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 2026- 2028 **Date: 14.10.26**

To be effective on and from 03.11.2026

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	5.00-5.45
Monday	**Conditioning SNP**	Formal activity SK	Gymnastics SNP	Health Education 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 Education SB	Anatomy & Physiology SJ	Anatomy & Physiology NK	Kho-Kho SB	Lazium SS	NK,SNP,TB
Wednesday	**Conditioning SS**	Calisthenics SJ	Kabaddi TB	Officiating & Coaching SS	Olympic Movement TB	Health Education SB	Officiating & Coaching SK	Calisthenics SJ	Weight Training SS	SK,SNP,TB
Thursday	**Conditioning SS**	Lazium SS	Calisthenics SJ	Principle & History of PE SNP	Officiating & Coaching SS	Foundation of PE SB	Anatomy & Physiology SJ	Dumbbells NK	Kho-Kho SB	SS,SJ
Friday	**Conditioning SJ**	March Past SB	Aerobics SS	Anatomy & Physiology SJ	Exercise Physiology NK	Foundation of PE SB	Health Education TB	Jumping Event NK	Calisthenics SJ	TB,SJ
Saturday	Cleaning, House inspection & Intramural SB,TB,SK,SNP			Officiating & Coaching SS	Anatomy & Physiology SJ	Principle & History of PE SNP	Health Education 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***