

THE ENLIGHTENED COLLEGE OF PHYSICAL EDUCATION (JHUNIR)

TIME TABLE (THEORY)

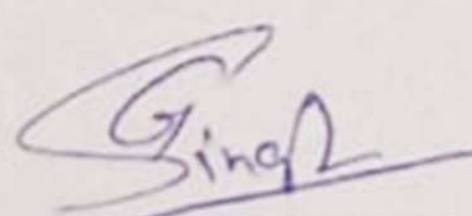
SESSION-2024-25

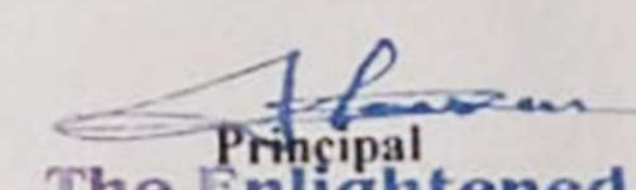
Wef. 08/01/2025

TIME/CLASSES	9:40AM-10:20AM	10:20AM-11:00AM	11:00AM-11:40 AM	11:40AM-12:00 PM	12:00PM-12:40PM	12:40PM-1:20PM
M.P.Ed 4th SEM	Biomechanics (ROOM.No-20) Mr. M.S	Dissertation (ROOM.No-20) Dr. S. D	Theory of Athletics (ROOM.No-20) Mr. M.S.S	Break	Yoga (ROOM.No-20) Mr. L.S	Library
M.P.Ed 2nd SEM	Health and Wellness (ROOM.NO-19) Mr. M.S.S	Library	Measurement and Eva. in Phy. Edu. (ROOM.NO-19) Ms. G.K		Statistics in phy. Edu (ROOM NO - 19) Mr. M.S	Exercise Physiology (ROOM.No-19) Mr M.S.P
B.P.Ed 4th SEM	Sports Medicine (ROOM.NO-04) Ms. S. K	Exercise Physiology (ROOM.NO-04) Mr L.S	Sports Management (ROOM.NO-04) Ms. SONIA		Biomechanics (ROOM.NO-04) Mr. M.S.S	Recreation (ROOM.NO-04) Dr. J.P
B.P.Ed 2nd SEM	Kinesology (ROOM.NO-05) Dr. J.P	Sports Traning (ROOM NO-05) Ms. SONIA	Organization and Adminstration (ROOM NO-05) Ms. S. K		COMPUTER (ROOM NO-05) Ms K.K	Yoga (ROOM NO-05) Guest
B.P.E.S 6th SEM	Physiotherapy and Rehabilitation (ROOM NO-07) Mr M.S.P	Fundamentals of Computer Education (ROOM NO-07) Ms. K. K	English & Comm. Skills (ROOM NO-07) Guest		Exercise Physiology (ROOM.NO-06) Mr G.k	Biomechanics (ROOM.NO-06) Mr. L. S
B.P.E.S 4th SEM	English & Comm. Skills (ROOM NO-07) Guest	Teaching Methodology in Phy. Edu. (ROOM.NO-07) Mr. G.S	Punjabi (ROOM.NO-07) Ms M.B		Yoga and Meditation (ROOM.NO-07) Dr.SH	Sports Sociology (ROOM.NO-07) Ms. SONIA
B.P.E.S 2nd SEM	Sports Training (ROOM NO-08) Mr G.S	Punjabi (ROOM NO-08) (5) Ms. M.B	English & Comm. Skills (ROOM NO-08) Guest		Edu. and Sports Psychology (ROOM NO-08) Ms S.K	Recreation (ROOM NO-08) Mr G.S
P.G YOGA 2nd SEM	Indain philosophy & yoga (ROOM NO.-09) Dr.SH	Yoga Therapy (ROOM NO.-09) Ms G.K	Patanjali Yogasutra (ROOM NO.-09) Dr.SH		Accupressure And Pranic therapy (ROOM NO.-09) Ms. M.S.P	Mental Health And Yoga Practice (ROOM NO-09) Mr M.S

