

# Mumbai Study Centre of

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**  
(Estd. By the Govt. of Tamil Nadu under Act No. 9 Of 2005)

## DIRECTORATE OF DISTANCE EDUCATION COURSE FEE STRUCTURE

S.N	Courses	Duration	Eligibility	Fees Structure per year
1	MBA ----GENERAL	2 years	Any Degree	8000
2	MBA Sports Management	2 years	Any Degree	8000
3	PG Diploma in Yoga	1 year	Any Degree	4000
4	PG Diploma in Fitness & Wellness Management	1 year	Any Degree	4000
5	P.G. Diploma in Fitness & Nutrition	1 Year	Any Degree	4000
6	Diploma in Yoga	1 year	12 <sup>th</sup> Std	3000
7	Certificate Course in Yoga	6 months	10 <sup>th</sup> Std	2000

### Name of the Study Centre:

### C M Health Foundation

5, Rajkamal, Opp Vidyanagari, Kalina, Mumbai 400 098

(Land mark – opposite to University Main Gate Kalina Campus) **Phone No : 022-663156**

**Website: [www.cmhealthfoundation.org](http://www.cmhealthfoundation.org)**

Email: [tnpesustudycenter@cmhealthfoundation.org](mailto:tnpesustudycenter@cmhealthfoundation.org)

### Instructions for the students

1. Students are allowed to write the exam in **English Only**
2. It is a **Distance Education Program**
2. In a year **total of 10 days of contact classes** (Theory & Practical) will be held during holidays (**total of 5 days of contact classes for a six (6) month program**)
3. Per subject (paper) **one assignment** is to be submitted and the study centre will give the topic.
4. **Study material and ID card** will be provided to the students once the admission is confirmed by the TNPESU.
5. **Venue** for the classes will be announced later by the study centre.
6. TNPESU is recognised by **Tamil Nadu Government and UGC 2B**
7. Students those who do the **PG Diploma in Yoga will have the benefit of MSc Yoga of One Year only** (Lateral Entry)
8. Examination will be held in the month of **MAY**
9. Examination fee should be paid later by the students separately
10. Classes will be taken by the **renowned faculty**
11. Students are allowed to take admission in **only one course** at a time in this DEP.
12. Students already perusing **Main degree course are eligible only for Diploma and Certificate courses**
13. Demand Draft to be drawn in favour of **“C M Health Foundation” payable at Mumbai**  
Students can contact the study centre for further details or mail [tnpesu@cmhealthfoundation.org](mailto:tnpesu@cmhealthfoundation.org)

**Distance Education Program of TNPESU, Chennai**  
**MBA GENERAL (FIRST YEAR)**

<b>Code</b>	<b>Name of the Subject</b>	<b>Pass</b>	<b>Total</b>
001101	Management Concepts	50	100
001102	Managerial Economics	50	100
001103	Quantitative Methods	50	100
001104	Business Laws	50	100
001105	Financial and Management Accounting	50	100
001106	Business Environment	50	100
001107	Research Methods	50	100
001108	Management information System	50	100

**SECOND YEAR**

<b>Code</b>	<b>Name of the Subject</b>	<b>Pass</b>	<b>Total</b>
001201	Financial Management	50	100
001202	Production and Operation Management	50	100
001203	Human Resource Management	50	100
001204	Marketing Management	50	100
001205	Elective	50	100
001206	Elective	50	100
001207	Project Work & Viva-Voce	100	200
	<b>Total</b>		<b>1600</b>

**MBA SPORTS MANAGEMENT ( FIRST YEAR)**

<b>Code</b>	<b>Name of the Subject</b>	<b>Pass</b>	<b>Total</b>
002101	Management Concepts	50	100
002102	Business Laws	50	100
002103	Managerial Economics	50	100
002104	Sports Organisations and Administration	50	100
002105	Production and Operations Management	50	100
002106	Marketing Management	50	100
002107	Financial Management	50	100
002108	Human Resource Management	50	100
	<b>SECOND YEAR</b>		
002201	Management information System	50	100
002202	Research Methods	50	100
002203	Sports Competition Management	50	100
002204	Fitness and Wellness Management	50	100
002205	Sports Training Management	50	100
002206	Sports Marketing	50	100
002207	Project Work & Viva Voce	100	200
	<b>Total</b>		<b>1600</b>

**P.G. DIPLOMA IN YOGA – ONE YEAR**

<b>Code</b>	<b>Name of the Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
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 FITNESS AND WELL MANAGEMENT**

<b>Code</b>	<b>Name of the Subject</b>	<b>Pass</b>	<b>Total</b>
13101	Scientific Foundations and Fitness and Wellness	50	100
13102	Exercise Testing and Prescription	50	100
13103	Fitness Equipment Management	50	100
13104	Applied Kinesiology and Injury Management	50	100
	<b>PRACTICALS</b>		
13105	Exercise Testing and Prescription	50	100
13106	Fitness Equipment Management	50	100
	<b>Total</b>	<b>300</b>	<b>600</b>

**DIPLOMA IN FITNESS AND NUTRITION MANAGEMENT**

<b>Code</b>	<b>Name of the subject</b>	<b>Minimum</b>	<b>Total</b>
15101	Cardio-respiratory & Muscular Fitness	50	<b>100</b>
15102	Effect of Exercise on various system	50	<b>100</b>
15103	Exercise prescription for Special population	50	<b>100</b>
15104	Occupational fitness	50	<b>100</b>
15105	Health promotion and Nutrition Care	50	<b>100</b>
15106	Optional A. Fitness& Wellness, B. Introduction in basic Nutrition, C. Computer application in Fitness & Nutrition	50	<b>100</b>
15107	Practical : Fitness & Nutrition	50	<b>100</b>

**DIPLOMA IN YOGA – ONE YEAR**

<b>Code</b>	<b>Name of the Subject</b>	<b>Internl</b>	<b>External</b>	<b>Total</b>
22101	Fundamentals of Yoga Education	25	75	100
22102	Yogic Psychology and Therapies	25	75	100
22103	Methods of Yoga Practices	25	75	100
22104	Practicals on Asanas Pranayama, Kriyas Bandhas, Mudras & Meditations	25	75	100

**CERTIFICATE COURSE IN YOGA**

<b>Code</b>	<b>Name of the Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
32101	Fundamentals of Yoga Education	25	75	100
32102	Methods of Yoga Practices	25	75	100
32103	Practicals on Asanas Pranayama, Kriyas Bandhas, Mudras & Meditations	25	75	100