

# Hanuman Vyayam Shala Krida Mandal's Physical Education College,


Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

## Session Plan for Year 2023-2024 B.P.E.S. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	1PT-01 Marathi/Hindi/English [Optional]	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	1PT-02 Foundations of Physical Education	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	1PT-03 Anatomy	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	1PT-04 Fundamental of Computer and its use in Physical Education	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	1PC-01 Major Team Games 1) Kabaddi 2) Basketball	Before Examination	1) Dr.A.P.Kolarkar 2) Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	1PC-02 Track & Field 1) Sprint 2) Long Jump 3) Shot put	Before Examination	1) Dr.V.R.Talreja 2) Prof.P.A.Rampurkar 3) Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
3.	1PC-03 Yoga & Wrestling	Before Examination	1)Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	1PC-04 Formal Activity	Before Examination	1) Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2023-2024

### B.P.E.S. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	2TP-01 Physiology of Exercise	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
2.	2TP-02 Kinesiology	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	2TP-03 Yoga	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	2TP-04 Sports Sociology	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	2PC-01 Major Team Games 1] Kho-Kho 2] Handball	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	2PC-02 Gymnastics 1] Ground Gymnastics 2] Balancing Beam [Women] 3] Parallel Bar [Men]	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	2PC-03 Yoga 1] Instrumental Kriya, Non- Instrumental Kriya 2] Pranayam 3] Suryanamaskar	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	2PC-04 Formal Activity 1] Lathi 2]Lezium – 1]Simple Lezium 2] Ghati Lezium 3] Dumbels 4] Vands 5] Aerobics	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja 3] Prof.P.A.Rampurkar 4] Dr.S.R.Tiwalkar 5] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity

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### B.P.E.S. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Sports Psychology	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Principle & History of Phy. Edn.	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Recreation	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Health Hygiene and sanitation	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
5.	Environment Study	Before Examination	--	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 1] Football 2] Basket ball	Before Examination	1] -- 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	Athletics 1] Shot put 2] Discus Throw 3] Javelin Throw 4] Hammer Throw	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolkarkar 4] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	Boxing and Judo	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Weightlifting/ Malkhamb / Adventure Sports	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity

  
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### B.P.E.S. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Basic of Sports Training	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Olympics Movement	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
5.	Environment Study	Before Examination	--	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Games (Any Two)	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Fencing, Karate, Taikando (Any Two)	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Fitness Management & Remedial Massage, First Aid	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

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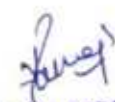
## Session Plan for Year 2023-2024

### B.P.E.S. V Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] SA01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education SA02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Remedial and Corrective Physical Education SA03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Test and measurement in Physical Education SA04	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games SB01 1] Badminton 2] Tennikoit	Before Examination	1] Dr.V.Talreja 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Major Games :- Officiating SB02 [Any Two Games]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Athletics :- Performance SB03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming /Weightlifting SB04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Remedial Massage Project SB05	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Basic of Sports Training	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Olympics Movement	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
5.	Environment Study	Before Examination	--	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Games (Any Two)	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity
3.	Fencing, Karate, Taikando (Any Two)	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Fitness Management & Remedial Massage, First Aid	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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### B.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-101 History Principle and foundation of physical education C.C.101	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	DSC-102 Anatomy and Physiology C.C.102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-103 Management of Physical Education and Sports and Games C.C.103	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-102 Olympic Movement EC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & field (Running Events) E.P.C.101 A) Sprints, Medium and long distance races B) Relay races C) Hurdles	Before Examination	1) Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor and Water Sports E.P.C.102 A) Gymnastics B) Weight lifting C) Swimming	Before Examination	1) Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Indigenous Sports E.P.C.103 A) 1) Kabaddi 2) Kho-kho B) 1) Malkhamb 2) Rope Malkhamb	Before Examination	1) Dr.A.P.Kolarkar 2) Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
4.	Mass Demonstration activities E.P.C.104 A) Exercises 1) Without Apparatus Drills & P.T. 2) With Apparatus [Light and other] 3) Marching 4) Folk Dances B) Band : Bass Drum, Side Drum, Flute and Beguile C) Aerobics :	Before Examination	1) Prof.P.A.Rampurkar 2) Prof. A.Y.Bhishma	Activity based teaching and learning, Observation, Practice Teaching.

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### B.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-201 Yoga Education CC201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	DSC-202 Educational Technology and Method of teaching in Physical Education CC202	Before Examination	Dr.V.R.Telaja	Assignment group discussion P.P.T. Presentation
3.	DSC-203 Methodology of Teaching special subject CC203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-201 Contemporary in Physical Education, Fitness & Wellness EC201	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-201 Track & Field Jumping Events [Any Three] PC 201 1] High Jump 2] Long Jump 3] Triple Jump 4] Pole Vault	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	EPC-202 Indoor Games, Water Sports & Yoga (Any one with Internal two events) PC 202 Gymnastic/ Swimming/ Yogic Exercises	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	EPC-203 Racket Sports [Any two] PC 203 Badminton/ Squash/ Table Tennis / Tennis	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-201 Teaching practice [3+3 in practicing school lessons] TP-201 1] Five lessons in Opted specialized method and 2] Five lessons in Mass Demonstrative Activity	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2023-2024 B.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-301 Sports Training CC301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-302 Sports Sociology and Environmental studies CC302	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	DSC-303 Educational and Sports Psychology CC303	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-301 Curriculum Designing EC301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-301 Track & Field Throwing Event PC301 1] Shot put 2] Discus Throw 3] Javelin Throw 4] Hammer Throw [Any Three]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-302 Combative Sports PC 302 1] Boxing, Fencing, Judo, Karate, Marshal Art, Taekwondo & Wrestling [Any Two]	Before Examination	1]Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
3.	EPC-303 Major Team Games PC303 1] Basketball/ Football/ Handball / Net Ball/ Volleyball	Before Examination	1] Dr.S.R.Tiwalkar 2] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-301 Specific lesson of Racket and Indigenous Sports [10 Lessons] TP301 Five lesson plan each from racket sports and Indigenous Sports, Kho- Kho/ Kabaddi [ Out of 10 lessons for internal and rest six in practicing school.	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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## Session Plan for Year 2023-2024 B.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-401 Test, Measurement & Evaluation in Physical Education CC401	Before Examination		Assignment group discussion P.P.T. Presentation
2.	DSC-402 Kinesiology and Biomechanics CC402	Before Examination		Assignment group discussion P.P.T. Presentation
3.	DSC-403 Basic Research and Statistics in Physical Education & Sports CC403	Before Examination		Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-401 Officiating and Coaching in Games and Sports EC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-401 Sports Specialization PC 401 1] Track and field/ Gymnastics/ Swimming [Any one with Internal Two Events]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-402 Major Team Games PC402 1] Base Ball/Cricket/ Hockey / Soft Ball [Any two]	Before Examination	1]Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP 401 Internship in Practicing school TP 401 OR [Five lesson on any one sports / Track & field Gymnastics / Swimming ]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching
	PTP 402 Specific lesson plan TP 402 [Five lesson on any one Team Game] Base Ball/ Basketball / Cricket/ Football / Handball/ Hockey / Net Ball / Soft Ball / Volleyball	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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### M.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Research methodology in physical education and sports MPCC101	Before Examination	DR.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Physiology exercise MPCC102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Yogic Science MPCC103	Before Examination	Dr.A.P.,Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	DSC-4 Test, Measurement and Evaluation in Physical Education MPCC101	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Tack & field (Track event performance) MPPC 101 1] Running Event (100 Mtr./200 Mtrs./400 Mtrs/800 Mtrs. Run. 2] Hurdles/ Relay Race 3] Long distance running 4] Walking Events [Any two]	Before Examination	Dr.V.R.Talreja	Activity based teaching & learning and group activity
2.	Specialization in indigenous games MPPC 102 (Indian games) 1] Kabaddi 2] Kho-Kho 3] Malkhamb [Any one]	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma 3] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga MPPC 103 1] Asana 2] Surynamaskar 3] Kriya / Pranayama/ Aerobics/ Mudra/ Bandha [Any One]	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Teaching/Coaching lesson Athletics [Track Event] MPPC 104 1] 5 Lessons [ Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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### M.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Applied statistics in Physical Education & Sports MPCC201	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Biomechanics and Kinesiology MPCC 202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Information & communication Technology [ICT] in physical education MPCC 203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-4 Sports Management and Curriculum Designed in Phy.Edn. MPEC 202	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field (Field event performance) MPPC 201 1] Jumping events [High Jump/ Long Jump/ Triple Jump] 2] Throwing events [Shot put/ Discus/ Javelin /Hammer Throw] [Any one from each group]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Games Specialization Foreign Games MPPC 202 1] Volleyball, Base Ball, Basket ball, Football, Handball, Hockey, Cricket, Softball. [Any One Game]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Practical ICT MPPC 203	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Teaching/Coaching lesson Athletics [Field Event] Five lessons MPPC204 [Four Internal & One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2023-2024 M.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Scientific principle of sports training MPCC 301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Medicine and Rehabilitation MPCC 302	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Health Education and sports nutrition MPCC 303	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-1 Physical Fitness and Wellness MPEC 302	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Individual games specialization MPPC 301 Badminton, Archery, T-Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
2.	Internship MPPC 302	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	
3.	Classroom Teaching lesson MPPC 303 Lesson on theory of different indigenous activity & Yoga 5 lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Coaching lesson MPPC 304 Indigenous Activity & Yoga 5 Lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2023-2024

