

GDC MEMORIAL COLLEGE

BAHAL (BHIWANI) - 127028

**NAAC Accredited Grade "B" (Second Cycle) and Recognized under
the Sections 2(f) & 12B of the UGC Act, 1956**

Affiliated to Ch. Bansi Lal University, Bhiwani

B.P.E.S 2nd Semester



TIME TABLE: January - 2026 – April - 2026 Effective From: --- 15th January, 2026 Room No...

Lect. No.	I	II	III	IV	V	VI	VII	VIII
Time → Day ↓	9:00 AM 9:45 AM	9:45 AM 10:30 AM	10:30 AM 11:15 AM	11:15 AM 12:00 PM	12:00 PM 12:45 PM	12:45 PM 1:30 PM	1:30 PM 2:15 PM	2:15 PM 3:00 PM
MONDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	LIB	PRACTICAL GAMES (HANDBALL, CRICKET)	Lunch	ENGLISH AND COMMUNICATION SKILL- II	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
TUESDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	LIB	PRACTICAL GAMES (HANDBALL, CRICKET)		PRACTICAL GAMES (JUDO,TAEKWANDO)	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
WEDNESDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	LIB	ENGLISH AND COMMUNICATION SKILL- II		PRACTICAL GAMES (HANDBALL, CRICKET)	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
THURSDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	LIB	ENGLISH AND COMMUNICATION SKILL- II		VAC-II	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
FRIDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	PRACTICAL GAMES (HANDBALL, CRICKET)	LIB		PRACTICAL GAMES (JUDO,TAEKWANDO)	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
SATURDAY	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	VAC-II	PRACTICAL GAMES (HANDBALL, CRICKET)	LIB		PRACTICAL GAMES (JUDO,TAEKWANDO)	PRACTICAL- OTHER ACTIVITY(DUMBLES, LAZIUM,TIPRRI)
Subject	YOGIC SCIENCE	BASIC ANATOMY AND PHYSIOLOGY	OFFICIATING AND COACHING- II	ENGLISH AND COMMUNICATION SKILL- II	VAC-II	PRACTICAL GAMES (JUDO,TAEKWANDO)	PRACTICAL GAMES (HANDBALL, CRICKET)	PRACTICAL- OTHER ACTIVITY(DUMBLES ,LAZIUM,TIPRRI)
Teacher	Mr. Sandeep	Mr. Nikhilesh	Mr. Madan Mohan	Dr.Punita	Mr. Upendra	Mr. Sandeep	Mr. Madan Mohan	Mr. Nikhilesh
Mr. Sandeep Class Coordinator			Dr. Sukhender Time Table Incharge			Mr. Madan Mohan Yadav Department Incharge		

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B.P.E.S 4th Semester



TIME TABLE: January - 2026 – April- 2026 Effective From: --- 15th January, 2026 Room No...

Lect. No.	I	II	III	IV	V	VI	VII	VIII
Time → Day ↓	9:00 AM 9:45 AM	9:45 AM 10:30 AM	10:30 AM 11:15 AM	11:15 AM 12:00 PM	12:00 PM 12:45 PM	12:45 PM 1:30 PM	1:30 PM 2:15 PM	2:15 PM 3:00 PM
MONDAY	COMPUTER APPLICATION	SPORTS NUTRITION AND WEIGHT MANAGEMENT	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	LIB	Lunch	PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
TUESDAY	COMPUTER APPLICATION	OFFICIATING AND COACHING- IV	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	SPORTS NUTRITION AND WEIGHT MANAGEMENT		PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
WEDNESDAY	COMPUTER APPLICATION	OFFICIATING AND COACHING- IV	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	SPORTS NUTRITION AND WEIGHT MANAGEMENT		PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
THURSDAY	OFFICIATING AND COACHING- IV	SPORTS NUTRITION AND WEIGHT MANAGEMENT	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	LIB		PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
FRIDAY	OFFICIATING AND COACHING- IV	SPORTS NUTRITION AND WEIGHT MANAGEMENT	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	LIB		PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
SATURDAY	OFFICIATING AND COACHING- IV	SPORTS NUTRITION AND WEIGHT MANAGEMENT	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	LIB		PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)

Subject	SPORTS NUTRITION AND WEIGHT MANAGEMENT	OFFICIATING AND COACHING- IV	SPORTS TRAINING- II	ATHLETIC CARE AND REHABILITATION	COMPUTER APPLICATION	PRACTICAL GAMES (ARCHERY , LAWN- TENNIS)	PRACTICAL GAMES (KABADDI, KHO- KHO)
Teacher	Mr. Sandeep	Mr. Madan Mohan Yadav	Mr. Nikhilesh	Mr.Sandeep	Mrs. Jyoti Sharma	Mr.Sandeep	Mr.Nikhilesh

Mr. Nikhilesh Class Coordinator	Dr. Sukhender Time Table In-charge	Mr. Madan Mohan Yadav Department In-charge
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B.P.E.S - 6th Semester



TIME TABLE: January - 2026 – April - 2026 Effective From: --- 15th January, 2026 Room No...

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MONDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)	Lunch	PROJECT REPORT	GAMES (SPECIALIZATION)
TUESDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	PROJECT REPORT		PROJECT REPORT	GAMES (SPECIALIZATION)
WEDNESDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
THURSDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
FRIDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
SATURDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)

Subject	SPORTS TRAINING	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)	PROJECT REPORT	GAMES (SPECIALIZATION)
Teacher	Mr. Nikhilesh	Mr. Sandeep	Mr. Madan Mohan	Mr. Sandeep	Mr. Nikhilesh	Mr. Madan Mohan Mr. Nikhilesh Mr. Sandeep
Mr. Madan Mohan Yadav Class Coordinator			Dr. Sukhender Time Table In-charge		Mr. Madan Mohan Yadav Department In-charge	

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MONDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)	Lunch	PROJECT REPORT	GAMES (SPECIALIZATION)
TUESDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	PROJECT REPORT		PROJECT REPORT	GAMES (SPECIALIZATION)
WEDNESDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
THURSDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
FRIDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)
SATURDAY	SPORTS TRAINING	LIB	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)		PROJECT REPORT	GAMES (SPECIALIZATION)

Subject	SPORTS TRAINING	SPORTS PHYSIO-THERAPY	SPORTS RECREATION	ATHLETICS (COMBINE EVENTS,HAMMER THROW)	PROJECT REPORT	GAMES (SPECIALIZATION)
Teacher	Mr. Nikhilesh	Mr. Sandeep	Mr. Madan Mohan	Mr. Sandeep	Mr. Nikhilesh	Mr. Madan Mohan Mr. Nikhilesh Mr. Sandeep

Mr. Madan Mohan Yadav
Class Coordinator

Dr. Sukhender
Time Table Incharge

Mr. Madan Mohan Yadav
Department Incharge

