**DR. RAM CHANDER LOHAT**

**SCHEDULE OF (M.P.ED.-2ND SEM.), PAPER –V: OFFICIATING & COACHING,**

02.02.2015 Meaning of warming up.

04.02.2015 Types of warming up.

05.02.2015 Cooling down.

06.02.2015 Need of warming up.

07.02.2015 Importance of warming up.

**SCHEDULE OF (M.P.ED.-2ND SEM.), PAPER –VI OPTION (i) : OFFICIATING & COACHING,**

02.02.2015 Meaning of Health Problem.

04.02.2015 Types of Health Problems.

05.02.2015 to 06.02.2015 Organizational and administrative set up of Health -

system in India.

07.02.2015 Centre, State and District level.

**DR. DILBAG SINGH**

**SCHEDULE OF (B.P.ED), PAPER- OFFICIATING & COACHING**

09.02.2015 Track Marking of 400 meter track

10.02.2015 Track Marking of 400 meter track

13.02.2015 Teaching Practice of Gymnastic Lesson.

**SCHEDULE OF (B.P.ED), PAPER: SPORTS MANAGEMENT**

11.02.2015 Meaning Importance of Tournament.

12.02.2015 Advantage and Disadvantage of Tournament.

13.02.2015 Teaching Practice of Gymnastic Lesson.

**SCHEDULE OF (M.P.ED- 2nd Semester), PAPER: SPORTS MANAGEMENT**

09.02.2015 Nature of Sports Management.

10.02.2015 Scope of Sports Management.

11.02.2015 Scope of Sports Management.

12.02.2015 Aims and objective of sport

**DR. RAJESH KUMAR**

**SCHEDULE OF (M.P.ED- 2nd Semester)**

**PAPER: I – HISTORICAL AND PROFESSIONAL PERSPECTIVE OF PHYSICAL EDUCATION**

20.01.2015 Discussion about the syllabus of 2nd & 1st topic of Recreation.

23.01.2015 Introduction, Meaning and Definition of Recreation.

24.01.2015 Aim and Objectives of Recreation.

30.01.2015 Importance of Recreation.

31.01.2015 Importance of Recreation.

02.02.2015 Principle of Recreation.

06.02.2015 Principle of Recreation.

07.02.2015 Types of Recreation.

09.02.2015 Recreation Programme for various categories of peoples – children, adults &

old age person.

10.02.2015 Recreation Programme for various categories of peoples – children, adults &

old age person.

