

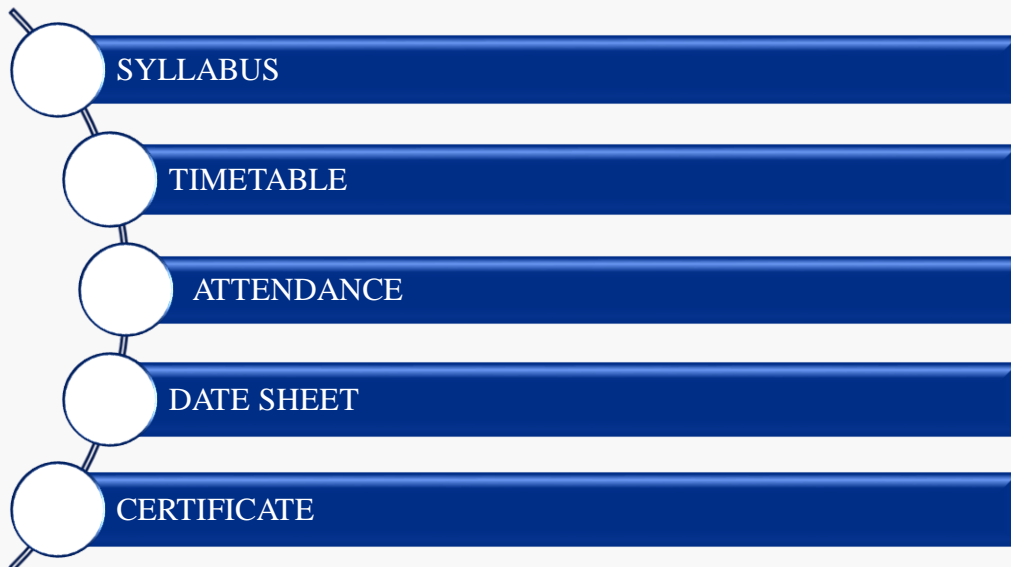


St. Bede's College Shimla
(UGC-NAAC "A+" Grade Re-Accredited)

CRITERION 1

1.2.2

PHYSICAL FITNESS & YOGA





St. Bede's College Shimla

Syllabus

Syllabus

(Physical fitness and yoga) (Theory -60 marks)

UNIT -I


- Introduction of physical fitness, Definitions of physical fitness, Benefits of physical fitness.
- Components of physical fitness.
- Warm up and types of warm up.
- Cooling down.

UNIT-II

- Introduction of yoga, Aim of yoga and Importance of yoga.
- **Asanas**
(Padamasana, Vajrasna, sukhasana, Savasana, Halasana, Bhujanga , Sarvangasana, Dhanurasana, Chakrasana, Makarasana)
- Meaning of pranayama and objective of pranayama
- Types of pranayama
(Kapalabhaati Pranayama, Sheetal Pranayama , Sheetkari Pranayama, Anuloma-Viloma Pranayama)

Practical (30marks & viva10 marks)

- Physical fitness test
- **Yogic practice Asanas** ((Padamasana, Vajrasna, sukhasana, Savasana, Halasana, Bhujanga , Sarvangasana, Dhanurasana, Chakrasana, Makarasana).
- **Pranayama** ((Kapalabhaati Pranayama, Sheetal Pranayama , Sheetkari Pranayama, Anuloma- Viloma Pranayama)
- Viva voice


Principal
St. Bede's College
Shimla 171002

[BACK](#)



St. Bede's College Shimla

Timetable (2021-2023)

TIME-TABLE FOR ADD ON COURSES THIRD YEAR 2021-22

Date: October 8, 2021

COURSE NAME	DAY	TIME	ROOM
NUTRITION AND HEALTH EDUCATION	SATURDAY	1:45 PM-2:45 PM	A3
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	SATURDAY	1:45 PM-2:45 PM	B11
PHYSICAL FITNESS AND YOGA	SATURDAY	1:45 PM-2:45 PM	COMMON ROOM

Note:

- All Add on courses will commence from October 9, 2021 except for Self Defence/ First Aid/ Fire Fighting course.
- Classes will be held in both online and offline mode.



St. Bede's College Shimla


**ST. BEDE'S COLLEGE, SHIMLA
TIME-TABLE FOR ADD ON COURSES THIRD YEAR
2022-23**

Date: August 16, 2022

COURSE NAME	DAY	TIME	ROOM
NUTRITION AND HEALTH EDUCATION	THURSDAY	3:15 PM -4:15 PM	A3
	SATURDAY	3:15 PM -4:15 PM	A3
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	THURSDAY	3:15 PM -4:15 PM	B11
	SATURDAY	3:15 PM -4:15 PM	B11
PHYSICAL FITNESS AND YOGA	THURSDAY	3:15 PM -4:15 PM	COMMON ROOM
	SATURDAY	2:30 PM-3:30 PM	BASKETBALL COURT

Note:

- All Add on courses will commence from August 20, 2022, except German Language.
- Nutrition and Health Education course will commence from August 25, 2022


PRINCIPAL
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Shimla 171002



St. Bede's College Shimla

(Attendance (2021-2023))

Daily Attendance Register of St. Bede's College for the month of _____ year 2020-2021

Class. Physical fitness & Yoga

Subject. Physical fitness & Yoga (2 classes)

Paper.....

