

**Theory Time Table**  
**Department of Physical Education**  
*w.e.f. 29<sup>th</sup> July 2026*

| Class        | 10:00-11:00                                                                                                                   | 11:00-12:00                                                                                                                                                                                                                                                                      | 12:00-1:00                                                                                     | 1:00-2:00                                                        | 2:00-3:00                                                             | 3:00-4:00                                                                                                                          |
|--------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| BPE I Sem    | <b>Anatomy &amp; Physiology</b><br><i>Mr. Surjit</i><br>(1-4)                                                                 | <b>Hindi</b><br><i>Mr. Dezu Rattan</i><br>(3-5)                                                                                                                                                                                                                                  | <b>History of Phy. Edu.</b><br><i>Mr. Surjeet</i><br>(2-5)                                     | <b>Recreation</b><br><i>Mr. Lokesh Sharma</i><br>(1-4)           |                                                                       |                                                                                                                                    |
| BPE III Sem  | <b>Yoga</b><br><i>Dr. Kamlesh Gautam</i> (2-5)                                                                                | <b>Biomechanics</b><br><i>Mr. Akshant</i> (1-4)                                                                                                                                                                                                                                  | <b>Environment Science</b><br><i>Mr. Dezu Rattan</i><br>(1-2)<br><i>Dr. Kamlesh Gautam</i> (5) | <b>Methods in Phy. Edu.</b><br><i>Mr. Dezu Rattan</i><br>(1-4)   |                                                                       |                                                                                                                                    |
| BPE V Sem    | <b>Sports Sociology</b><br><i>Dr. Anil Guleria</i> (2-5)                                                                      | <b>Sp. in Boxing</b> — <i>Dr. Kamlesh Gautam</i><br><b>Sp. in T.T.</b> — <i>Mr. Lokesh Sharma</i><br><b>Sp. in Kho-Kho</b> — <i>Dr. Anil Guleria</i><br>(1-4)<br><b>Sp. in Basketball</b> - <i>Mr. Surjeet</i> (1-2)<br>& <i>Mr. Akshant</i> (5-6)<br>(parallel elective groups) | <b>Kinesiology</b><br><i>Dr. Rajni Sharma</i><br>(1-4)                                         | <b>Sports Injury</b><br><i>Mr. Akshant</i><br>(2-5)              |                                                                       |                                                                                                                                    |
| BPEd I Sem   | <b>Hist. Principles &amp; Foundation of Phy. Edu.</b><br><i>Mr. Dezu Rattan</i> (2-5)                                         | <b>Olympic Movement</b><br><i>Dr. Rajni Sharma</i> (2-5)                                                                                                                                                                                                                         | <b>Health Education</b><br><i>Dr. Kamlesh Gautam</i> (1-4)                                     | <b>Human Anatomy &amp; Physiology</b><br><i>Mr. Surjit</i> (1-4) |                                                                       |                                                                                                                                    |
| BPEd III Sem | <b>Computer Application in Phy. Edu.</b><br><i>Mr. Akshant</i> (1-4)                                                          | <b>Sports Training</b><br><i>Dr. Nirmal</i> (2-5)                                                                                                                                                                                                                                | <b>Sports Psychology &amp; Sociology</b><br><i>Dr. Sandeep Negi</i> (1-4)                      | <b>Officiating and Coaching</b><br><i>Dr. Anil Guleria</i> (2-5) |                                                                       |                                                                                                                                    |
| BA I Year    |                                                                                                                               |                                                                                                                                                                                                                                                                                  |                                                                                                |                                                                  | <b>Corrective Physical Education</b><br><i>Dr. Rajni Sharma</i> (1-3) | <b>Introduction to Physical Education</b><br><i>Dr. Nirmal</i> (1-4)<br><b>Fitness and Conditioning</b><br><i>Dr. Nirmal</i> (5-6) |
| BA II Year   |                                                                                                                               | <b>Sports Psychology</b><br><i>Dr. Sandeep Negi</i> (1-3)<br><b>Human Anatomy &amp; Physiology</b><br><i>Dr. Sandeep Negi</i> (4-6)                                                                                                                                              | <b>Sports Training</b><br><i>Dr. Nirmal</i> (1-3)                                              |                                                                  |                                                                       | <b>Sports Medicine, Physiotherapy &amp; Rehab.</b><br><i>Dr. Sandeep Negi</i> (4-6)                                                |
| BA III Year  | <b>Recreation</b><br><i>Mr. Lokesh Sharma</i> (1-3)<br><b>Teaching Methods in Phy. Edu.</b><br><i>Mr. Lokesh Sharma</i> (4-6) |                                                                                                                                                                                                                                                                                  |                                                                                                |                                                                  |                                                                       |                                                                                                                                    |

**Note:- On every Saturday there will be intermural competition from 9:00 a.m. to 2:00 p.m.**

**Teacher In charge**

**Principal**