



**Maharashtriya Mandal (1924-2024)**

**FIRST YEAR B.P.Ed. 2023-2024**  
**Semester 1, From 16<sup>th</sup> October 2023**

Sr.	Time	Monday to Saturday	
		Division A Room 4	Division B Room 5
1	7.00am to 9.00am	P 206: Physical Education & Sports Practical's	
	9.00am to 10.00am	B R E A K	
2	10.00am to 10.45am	P.103: Learning to Teach Physical Education & Sports Prof. Dr. Sharad Aher	P.102: Psychology of Learner Prof. Dr. Ameet Prabhu
	10.45am to 11.30am	P.102: Psychology of Learner Prof. Dr. Ujwala Raje	P.101: Foundations of Physical Education Dr. Mahesh Deshpande
	11.30am to 11.45am	B R E A K	
4	11.45am to 12.30pm	P.101: Foundations of Physical Education Mr. Kumar Upadhyay	P.103: Learning to Teach Physical Education & Sports Dr. Yogesh Bodke
	12.30pm to 1.15pm	<b>P 104: Methodology of Teaching Optional Subjects &amp; P 105: Teaching Skill Development Programme</b> <b>Marathi-</b> Prof. Dr. Balaji Pote ( <b>Room 5</b> ) <b>Hindi-</b> Prof. Dr. Ujwala Raje ( <b>Meeting Room</b> ) <b>English-</b> Prof. Dr. Ameet Prabhu ( <b>Computer Lab</b> ) <b>Geography-</b> Mr. Kumar Upadhyay ( <b>Room 1</b> ) <b>History-</b> Dr. Sopan Kangane ( <b>Main Hall</b> ) <b>Mathematics-</b> Dr. Shrikant Mahadik ( <b>Room 4</b> ) <b>Science-</b> Dr. Yogesh Bodke ( <b>HP Lab</b> )	
	1.15pm to 2.00pm	LUNCH B R E A K	
6	2.00pm to 4.00pm	Lesson Guidance & Preparation	

**\*Important: University Semester End Examination Jan. 2024**

**Dr. Sopan Kangane**  
(Principal)

**Dr. Sharad Aher**  
(Coordinator-IQAC)

Date: 04/10/2023



*Maharashtriya Mandal (1924-2024)*

**FIRST YEAR B.P.Ed. 2023-2024**  
**Semester 2, From February 2024 Onwards**

Sr.	Time	Monday to Saturday	
		Division A Room 4	Division B Room 5
1	7.00am to 9.00am	P 206: Physical Education & Sports Practical's	
	9.00am to 10.00am	B R E A K	
2	10.00am to 10.45am	P204: Fitness and Wellness Dr. Sopan Kangane	P201: Anatomy & Physiology Dr. Yogesh Bodke
3	10.45am to 11.30am	P202: Management of Physical Education & Sports Prof. Balaji Pote	P204: Fitness and Wellness Prof. Ujwala Raje
	11.30am to 11.45am	B R E A K	
4	11.45am to 12.30pm	P201: Anatomy & Physiology Dr. Mahesh Deshpande	P203: Profession of Physical Education Prof. Sharad Aher
5	12.30pm to 1.15pm	P203: Profession of Physical Education Dr. Shraddha Naik	P202: Management of Physical Education & Sports Dr. Shirish More
	1.15pm to 2.00pm	LUNCH B R E A K	
6	2.00pm to 4.00pm	STRIVE/Holistic Development Program/Add on Courses/ Guidance & Counseling Prof. Sharad Aher, Dr. Mahesh Deshpande & Faculty	

**\*Important: University Semester End Examination May 2024**

Dr. Sopan Kangane  
(Principal)

Dr. Sharad Aher  
(Coordinator-IQAC)

Date: Feb 2024



**Maharashtriya Mandal (1924-2024)**

**SECOND YEAR B.P.Ed. 2023-2024**

**Semester 3, From 5<sup>th</sup> September 2023 Onwards**

Sr.	Time	Monday to Saturday	
		Division A Room 3	Division B Room 6
1	7.00am to 9.00am	P 206: Physical Education & Sports Practical's	
	9.00am to 10.00am	B R E A K	
2	10.00am to 10.35am	P.302: Biomechanics Dr. Shrikant Mahadik	P. 304: Health Education and Nutrition Prof. Ameet Prabhu
	10.35am to 11.10am	P. 303: Personality Development and Soft Skills Dr. Shraddha Naik	P.302: Biomechanics Dr. Mahesh Deshpande
	11.10am to 11.20am	B R E A K	
4	11.20am to 11.55am	P. 301: Evaluation in Physical Education and Sports Dr. Yogesh Bodke	P. 301: Evaluation in Physical Education and Sports Prof. Sharad Aher
	11.55am to 12.30pm	P. 304: Health Education and Nutrition Prof. Balaji Pote	P. 303: Personality Development and Soft Skills Dr. Shraddha Naik
6	12.30pm To 1.15pm	P305: Teaching Skill Development Programme- <i>Guidance</i> [Total 16 Practice School Lessons: Optional Subject (6 Lessons) & Physical Education and Sports (10 Lessons)]	
	1.15pm to 2.00pm	LUNCH B R E A K	
7	2.00pm to 4.00pm	TBT / STRIVE / Holistic Development Program / Add on Courses/ Open Courses / Guidance & Counseling Prof. Sharad Aher, Dr. Mahesh Deshpande, Prof. Ameet Prabhu & Faculty	