CLASS
SUB
PAPER
MONTH
YEAR

Serial Number	Name of Student	Registration No.	Registration No.	Previous Attendance	DATES																												No. of Lectures	Attendance	
					09/21	10/21	11/21	12/21	01/22	02/22	03/22	04/22	05/22	06/22	07/22	08/22	09/22	10/22	11/22	12/22	01/23	02/23	03/23	04/23	05/23	06/23	07/23	08/23	09/23	10/23	11/23	12/23			
1	ANJALI Kaimshla				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	MEHA BHASTA				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3	Jalyon Pradhan				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	Amrita Samal				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	Chakita Laxman				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6	Sonalika Shukla				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7	Jaymal Shikharat				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	Saathi				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9	Kiran				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
10	Karishma				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11	Siddhi				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	Komal				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	Vanshika Shaktawat				P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

Dated..... Lecturer's Signature..... Dated.....
 Lecturer Name..... Received By.....
 Principal (Signature)..... Teacher's Name: Dr. Vikram Bhatnagar
 Principal's Signature..... Teacher's Signature: [Signature]
 Clerk's Signature.....



St. Bede's College Shimla

Daily Attendance Register of St. Bede's College for the month of 2022 year 2023

Class: Avdhy III (All)

Subject: Physical Fitness and Yoga

Paper: Add-on

SEM: III Year, SUB: Add-on, MONTH: , YEAR 2022-23

Table with columns for Serial Number, Name of Student, Registration No., Previous Attendance, and dates from August to December. Rows list 41 students with their attendance status (P, A, P, P) for each day.

Dated: 31/3/2023

Lecturer's Signature: Dr. Anand Kumar, Lecturer Name

Dated: , Received By:

Principal's Signature: , St. Bede's College, Shimla 171002, Clerk's Signature

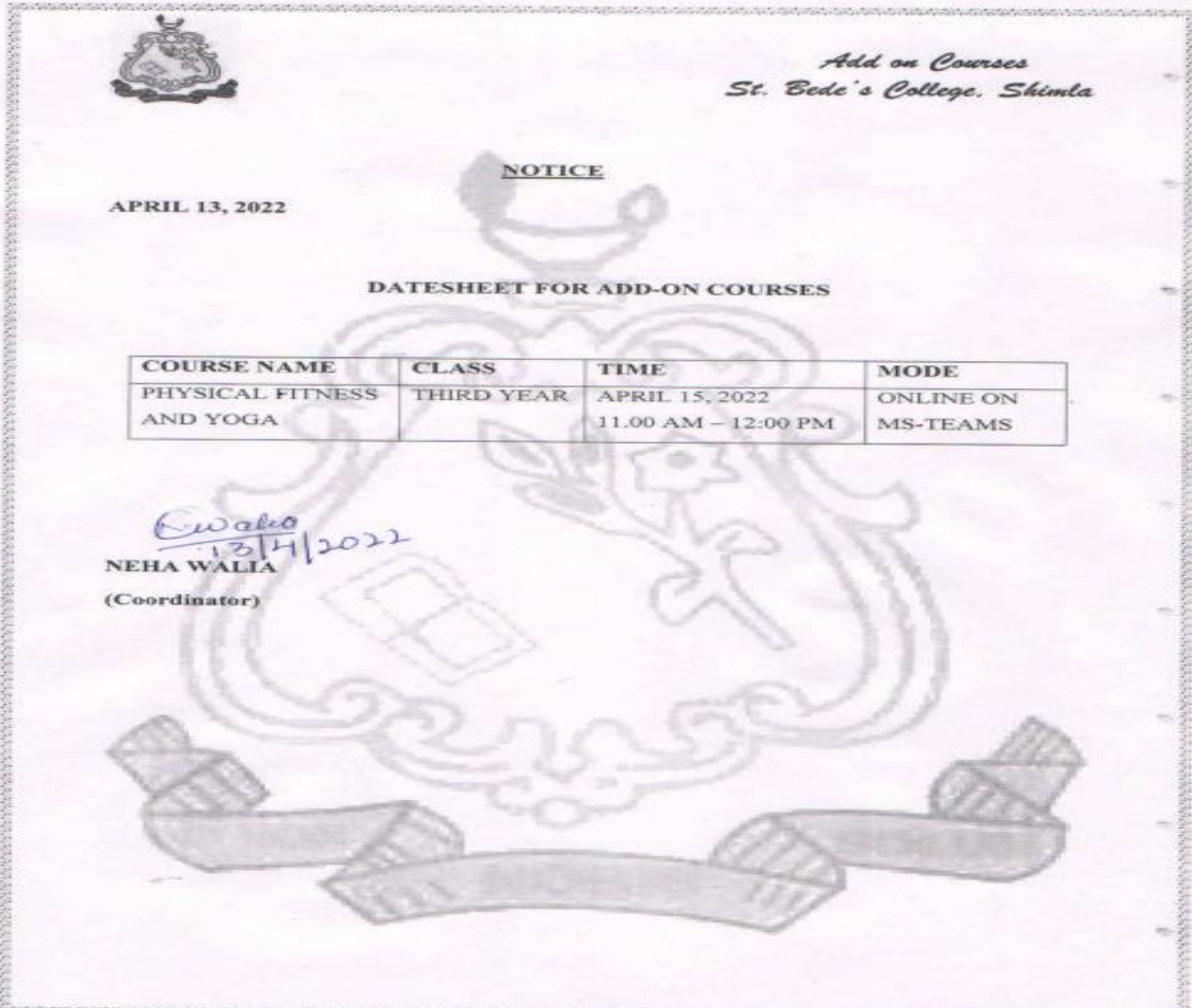
Teacher's Name: Dr. Anand Kumar, Teacher's Signature