### M.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Athletics care and Remedial Therapies MPCC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Psychology MPCC 402	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Research Project MPCC 403	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Research Work of Dissertation
<b>Elective Subject</b>				
4.	DSC-1 Education Technology in Phy.Edn. MPEC 402	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Laboratory Practical MPPC 401 1] Sports Psychology 2] Physiology of Exercise 3] Sports Biomechanics & Kinesiology [Two practical for each subject]	Before Examination	1] Dr.G.B.Tiknayat	Activity based teaching & learning and group activity
2.	Project Practical [Management and organization] MPPC 402 [Note book of any 5 and conduct any one for examination]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Coaching lesson MPPC 403 Foreign game five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching
4.	Classroom teaching lesson MPPC 404 Lesson on theory of different foreign games and sports five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

  
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## Session Plan for Year 2022-2023

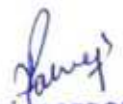
### B.P.E.S. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	1PT-01 Marathi/Hindi/English [Optional]	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	1PT-02 Foundations of Physical Education	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	1PT-03 Anatomy	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	1PT-04 Fundamental of Computer and its use in Physical Education	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	1PC-01 Major Team Games 1] Kabaddi 2] Basketball	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	1PC-02 Track & Field 1] Sprint 2] Long Jump 3] Shot put	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
3.	1PC-03 Yoga & Wrestling	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	1PC-04 Formal Activity	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2022-2023

### B.P.E.S. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	2TP-01 Physiology of Exercise	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
2.	2TP-02 Kinesiology	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	2TP-03 Yoga	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	2TP-04 Sports Sociology	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	2PC-01 Major Team Games 1] Kho-Kho 2] Handball	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	2PC-02 Gymnastics 1] Ground Gymnastics 2] Balancing Beam [Women] 3] Parallel Bar [Men]	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	2PC-03 Yoga 1] Instrumental Kriya, Non- Instrumental Kriya 2] Pranayam 3] Suryanamaskar	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	2PC-04 Formal Activity 1] Lathi 2]Lezium - 1]Simple Lezium 2] Ghati Lezium 3] Dumbels 4] Vands 5] Aerobics	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja 3] Prof.P.A.Rampurkar 4] Dr.S.R.Tiwalkar 5] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2022-2023

### B.P.E.S. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English Optional 3A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology 3A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Physiology of Exercise 3A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Management in Physical Education 3A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 3B01 1] Football 2] Volleyball	Before Examination	1] – 2] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Athletics 3B02 1] Hurdles 2] High Jump 3] Pole Vault	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity
3.	Yoga 3B03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Combative Activity Boxing/Dance	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Apparatus] 3B05	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 3B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023

### B.P.E.S. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Principle and History of Phy.Edn. 4A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Basic of Sports Management 4A02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Recreation 4A03	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education 4A04	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 4B01 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Athletics 4B02 1] Relay 2] Hammer Throw 3] High-Jump	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Fitness Management Practical, Note Book & Viva 4B03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming/ Adventures Sports/ Archery 4B04	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
5.	Ingenious Activity [Lezium] 4B05	Before Examination	1] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 4B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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### B.P.E.S. V Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] SA01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education SA02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Remedial and Corrective Physical Education SA03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Test and measurement in Physical Education SA04	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games SB01 1] Badminton 2] Tennikoit	Before Examination	1] Dr.V.Talreja 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Major Games :- Officiating SB02 [Any Two Games]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Athletics :- Performance SB03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming /Weightlifting SB04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Remedial Massage Project SB05	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2022-2023

### B.P.E.S. VI Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Profession Preparation in Physical Education & Sports 6A01	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology 6A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Officiating and Coaching 6A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Environmental 6A04	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 6B01 1] Hockey 2] Throw Ball	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Major Game 6B02 [ Any Two Games]	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Athletics 6B03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	First Aid Practical Book & Viva 6B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Test : 1] J.C.R. Test & Harward Test 6B05	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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Session Plan for Year 2022-2023

B.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-101 History Principle and foundation of physical education C.C.101	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	DSC-102 Anatomy and Physiology C.C.102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-103 Management of Physical Education and Sports and Games C.C.103	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-102 Olympic Movement EC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & field (Running Events) E.P.C.101 A) Sprints, Medium and long distance races B) Relay races C) Hurdles	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor and Water Sports E.P.C.102 A) Gymnastics B) Weight lifting C) Swimming	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Indigenous Sports E.P.C.103 A) 1] Kabaddi 2] Kho-kho B) 1] Malkhamb 2] Rope Malkhamb	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
4.	Mass Demonstration activities E.P.C.104 A) Exercises 1] Without Apparatus Drills & P.T. 2] With Apparatus (Light and other) 3] Marching 4] Folk Dances B) Band : Bass Drum, Side Drum, Flute and Beguile C) Aerobics :	Before Examination	1] Prof.P.A.Rampurkar 2] Prof. A.Y.Bhishma	Activity based teaching and learning, Observation, Practice Teaching.

