

DAY	CLASS	9.00 - 9.55	9.55 - 10.50	10.55-11.50	11.50-12.45	12.45 - 1.15	1.15 - 2.10	2.10-2.25	2.25-3.10	3.10-4.05	4.05-5.00						
M	B.SC. SEM II - A		EX. PHY.-RJ	HEALTH EDUCATION-RH	VAC (TH) 1) NCC II - M 2) SCIENCE & SOCIETY - RJ 3) THE ART OF BEING HAPPY - TR 4) ETHICS & VALUES IN ANCIENT INDIAN TRADITIONS-AG 5) SOCIAL AND EMOTIONAL LEARNING-LS		EVS (TH) AG		Optional Game (TH) NK- YOGA, ANS - VB	SEC* (Practical) 1) Communication in Professional Life - SKK 2) Communication in Everyday life - vv							
	B.SC. SEM II - B		EX. PHY.-AG	HEALTH EDUCATION-NK			Hindi D		SJ - BADM, CRIC Hoc - AY	JG							
N	B.SC. SEM IV - A	SEC - II RJ - POST & Ath. MW-SPT& EXS.NUT AG -WT.MGT SB-WEL.Life TY -OLY.ed SJ-STRESS.MGT NK-PER.DEV	SP.TRNG DPS	T+M AY	T&F SDT			A	LIB								
	B.SC. SEM IV - B		SP.TRNG JATIN	T+M ALOK	LIB		SP.TRNG JATIN	S	T&F TRIBHUVAN	T&F TRIBHUVAN							
	B.SC. SEM IV - C		SP. TNGG ANSHUMAN	T +M TENZIN	T&F SJ		SP. TNGG ANSHUMAN	S		LIB							
D	B.SC. SEM VI - A	SEC - 4 NM-OLY.edu MW-SPT.exs.nut NK-wt.mgt SJ-stress.mgt TY-wel&life SB-per dev AS-posture&ath	DSE/6 GYM OP. (EBS) SPORTS JOURN. (SKK) FITNESS & EX. MANG. (SDT)/PROJECT	DSE - 4 (TH) AS		DSE - 5 THEORY PK/AKS/RS/AKV/TN P/LS/EBS/DK/RH/ST Y/NM/MS/M	U	E	DSE - 4 SJ/SB/JG/ANS/AS/AKASH/ NM/RH/SN/GC	DSE - 4 SPORTS PROFICIENCY PRACTICAL SJ/SB/JG/ANS/AS/AKASH/NM/DS/SN/GC							
	B.SC. SEM VI - B																
	B.SC. SEM VI - C																
A	BPEd. SEM II	TABLE TENNIS TY	ETPC GC	ORG.&ADM. AKS	CI in PE/SP.NUT/FITNESS STy/MW/?		YOGA JPS	B	TABLE TENNIS TY	TEACHING PRACTICES AKS							
	BPEd. SEM IV - A	TP - 401/402 LESSION PLAN (AS,TR,TENZ)	M + E JPS	RESEARCH DPS	KIN + BIO SS		PC-401 GYM-SC/LS	L	PC - 401 GYMNASTICS - SC/LS								
	BPEd. SEM IV - B		M + E AY	RESEARCH M	KIN + BIO DS												
	MPED SEM II	RESEARCH DPS	ADD ON EBS/AG	ETPC GC			ADD ON MW/RJ	Y			M-II SUB SPL. SPORTS BIOMECHANICS DS						
	MPED SEM IV*	M + E JPS	SUB SPL DS/ST/SC/MS/DK/T NP	FUND. OF SP SOCIO/PSY RS/LS			MPE 1006/ DISSERTATION AD.PE-SS SP.PHY.ACT.NUT- MW/PK SP.Journalism-skk Sp.in & mkt-sc		MPE 1006 FIT & Well-STY								