BACK



St. Bede's College Shimla

Date sheet (2021-2023)



NOTICE

APRIL 13, 2022

*Add on Courses
St. Bede's College, Shimla*

DATESHEET FOR ADD-ON COURSES

COURSE NAME	CLASS	TIME	MODE
PHYSICAL FITNESS AND YOGA	THIRD YEAR	APRIL 15, 2022 11.00 AM – 12:00 PM	ONLINE ON MS-TEAMS

Neha
13/4/2022
NEHA WALIA
(Coordinator)



St. Bede's College Shimla



March 18, 2023

*Add on Courses
St. Bede's College, Shimla*

**DATESHEET FOR ADD-ON COURSES
2022-23**

COURSE NAME	CLASS	TIME	ROOM
PHYSICAL FITNESS AND YOGA	SECOND YEAR	MARCH 21, 2023 3:15 PM – 4:15 PM	A-10
PHYSICAL FITNESS AND YOGA	FIRST YEAR	MARCH 22, 2023 3:15 PM – 4:15 PM	A-10
COMMUNICATION SKILLS AND PERSONALITY DEVELOPMENT	THIRD YEAR	MARCH 23, 2023 1:45 PM ONWARDS MARCH 24, 2023 2:30 PM ONWARDS	B7
NUTRITION AND HEALTH EDUCATION	THIRD YEAR	MARCH 23, 2023 2:00 PM – 4:00 PM	A3
PHYSICAL FITNESS AND YOGA	THIRD YEAR	MARCH 23, 2023 3:15 PM – 4:15 PM	A-10


PRINCIPAL



St. Bede's College Shimla

Certificate (2021-2023)



St. Bede's College

SHIMLA

CERTIFICATE OF MERIT

This certificate is awarded to

Anjali Kainthla

D/o Sh. Inder Lal Kainthla

student of B.A. IIIrd Year

for successfully completing

Physical Fitness and Yoga Course

acquiring Grade **A+**

Reg. No.: 191081

Certificate No.: 210035

Dated : 20/5/2022

Mollym
Principal

Principal
St. Bede's College
Shimla-171002



St. Bede's College Shimla



St. Bede's College

NAAC Re-Accredited A+ Grade

CERTIFICATE OF MERIT

This certificate is awarded to

Aditi Kashyap

D/o Sh. Ajay Kashyap

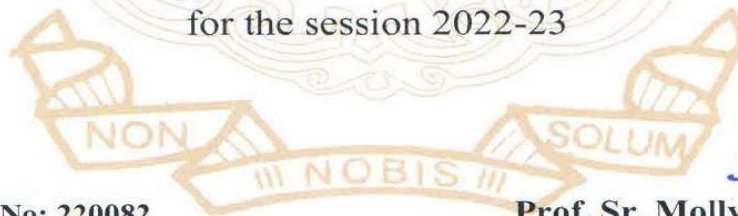
student of B.A. - 3rd Year

for successfully completing

Physical Fitness & Yoga Course

acquiring Grade A

for the session 2022-23



Certificate No: 220082

Regd. No.: 201100

Date: May 23, 2023


Prof. Sr. Molly Abraham

Principal

St. Bede's College

Shimla-171002