

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.S.C. SEM II - A		EX. PHY -RJ	HEALTH EDUCATION-RH	VAC (IH) 1) NCC II - M 2) SCIENCE & SOCIETY - RJ 3) THE ART OF BEING HAPPY - TZN 4) ETHICS & VALUES IN ANCIENT INDIAN TRADITIONS-AG 5) SOCIAL AND EMOTIONAL LEARNING-LS		EVS (TH) AG		Optional Game (TH) TNP- YOGA, ANS - VB SJ - BADM, JG CRIC	SEC* (Practical) 1) Communication in Professional Life - SKK 2) Communication in Everyday life - vv						
	B.S.C. SEM II - B		EX. PHY.-AG	HEALTH EDUCATION-NK												
N	B.S.C. SEM IV - A	SEC - II RJ - POST & Ath. MW-SPT& EXS.NUT AG -WT.MGT SB-WELLife TY -OLY.ed SJ-STRESS.MGT NK-PER.DEV	SP.TRNG DPS	T+M AY	T&F SDT			A	LIB							
	B.S.C. SEM IV - B		SP.TRNG JATIN	T+M ALOK	LIB		SP.TRNG JATIN	S	T&F TRIBHUVAN	T&F TRIBHUVAN						
	B.S.C. SEM IV - C		SP. TNNG ANSHUMAN	T + M TENZIN	T&F SJ		SP. TNNG ANSHUMAN			LIB						
A	B.S.C. 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	S	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/JGC				
	B.S.C. SEM VI - B															
	B.S.C. SEM VI - C															
Y	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 I/C ALOK/TRIBHUVAN						
	BPED. SEM IV - A	TP - 401/402 LESSON 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 college website
 Pawan



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.NLIT-MW 3)FOUNDATION OF PSYCHOLOGY -LS 4) LIFESTYLE DISORDER-AG 5)Environment &Health-RJ	GL (TH) English Language through III - SKK		SEC(TH) Personality Development-skk		Optional Game (TH) TNP- YOGA, ANS - VB SJ - BADM. JG - CRIC	Optional Game (PR) TNP- YOGA, ANS - VB SJ - BADM. JG - CRIC	
	U	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	L	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	U		S			
	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
Y	B.SC. SEM VI - B	SJ-Stress mgt SB-PER.Dev				C	GYM SC/LS	B	T & F- PK/TR		
	B.SC. SEM VI - C									H	PC 401 T & F : DPS
	BPed. SEM II	Yoga TNP	Yoga JPS	ORG.&ADM. AKS	Clin PE/SP.NUT/FITNESS STY/MW/?			Y	GOS(TH) LS/STY/TNP/AKS/M/A KV/SN/SS/DS/DK/MS		
	BPed. SEM IV - A	M+E JPS	EC-401 TH. OF GAMES & SF. TZN	RESEARCH DPS	KIN + BIO DS						
	BPed. SEM IV -B	M+E AY	SP. MGT. - NM	RESEARCH M							
	MPED SEM II	SUB.SP SDT/PK/RS/ MS/AV	ADD ON MW/AG	ETPT GC	RES.PROCES DPS						
	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						