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## Session Plan for Year 2022-2023

### B.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-201 Yoga Education CC201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	DSC-202 Educational Technology and Method of teaching in Physical Education CC202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-203 Methodology of Teaching special subject CC203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-201 Contemporary in Physical Education, Fitness & Wellness EC201	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-201 Track & Field Jumping Events [Any Three] PC 201 1] High Jump 2] Long Jump 3] Triple Jump 4] Pole Vault	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	EPC-202 Indoor Games, Water Sports & Yoga (Any one with Internal two events) PC 202 Gymnastic/ Swimming/ Yogic Exercises	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	EPC-203 Racket Sports [Any two] PC 203 Badminton/ Squash/ Table Tennis / Tennis	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-201 Teaching practice [3+3 in practicing school lessons] TP-201 1] Five lessons in Opted specialized method and 2] Five lessons in Mass Demonstrative Activity	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2022-2023

### B.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-301 Sports Training CC301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-302 Sports Sociology and Environmental studies CC302	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	DSC-303 Educational and Sports Psychology CC303	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-301 Curriculum Designing EC301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-301 Track & Field Throwing Event PC301 1] Shot put 2] Discuss Throw 3] Javelin Throw 4] Hammer Throw [Any Three]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-302 Combative Sports PC 302 1] Boxing, Fencing, Judo, Karate, Marshall Art, Taekwondo & Wrestling [Any Two]	Before Examination	1]Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
3.	EPC-303 Major Team Games PC303 1] Basketball/ Football/ Handball / Net Ball/ Volleyball	Before Examination	1] Dr.S.R.Tiwalkar 2] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-301 Specific lesson of Racket and Indigenous Sports [10 Lessons] TP301 Five lesson plan each from racket sports and Indigenous Sports, Kho- Kho/ Kabaddi   Out of 10 lessons for internal and rest six in practicing school.	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2022-2023

### B.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-401 Test, Measurement & Evaluation in Physical Education CC401	Before Examination		Assignment group discussion P.P.T. Presentation
2.	DSC-402 Kinesiology and Biomechanics CC402	Before Examination		Assignment group discussion P.P.T. Presentation
3.	DSC-403 Basic Research and Statistics in Physical Education & Sports CC403	Before Examination		Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-401 Officiating and Coaching in Games and Sports EC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-401 Sports Specialization PC 401 1] Track and field/ Gymnastics/ Swimming [Any one with Internal Two Events]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-402 Major Team Games PC402 1] Base Ball/Cricket/ Hockey / Soft Ball [Any two]	Before Examination	1]Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP 401 Internship in Practicing school TP 401 OR [Five lesson on any one sports / Track & field Gymnastics / Swimming ]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching
	PTP 402 Specific lesson plan TP 402 [Five lesson on any one Team Game] Base Ball/ Basketball / Cricket/ Football / Handball/ Hockey / Net Ball / Soft Ball / Volleyball	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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### M.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Research methodology in in physical education and sports MPCC101	Before Examination	DR.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Physiology exercise MPCC102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Yogic Science MPCC103	Before Examination	Dr.A.P.,Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	DSC-4 Test, Measurement and Evaluation in Physical Education MPCC101	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Tack & field (Track event performance) MPPC 101 1) Running Event (100 Mtr./200 Mtrs./400 Mtrs/800 Mtrs. Run. 2) Hurdles/ Relay Race 3) Long distance running 4) Walking Events [Any two]	Before Examination	Dr.V.R.Talreja	Activity based teaching & learning and group activity
2.	Specialization in indigenous games MPPC 102 (Indian games) 1) Kabaddi 2) Kho-Kho 3) Malkhamb [Any one]	Before Examination	1) Dr.A.P.Kolarkar 2) Prof.A.Y.Bhishma 3) Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga MPPC 103 1) Asana 2) Suryanamaskar 3) Kriya / Pranayama/ Aerobics/ Mudra/ Bandha [Any One]	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Teaching/Coaching lesson Athletics [Track Event] MPPC 104 1) 5 Lessons [ Four Internal and One External]	Before Examination	1)Dr.V.R.Talreja 2) Dr.S.R.Tiwalkar 3) Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

  
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## Session Plan for Year 2022-2023

### M.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Applied statistics in Physical Education & Sports MPCC201	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Biomechanics and Kinesiology MPCC 202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Information & communication Technology (ICT) in physical education MPCC 203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-4 Sports Management and Curriculum Designed in Phy.Edn. MPEC 202	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field (Field event performance) MPPC 201 1] Jumping events [High Jump/ Long Jump/ Triple Jump] 2] Throwing events [Shot put/ Discus/ Javelin /Hammer Throw] [Any one from each group]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Games Specialization Foreign Games MPPC 202 1] Volleyball, Base Ball, Basket ball, Football, Handball, Hockey, Cricket, Softball. [Any One Game]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Practical ICT MPPC 203	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning MS. Word, M.S.Excell, MS Power Point
4.	Teaching/Coaching lesson Athletics [Field Event] Five lessons MPPC204 [Four Internal & One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

  
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## Session Plan for Year 2022-2023

### M.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Scientific principle of sports training MPCC 301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Medicine and Rehabilitation MPCC 302	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Health Education and sports nutrition MPCC 303	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-1 Physical Fitness and Wellness MPEC 302	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Individual games specialization MPPC 301 Badminton, Archery, T-Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
2.	Internship MPPC 302	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	
3.	Classroom Teaching lesson MPPC 303 Lesson on theory of different indigenous activity & Yoga 5 lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Coaching lesson MPPC 304 Indigenous Activity & Yoga 5 Lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023

### M.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Athletics care and Remedial Therapies MPCC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Psychology MPCC 402	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Research Project MPCC 403	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Research Work of Dissertation
<b>Elective Subject</b>				
4.	DSC-1 Education Technology in Phy.Edn. MPEC 402	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Laboratory Practical MPPC 401 1] Sports Psychology 2] Physiology of Exercise 3] Sports Biomechanics & Kinesiology [Two practical for each subject]	Before Examination	1] Dr.G.B.Tiknayat	Activity based teaching & learning and group activity
2.	Project Practical [Management and organization] MPPC 402 [Note book of any 5 and conduct any one for examination]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Coaching lesson MPPC 403 Foreign game five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching
4.	Classroom teaching lesson MPPC 404 Lesson on theory of different foreign games and sports five lesson [Four internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2019-2020

