

RAM LAL ANAND COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

Generic Elective I

w.e.f : 2020

Days/ Time	SEM	1	2	3	4	5	6	7	8
		9-10 AM	10-11 AM	11-12 AM	12-1 PM	1-2 PM	2-3 PM	3-4 PM	4-5 PM
Mon	I	GE1-L(PS-6)							
Tues	I				GE1-L(PS-6)			GE1-P 6) Group 1/ Group 2	(PS- (VG-6)
Wed	I	GE1-L(PS-6)							
Thurs	I	GE1-L(PS-6)							
Fri	I							GE1-P 6) Group 1/ Group 2	(PS- (VG-6)

Teachers:

Subjects:

Teachers:

Subjects:

PS-PRADEEP SHARMA

VG- VISHAL GOSWAMI

GE1- Yoga and Stress Management

RAM LAL ANAND COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION

Generic Elective III

w.e.f : Aug-2020

Days/ Time	SEM	1	2	3	4	5	6	7	8
		9-10 AM	10-11 AM	11-12 AM	12-1 PM	1-2 PM	2-3 PM	3-4 PM	4-5 PM
Mon	III					GE 3-L(VG-6)			
Tues	III					GE 3-L(VG-6)			
Wed	III					GE 3-L(VG-6)	GE3-P (PS-6) Group 2/ (VG-6) Group 1		
Thurs	III					GE 3-L(VG-6)			
Fri	III	GE3-P (PS-6) Group 2/ (VG-6) Group 1							
Teachers:				Subjects:					
Teachers:				Subjects:					
PS-PRADEEP SHARMA				VG- VISHAL GOSWAMI		GE-3 : -AerobicsTraining			