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 Class and Section: **B.Sc I – Phy. Ed., Health Ed. & Sports Sciences**  
 Subject: **Theory of Games & Sports Paper VI Part (II) Yoga**

Week	Date	Topic
<b>1</b>	1-Jan-18	Padmasana
	2-Jan-18	Vajrasana
	3-Jan-18	Practice of Padmasana & Vajrasana
	4-Jan-18	
	5-Jan-18	
	6-Jan-18	
	7-Jan-18	<b>Sunday</b>
<b>2</b>	8-Jan-18	Halasana
	9-Jan-18	Vakarasana
	10-Jan-18	Practice of Four Asanas
	11-Jan-18	
	12-Jan-18	
	13-Jan-18	
	14-Jan-18	<b>Sunday</b>
<b>3</b>	15-Jan-18	Sarvangasana
	16-Jan-18	Vipritkarani
	17-Jan-18	Practice of Asanas
	18-Jan-18	
	19-Jan-18	
	20-Jan-18	
	21-Jan-18	<b>Sunday</b>
<b>4</b>	22-Jan-18	<b>Basant Panchami</b>
	23-Jan-18	Bhujangasana
	24-Jan-18	<b>Sir Chhotu Ram Jayanti</b>
	25-Jan-18	
	26-Jan-18	<b>Republic Day</b>
	27-Jan-18	
	28-Jan-18	<b>Sunday</b>
<b>5</b>	29-Jan-18	Practice of Asanas
	30-Jan-18	Surya Namaskar
	31-Jan-18	Surya Namaskar

Week	Date	Topic
<b>1</b>	1-Feb-18	
	2-Feb-18	
	3-Feb-18	
	4-Feb-18	<b>Sunday</b>
<b>2</b>	5-Feb-18	Surya Namaskar
	6-Feb-18	Practice of Surya Namaskar
	7-Feb-18	Practice of Surya Namaskar
	8-Feb-18	
	9-Feb-18	
	10-Feb-18	<b>Maharishi Dayanand Saraswati Jayanti</b>

	11-Feb-18	<b>Sunday</b>
<b>3</b>	12-Feb-18	Practice of Asanas
	13-Feb-18	<b>Mahashivratri</b>
	14-Feb-18	Practice of Asanas
	15-Feb-18	
	16-Feb-18	
	17-Feb-18	
	18-Feb-18	<b>Sunday</b>
<b>4</b>	19-Feb-18	Jal Neti
	20-Feb-18	Jal Neti
	21-Feb-18	Jal Neti
	22-Feb-18	
	23-Feb-18	
	24-Feb-18	
	25-Feb-18	<b>Sunday</b>
<b>5</b>	26-Feb-18	Sutra Neti
	27-Feb-18	Sutra Neti
	28-Feb-18	<b>University Holidays</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-18	<b>University Holidays</b>
	2-Mar-18	<b>University Holidays</b>
	3-Mar-18	<b>University Holidays</b>
	4-Mar-18	<b>University Holidays/Sunday</b>
<b>2</b>	5-Mar-18	Practice of Jal & Sutra Neti
	6-Mar-18	Practice of Jal & Sutra Neti
	7-Mar-18	Practice of Jal & Sutra Neti
	8-Mar-18	
	9-Mar-18	
	10-Mar-18	
	11-Mar-18	<b>Sunday</b>
<b>3</b>	12-Mar-18	Practice of Asanas
	13-Mar-18	Practice of Asanas
	14-Mar-18	Practice of Asanas
	15-Mar-18	
	16-Mar-18	
	17-Mar-18	
	18-Mar-18	<b>Sunday</b>
<b>4</b>	19-Mar-18	Kapal Bhati
	20-Mar-18	Kapal Bhati
	21-Mar-18	Kapal Bhati
	22-Mar-18	
	23-Mar-18	<b>Shahidi diwas of Bhagat Singh</b>
	24-Mar-18	
	25-Mar-18	<b>Sunday</b>
<b>5</b>	26-Mar-18	Pranayama

	27-Mar-18	Pranayama
	28-Mar-18	Pranayama
	29-Mar-18	<b>Mahavir Jayanti</b>
	30-Mar-18	
	31-Mar-18	

<b>Week</b>	<b>Date</b>	<b>Topic</b>
	1-Apr-18	<b>Sunday</b>
<b>1</b>	2-Apr-18	Practice of Asanas, Pranayama
	3-Apr-18	Practice of Asanas, Pranayama
	4-Apr-18	Practice of Asanas, Pranayama
	5-Apr-18	
	6-Apr-18	
	7-Apr-18	
	8-Apr-18	<b>Sunday</b>
<b>2</b>	9-Apr-18	Viva Preparation
	10-Apr-18	Viva Preparation
	11-Apr-18	Viva Preparation
	12-Apr-18	
	13-Apr-18	
	14-Apr-18	<b>Dr. Amedekar Jayanti and Vaisakhi</b>
	15-Apr-18	<b>Sunday</b>
<b>3</b>	16-Apr-18	Practice Viva
	17-Apr-18	
	18-Apr-18	<b>Parshuram Jayanti</b>
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	<b>Sunday</b>
<b>4</b>	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	