



NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

(Govt. Aided B. Ed. & B. P. Ed. College)

NCTE Recognized : NAAC Accredited : BSAEU Affiliated

P.O.-Bishnupur : Dist-Bankura

Phone -9434202242 : website- nbsmahavidyalaya.org

TIME TABLE for B.P.Ed. (SEMESTER -I) of session 2025- 2027
To be effective on and from 30.10.2025

Date: 30.10.25

Day	Practical			Theory				Practical		Match practice
	6.15-7.00	7.00-7.45	7.45-8.30	10.00-10.45	10.45-11.30	11.30-12.15	12.15-1.00	3.30-4.15	4.15-5.00	
Monday	Conditioning SNP	Formal activity SK	Gymnastics SNP	Health Edn TB	Officiating & coaching SK	Principle & history of PE SNP	Anatomy & Physiology NK	Kabaddi TB	Running Event NK	SK,TB
Tuesday	Conditioning SNP	Yoga SNP	Kabaddi TB	Principle & history of PE SNP	Health Edn SB	Anatomy & Physiology SJ	Anatomy & Physiology NK	Kho-Kho SB	Lezium SS	NK,SNP,TB
Wednesday	Conditioning SS	Callisthenics SJ	Kabaddi TB	Officiating & Coaching SS	Olympic Movement TB	Health Edn SB	Officiating & Coaching SK	Callisthenics SJ	Weight Training SS	SK,SNP,TB
Thursday	Conditioning SS	Lezium SS	Callisthenics SJ	Principle & history of PE SNP	Officiating & coaching SS	Foundation of PE SB	Anatomy & Physiology SJ	Dumbbells NK	Kho-Kho SB	NK,SS
Friday	Conditioning SJ	March Past SB	Aerobics SS	Anatomy & Physiology SJ	Exercise Physiology NK	Foundation of PE SB	Health Edn TB	Jumping event NK	Callisthanics SJ	TB,SJ
Saturday	Cleaning, House inspection & Intramural SB,TB,SK,SNP			Officiating & Coaching SS	Anatomy & Physiology SJ	Principle & history of PE SNP	Health Edn TB			

Copy to:

1. All faculty members
2. The Librarian
3. Staff Notice Register (Teaching)
4. Staff Notice Register(Non-Teaching)
5. Krishna Pada Kundu (Head Clerk)
6. General Notice Board
7. Office File for Record.

Signature of HOD

Signature of PRINCIPAL