### B.P.E.S. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] 1A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Foundations of Physical Education 1A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Anatomy 1A03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Fundamental of Computer and its use in Physical Education 1A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 1B01 1) Kabaddi 2) Basketball	Before Examination	1) Dr.A.P.Kolarkar 2) Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	Athletics 1B02 1) Sprint 2) Long Jump 3) Shot put	Before Examination	1) Dr.V.R.Talreja 2) Prof.P.A.Rampurkar 3) Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga : Asana 1B03	Before Examination	1)Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Wrestling and Dance 1B04	Before Examination	1) Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Ground] 1B05	Before Examination	1) Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
6.	Band and Flute 1B06	Before Examination	1) Prof.A.Y.Bhishma	

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## Session Plan for Year 2019-2020

### B.P.E.S. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Sports Sociology 2A01	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
2.	Yoga 2A02	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	Kinesiology 2A03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Health Hygiene and sanitation 2A04	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 2B01 1] Kho-Kho 2] Handball	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	Athletics 2B02 1] Middle distance running 2] Half step jump 3] Discuss	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	Yoga 2A03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Judo 2B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics apparatus 2B05 1] Parlal bar 2] Vaulting Box	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Drill Marching 2B06	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

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## Session Plan for Year 2019-2020 B.P.E.S. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English Optional 3A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology 3A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Physiology of Exercise 3A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Management in Physical Education 3A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 3B01 1] Football 2] Volleyball	Before Examination	1] - 2] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Athletics 3B02 1] Hurdles 2] High Jump 3] Pole Vault	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity
3.	Yoga 3B03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Combative Activity Boxing/Dance	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Apparatus] 3B05	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 3B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2019-2020

### B.P.E.S. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Principle and History of Phy.Edn. 4A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Basic of Sports Management 4A02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Recreation 4A03	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education 4A04	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 4B01 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Athletics 4B02 1] Relay 2] Hammer Throw 3] High-Jump	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Fitness Management Practical, Note Book & Viva 4B03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming/ Adventures Sports/ Archery 4B04	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
5.	Ingenious Activity [Lezium] 4B05	Before Examination	1] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 4B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity



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## Session Plan for Year 2019-2020

### B.P.E.S. V Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English (Optional) SA01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education SA02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Remedial and Corrective Physical Education SA03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Test and measurement in Physical Education SA04	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games SB01 1] Badminton 2] Tennikoit	Before Examination	1] Dr.V.Talreja 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Major Games :- Officiating SB02 [Any Two Games]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Athletics :- Performance SB03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming /Weightlifting SB04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Remedial Massage Project SB05	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

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## Session Plan for Year 2019-2020 B.P.E.S. VI Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Profession Preparation in Physical Education & Sports 6A01	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology 6A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Officiating and Coaching 6A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Environmental 6A04	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 6B01 1] Hockey 2] Throw Ball	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Major Game 6B02 [ Any Two Games]	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Athletics 6B03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	First Aid Practical Book & Viva 6B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Test : 1] J.C.R. Test & Harward Test 6B05	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2021-2022

### B.P.E.S. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] 1A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Foundations of Physical Education 1A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Anatomy 1A03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Fundamental of Computer and its use in Physical Education 1A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 1B01 1] Kabaddi 2] Basketball	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	Athletics 1B02 1] Sprint 2] Long Jump 3] Shot put	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga : Asana 1B03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Wrestling and Dance 1B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Ground] 1B05	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
6.	Band and Flute 1B06	Before Examination	1] Prof.A.Y.Bhishma	

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### B.P.E.S. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Sports Sociology 2A01	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
2.	Yoga 2A02	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	Kinesiology 2A03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Health Hygiene and sanitation 2A04	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 2B01 1] Kho-Kho 2] Handball	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	Athletics 2B02 1] Middle distance running 2] Half step jump 3] Discuss	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	Yoga 2A03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Judo 2B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics apparatus 2B05 1] Parlal bar 2] Vaulting Box	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Drill Marching 2B06	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

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### B.P.E.S. III Semester

Sr. No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English Optional 3A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology 3A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Physiology of Exercise 3A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Management in Physical Education 3A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 3B01 1] Football 2] Volleyball	Before Examination	1] – 2] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Athletics 3B02 1] Hurdles 2] High Jump 3] Pole Vault	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity
3.	Yoga 3B03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Combative Activity Boxing/Dance	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Apparatus] 3B05	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 3B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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# Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

## Session Plan for Year 2021-2022

### B.P.E.S. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Principle and History of Phy.Edn. 4A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Basic of Sports Management 4A02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Recreation 4A03	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education 4A04	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 4B01 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Athletics 4B02 1] Relay 2] Hammer Throw 3] High-Jump	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Fitness Management Practical, Note Book & Viva 4B03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming/ Adventures Sports/ Archery 4B04	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
5.	Ingenious Activity [Lezium] 4B05	Before Examination	1] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 4B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

Session Plan 2021-22

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## Session Plan for Year 2021-2022

### B.P.E.S, V Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] SA01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education SA02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Remedial and Corrective Physical Education SA03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Test and measurement in Physical Education SA04	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games SB01 1] Badminton 2] Tennikoit	Before Examination	1] Dr.V.Talreja 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Major Games :- Officiating SB02 [Any Two Games]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Athletics :- Performance SB03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming /Weightlifting SB04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Remedial Massage Project SB05	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

Session Plan 2021-22

  
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## Session Plan for Year 2021-2022

### B.P.E.S. VI Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Profession Preparation in Physical Education & Sports 6A01	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology 6A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Officiating and Coaching 6A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Environmental 6A04	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 6B01 1] Hockey 2] Throw Ball	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Major Game 6B02 [ Any Two Games]	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Athletics 6B03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	First Aid Practical Book & Viva 6B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Test : 1] J.C.R. Test & Harward Test 6B05	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2022-2023

### B.P.E.S. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	1PT-01 Marathi/Hindi/English [Optional]	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	1PT-02 Foundations of Physical Education	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	1PT-03 Anatomy	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	1PT-04 Fundamental of Computer and its use in Physical Education	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	1PC-01 Major Team Games 1) Kabaddi 2) Basketball	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	1PC-02 Track & Field 1) Sprint 2) Long Jump 3) Shot put	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
3.	1PC-03 Yoga & Wrestling	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	1PC-04 Formal Activity	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

  
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Session Plan for Year 2022-2023

