contact the Director, Institute of Distance Education, University of Madras for further details. It will not be conducted during supplementary examinations. @, @@ denote Common Papers A.O.S. – Application Oriented Subject ** Denotes Common Paper</b></p> <p><b><u>PART-I Languages and PART-II English are common for all U.G. courses.</u></b></p>		
	Sanskrit -II**	ULGB			
	Arabic-II **	ULHB			
Communicative English-II **	ULJB				
<b>FOUNDATION COURSE – PART-II ENGLISH FIRST YEAR</b>					
13.12.15 F.N	<b>English-I **</b>	UEZA			
<b>SECOND YEAR</b>					
13.12.15 A.N	<b>English-II **</b>	UEZB			
<b>CORE COURSE – MAIN SUBJECTS FIRST YEAR</b>					
19.12.15 F.N	<b>Paper-I: Principles of Yoga and Naturopathy</b>	UCAA			
20.12.15 F.N	<b>Paper-II : Basic Anatomy and Physiology</b>	UCAB			
26.12.15 F.N	<b>Paper – III: Methods of Yoga Practice</b>	UCAC			
27.12.15 F.N	<b>A.O.S – I Fitness and wellness</b>	URAA			
<b>SECOND YEAR</b>					
19.12.15 A.N	<b>Paper – V: Principles of Yoga Theraphy</b>	UCAD			
20.12.15 A.N	<b>Paper -VI: Philosophy of Yoga Practice and Naturopathy</b>	UCAE			
26.12.15 A.N	<b>Paper – VII: Anatomy and Physiology of Yogic Practice</b>	UCAF			
27.12.15 A.N	<b>A.O.S -II: Application of Yoga and Naturopathy in Physical Education</b>	URAB			
<b>THIRD YEAR</b>					
02.01.16 F.N	<b>Paper – IX: Pathanjali Yoga Sutras</b>	UCAG			
03.01.16 F.N	<b>Paper – X : Yogic Diet</b>	UCAH			
09.01.16 F.N	<b>Paper – XI: Nature Cure</b>	UCAJ			
10.01.16 F.N	<b>Paper –XII: Mental Health and Physical Health</b>	UCAK			
23.01.16 F.N	<b>A.O.S – III: Application of Yoga and Naturopathy Practices in Sports Performance</b>	URAC			

**UNIVERSITY BUILDINGS,  
CHEPAUK, CHENNAI – 600 005.**

**Dr. S.THIRUMAGAN, M.Sc., Ph.D  
CONTROLLER OF EXAMINATIONS**