KALINDI COLLEGE DEPARTMENT OF PHYSICAL EDUCATION, GE Time Table 2023-24(Even Sem) Dr. Sudha Pandey ,Assistant Professor

Day	Ι	II	III	IV	10.00	V	VI	VII	VIII
	8.30 am	9.30 am	10.30am	11.30 am	12.30	1.00 pm	2.00 pm	3,00 pm	4.00 pm
Monday	OFF	D A Y			в				
Tuesday	GE-II STRESS MANAGEMENT (SP)				R				
Wednesday	GE -IV YOGA AND STRESS MANAGEMENT (SP)				E	Activity Period Aerobics (SP)			
Thursday					A	GE-11 STRESS MANAGEM ENT (SP)			GE -11 PRACTICAL STRESS MANAGEMENT (SP)

Friday	GE-4	GE-4	GE-4			
	PRACTICAL	YOGA	YOGA AND			
	YOGA AND	AND	STRESS	K		
	STRESS	STRESS	MANAGEME			
	MANAGEME	MANAGE	NT			
	NT	MENT	(SP)			
	(SP)	(SP)				
Saturday						
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