## B.P.E.S. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	2TP-01 Physiology of Exercise	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
2.	2TP-02 Kinesiology	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	2TP-03 Yoga	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	2TP-04 Sports Sociology	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	2PC-01 Major Team Games 1] Kho-Kho 2] Handball	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
2.	2PC-02 Gymnastics 1] Ground Gymnastics 2] Balancing Beam [Women] 3] Parallel Bar [Men]	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
3.	2PC-03 Yoga 1] Instrumental Kriya, Non- Instrumental Kriya 2] Pranayam 3] Suryanamaskar	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	2PC-04 Formal Activity 1] Lathi 2]Lezium – 1]Simple Lezium 2] Ghati Lezium 3] Dumbels 4] Vands 5] Aerobics	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja 3] Prof.P.A.Rampurkar 4] Dr.S.R.Tiwalkar 5] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023


### B.P.E.S. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English Optional 3A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology 3A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Physiology of Exercise 3A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Management in Physical Education 3A04	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 3B01 1] Football 2] Volleyball	Before Examination	1] – 2] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Athletics 3B02 1] Hurdles 2] High Jump 3] Pole Vault	Before Examination	1] Dr.V.R.Talreja 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolkarkar	Activity based teaching & learning and group activity
3.	Yoga 3B03	Before Examination	1]Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Combative Activity Boxing/Dance	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Gymnastics [Apparatus] 3B05	Before Examination	1] Prof.A.Y.Bhishma 2] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 3B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023

### B.P.E.S. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Principle and History of Phy.Edn. 4A01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Basic of Sports Management 4A02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Recreation 4A03	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
4.	Adopted Physical Education 4A04	Before Examination	Dr.A.P.Kolkarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 4B01 1] Cricket 2] Table Tennis	Before Examination	1] Prof.A.Y.Bhishma 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Athletics 4B02 1] Relay 2] Hammer Throw 3] High-Jump	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Fitness Management Practical, Note Book & Viva 4B03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming/ Adventures Sports/ Archery 4B04	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
5.	Ingenious Activity [Lezium] 4B05	Before Examination	1] Dr.V.R.Talreja	Activity based teaching & learning and group activity
6.	Aerobics 4B06	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023

### B.P.E.S. V Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Marathi/Hindi/English [Optional] SA01	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Method of Physical Education SA02	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Remedial and Corrective Physical Education SA03	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
4.	Test and measurement in Physical Education SA04	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games SB01 1] Badminton 2] Tennikoit	Before Examination	1] Dr.V.Talreja 2] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Major Games :- Officiating SB02 [Any Two Games]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Prof.A.Y.Bhishma 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Athletics :- Performance SB03	Before Examination	1] Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	Swimming /Weightlifting SB04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Remedial Massage Project SB05	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity

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## Session Plan for Year 2022-2023

### B.P.E.S. VI Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Profession Preparation in Physical Education & Sports 6A01	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology 6A02	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Officiating and Coaching 6A03	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
4.	Environmental 6A04	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Major Games 6B01 1] Hockey 2] Throw Ball	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
2.	Officiating of Major Game 6B02 [ Any Two Games]	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Athletics 6B03	Before Examination	1]Prof. A.Y.Bhishma	Activity based teaching & learning and group activity
4.	First Aid Practical Book & Viva 6B04	Before Examination	1] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
5.	Test : 1] J.C.R. Test & Harward Test 6B05	Before Examination	1] Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity

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## Session Plan for Year 2019-2020

### B.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	History Principle and foundation of physical education C.C.101	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Anatomy and Physiology C.C.102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	Management of Physical Education and Sports and Games C.C.103	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Olympic Movement EC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & field (Running Events) P.C.101 A) Sprints, Medium and long distance races B) Relay races C) Hurdles	Before Examination	1] Dr.V.R.Taireja	Activity based teaching and learning, group activity
2.	Indoor and Water Sports P.C.102 A) Gymnastics B) Weight lifting C) Swimming	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Indigenous Sports P.C.103 A) 1] Kabaddi 2] Kho-kho B) 1] Malkhamb 2] Rope Malkhamb	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
4.	Mass Demonstration activities P.C.104 A) Exercises 1] Without Apparatus Drills & P.T. 2] With Apparatus [Light and other] 3] Marching 4] Folk Dances B) Band : Bass Drum, Side Drum, Flute and Beguile C) Aerobics :	Before Examination	1] Prof.P.A.Rampurkar 2] Prof. A.Y.Bhishma	Activity based teaching and learning, Observation, Practice Teaching.

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## Session Plan for Year 2019-2020

### B.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Yoga Education CC201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Educational Technology and Method of teaching in Physical Education CC202	Before Examination	Dr.V.R.Telaja	Assignment group discussion P.P.T. Presentation
3.	Methodology of Teaching special subject CC203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Contemporary in Physical Education, Fitness & Wellness EC201	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field Jumping Events (Any Three) PC 201 1] High Jump 2] Long Jump 3] Triple Jump 4] Pole Vault	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor Games, Water Sports & Yoga (Any one with Internal two events) PC 202 Gymnastic/ Swimming/ Yogic Exercises	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Racket Sports (Any two) PC 203 Badminton/ Squash/ Table Tennis / Tennis	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Teaching practice [3+3 in practicing school lessons] TP-201 1] Five lessons in Opted specialized method and 2] Five lessons in Mass Demonstrative Activity	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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## Session Plan for Year 2019-2020

### B.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Sports Training CC301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Information & Communication Technology in Physical Education and Sports & Games CC302	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	Educational and Sports Psychology CC303	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Curriculum Designing EC301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field Throwing Event PC301 1] Shot put 2] Discus Throw 3] Javelin Throw 4] Hammer Throw [Any Three]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	Combative Sports PC 302 1] Boxing, Fencing, Judo, Karate, Marshal Art, Taekwondo & Wrestling [Any Two]	Before Examination	1] Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
3.	Major Team Games PC303 1] Basketball/ Football/ Handball / Net Ball/ Volleyball	Before Examination	1] Dr.S.R.Tiwalkar 2] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Specific lesson of Racket and Indigenous Sports [10 Lessons] TP301 Five lesson plan each from racket sports and Indigenous Sports, Kho- Kho/ Kabaddi [ Out of 10 lessons for Internal and rest six in practicing school.	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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## Session Plan for Year 2019-2020

### B.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Test, Measurement & Evaluation in Physical Education CC401	Before Examination		Assignment group discussion P.P.T. Presentation
2.	Kinesiology and Biomechanics CC402	Before Examination		Assignment group discussion P.P.T. Presentation
3.	Basic Research and Statistics in Physical Education & Sports CC403	Before Examination		Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Officiating and Coaching in Games and Sports EC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Sports Specialization PC 401 1] Track and field/ Gymnastics/ Swimming [Any one with Internal Two Events]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	Major Team Games PC402 1] Base Ball/Cricket/ Hockey / Soft Ball [Any two]	Before Examination	1] Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Internship in Practicing school TP 401 OR [Five lesson on any one sports / Track & field Gymnastics / Swimming ]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching
	Specific lesson plan TP 402 [Five lesson on any one Team Game] Base Ball/ Basketball / Cricket/ Football / Handball/ Hockey / Net Ball / Soft Ball / Volleyball	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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# Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

## Session Plan for Year 2021-2022

### B.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	History Principle and foundation of physical education C.C.101	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	Anatomy and Physiology C.C.102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	Management of Physical Education and Sports and Games C.C.103	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Olympic Movement EC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & field (Running Events) P.C.101 A) Sprints, Medium and long distance races B) Relay races C) Hurdles	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor and Water Sports P.C.102 A) Gymnastics B) Weight lifting C) Swimming	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Indigenous Sports P.C.103 A) 1] Kabaddi 2] Kho-kho B) 1] Malkhamb 2] Rope Malkhamb	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
4.	Mass Demonstration activities P.C.104 A) Exercises 1] Without Apparatus Drills & P.T. 2] With Apparatus [Light and other] 3] Marching 4] Folk Dances B) Band : Bass Drum, Side Drum, Flute and Beguile C) Aerobics :	Before Examination	1] Prof.P.A.Rampurkar 2] Prof. A.Y.Bhishma	Activity based teaching and learning, Observation, Practice Teaching.

