

**DEPARTMENT OF PHYSICAL EDUCATION**  
**KURUKSHETRA UNIVERSITY KURUKSHETRA**  
 (Established by the State Legislature Act XII of 1956  
 ("A+" Grade, NAAC Accredited))

**Time Table**

**Dated: 01.08.2023**

**M.P.Ed 1st Semester for the Session 2023-2024.**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M	12:30 P.M to 1:30 P.M
Monday	Kinesiology	Principles of Sports Training	Information & Communication Technology(ICT) in Physical Education	Health Education & Sports Nutrition
Tuesday	-do-	-do-	-do-	-do-
Wednesday	-do-	do-	Research Process in Phy.Edu.	-do-
Thursday	-do-	-do-	-do-	-do-
Friday	Information & Communication Technology(ICT) in Physical Education	Research Process in Phy.Edu.	Practical Information & Communication Technology(ICT) in Physical Education ----	
Saturday	-do-	-do-	Practical Health Education	

**NAME OF THE CLASS & ROOM NO.**

**NAME OF THE TEACHER**

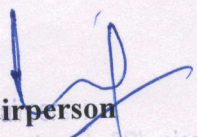
Kinesiology (23)  
 Research Process in Phy.Edu. (23)  
 Principles of Sports Training (23)  
 Information & Communication Technology (ICT) in Physical Education(Theory & Practical) (23)

Prof. Arvind Malik  
 Dr. Naveen Bisla  
 Prof. (Mrs.) Usha Rani

Health Education & Sports Nutrition (23)

Mr.Rampal

Dr. Rajesh Kumar

  
 Chairperson  
 Department of Physical Education

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Dated:01.08.2023

**Time - Table of M.P.Ed- 3<sup>rd</sup> Semester**  
**For the session 2023-2024.**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M	12:30 P.M to 1:30 P.M
Monday	Sports Psychology	Test, Measurement and Evaluation in Phy.Edu	Athletics Care and Rehabilitation	Value and Environmental Education
Tuesday	-do-	-do-	-do-	-do-
Wednesday	-do-	-do-	Sports Medicine	<u>Practical:-</u> Sports Psychology
Thursday	-do-	-do-	-do-	-do-
Friday	Athletics Care and Rehabilitation	Value and Environmental Education	-do-	<u>Practical:-</u> Test, Measurement and Evaluation in Phy.Edu
Saturday	-do-	-do-	-do-	-do-

NAME OF THE CLASS & ROOM NO.

Sports Psychology (21)  
Sports Medicine (21)  
Test, Measurement and Evaluation in Phy.Edu. (21)  
Athletics Care and Rehabilitation (21)  
Value and Environmental Education (21)

NAME OF THE TEACHER

Dr. Naveen Bisla  
Prof. Usha Rani  
Prof. Arvind Malik  
Dr. Rajesh Kumar  
Mr. Rampal

  
**Chairperson**  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136110

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**Time Table**

**Dated: 01.08.2023**

**B.P.Ed 1st Semester for the Session 2023-2024**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M.	11:30 A.M. to 12:30 P.M.	12:30 P.M. to 1:30 P.M.
Monday	Officiating and Coaching	Anatomy and Physiology	History and foundation of Physical Education	Practical-Anatom Physiology
Tuesday	-do-	-do-	-do-	-do-
Wednesday		Health Education and Environmental Studies	-do-	
Thursday	-do-	-do-	-do-	
Friday	Anatomy and Physiology	-do-	Practical-Health Education	
Saturday	-do-	-do-	-do-	

**NAME OF THE CLASS & ROOM NO.**

**NAME OF THE TEACHER**

History and foundation of Physical Education (07) :


Health Education and Environmental Studies (07) : Mr Pradeep

Anatomy and Physiology (07) : Dr. Sunil Dhanda

Officiating and Coaching (07) : Mr. Krishan

Theory-Practical-Anatomy, Physiology & (24) : Dr. Sunil Dhanda

Health Education.

  
**Chairperson**  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119

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**Time Table**

**Dated: 01.08.2023**

**B.P.Ed 3<sup>rd</sup> Semester for the Session 2023-2024**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M
Monday	Sports Training	Educational Technology & Methods of Teaching in Phy. Edu	Organization & Administration in Physical Education
Tuesday	-do-	-do-	-do-
Wednesday	-do-	Sports Nutrition	-do-
Thursday	-do-	-do-	-do-
Friday	Educational Technology & Methods of Teaching in Phy. Edu.	-do-	
Saturday	-do-	-do-	

**NAME OF THE CLASS & ROOM NO.**

Sports Training (08)  
Educational Technology &  
Methods of Teaching in Phy. Edu. (08)  
Sports Nutrition (08)  
Organization & Administration in Physical education (08)

**NAME OF THE TEACHER**

Dr. Sunil Dhanda  
Ms. Shilpa  
Mr. Rajat  
Mr. Ankit

  
**Chairperson**  
Chairperson  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119

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**Time Table**

**Dated: 01.08.2023**

**M.A. Yoga 1<sup>st</sup> Semester for the Session 2023-2024**


Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M
Monday	Pantanjali Yog Sutra	Fundamentals of Yoga	Research Methodology in Yoga
Tuesday	-do-	-do-	-do-
Wednesday	-do-	-do-	Anatomical and Physiological Aspects of Yoga-I
Thursday	-do-	-do-	-do-
Friday	Research Methodology in Yoga	Anatomical and Physiological Aspects of Yoga-I	
Saturday	-do-	-do-	

**NAME OF THE CLASS & ROOM NO.**

Pantanjali Yog Sutra (15)  
Anatomical and Physiological Aspects of Yoga-I (15)  
Fundamentals of Yoga (15)  
Research Methodology in Yoga (15)

