

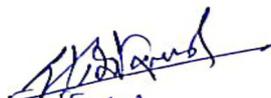
**Department Programmes
Academic Plan (Month-wise)
2024-25**

Sr. No.	Month	Activities	Beneficiaries	Remarks If Any (Purpose/Significance)
1	June & July	• General Fitness Motor Ability Development Programme for Various game Athletes.	Athletes	Shivaji University Inter Collegiate Sports Championship
2	Aug To Oct	• District, Divisional & State level Sports Championships SHIVAJI University Inter Collegiate Sports Championship Deferent Game practices	Athletes	Career Opportunities in Physical Education & Sports.
3	Nov.	• Compulsory Physical Education Scheme. (A) Group Voluntary activities Games. • SHIVAJI University Inter Collegiate Sports Championship Deferent Game practices	B.Com. B. B.A. & B.Com.IT Ist Yrs. Students. Athletes	Compulsory Physical Education Scheme
4	Dec.	• SHIVAJI University Inter Collegiate Sports Championship Deferent Game practices	Athletes	To promote the Sports culture
5	Jan. & Feb.	• Physical Education & Sports Conferences, Seminars etc, • Adventure Sports etc & Teachers Sports Meet Sports Carnival for Student	Teachers & Athletes	To promote the Sports culture
6	March	• Intra Mural (Inter Class) Games of College .Compulsory Physical Education Exam	All Students B.A.& B.Com. Ist year students	To promote the Sports culture Evaluation
7	April.	• Organized “ADVENTUR ACTIVITIES” every year 10 th to 25 th April, for 6 to 19 years school boys and girls.	Other School & College Students	To develop Health, Mental and psychological through adventur.



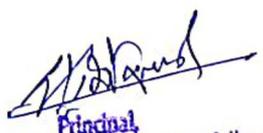
Teaching Plan (Month-wise)

2024-25


Principal,
Chandrabai-Shantappa Shendure College,
Hupari

Date-Wise Period	Syllabus to be covered	Practical's
12.6.24 to 25.06.24	Introduction, Syllabus, Structure of Compulsory Physical Education Scheme & Inter Collegiate & Inter University Sports Championship etc.	General Fitness Motor Ability Development Programme for Various game Athletes.
26.6.24 to 25.07.24	Foundation of Physical Education Introduction. Philosophical, Sociological, & Biological Foundations.	Game oriented Specific Fitness Programme & Deferent Game combine Practices
26.07.24 to 25.08.24	Health Education Definition, Factors Influencing Health. Physical, Mental & Emotional Health. Personal Hygiene.	Deferent Game combine Practices & Competitions Participations etc
26.08.24 to 25.09.24	Health Programme Health Services, Preventive Aspects Maintenance of Health Record.	Deferent Game combine Practices & Competitions Participations etc
26.09.24 to 20.10.24	Nutrition And Food. Components of Food. Caloric Value of Daily Food, Balanced Diet, Food Habits.	Deferent Game combine Practices & Competitions Participations etc
27.11.24 To 06.01.25	Physiology of Exercise. Effects of Exercise on Various Organs, Systems & the Body as a whole.	Deferent Game combine Practices & Competitions Participations etc
07.01.25 To 06.02.25	Yoga. Definition, Different Schools of Yoga, Asanas their purpose, Types. The Psychological & Physiological effect of Asanas, Relevance of Yoga in modern life.	Yoga Asanas & (A) Group Voluntary activities Games
07.02.25 To 28.02.25	Career Opportunities in Physical Education & Sports. Compulsory Physical Education Scheme. (A) Group Voluntary activities Games.	(A) Group Voluntary activities Games
01.03.25 onwards	Compulsory Physical Education Scheme Examinator mark etc.	




Principal,
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Rayat Shikshan Sanstha's
Chandrabai - Shantappa Shendure College, Hupari.
Academic Calender-2024-25
Department of Physical Education
TIME TABLE
Physical Education & Sports
Class: B Com. Part - I/ B.A-I /practice session

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00 To 9.30	Practice session	Practice session	Practice session	Practice session	Practice session	Practice session
9.30 TO 10.25	Coaching Session	Coaching Session	Training Session for B.A.I	Training Session for B.Com.-I	Coaching Session	Coaching Session
9.30 To 10.30	Office Work (10.25 To 11)	Office Work	Office Work (10.25 To 11)	Office Work	Office Work	Office Work
11.05 To 11.55	Discuss techniques & Tactics	Discuss techniques & Tactics	Discuss techniques & Tactics			
12 To 2	Library work	Library work	Library work	Library work	Library work	Library work




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