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## Session Plan for Year 2021-2022

### B.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Yoga Education CC201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Educational Technology and Method of teaching in Physical Education CC202	Before Examination	Dr.V.R.Telaja	Assignment group discussion P.P.T. Presentation
3.	Methodology of Teaching special subject CC203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Contemporary in Physical Education, Fitness & Wellness EC201	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field Jumping Events [Any Three] PC 201 1] High Jump 2] Long Jump 3] Triple Jump 4] Pole Vault	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor Games, Water Sports & Yoga (Any one with Internal two events) PC 202 Gymnastic/ Swimming/ Yogic Exercises	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Racket Sports [Any two] PC 203 Badminton/ Squash/ Table Tennis / Tennis	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Teaching practice [3+3 in practicing school lessons] TP-201 1] Five lessons in Opted specialized method and 2] Five lessons in Mass Demonstrative Activity	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2021-2022 B.P.Ed, III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Sports Training CC301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Information & Communication Technology in Physical Education and Sports & Games CC302	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	Educational and Sports Psychology CC303	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Curriculum Designing EC301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field Throwing Event PC301 1] Shot put 2] Discus Throw 3] Javelin Throw 4] Hammer Throw [Any Three]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	Combative Sports PC 302 1] Boxing, Fencing, Judo, Karate, Marshal Art, Taekwondo & Wrestling [Any Two]	Before Examination	1]Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
3.	Major Team Games PC303 1] Basketball/ Football/ Handball / Net Ball/ Volleyball	Before Examination	1] Dr.S.R.Tiwalkar 2] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Specific lesson of Racket and Indigenous Sports [10 Lessons] TP301 Five lesson plan each from racket sports and Indigenous Sports, Kho- Kho/ Kabaddi [ Out of 10 lessons for Internal and rest six in practicing school.	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

Session Plan 2021-22

  
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## Session Plan for Year 2021-2022 B.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Test, Measurement & Evaluation in Physical Education CC401	Before Examination		Assignment group discussion P.P.T. Presentation
2.	Kinesiology and Biomechanics CC402	Before Examination		Assignment group discussion P.P.T. Presentation
3.	Basic Research and Statistics in Physical Education & Sports CC403	Before Examination		Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	Officiating and Coaching in Games and Sports EC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Sports Specialization PC 401 1] Track and field/ Gymnastics/ Swimming [Any one with Internal Two Events]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	Major Team Games PC402 1] Base Ball/Cricket/ Hockey / Soft Ball [Any two]	Before Examination	1] Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	Internship in Practicing school TP 401 OR [Five lesson on any one sports / Track & field Gymnastics / Swimming ]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching
	Specific lesson plan TP 402 [Five lesson on any one Team Game] Base Ball/ Basketball / Cricket/ Football / Handball/ Hockey / Net Ball / Soft Ball / Volleyball	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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## Session Plan for Year 2022-2023

### B.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-101 History Principle and foundation of physical education C.C.101	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
2.	DSC-102 Anatomy and Physiology C.C.102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-103 Management of Physical Education and Sports and Games C.C.103	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-102 Olympic Movement EC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & field (Running Events) E.P.C.101 A) Sprints, Medium and long distance races B) Relay races C) Hurdles	Before Examination	1] Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	Indoor and Water Sports E.P.C.102 A) Gymnastics B) Weight lifting C) Swimming	Before Examination	1] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	Indigenous Sports E.P.C.103 A) 1] Kabaddi 2] Kho-kho B) 1] Malkhamb 2] Rope Malkhamb	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
4.	Mass Demonstration activities E.P.C.104 A) Exercises 1] Without Apparatus Drills & P.T. 2] With Apparatus [Light and other] 3] Marching 4] Folk Dances B) Band : Bass Drum, Side Drum, Flute and Beguile C) Aerobics :	Before Examination	1] Prof.P.A.Rampurkar 2] Prof. A.Y.Bhishma	Activity based teaching and learning, Observation, Practice Teaching.

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## Session Plan for Year 2022-2023

### B.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-201 Yoga Education CC201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	DSC-202 Educational Technology and Method of teaching in Physical Education CC202	Before Examination	Dr.V.R.Telaja	Assignment group discussion P.P.T. Presentation
3.	DSC-203 Methodology of Teaching special subject CC203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-201 Contemporary in Physical Education, Fitness & Wellness EC201	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-201 Track & Field Jumping Events [Any Three] PC 201 1) High Jump 2) Long Jump 3) Triple Jump 4) Pole Vault	Before Examination	1) Dr.V.R.Talreja	Activity based teaching and learning, group activity
2.	EPC-202 Indoor Games, Water Sports & Yoga (Any one with Internal two events) PC 202 Gymnastic/ Swimming/ Yogic Exercises	Before Examination	1) Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
3.	EPC-203 Racket Sports [Any two] PC 203 Badminton/ Squash/ Table Tennis / Tennis	Before Examination	1) Dr.A.P.Kolarkar 2) Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-201 Teaching practice [3+3 in practicing school lessons] TP-201 1) Five lessons in Opted specialized method and 2) Five lessons in Mass Demonstrative Activity	Before Examination	1) Dr.V.R.Talreja 2) Dr.S.R.Tiwalkar 3) Prof.P.A.Rampurkar 4) Dr.A.P.Kolarkar 5) Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2022-2023 B.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-301 Sports Training CC301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-302 Sports Sociology and Environmental studies CC302	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
3.	DSC-303 Educational and Sports Psychology CC303	Before Examination	Prof. A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-301 Curriculum Designing EC301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-301 Track & Field Throwing Event PC301 1] Shot put 2] Discus Throw 3] Javelin Throw 4] Hammer Throw [Any Three]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-302 Combative Sports PC 302 1] Boxing, Fencing, Judo, Karate, Marshall Art, Taekwondo & Wrestling [Any Two]	Before Examination	1] Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
3.	EPC-303 Major Team Games PC303 1] Basketball/ Football/ Handball / Net Ball/ Volleyball	Before Examination	1] Dr.S.R.Tiwalkar 2] Prof.P.A.Rampurkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP-301 Specific lesson of Racket and Indigenous Sports [10 Lessons] TP301 Five lesson plan each from racket sports and Indigenous Sports, Kho- Kho/ Kabaddi [ Out of 10 lessons for Internal and rest six in practicing school.	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