SEMESTER IV & VI ALREADY RUNNING

Please upload on website or handed on 20/4/2023





DAY	CLASS	9.00 - 9.55	9.55 - 10.50	10.55-11.50	11.50-12.45	12.45 - 1.15	1.15 - 2.10	2.10-2.25	2.25-3.10	3.10-4.05	4.05-5.00
T	B.SC. SEM II - A	HEALTH EDU RH	EX. PHY. RJ	GE (TH) 2)FUNDAMENTAL OF H.NUT-MW 3)FOUNDATION OF PSYCHOLOGY -LS 4) LIFESTYLE DISORDER-AG 5)Environment &Health-RJ	GE (TH) English Language through lit. - SKK	SEC(TH) Personality Development-skk	Optional Game (TH) NK- YOGA, ANS - VB SJ - BADM, JG - CRIC <i>AY-Hoc</i>	Optional Game (PR) NK- YOGA, ANS - VB SJ - BADM, JG - CRIC <i>AY-Hoc</i>			
	B.SC. SEM II - B	EX. PHY. AG	HEALTH EDU NK								
E	B.SC. SEM IV - A	SP. TRNG. DPS		T + M AY	T & F SDT	SEC - II RJ-POST & Ath MW-SPT& EXS.NUT AG -WT.MGT SB-WEL.Life TY -OLY.ed SJ-STRESS.MGT NK-PER.DEV	A				
S	B.SC. SEM IV - B	SP. TRNG. JATIN GROVER		T + M ALOK	T & F TRIBHUVAN						
D	B.SC. SEM IV - C	SP. TRNG. ANSHUMAN SHUKLA		T + M TENZEIN	T & F SJ						
A	B.SC. SEM VI - A	SEC - 4 (TH) AS-POST & Ath MW-SPT& EXS.NUT NK -WT.MGT TY-WEL.Life NM -OLY.ed	DSE - 5 THEORY PK/AKS/RS/AKV/TNP /LS/EBS/DK/RH/STY/ NM/MS/M	DSE/6 GYM OP. (EBS) SPORTS JOURN. (SKK) FITNESS & EX. MANG. (SDT)/PROJECT	THEORY DSE - 4 JP/SJ/SB/JG/ANS/MS/ AKASH/NM/RH/SN/G C	U N	DSE 4 GOS HOCKEY ONLY AKASH	S E M	DSE 4 GOS HOCKEY ONLY AKASH	DSE - 5 GOS PRACTICAL PK/AKS/RS/AKV/TNP/LS/EBS/ DK/RH/STY/NM/MS/M	
	B.SC. SEM VI - B	SJ-Stress mgt									
	B.SC. SEM VI - C	SB-PER.Dev									
Y	BPEd. SEM II	Yoga TNP	Yoga JPS	ORG.&ADM. AKS	CI in PE/SP.NUT/FITNESS STY/MW/?	C	GYM SC/LS	B	T & F- DPS/TR		
	BPEd. SEM IV - A	M+E JPS	EC-401 TH. OF GAMES & SP.	RESEARCH DPS							
	BPEd. SEM IV -B	M+E AY	TZN SP. MGT. - NM	RESEARCH M	KIN + BIO DS	H	PC - 401 T & F : DPS	L	PC - 401 T & F : DPS		
	MPED SEM II	SUB.SP SDT/PK/RS/ MS/AV	ADD ON MW/AG	ETPT GC	RES.PROCES DPS				Y	ETPT GC	GOS(TH) LS/STY/TNP/AKS/M/A KV/SN/SS/DS/DK/MS
	MPED SEM IV*	MPE 1006 FIT & Well-STY AD.PE-SS	MPE 1006/ DISSERTATION SP.PHY.ACT.NUT- MW SP.Journalism- skk Sp.in & mkt-sc	SUB. SPL. DS/ST/SC/DK/ TNP/MS	M + E JPS	FUNDAMENTAL LS					



