

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

कक्षा : बी.ए. प्रथम सेमेस्टर			पाठ्यक्रम योजना : सत्र 2022-23		विषय : शारीरिक शिक्षा
दिनांक	व्याख्यान	प्रध्यापक का नाम	प्रश्नपत्र	अध्यापन	शीर्षक
17-08-2022	2	Dr. S.N. Shukla	PHED 103	Introduction to Physical Fitness	
24-08-2022	4	Dr. S.N. Shukla	PHED 103	Introduction to Physical Fitness	Learn and Demonstrate the Teaching Warm-up, General Exercise and Cooling Down
25-08-2022	6	Dr. S.N. Shukla	PHED 103	Introduction to Physical Fitness	Learn and Demonstrate Physical Fitness Through Aerobics, Circuit Training, and Causthenics
07-09-2022	8	Dr. S.N. Shukla	PHED 103	Introduction to Physical Fitness	Diet Chart & Measurement of BMI
15-09-2022	10	Dr. S.N. Shukla	PHED 103	Introduction of Yoga	Practical Aspect of Yoga
21-09-2022	12	Dr. S.N. Shukla	PHED 103	Introduction of Yoga	Types, Scope & Importance of Yoga
22-09-2022	14	Dr. S.N. Shukla	PHED 103	Asanas	Surya Namaskar, Bhujang Asana
28-09-2022	16	Dr. S.N. Shukla	PHED 103	Asanas	Naukasana, Halasana, Vajrasana
29-09-2022	18	Dr. S.N. Shukla	PHED 103	Asanas	Padmasana, Makrasana
12-10-2022	20	Dr. S.N. Shukla	PHED 103	Asanas	Dhanurasana, Tadasana
13-10-2022	22	Dr. S.N. Shukla	PHED 103	Asanas	Dhanurasana, Tadasana
19-10-2022	24	Dr. S.N. Shukla	PHED 103	Pranayama	Difference and Classification of Pranayama
20-10-2022	26	Dr. S.N. Shukla	PHED 103	Pranayama	Difference Between Pranayama and Breathing
09-11-2022	28	Dr. S.N. Shukla	PHED 103	Pranayama	Anulom- Vilom
10-11-2022	30	Dr. S.N. Shukla	PHED 103	Pranayama	Revision