

PANSKURA BANAMALI COLLEGE- DEPARTMENT OF B.P.Ed.- SESSION-2015-2017. (SEMESTER-3) DATE : 01/07/2016

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	SB/ SM	M-1- SB M-2- SM W - BP	SM BP SB	BP	S.SIDHU	BP	SB	BG	AR/ S.SURESH	M-1- S.SURESH M-2- LKM W -AR	AR S.SIDHU LKM	
TUE	AR/ BP	M-1- AR M-2-S.SURESH W - BP	BP AR S.SURESH	S.SURESH	RB	AR	SM	BP	BP/ BNG	M-1- S.SIDHU M-2- SB W - BNG	RB BNG S.SIDHU	
WED	SM/ PM	M-1-PM M-2- RA W - SM	SM PM RA	RA	S.SIDHU	BNG	RA	RB	S.SIDHU/ S.SURESH	INTRAMURAL COMPETITION		
THU	S.SIDHU/ SB	M-1- S.SIDHU M-2- SB W - BNG	SB PM RB	RB	LKM	SM	AR	S.SURESH	RB/ LKM	M-1-S.SURESH M-2- LKM W -RB	LKM RB S.SURESH	
FRI	BP/ SM	M-1- BP M-2- SM W - PM	PM BP SM	SM	S.SURESH	SB	RA	LKM	BNG/ BG	M-1-BG M-2-BNG W - RB	RB RA LKM	
SAT	BNG/ RA	M-1-BNG M-2-RA W - BG	JUDO & KARATE (MR.AJOY NANDI) Time: 8.45-11:00am			RA	BNG	 Head of the Dept. Physical Education Panskura Banamali College				



Principal
Panskura Banamali College

TEACHER	M-1	M-2	W	Pra.cl.	Theo.cl.	TEACHER	M-1	M-2	W	Pra.cl.	Theo.cl.
AR	Teaching Practice: Kho-kho/volley ball	Teaching Practice: Kho-kho/volley ball	Teaching Practice: Kho-kho/volley ball	5	2	BG	Teaching Practice: Hockey/Badminton/TT	Teaching Practice: Hockey/Badminton/TT	Teaching Practice: Hockey/Badminton/TT	4	2
RA	Coaching lesson : Running/Jumping/Throwing	Coaching lesson : Running/Jumping/Throwing	Coaching lesson : Running/Jumping/Throwing	6	2	PM	Coaching&Teaching: Gymnastics/ Yoga	Coaching&Teaching: Gymnastics/ Yoga	Coaching&Teaching: Gymnastics/ Yoga	6	-
LKM	Coaching lesson : Running/Jumping/Throwing	Coaching lesson : Running/Jumping/Throwing	Coaching lesson : Running/Jumping/Throwing	6	2	S.SURESH	Teaching Practice: Football/T.T/aerobics	Teaching Practice: Football/T.T/aerobics	Teaching Practice: Football/T.T/aerobics	5	2
BNG	Teaching Practice: Kabaddi/volley ball/W.T	Teaching Practice: Kabaddi/volley ball/W.T	Teaching Practice: Kabaddi/volley ball/W.T	6	2	S.SIDHU	Teaching Practice: W.T/Cricket/ volley ball/Foot ball	Teaching Practice: W.T/Cricket/ volley ball/Foot ball	Teaching Practice: W.T/Cricket/ volley ball/Foot ball	5	2
R.B	Teaching Practice: Handball/Badminton/ kabaddi	Teaching Practice: Handball/Badminton/ kabaddi	Teaching Practice: Handball/Badminton/ kabaddi	6	2	BP	Teaching Practice: Volley ball/Swimming	Teaching Practice: Volley ball/Swimming	Teaching Practice: Volley ball/Swimming	6	2
SB	Teaching Practice: Volley ball/kho-kho	Teaching Practice: Volley ball/kho-kho	Teaching Practice: Volley ball/kho-kho	6	2	SM	Coaching lesson : Running/Jumping/ Throwing	Coaching lesson : Running/Jumping/ Throwing	Coaching lesson : Running/Jumping/ Throwing	6	2
All minor games (Callisthenic's/Hoop/Wands/Dumbbells/Umbrella/etc.) Teaching Practice : All TEACHERS											