

Tentative Routine Of Add-On Class (Session-2022-2023)

DATE	TIME	
	7:00 am-9:00 am Practical class	9:30 am-10:30 am Theory Class
28..04.2023	Training -Physical Fitness (A.Tarafdar)	Introduction and meaning of Physical Fitness. (A.Tarafdar)
29.04.2023	Practic-Yoga and Pranayama (A.Tarafdar)	Historical background and meaning of yoga, Definitions and Importance of yoga. (A.Tarafdar)
02.05.2023	Training -Physical Fitness(A.Tarafdar)	Components of Physical Fitness - Heath and performance related Physical Fitness. (A.Tarafdar)
03.05.2023	Training -Physical Fitness(A.Tarafdar)	Warm-up Meaning,Types and Methods. (A.Tarafdar)
10.05.2023	Practic-Yoga and Pranayama (A.Tarafdar)	A brief detail of Ashtanga Yoga. (A.Tarafdar)
12.05.2023	Practic-Yoga and Pranayama (A.Tarafdar)	Shatkarma. (A.Tarafdar)
15.05.2023	Training -Physical Fitness (A.Tarafdar)	Cooling Down. Meaning and Methods. (A.Tarafdar)
16.05.2023	Practic-Yoga and Pranayama (A.Tarafdar)	Asanas- (Padamasana, Vajrasana, Sukhasana, Tadasana, Trikonasana, Makrasana, Halasana, Bhujangasana, Sarvangasana, Dhanurasana, Halasana, Shavasana(A.Tarafdar)
20.05.2023	Practic-Yoga and Pranayama (A.Tarafdar)	Pranayama- Puraka, Kumbhaka, Rechaka and its Types. (A.Tarafdar)
29.05.2023	Training -Physical Fitness (A.Tarafdar)	Aerobic and Anaerobic Exercises. (A.Tarafdar)
30.05.2023	-----	Theoretical Exam.(8:30 am-10:00 am)
31.05.2023	Practical Exam.(7.30 am-10:00am)	-----

Date:

ATTESTED

DR. DIPANKAR GHOSH
PRINCIPAL
Sudhiranjan Lahiri Mahavidyalaya
MAJDIA, NADIA



(Signature)

Asit Tarafdar

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