Dr.S.D: Dr.Suneeta Devi , Dr. J.P: Dr.Jyoti Prakash,Dr.SH :DrShivika ,MS G.K:Gurpreet kaur,MR M.S:Manjit singh ,MR M.S.S:Manpreet Singh ,M.R L.S:Lakhvir Singh ,
Kaur,MR. M.S.P: Maninder singh pannu,MS. K.K: Khushdeep Kaur,MS. SONIA,M.B Manju bala

MR.GS: Gurjinder Singh, MS. S. K: Sandeep


Time Table Incharge


Principal
The Enlightened College of
Physical Education,
Jhunir-Mansa (Pb.)

The Enlightened College of Physical Education, Jhunir

Time Table (Evening Activity)

Semester -Even

Term-II

Session – Jan- May 2025

Date:24-02-2025

TIME	4:00PM-4:40 PM	4:40 PM-5:20PM	5:20 PM-6:00PM
M.P.Ed 4 th SEM	Badminton Dr.JyotiPrakash	Track Marking Mr.Manpreetsingh	Match Practice Ms. Gurpreetkaur
M.P.Ed 2 nd SEM	Kabbadi Mr.Manjitsingh	Discuss Throw Dr.JyotiPrakash	Match Practice Mr.Manjitsingh
B.P.Ed 4 th SEM	Hockey Ms. Sonia	Badminton Mr. Gurjinder Singh	Relay & Marking of Athletic Track Mr. Lakhvirsingh
B.P.Ed 2 nd SEM	Judo Mr.Maninder Singh pannu	FootBall Ms. Sonia	Discuss Throw Mr.Manpreetsingh
B.P.E.S 6 th SEM	Walk Race Mr. Lakhvirsingh	Lawn Tennis Ms. Sandeepkaur	Specialization Ms.SandeepKaur
B.P.E.S 4 th SEM	Volley Ball Mr. Gurjinder Singh	Cricket Mr.Maninder Singh pannu	Relay Ms. soina
B.P.E.S 2 nd SEM	Hurdles Ms.SandeepKaur	Triple Jump Ms. Gurpreetkaur	Hand Ball Mr. Gurjinder Singh

Manpreet Singh
Activity Incharge

Dr.Suneeta Devi
Principal
The Enlightened College of
Physical Education,
Jhunir-Mansa (Pb.)

The Enlightened College of Physical Education, Jhunir

Time Table (Evening Activity)

Semester -Even

Term-III

Session – Jan- May

Date: 24-03-2025

TIME	4:00PM-4:40 PM	4:40 PM-5:20PM	5:20 PM-6:00PM
M.P.Ed 4 th SEM	Hammer Throw Dr.JyotiPrakash	Soft Ball Ms. Gurpreetkaur	Match Practice Mr. Maninder Singh Pannu
M.P.Ed 2 nd SEM	Football Mr.Gurjinder Singh	Long Jump Dr.JyotiPrakash	Specialization Mr.Manjitsingh
B.P.Ed 4 th SEM	Table Tennis Ms. Sonia	Hurdles Mr. ManjitSingh	Specialization Ms. Sonia
B.P.Ed 2 nd SEM	Kho-Kho Mr.Manpreet Singh	Triple Jump Mr. Lakhvir Singh	Relay & Race Walk Mr.Manpreetsingh
B.P.E.S 6 th SEM	Steeple Chaze Ms. Sandeepkaur	Boxing Ms. Sonia	Specialization Ms.SandeepKaur
B.P.E.S 4 th SEM	Table Tennis Mr. Maninder Singhpannu	Hammer Throw Mr.Gurjinder Singh	Specialization Mr. Lakhvir Singh
B.P.E.S 2 nd SEM	Wrestling Ms.GurpreetKaur	Gymnastic Ms. Sandeepkaur	Discuss Throw Mr. Gurjinder Singh

Manpreet Singh
Activity Incharge

Dr. Suneeta Devi
Principal
The Enlightened College of
Physical Education,
Jhunir-Mansa (P.B.)