  
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## Session Plan for Year 2022-2023

### B.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-401 Test, Measurement & Evaluation in Physical Education CC401	Before Examination		Assignment group discussion P.P.T. Presentation
2.	DSC-402 Kinesiology and Biomechanics CC402	Before Examination		Assignment group discussion P.P.T. Presentation
3.	DSC-403 Basic Research and Statistics in Physical Education & Sports CC403	Before Examination		Assignment group discussion P.P.T. Presentation
<b>Elective Courses</b>				
1.	DSC-401 Officiating and Coaching in Games and Sports EC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	EPC-401 Sports Specialization PC 401 1] Track and field/ Gymnastics/ Swimming [Any one with Internal Two Events]	Before Examination	1] Dr.A.P.Kolarkar 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma	Activity based teaching and learning, group activity
2.	EPC-402 Major Team Games PC402 1] Base Ball/Cricket/ Hockey / Soft Ball [Any two]	Before Examination	1] Prof. A.Y.Bhishma 2] Prof.P.A.Rampurkar 3] Dr.A.P.Kolarkar	Activity based teaching and learning, group activity
<b>Practice Teaching Cum Internship</b>				
1.	PTP 401 Internship in Practicing school TP 401  OR [Five lesson on any one sports / Track & field Gymnastics / Swimming ]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching
	PTP 402 Specific lesson plan TP 402 [Five lesson on any one Team Game] Base Ball/ Basketball / Cricket/ Football / Handball/ Hockey / Net Ball / Soft Ball / Volleyball	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.P.A.Rampurkar 4] Dr.A.P.Kolarkar 5] Prof.A.Y.Bhishma	Activity based teaching and learning, observation, Practice Teaching

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## Session Plan for Year 2019-2020

### M.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Research process in physical education and sports MPCC101	Before Examination	DR.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Physiology exercise MPCC102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	Yogic Science MPCC103	Before Examination	Dr.S.Saulkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Test, Measurement and Evaluation in Physical Education MPEC101	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Sports Technology MPEC102	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Tack & field (Track event performance) MPPC 101 1] Running Event (100 Mtr./200 Mtrs./400 Mtrs/800 Mtrs. Run. 2] Hurdles/ Relay Race 3] Long distance running 4] Walking Events [Any two]	Before Examination	Dr.V.R.Talreja	Activity based teaching & learning and group activity
2.	Specialization in indigenous games MPPC 102 1] Kabaddi 2] Kho-Kho 3] Malkhamb [Any one]	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma 3] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga MPPC 103 1] Asana 2] Surynamaskar 3] Kriya / Pranayama/ Aerobics/ Mudra/ Bandha [Any One]	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Teaching/Coaching lesson Athletics [Track Event] MPPC 104 1] 5 Lessons [ Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2019-2020 M.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Applied statistics in Physical Education & Sports MPCC201	Before Examination	Dr.S.Saulkar	Assignment group discussion P.P.T. Presentation
2.	Sports Biomechanics and Kinesiology MPCC 202	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	Information & communication Technology [ICT] in physical education MPCC 203	Before Examination	DR.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Sports Journalism and mass media MPEC 201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Sports Management and Curriculum Designed in Phy.Edn. MPEC 202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field MPPC 201 1] Jumping events [High Jump/ Long Jump/ Triple Jump] 2] Throwing events [Shot put/ Discuss/ Javelin /Hammer Throw] [Any one from each group]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Games Specialization Foreign Games MPPC 202 1] Volleyball, Base Ball, Basket ball, Football, Handball, Hockey, Cricket, Softball. [Any One Game]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Practical ICT MPPC 203	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Teaching/Coaching lesson Athletics [Field Event] Five lessons [Four Internal & One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

  
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## Session Plan for Year 2019-2020 M.P.Ed, III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Scientific principle of sports training MPCC 301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Sports Medicine MPCC 302	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	Health Education and sports nutrition MPCC 303	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Sports Engineering MPEC 301	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
2.	Physical Fitness and Wellness MPEC 302	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Individual games specialization MPPC 301 Badminton, Archery, T-Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
2.	Coaching lesson MPPC 302 Indigenous Activity & Yoga 5 Lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Classroom Teaching lesson MPPC 303 Lesson on theory of different indigenous activity & Yoga 5 lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Internship MPPC 304	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	

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## Session Plan for Year 2019-2020

### M.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Athletics care and rehabilitation MPCC401	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology MPCC 402	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
3.	Dissertation MPCC 403	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Research Work of Dissertation
<b>Elective Subject</b>				
1.	Value and Environmental Education MPEC 401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology in Phy.Edn. MPEC 402	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Laboratory Practical MPPC 401 1] Sports Psychology 2] Physiology of Exercise 3] Sports Biomechanics & Kinesiology [Two practical for each subject]	Before Examination	1] Dr.G.B.Tiknayat	Activity based teaching & learning and group activity
2.	Project Practical [Management and organization] MPPC 402 [Note book of any 5 and conduct any one for examination]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Coaching lesson MPPC 403 Foreign game five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching
4.	Classroom teaching lesson MPPC 404 Lesson on theory of different foreign games and sports five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2021-2022 M.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Research process in physical education and sports MPCC101	Before Examination	DR.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Physiology exercise MPCC102	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
3.	Yogic Science MPCC103	Before Examination	Prof. P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Test, Measurement and Evaluation in Physical Education MPEC101	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Sports Technology MPEC102	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Tack & field (Track event performance) MPPC 101 1] Running Event (100 Mtr./200 Mtrs./400 Mtrs/800 Mtrs. Run. 2] Hurdles/ Relay Race 3] Long distance running 4] Walking Events [Any two]	Before Examination	Dr.V.R.Talreja	Activity based teaching & learning and group activity
2.	Specialization in indigenous games MPPC 102 1] Kabaddi 2] Kho-Kho 3] Malkhamb [Any one]	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma 3] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga MPPC 103 1] Asana 2] Suryanamaskar 3] Kriya / Pranayama/ Aerobics/ Mudra/ Bandha [Any One]	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Teaching/Coaching lesson Athletics [Track Event] MPPC 104 1] 5 Lessons [ Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

