

The following courses, students are request to submit the Record note on or before 18.12.2020, to the Department of Physical Education, University of Madras.

1. Diploma in Yoga
2. Diploma in Naturopathy and Yogic Sciences

Record note content:

Asanas	–	8
Pranayama	–	2
Bandha	–	2
Mudra	–	2

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The following courses, students are request to submit the Project on or before 18.12.2020, to the Department of Physical Education, University of Madras.

1. PG Diploma in Naturopathy and Yogic Sciences
2. B. Nat (Naturopathy and Yogic Science)

(Any one of the following areas)

- 1) Asanas
- 2) Pranayama
- 3) Bandhas
- 4) Mudras
- 5) Meditation

**Note:** Hard copy should be submitted to the  
Director – Department of Physical Education  
University of Madras  
Chetpet, Chennai – 31  
(In person or Post)