

महाराणा प्रताप पी.जी. कालेज, जंगल धूसड़, गोरखपुर *Practical*

कक्षा B.A-I st		पाठ्यक्रम योजना : सत्र-2022-23			विषय : Physical Education
दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	प्रश्नपत्र	अध्याय	शीर्षक
01/08/25	01	Dr. S.N. Shukla	PHE-102F	Unit-I	Learn and demonstrate the techniques of warm-up
02/08/25	02	" "	" "	" "	" " "
08/08/25	03	" "	" "	" "	Learn and demonstrate the techniques of general exercise
22/08/25	04	" "	" "	" "	" "
23/08/25	05	" "	" "	" "	Cooling down
29/08/25	06	" "	" "	" "	Learn and demonstrate fitness through aerobics
30/08/25	7	" "	" "	" "	Circuit Training
6/09/25	08	" "	" "	" "	Calisthenics
12/09/25	9	" "	" "	" "	"
13/09/25	10	" "	" "	" "	Diet chart
19/09/25	11	" "	" "	" "	Measurement of BMI
20/09/25	12	" "	" "	Unit-II	Practical aspects of yoga
26/09/25	13	" "	" "	" "	Surya Namaskar

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कक्षा B.A-I sem		पाठ्यक्रम योजना : सत्र 2025-26			विषय : Physical Education
दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	प्रश्नपत्र	अध्याय	शीर्षक
27/09/25	14	Dr. S.N. Shukla	P.MED-102F	Unit - II	Learn any 04 asanas in Standing Position
31/10/25	15	" "	" "	" "	" " "
4/11/25	16	" "	" "	" "	Learn any 04 asanas in sitting Position
10/11/25	17	" "	" "	" "	" " "
11/11/25	18	" "	" "	" "	Learn any 04 asanas in Prone
24/11/25	19	" "	" "	" "	Any 04 asanas in Supine Position
25/11/25	20	" "	" "	" "	" " "
31/11/25	21	" "	" "	" "	Learn to perform any 02 types of Pranayama
01/12/25	22	" "	" "	" "	" " "
07/12/25	23	" "	" "	" "	Learn to perform any 01 Shudhi kriya
08/12/25	24	" "	" "	" "	" " "
14/12/25	25	" "	" "	" "	Revision
15/12/25	26	" "	" "	" "	" "