Session Plan 2019-20

  
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Session Plan for Year 2021-2022  
M.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Applied statistics in Physical Education & Sports MPCC201	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Sports Biomechanics and Kinesiology MPCC 202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Information & communication Technology [ICT] in physical education MPCC 203	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Sports Journalism and mass media MPEC 201	Before Examination	Prof.P.A.Rampurkar	Assignment group discussion P.P.T. Presentation
2.	Sports Management and Curriculum Designed in Phy.Edn. MPEC 202	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field MPPC 201 1] Jumping events [High Jump/ Long Jump/ Triple Jump] 2] Throwing events [Shot put/ Discuss/ Javelin /Hammer Throw] [Any one from each group]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Games Specialization Foreign Games MPPC 202 1] Volleyball, Base Ball, Basket ball, Football, Handball, Hockey, Cricket, Softball. [Any One Game]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Practical ICT MPPC 203	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Teaching/Coaching lesson Athletics [Field Event] Five lessons [Four Internal & One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2021-2022

### M.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Scientific principle of sports training MPCC 301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	Sports Medicine MPCC 302	Before Examination	Prof.A.Y.Bhishma	Assignment group discussion P.P.T. Presentation
3.	Health Education and sports nutrition MPCC 303	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	Sports Engineering MPEC 301	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Physical Fitness and Wellness MPEC 302	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Individual games specialization MPPC 301 Badminton, Archery, T-Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
2.	Coaching lesson MPPC 302 Indigenous Activity & Yoga 5 Lessons [Four Internal and One External]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Classroom Teaching lesson MPPC 303 Lesson on theory of different indigenous activity & Yoga 5 lessons [Four Internal and One External]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Internship MPPC 304	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	

  
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## Session Plan for Year 2021-2022 M.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	Athletics care and rehabilitation MPCC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Sports Psychology MPCC 402	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	Dissertation MPCC 403	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Research Work of Dissertation
<b>Elective Subject</b>				
1.	Value and Environmental Education MPEC 401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	Education Technology in Phy.Edn. MPEC 402	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Laboratory Practical MPPC 401 1] Sports Psychology 2] Physiology of Exercise 3] Sports Biomechanics & Kinesiology [Two practical for each subject]	Before Examination	1] Dr.G.B.Tiknayat	Activity based teaching & learning and group activity
2.	Project Practical [Management and organization] MPPC 402 [Note book of any 5 and conduct any one for examination]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Coaching lesson MPPC 403 Foreign game five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching
4.	Classroom teaching lesson MPPC 404 Lesson on theory of different foreign games and sports five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2022-2023

### M.P.Ed. I Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Research methodology in in physical education and sports MPCC101	Before Examination	DR.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Physiology exercise MPCC102	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Yogic Science MPCC103	Before Examination	Dr.A.P.,Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
1.	DSC-4 Test, Measurement and Evaluation in Physical Education MPCC101	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Tack & field (Track event performance) MPPC 101 1] Running Event (100 Mtr./200 Mtrs./400 Mtrs/800 Mtrs. Run. 2] Hurdles/ Relay Race 3] Long distance running 4] Walking Events [Any two]	Before Examination	Dr.V.R.Talreja	Activity based teaching & learning and group activity
2.	Specialization in indigenous games MPPC 102 (Indian games) 1] Kabaddi 2] Kho-Kho 3] Malkhamb [Any one]	Before Examination	1] Dr.A.P.Kolarkar 2] Prof.A.Y.Bhishma 3] Prof.A.Y.Bhishma	Activity based teaching & learning and group activity
3.	Yoga MPPC 103 1] Asana 2] Surynamaskar 3] Kriya / Pranayama/ Aerobics/ Mudra/ Bandha [Any One]	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning and group activity
4.	Teaching/Coaching lesson Athletics [Track Event] MPPC 104 1] 5 Lessons [ Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

Session Plan 2022-23

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## Session Plan for Year 2022-2023

### M.P.Ed. II Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Applied statistics in Physical Education & Sports MPCC201	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Biomechanics and Kinesiology MPCC 202	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Information & communication Technology [ICT] in physical education MPCC 203	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-4 Sports Management and Curriculum Designed in Phy.Edn. MPEC 202	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Track & Field (Field event performance) MPPC 201 1] Jumping events [High Jump/ Long Jump/ Triple Jump] 2] Throwing events [Shot put/ Discus/ Javelin /Hammer Throw] [Any one from each group]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
2.	Games Specialization Foreign Games MPPC 202 1] Volleyball, Base Ball, Basket ball, Football, Handball, Hockey, Cricket, Softball. [Any One Game]	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar	Activity based teaching & learning and group activity
3.	Practical ICT MPPC 203	Before Examination	Dr.S.R.Tiwalkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Teaching/Coaching lesson Athletics [Field Event] Five lessons MPPC204 [Four Internal & One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching

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## Session Plan for Year 2022-2023

### M.P.Ed. III Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Scientific principle of sports training MPCC 301	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Medicine and Rehabilitation MPCC 302	Before Examination	Dr.G.B.Tiknayat	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Health Education and sports nutrition MPCC 303	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Elective Subject</b>				
4.	DSC-1 Physical Fitness and Wellness MPEC 302	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Individual games specialization MPPC 301 Badminton, Archery, T-Tennis, Lawn Tennis, Judo, Karate, Boxing, Wrestling, Swimming	Before Examination	1] Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Prof.A.Y.Bhishma 4] Prof.P.A.Rampurkar 5] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
2.	Internship MPPC 302	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	
3.	Classroom Teaching lesson MPPC 303 Lesson on theory of different indigenous activity & Yoga 5 lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning MS.Word, M.S.Excell, MS Power Point
4.	Coaching lesson MPPC 304 Indigenous Activity & Yoga 5 Lessons [Four Internal and One External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity

  
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## Session Plan for Year 2022-2023

### M.P.Ed. IV Semester

Sr.No.	Course Name with course code	Tentative Date Completion	Teachers Name	Curricular related activities
1.	DSC-1 Athletics care and Remedial Therapies MPCC401	Before Examination	Dr.S.R.Tiwalkar	Assignment group discussion P.P.T. Presentation
2.	DSC-2 Sports Psychology MPCC 402	Before Examination	Dr.V.R.Talreja	Assignment group discussion P.P.T. Presentation
3.	DSC-3 Research Project MPCC 403	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Research Work of Dissertation
<b>Elective Subject</b>				
4.	DSC-1 Education Technology in Phy.Edn. MPEC 402	Before Examination	Dr.A.P.Kolarkar	Assignment group discussion P.P.T. Presentation
<b>Practical Course</b>				
1.	Laboratory Practical MPPC 401 1] Sports Psychology 2] Physiology of Exercise 3] Sports Biomechanics & Kinesiology [Two practical for each subject]	Before Examination	1] Dr.G.B.Tiknayat	Activity based teaching & learning and group activity
2.	Project Practical [Management and organization] MPPC 402 [Note book of any 5 and conduct any one for examination]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity based teaching & learning and group activity
3.	Coaching lesson MPPC 403 Foreign game five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching
4.	Classroom teaching lesson MPPC 404 Lesson on theory of different foreign games and sports five lesson [Four Internal and one External]	Before Examination	1]Dr.V.R.Talreja 2] Dr.S.R.Tiwalkar 3] Dr.A.P.Kolarkar	Activity base learning, observation, Practice teaching