**NAME OF THE TEACHER**

Mr. Rajat Kamboj  
Ms. Kusum  
Ms. Kusum  
Dr. Naveen Bisla

  
**Chairperson**  
Chairperson  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119

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**Time Table**

**Dated: 01.08.2023**

**M.A. Yoga 3<sup>rd</sup> Semester for the Session 2023-2024**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M
Monday	Basic Yoga Texts Principles Upanishads & Bhagwad Geeta	Application of Yoga	Applied Psychology in Yoga
Tuesday	-do-	-do-	-do-
Wednesday	-do-	-do-	Fundamentals of Naturopathy
Thursday	-do-	-do-	-do-
Friday	Applied Psychology in Yoga	Fundamentals of Naturopathy	
Saturday	-do-	-do-	

**NAME OF THE CLASS & ROOM NO.**

Applications of Yoga (16)  
Applied Psychology in Yoga (16)  
Fundamentals of Naturopathy (16)  
Basic Yoga Texts Principles  
Upanishads & Bhagwad Geeta (16)

**NAME OF THE TEACHER**

Mr. Rajat Kamboj  
Mr. Rajat Kamboj  
Dr. Rajni Bali  
  
Ms. Kusum

  
**Chairperson**  
Department of Physical Education  
Kurukshetra University  
Kurukshetra-136119

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**Time Table**

**Dated: 01.08.2023**

**P.G. Diploma in Yoga 1<sup>st</sup> Semester for the Session 2023-2024**

Day	9:30 A.M. to 10:30 A.M.	10:30 A.M. to 11:30 A.M	11:30 A.M. to 12:30 P.M
Monday	Yog Parichaya	Teaching Methodology of Yogic Practice	Traditional Yoga
Tuesday	-do-	-do-	-do-
Wednesday	-do-	-do-	Anatomy & Physiology for Yogic Practice
Thursday	-do-	-do-	-do-
Friday	Traditional Yoga	Anatomy & Physiology for Yogic Practice	
Saturday	-do-	-do-	

**NAME OF THE CLASS & ROOM NO.**

Yog Parichaya (22)  
Anatomy & Physiology for Yogic Practice (22)  
Traditional Yoga (22)  
Teaching Methodology of Yogic Practice (22)

**NAME OF THE TEACHER**

Dr. Rajni Bali  
Dr. Satish Kumar  
Dr. Rajni Bali  
Dr. Satish Kumar

**Chairperson**

Chairperson  
Department of Physical Education  
Kurukshetra University  
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**Time Table of Practical classes session 2023-24**

Class	Subject	Timing	Name of the teacher
M.P.Ed (1st Sem.)	Game-1 (Handball & Cricket)	6:00 A.M. to 7:00 A.M.	Dr. Naveen (1-6) Dr. Satish (1-6)
M.P.Ed (1st Sem.)	Athletics	7:00 A.M. to 8:00 A.M.	Dr. Rajesh (1-6) Vacant
M.P.Ed (3 <sup>rd</sup> Sem.)	Game-I (Hockey & Basketball)	6:00 A.M. to 7:00 A.M.	Mr. Rampal (1-6) Vacant
M.P.Ed (3 <sup>rd</sup> Sem.)	Game-II (Kabaddi & Kho - Kho)	7:00 A.M. to 8:00 A.M.	Prof. Usha Rani (1-6) Vacant
B.P.Ed (1st Sem.)	Athletics	6:00 A.M. to 7:00 A.M.	Dr. Sunil Dhanda (1-6) Mr. Pardeep (1-6)
B.P.Ed (1st Sem.)	Basket Ball & Kabaddi	7:00 A.M. to 8:00 A.M.	Mr. Rajat (1-6) Vacant
B.P.Ed (3 <sup>rd</sup> Sem.)	(Cricket & Softball/Baseball)	6:00 A.M. to 7:00 A.M.	Ms. Shilpa (1-6) Vacant
B.P.Ed (3 <sup>rd</sup> Sem.)	Athletics (Jump Events)	7:00 A.M. to 8:00 A.M.	Mr. Krishan (1-6) Mr. Pardeep (1-6)
B.P.Ed (1st Sem.)	Football & Kho-Kho	4:30 P.M. TO 5:30 P.M.	Mr. Krishan (1-6) Vacant
B.P.Ed (1st Sem.)	Anatomy, Physiology & Health Education	5:30 P.M. TO 6:30 P.M.	Mr. Rajat (1-6) Vacant
B.P.Ed (3 <sup>rd</sup> Sem.)	Weight Training & Hockey	4:30 P.M. TO 5:30 P.M.	Dr. Sunil Dhanda (1-2) Ms. Shilpa (1-6)
B.P.Ed (3 <sup>rd</sup> Sem.)	(Mass Display Activity)	5:30 P.M. to 6:30 P.M.	Vacant Vacant
M.A. YOGA (1st Sem)	Demonstrations of Basic Asana ii) Basic Pranayam and Shudhi Kriya	6:00 A.M. to 7:00 A.M.	Ms. Kusum (1-6)
M.A. Yoga (3 <sup>rd</sup> Sem)	Aasanas & Pranayama	7:00 A.M. to 8:00 A.M.	Mr. Rajat Kamboj (1-6)
PG Diploma in Yoga-1st semester	Practical: Demonstration of Asana	6:00 A.M. to 7:00 A.M.	Dr. Rajni Bali (1-6)
PG Diploma in Yoga-1st semester	Practical: Demonstration of Pranayama and Shatkarmas	7:00 A.M. to 8:00 A.M.	Dr. Satish Kumar (1-6)

(1-6) Denotes – Monday to Saturday.

(1-2) Denotes – Monday & Tuesday.

CHAIRPERSON  
Department of Physical Education