13.02.2015 Theories of Recreation.

16.02.2015 Theories of Recreation.

**DR. RAJESH KUMAR**

**SCHEDULE OF (B.P.ED)**

**PAPER: I – HISTORY AND PRINCIPLES OF PHYSICAL EDUCATION AND SPORTS**

02.02.2015 Biological electivity and its need.

04.02.2015 Principle of use, dis-use land over-use.

06.02.2015 Teaching Practice.

07.02.2015 Teaching Practice.

09.02.2015 Growth and Development.

10.02.2015 Growth and Development.

11.02.2015 Classification of Physique.

12.02.2015 Competition and co-operation.

16.02.2015 Individual differences.

**PAPER: II –PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION**

30.01.2015 Meaning, Definition and Nature of Learning.

31.01.2015 Factors Effecting Motor Learning.

04.02.2015 Laws of learning.

06.02.2015 Types of learning and Characteristics.

07.02.2015 Types of learning and Characteristics.

11.02.2015 Transfer of training and its importance in learning motor skills.

12.02.2015 Transfer of training and its importance in learning motor skills.

13.02.2015 Meaning and Definition of Sports Sociology and importance in Physical Education and Sports.

16.02.2015 Meaning and Definition of Sports Sociology and importance in Physical Education and Sports.

**DR. (MRS. RAJNI BALI**

**SCHEDULE OF (P. G. DIPLOMA IN YOGA)**

**PAPER: I – YOG PARICHYA**

02.02.2015 Meaning of Kriyas, Six Cleansing Process.

04.02.2015 Types of Kriya .

05.02.2015 Principles of Kriya.

09.02.2015 Yogic therapies.

10.02.2015 Why the need of Yogic therapies.

11.02.2015 Modern concept of yoga.

12.02.2015 Naturopathy, Different therapies related to nature.

16.02.2015 Hydrotherapy.

18.02.2015 Acupressure.

19.02.2015 Acupuncture.

23.02.2015 Prayer meaning and definition of prayer.

24.02.2015 History of prayer and types of prayer.

25.02.2015 Define psychology define mantra.

26.02.2015 Psychology of mantra

**DR. (MRS. RAJNI BALI**

**SCHEDULE OF (P. G. DIPLOMA IN YOGA)**

**PAPER: IV – TRADITIONAL YOG**

02.02.2015 Panchikaran Prakriya.

06.02.2015 Panchkosh Theory .

07.02.2015 Navdha Bhakti.

09.02.2015 Kundalani Shakti.

10.02.2015 Astha Sidhi according to Charan Dass.

16.02.2015 Revision of Patanjali Yog Sutra.

20.02.2015 Concept of Yoga according to Patanjali Yog Sutra.

21.02.2015 Types of vrities.

23.02.2015 What is Rajyog.

24.02.2015 Different way to achieve Rajyog.

27.02.2015 Disturbance in Yogic Practices.

28.02.2015 Hath Pradipika.

**DR. SATISH KUMAR**

**SCHEDULE OF (B.P.ED.)**

**PAPER: IV – HEALTH EDUCATION, YOGA AND RECREATION**

02.01.2015 Meaning and objectives of yoga.

03.01.2015 Type of Yoga .

05.01.2015 Importance of Yoga in the field of Physical Education.

06.01.2015 Meaning and Types of Shatkarmas.

09.01.2015 Meaning and Types of Shatkarmas.

10.01.2015 Meaning and Types of Shatkarmas.

12.01.2015 Meaning of Asana.

13.01.2015 Principles of Asana.

16.01.2015 Technique and benefit of Asana.

17.01.2015 Padma, Sidha and Vajre Asanas.

19.01.2015 Shav and Makarasana.

20.01.2015 Bhujanga, Salabha and dhanush asana.

23.01.2015 Halasana, Matsaya and vakre asanas.

27.01.2015 Pushchimotan, Chakra, Tad and Trikonosana.

30.01.2015 Sarvangasan, Suptrasnasan.

**DR. SATISH KUMAR**

**SCHEDULE OF (P.G. DIPLOMA IN YOGA)**

**PAPER: II – ANATOMY AND PHYSIOLOGY FOR YOGIC PRACTICES**

01.01.2015 Meaning and definition of Asana.

05.01.2015 Physiological Effects of Asana on human body .

06.01.2015 Classification of Asana.

07.01.2015 Types of Asana.

08.01.2015 General Discussion on Asana.

12.01.2015 Shat Karmas (Kriyas).

14.01.2015 Types of Shat Karmas.

15.01.2015 Types of Shat Karmas.

19.01.2015 Mechanism of Shatkarmas.

20.01.2015 General Discussion on Shatkarmas.

21.01.2015 ‘Bandha’, Meaning and Types.

22.01.2015 Bhujanga, Salabha and dhanush asana.

27.01.2015 Mechanism of Bandhas .

28.01.2015 Bandha during Pranayama.

29.01.2015 Test.

**DR. SATISH KUMAR**

**SCHEDULE OF (P.G. DIPLOMA IN YOGA)**

**PAPER: III – TEACHING METHODOLOGY OF YOGIC PRACTICES**

01.01.2015 Meaning of Tournament and Competition.

02.01.2015 Yoga Tournament and Competition.

03.01.2015 Importance of Competition.

07.01.2015 Eligibilities Rules of Inter-University Competition.

08.01.2015 Eligibilities Rules of Yoga Copetition.

09.01.2015 Organization of Yoga Competition.

10.01.2015 Administration of Yoga Competition.

14.01.2015 Audio Visual Aids, Meaning and Types.

15.01.2015 Importance of Audia Visual Aids.

16.01.2015 Modern Concept of Teaching Aids.

17.01.2015 Test.

21.01.2015 Lesson Plan.

22.01.2015 Preparation of Lesson Plan.

23.01.2015 Importance of Lesson Plan.

28.01.2015 Principles of Lesson Plan.

29.01.2015 General Discussion on Lesson Plan.

30.01.2015 Demonstration.

31.01.2015 Demonstration in Yoga