



**Department of Physical Education,
St. Bede's College Shimla (H.P)**

Time Table for the session of 2025-2026

Day	9.00 to 9.50	9.50 to 10.40	11.00 to 11.50	11.50 to 12.40	12.40 to 1.30	2.20 to 3.10	3.10 to 4.30
Monday		B.A III Methods of Teaching		B.A II (SEC) Sports Training		B.A II Psychology	
Tuesday			B.A III Recreation	B.A II (SEC) Sports Medicine, Physiotherapy & Rehabilitation	B.A I Olympic Movement and Org.		
Wednesday		B.A I Introduction to Physical Education	Value Education	B.A III Methods of Teaching	B.A II Human Anatomy & Physiology	B.A III (SEC)	
Thursday		B.A I Olympic Movement and Org.		B.A II Psychology		B.A II (SEC) Sports Training	
Friday			B.A III Methods of Teaching		B.A II Psychology	B.A I Olympic Movement and Org.	
Saturday	B.A II (SEC) Sports Medicine, Physiotherapy & Rehabilitation	B.A III Recreation	B.A II Human Anatomy & Physiology	B.A I Introduction to Physical Education	B.A III (SEC)		

Class: Common Room

Sr. Rosily Tom
Principal

Date: Officiating Principal
St. Bede's College
Shimla - 171 002

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Department of Physical Education

[Signature]
St. Bede's College
Physical Education
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