

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

कक्षा : बी.ए. प्रथम सेमेस्टर बेसिक			पाठ्यक्रम योजना : सत्र 2022-23		विषय : शारीरिक शिक्षा
दिनांक	व्याख्यान	प्रध्यापक का नाम	प्रश्नपत्र	अध्यापन	शीर्षक
01-08-2022	1	Dr. S.N. Shukla	PHED 101	Physical Education	Introduction
08-08-2022	2	Dr. S.N. Shukla	PHED 101	Physical Education	Need and Importance of Physical Education in Morden Era
16-08-2022	3	Dr. S.N. Shukla	PHED 101	Physical Education	Need and Importance of Physical Education in Morden Era
22-08-2022	4	Dr. S.N. Shukla	PHED 101	Physical Education	Need and Importance of Physical Education in Morden Era
23-08-2022	5	Dr. S.N. Shukla	PHED 101	Physical Education	Relationship of Physical Education with General Education
05-09-2022	6	Dr. S.N. Shukla	PHED 101	Physical Education	Relationship of Physical Education with General Education
06-09-2022	7	Dr. S.N. Shukla	PHED 101	Physical Education	Scientific Basis of Physical Education
12-09-2022	8	Dr. S.N. Shukla	PHED 101	Physical Education	Scientific Basis of Physical Education
13-09-2022	9	Dr. S.N. Shukla	PHED 101	Yoga and Physical Education	Relationship of Yoga with Mental Health and Value Education
19-09-2022	10	Dr. S.N. Shukla	PHED 101	Yoga and Physical Education	Relationship of Yoga with Mental Health and Value Education
20-09-2022	11	Dr. S.N. Shukla	PHED 101	Yoga and Physical Education	Relationship of Yoga with Physical Education and Sports
26-09-2022	12	Dr. S.N. Shukla	PHED 101	Yoga and Physical Education	Relationship of Yoga with Physical Education and Sports
27-09-2022	13	Dr. S.N. Shukla	PHED 101	Yoga and Physical Education	Relationship of Yoga with Physical Education and Sports
10-10-2022	14	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Meaning and Importance of Fitness and Wellness
11-10-2022	15	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Meaning and Importance of Fitness and Wellness
17-10-2022	16	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Meaning and Importance of Fitness and Wellness
18-10-2022	17	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Factor Affecting Fitness and Wellness
01-11-2022	18	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Factor Affecting Fitness and Wellness
07-11-2022	19	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Fit India Movement
14-11-2022	20	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Fit India Movement
15-11-2022	21	Dr. S.N. Shukla	PHED 101	Concept of Fitness and Wellness	Fit India Movement