9/5/22

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			
W E D	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 - TZN 4) ETHICS & VALUES IN ANCIENT INDIAN TRADITIONS-AG 5) SOCIAL & EMOTIONAL LEARNING-LS				
	B.SC. SEM II - B	HEALTH EDU NK	EX. PHY. AG											
N E S	B.SC. SEM IV - A	SEC - II RJ-POST & Ath MW-SPT& EXS.NUT AG -WT.MGT SB-WELLife TY -OLY.ed SI-STRESS.MGT	T+M AY	T+M JPS	SP. TRNG DPS	L U N C H	T & F SDT	S	PERS. DEV NK	T&F SDT				
	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 SI		SP. TRNG ANSHUMAN				T&F SI			
D A Y	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-WELLife NM -OLY.ed SI-Stress mgt SB-PER Dev	SEC - 4 OLY. EDU. NM	SEC 4 MW-SPT& EXS.NUT		DSE - 5 THEORY PK/AKS/RS/AKV/TNP/L S/EBS/DK/RH/STY/NM/MS/M	E M	DSE - 4 THEORY JP/SI/SB/IG/ANS/MS/A KASH/NM/RH/SN/GC	DSE - 4 PRACTICAL JP/SI/SB/IG/ANS/MS/AKASH/ NM/RH/SN/GC				
	B.SC. SEM VI - B													
	B.SC. SEM VI - C													
A Y	BPed. SEM II	ETPT GC	CI in PE/SP.NUTR STY/MW/?	ORG.&ADM. AKS	Yoga JPS		Yoga TNP	B	TABLE TENNIS TY	GYM LS/SC				
	BPed. SEM IV - A	TP - 401/402 LESSON PLAN(AS,TR,TENZ)	EC-401 TH. OF GAMES & SP T?N SP. MGT. - NM	RESEARCH DPS	M+E JPS		KIN + BIO SS	L	PC - 402 (GROUP 1) VS. HB, HOCKEY, BAD MS, ANV. 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.	Y	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				

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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) TNP- YOGA, ANS - VB SJ - BADM, JG - CRIC		
	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 SI-STRESS.MGT	T & M AY			T & F SDT	S				
	B.SC. SEM IV - B	SP. TRNG. JATIN			T & M ALOK		T & F TRIBHUVAN	S	SEC II WT. MGT. AG NK- PER.DEV	BSC SEC-B T&F TRIBHUVAN		
	B.SC. SEM IV - C	SP. TRNG. ANSHUMAN			T & M (PR) TENZEIN		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 SI-Stress mgt SB-PER.Dev	DSC - 4 HANDBALL SN		DSE - 5 THEORY PK/AKS/RS/AKV/T NP/LS/EBS/DK/RH /STY/.../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/.../MS/M		
	B.SC. SEM VI - B											
	B.SC. SEM VI - C											
	BPEd. SEM II	YOGA TNP	ETPT GC	CI in PE/SP.NUTR STY/MW/?	YOGA JPS		ORG.&ADM. AKS	L	TEACHING PRACTICES AKS I/C ALOK/TRIBHUVAN	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	ETPT GC	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/DN/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.SC. SEM II - A	SEC(PR) Personality Development-skk	EX. PHY. (PR.)	GE (PR) 1) ENGLISH LANGUAGE THROUGH LITERATURE - SKK		L U N C H	EVS - AG (PR)	A	EVS - AG (PR)	HINDI-D		
R B.SC. 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.SC. SEM IV - A	SP. TRNG DPS (TUT)		T + M (AY) PRACTICAL			T + M (AY)	S				
D B.SC. SEM IV - B			T + M (ALOK)PRACTICAL			T + M (ALOK)					
B.SC. SEM IV - C			T + M (TH) (TENZ)			T + M (TENZ)	S	T & F SJ (TH)	T&F (PR) SJ		
A B.SC. 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			DSE - 6 PROJECT SPORTS JOURN. (SKK)	E				
B.SC. SEM VI - B											
Y B.SC. SEM VI - C											
BPEd. SEM II	BADMINTON EBS		TEACHING PRACTICS AKS I/C ALOK/TRIBHUVAN			GYM LS/SC	M	T & F PK/TR			
BPEd. SEM IV - A	LESSON PLAN (AS,TR,TENZ)		RESEARCH DPS	EC-401 TH. OF GAMES & SP. TZN SP. MGT. - NM		PC - 402 (GROUP I) VB, HB, HOCKEY, BAD. RS, AKV, STY, SN		B	PC - 402 (GROUP - I) VB, HB, HOCKEY, BAD RS, AKV, STY, SN	PC - 402 (GROUP -II) CRIC., FB, BB, KAB AKS, MS, SS, DK	
BPEd. SEM IV - B				RESEARCH M				L			
MPED SEM II		RES. PROF DPS	ETPT GC	SUB.SP SDT/PK/MS/ RS		ADD ON MW/RJ/AG/EBS		GOS (TH) VB-ANS	GOS (PR) VB -ANS		

Handwritten marks and date: 4/1/23