*Signature*

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W E D N E S D A Y	B.SC. SEM II - A	HEALTH EDU RH	EX. PHY. RJ	GE (TH) 1) ENGLISH LANGUAGE THROUGH LITERATURE -SKK 2) FUNDAMENTAL OF H. NUTR. -MW 3) FOUNDATION OF PSYCHOLOGY-LS 4) LIFESTYLE DISORDER-AG 5) ENVIRONMENT & HEALTH-RJ	SEC(PR) Personality Development-skk		SEC* (Practical) 2) Communication in Everyday life - VV 3) Communication in Professional Life SKK		COMMUNICATION IN EVERYDAY LIFE VV	VAC (PRACTICAL) 1) N C C II - M 2) SCIENCE & SOCIETY -RJ 3) THE ART OF BEING HAPPY - TR 4) ETHICS & VALUES IN ANCIENT INDIAN TRADITIONS-AG 5) SOCIAL & EMOTIONAL LEARNING-LS		
	B.SC. SEM II - B	HEALTH EDU NK	EX. PHY. AG									
	B.SC. SEM IV - A	SEC - II RJ-POST & Ath MW-SPT& EXS.NUT AG -WT.MGT SB-WEL Life TY -OLY.ed SJ-STRESS.MGT	T+M AY	T+M JPS	SP. TRNG DPS	L U N C H	T & F SDT	A S S E M B L Y				
	B.SC. SEM IV - B		SP. TRNG JATIN	T+M ALOK	T & F TRIBHUVAN		T+M ALOK					
	B.SC. SEM IV - C		T+M TENZEIN	T+M TENZEIN	T & F SJ		SP. TRNG ANSHUMAN					
	B.SC. SEM VI - A	DSE/6 GYM OP. (EBS) SPORTS JOURN. (SKK) FITNESS & EX. MANG (SDT)/PROJECT	SEC - 4 AS-POST & Ath NK -WT.MGT TY-WEL Life NM -OLY.ed SJ-Stress mgt SB-PER Dev		SEC - 4 OLY. EDU. NM		DSE - 5 THEORY PK/AKS/RS/AKV/TNP/L S/EBS/DK/RH/STY/NM/ /MS/M		DSE - 4 THEORY JP/SJ/SB/IG/ANS/MS/A KASH/NM/RH/SN/GC		DSE - 4 PRACTICAL JP/SJ/SB/IG/ANS/MS/AKASH/ NM/RH/SN/GC	
	B.SC. SEM VI - B											
	B.SC. SEM VI - C											
	BPed. SEM II	ETPT GC	Clin PE/SP.NUTR STY/MW/?	ORG.&ADM. AKS	Yoga JPS		Yoga TNP		TABLE TENNIS TY		GYM LS/SC	
	BPed. SEM IV - A	TP - 401/402 LESSON PLAN(AS,TR,TENZ)	EC-401 TH OF GAMES & SP. TZN SP MGT - NM	RESEARCH DPS	M+E JPS		KIN + BIO SS		PC - 402 (GROUP - 1) VS. HB, HOCKEY, BAD RS, AKV, STY, SN			
	BPed. SEM IV - B			RESEARCH M	M+E AY		KIN + BIO DS					
	MPED SEM II	SUB.SP SDT/PK/MS/ AV/RS	RES.PROCES DPS	ETPT GC	ADD ON EBS/MW/RJ/AG		LIB		SUB. SPL SPORTS BIOMECHANICS DS			
MPED SEM IV*	FUNDAMENTALS LS	SUB SPL DS/ST/SC/DK/M S/TNP	FUND. OF SP SOCIO RS	MPE 1006 /DISSERTATION AD PE-SS FIT & Well-STY Sp.in & mkt-SC		MPE 1006 SP.PHY.ACT.NUT-MW		FUND. OF SP. MGT. SC		SP. JOURNALISM-SKK		





CLASS	9.00 - 9.55	9.55 - 10.50	10.55-11.50	11.50-12.45	12.45 - 1.15	1.15 - 2.10	2.10-2.25	2.25-3.10	3.10-4.05	4.05-5.00
T H U R S D A Y	B.SC. SEM II - A		HEALTH EDU RH	EX. PHY.-RJ	GE (TH) 1) ENGLISH LANGUAGE THROUGH LITERATURE -SKK 2)FUNDAMENTAL OF H.NUT-MW(PR) 3)FOUNDATION OF PSYCHOLOGY -LS 4) LIFESTYLE DISORDER-AG 5)Environment &Health-RJ					Optional Game (PR) NK- YOGA, ANS - VB SJ - BADM, JG - CRIC <b>AY-HOC</b>
	B.SC. SEM II - B	HINDI C	HEALTH EDU NK	EX. PHY.-AG		HINDI A	A	HINDI A		
	B.SC. SEM IV - A	SP. TRNG. DPS	SEC - II RJ-POST & Ath MW-SPT& EXS.NUT SB-WEL.Life TY -OLY.ed SJ-STRESS.MGT	T & M AY		L	T & F SDT	S		
	B.SC. SEM IV - B	SP. TRNG. JATIN		T & M ALOK		U	T & F TRIBHUVAN	S	SEC II WT. MGT. NK-PER.DEV	BSC SEC-B T&F TRIBHUVAN
	B.SC. SEM IV - C	SP. TRNG. ANSHUMAN		T & M (PR) TENZEIN		C	T & F SJ	E		
	B.SC. SEM VI - A	DSE - 6 THEORY/ PROJECT GYM OP. (EBS) SPORTS JOURN (SKK) FITNESS & EX. MANG. (SDT)		SEC - 4 AS-POST & Ath MW-SPT& EXS NUT NK -WT.MGT TY-WEL.Life NM -OLY.ed SJ-Stress mgt SB-PER.Dev	DSC - 4 HANDBALL SN	N	DSE - 5 THEORY PK/AKS/RS/AKV/T NP/LS/EBS/DK/RH /STY/NM/MS/M	M	DSE - 4 THEORY JP/SJ/SB/JG/ANS/MS/A KASH/NM/RH/GC	DSE - 5 PRACTICAL PK/AKS/RS/AKV/TNP/LS/EBS/DK /RH/STY/NM/MS/M
	B.SC. SEM VI - B							B		
	B.SC. SEM VI - C									
	BPed. SEM II	YOGA TNP	ETPT GC	Cl in PE/SP NUTR STY/MW/?	YOGA JPS	H	ORG & ADM. AKS	L	TEACHING PRACTICS AKS	BADMINTON
	BPed. SEM IV - A	LESSON PLAN (AS,TR,TENZ)		KIN + BIO SS	M & E JPS		PC - 401 T & F : DPS GYM : SC	Y	PC - 402 GROUP - II CRICKET, FB, BB, KAB, AKS, MS, SS, DK	
	BPed. SEM IV -B			KIN + BIO DS	M & E AY					
	MPED SEM II	SUB SP SDT/ST/MS/ AV/RS		RES PROCES DPS	ADD ON EBS/MW		ADD ON EBS/MW/RJ/AG		GOS(TH) LS/STY/TNP/AKS/M/AK V/ST/SN/SS/DS/DK/MS	GOS(PR) LS/STY/TNP/AKS/M/AKV/ST/SN/ SS/DS/DK/MS
	MPED SEM IV*	M+E JPS	FUNDAMENTALS LS	FUND. OF SP. SOCIO RS	FUND. OF SP. MGT. SC		FUND. OF SP. MGT. SC			



