

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

कक्षा : B.A 5th Sem Course Code: 303		पाठ्यक्रम योजना : सत्र-2025-26		विषय : Physical education	
दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	Unit	अध्याय	शीर्षक Practical
01/08/25	1.	Dr. S.N. Shukla	I	Part - A	Practice for Banding
02/08/25	2.	"	I	Part - A	Practice for Banding
08/08/25	3.	"	I	Part - A	Practice for massage techniques
22/08/25	4.	"	I	Part - A	Practice for massage techniques
23/08/25	5.	"	I	Part - A	Demonstration of Therapeutic exercise
29/08/25	6.	"	I	Part - A	A visit to Physiotherapy lab center / clinic
30/08/25	7.	"	I	Part - A	Write a brief Report on the visit of the lab / center / clinic.
06/09/25	8.	"	II	Part - B	Muscle strengthening Exercise
12/09/25	9.	"	II	Part - B	General Principles of muscle
13/09/25	10	"	II	Part - B	"
19/09/25	11	"	II	Part - B	manual muscle strength Testing
20/09/25	12	"	II	Part - B	"
26/09/25	13	"	III	Part - C	Factors causing limitation of Joint Range.

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

कक्षा : B.A.S.H. 1000-30		पाठ्यक्रम योजना : सत्र-2025-26		विषय : physical education	
दिनांक	व्याख्यान सं.	प्राध्यापक का नाम	Unit	अध्याय	शीर्षक Practical
27/09/25	14.	Dr.S.N Shukla	III	Part - C	Factors causing limitation of Joint Range
03/10/25	15.	"	III	part - C	General stretching methods
04/10/25	16	"	III	Part - C	Practical demonstration of exercise for mobilizing the Shoulder, elbow,
10/10/25	17	"	III	Part - C	" "
11/10/25	18	"	III	Part - C	" "
24/10/25	19	"	III	Part - C	Revision
25/10/25	20	"	III	Part - C	"
31/10/25	21.	"	III	"	Demonstration of exercise for mobilization the wrist
04/11/25	22.	"	III	"	"
15/11/25	23.	"	III	"	Demonstration of exercise for mobilizing the hip.
08/11/25	24	"	III	"	"
14/11/25	25	"	III	"	Revision
15/11/25	26	"	III	"	"