

PANSKURA BANAMALI COLLEGE- DEPARTMENT OF B.P.Ed.- SESSION-2016-2018. (SEMESTER-1) DATE : 12/09/2016

DAYS	Morning Assembly 5:45-6:45am 6:15-7:10am	Practical-1 6:50-7:35am 7:15-7:55am	Practical-2 7:40-8:25am 8:00-8:40am	Social service 8:30-9:15am 8:45-9:30am	Theory -1 11:00-11:45am 10:45-11:25am	Theory -2 11:50-12:35pm 11:30-12:10pm	Theory -3 12:40-1:25pm 12:15-12:55pm	Theory -4 1:30-2:15pm 1:00-1:40pm	Afternoon Assembly 3:45-3:55pm 3:15-3:20pm	Practical-1 4:00-4:45pm 3:20-4:00pm	Practical-2 4:50-5:35pm 4:05-4:45pm
MON	S.SURESH/ S.SIDHU	M-1- S.SURESH M-2- AR W - S.SIDHU	AR S.SIDHU S.SURESH	AR	S.SIDHU	AR	SM	GCM	SM/ BP	M-1- SB M-2- BP W - SM	BP SM SB
TUE	LKM/ SB	M-1- S.SIDHU M-2- SB W - LKM	LKM S.SIDHU SB	S.SIDHU	RA/ S.SURESH	GCM	LKM	BNG	S.SURESH/ AR	M-1- BP M-2- S.SURESH W - AR	SM RA/AR BP
WED	BNG/ SURESH	M-1- PM M-2- S.SURESH W - BNG	BNG PM S.SURESH	S.SURESH	BP	SB	S.SURESH	SM	SB/ RB	M-1- RB M-2- SB W - SM	SM BP RB
THU	RA/ AR	M-1- RA M-2- AR W - PM	AR PM RA	RA	SB	RA	BNG	RB	RA/ S.SIDHU	M-1- RA M-2- BNG W - S.SIDHU	S.SIDHU RA AR
FRI	RB/ LKM	M-1- LKM M-2- RB W - PM	PM LKM RB	LKM	AR	BP	S.SIDHU	RB	LKM/ RA	M-1- BG M-2- LKM W - RA	BNG BG LKM
SAT	BG/ RB	M-1- BNG M-2- RB W - BG	RB BG BNG	BNG	LKM	BG	 Head of the Deptt. Physical Education Panskura Banamali College				
Convener Academic Sub-Committee Panskura Banamali College											
Principal Panskura Banamali College											

TEACHER	M-1	M-2	W	Pra.cl.	The.cl.	TEACHER	M-1	M-2	W	Pra.cl.	The.cl.
AR	Kho-kho	callisthenics	Kho-kho	6	2	BG	Lezium	Lezium/ March Past	Lezium	5	2
RA	Ath- Jump(Broad &Triple)	Ath - Jump(Broad &Triple)/Hoop	Ath- Jump(Broad &Triple)/Aerobics	6	2	PM	Gymnastics/ Yoga	Gymnastics/ Yoga	Gymnastics/ Yoga	6	-
LKM	Ath- Run/ March Past	Ath- Run	March Past	6	2	S.SUREH	Aerobics	Aerobics	Hoop	6	2
BNG	W.T	Kabaddi	W,T/Swimming	6	2	S.SIDHU	Umbrella/ Callisthenics	W.T	Umbrella/ Callisthenics	5	2
R.B	Kabaddi/Bandmusic	Band music	Kabaddi/Bandmusic	6	2	BP	Dumbbells/ Swimming	Wands/ Swimming	Dumbbells	5	2
SB	Wands	Dumbbells/Kho-Kho	Wands	5	2	SM	Hoop	Umbrella	Ath- Run/ callisthenics	5	2