



*Department of Physical Education,
St. Bede's College Shimla (H.P)*

Time Table for the session of 2022-2023

Day	9.00 to 9.45 A.M	9.45 to 10.30 A.M	10.45 to 11.30 A.M	11.30 to 12.15 P.M	12.15 to 1.00 A.M	01.45 to 2.30 P.M	2.30 to 3.15 P.M	3.15 to 4.00 P.M
Monday	B.A Ist Physical Education				B.A IInd Anatomy & Physiology	Practice Session		
Tuesday		B.A Ist . Physical Education			B.A IInd Anatomy & Physiology	Practice Session		Add on II nd Year
Wednesday	B.A Ist Olympic movement & Organization of Tournaments		Value Added (All Classes)		B.A IInd Anatomy & Physiology			Add on I st Year
Thursday		D.L. Ed. Ist Health Education			B.A IInd Sports Psychology			Add on III rd Year
Friday		D.L. Ed. IInd Health Education		B.A Ist Olympic movement & Organization of Tournaments	B.A IInd Sports Psychology			
Saturday					B.A IInd Sports Psychology			

(Dr. Ashwani Kumar)