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F	B.S.C. SEM II - A	SEC(PR) Personality Development-skk	EX. PHY. (PR.)	GE (PR) 1) ENGLISH LANGUAGE THROUGH LITERATURE - SKK		L	EVS - AG (PR)	A	EVS - AG (PR)	HINDI-D			
	R		B.S.C. SEM II - B	EX. PHY. (PR)	2)FUNDAMENTAL OF H.NUT-MW(PR) 3)FOUNDATION OF PSYCHOLOGY -LS 4) LIFESTYLE DISORDER-AG 5)Environment &Health-RJ		HINDI B (TH)		HINDI B (TH)				
I	B.S.C. SEM IV - A	SP. TRNG DPS (TUT)		T + M ( AY) PRACTICAL		L	T + M ( AY)	S					
D	B.S.C. SEM IV - B			T + M ( ALOK)PRACTICAL			T + M ( ALOK)						
A	B.S.C. SEM IV - C			T + M (TH) ( TENZ)		U	T + M (TENZ)	S	T & F SJ (TH)	T&F (PR) SJ			
	B.S.C. SEM VI - A	DSE - 6 PROJECT PROJECT GYM OP. (EBS) FITNESS & EX. MANG. (SDT)/PROJECT		DSE - 6 PROJECT PROJECT GYM OP. (EBS)FITNESS & EX. MANG. (SDT)/PROJECT			N		DSE - 6 PROJECT SPORTS JOURN. (SKK)	E			
	B.S.C. SEM VI - B												
Y	B.S.C. SEM VI - C												
	BPed. SEM II	BADMINTON EBS		TEACHING PRACTICES AKS		C	GYM LS/SC	B	T & F DPS/TR				
	BPed. SEM IV - A	LESSON PLAN (AS,TR TENZ)	RESEARCH DPS	EC-401 TH. OF GAMES & SP. TZN SP. MGT. - NM			H		PC - 402 (GROUP - I) VB, HB, HOCKEY, BAD. RS, AKV, STY, SN	L	PC - 402 (GROUP - II) CRIC., FB, BB, KAB AKS, MS, SS, DK		
	BPed. SEM IV - B		RESEARCH M										
	MPED SEM II	ETPT GC	RES. PROF DPS	ETPT GC	SUB SP SDT/PK/MS/ RS	Y	ADD ON MW/RJ/AG/EBS	Y	GOS (TH) VB-ANS	GOS (PR) VB - ANS			
	MPED SEM IV*	FUND. OF SP. SOCIO RS	MPE 1006/ DISSERTATION/ AD.PE- SS FIT & Well- STY SP.PHY.ACT.NUT- MW/PK SP.Journalism- skk Sp.in & mkt-sc	SUB SPL. ST/SC/MS/DK/TNP	M + E JPS		FUND. OF SP. MGT. SC						