**\*Important: University Semester End Examination 27-31 December 2023**

**Dr. Sopan Kangane  
(Principal)**

**Dr. Sharad Aher  
(Coordinator-IQAC)**

**Date: 02/09/2023**



*Maharashtriya Mandal (1924-2024)*

## **SECOND YEAR B.P.Ed. 2023-2024**

**Semester 3, From 16<sup>th</sup> October 2023 Onwards**

Sr.	Time	Monday to Saturday	
		<b>Division A Room 3</b>	<b>Division B Room 6</b>
1	7.00am to 9.00am	P 206: Physical Education & Sports Practical's	
	9.00am to 10.00am	B R E A K	
2	10.00am to 10.45am	P. 301: Evaluation in Physical Education and Sports Dr. Yogesh Bodke	P.302: Biomechanics Dr. Mahesh Deshpande
3	10.45am to 11.30am	P.302: Biomechanics Dr. Shrikant Mahadik	P. 303: Personality Development and Soft Skills Dr. Shraddha Naik
	11.30am to 11.45am	B R E A K	
4	11.45am to 12.30pm	P. 304: Health Education and Nutrition Prof. Balaji Pote	P. 304: Health Education and Nutrition Prof. Ameet Prabhu
5	12.30pm to 1.15pm	P. 303: Personality Development and Soft Skills Dr. Shraddha Naik	P. 301: Evaluation in Physical Education and Sports Prof. Sharad Aher
	1.15pm to 2.00pm	LUNCH B R E A K	
6	2.00pm to 4.00pm	TBT / STRIVE / Holistic Development Program / Add on Courses/ Open Courses / Guidance & Counseling Prof. Sharad Aher, Dr. Mahesh Deshpande, Prof. Ameet Prabhu & Faculty	

**\*Important: University Semester End Examination 27-31 December 2023**

**Dr. Sopan Kangane**  
(Principal)

**Dr. Sharad Aher**  
(Coordinator-IQAC)

Date: 12/10/2023



*Maharashtriya Mandal (1924-2024)*

**SECOND YEAR B.P.Ed. 2023-2024**  
**Semester 4, From January 2024 Onwards**

Sr.	Time	Monday to Saturday	
		Division A Room 3	Division B Room 6
1	7.00am to 9.00am	P 406: Physical Education & Sports Practical's & P 407: Sports Specialization	
	9.00am to 10.00am	B R E A K	
2	10.00am to 10.45am	P402: Athletic Care & Rehabilitation Dr. Shrikant Mahadik	P401: Research and Statistics Dr. Mahesh Deshpande
3	10.45am to 11.30am	P401: Research and Statistics Dr. Yogesh Bodke	P402: Athletic Care & Rehabilitation Prof. Ameet Prabhu
	11.30am to 11.45am	B R E A K	
4	11.45am to 12.30pm	P403: Theory of Sports and Games Dr. Shirish More	P403: Theory of Sports and Games Dr. Shirish More
5	12.30pm to 1.15pm	P404: Yoga Education Prof. Ujwala Raje P404: Fitness and Conditioning Prof. Sharad Aher	
	1.15pm to 2.00pm	LUNCH B R E A K	
6	2.00pm to 4.00pm	STRIVE/Holistic Development Program/Add on Courses/ Guidance & Counseling Prof. Sharad Aher, Dr. Mahesh Deshpande & Faculty	

**\*Important: University Semester End Examination May 2024**

**Dr. Sopan Kangane**  
(Principal)

**Dr. Sharad Aher**  
(Coordinator-IQAC)

Date: Jan. 2024



Maharashtriya Mandal's  
**Chandrashekhar Agashe**  
**College of Physical Education**  
Gultekdi, Pune - 411037 (MH-India)



*Maharashtriya Mandal (1924-2024)*

**First Year B. P. Ed 2023-2024**

**Course 206 Proficiency in Physical Education and Sports Activities**

**Session 1 (October 2023)**

**Monday to Saturday 7.00am to 9.00am**

Group	Round 1	Round 2
1	Minor Game & Lead up activity	TPEP
2	Drill March and Flag code	Competencies
3	TPEP	Minor Game & Lead up activity
4	Competencies	Drill March and Flag code
<b>Exam Date</b>		

Events	Faculty	Warm Up 7.10-7.30am	Signature
Drill March and Flag code	Prof. ULR	Monday	
TPEP	Dr. SAN	Tuesday	
Competencies	Dr. YHB	Wednesday	
Minor Game & Lead up activity	Dr. SVM	Thursday	

**Dr. Sopan Kangane**  
**(Principal)**

**Dr. Shrikant Mahadik**  
**(In charge)**



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*Maharashtriya Mandal (1924-2024)*

**First Year B. P. Ed 2023-2024**

**Course 206 Proficiency in Physical Education and Sports Activities**

**Session 2 (Dec 2023)**

**Monday to Saturday 7.00am to 9.00am**

Group	Round 1	Round 2
1	Mass Demonstrative Activity Aerobics & Equipment Drills	Fitness: Exercise & Personal Physical Fitness
2	Handball	Kho-Kho
3	Fitness: Exercise & Personal Physical Fitness	Mass Demonstrative Activity Aerobics & Equipment Drills
4	Kho-Kho	Handball
<b>Exam Date</b>		

Events	Faculty	Warm Up 7.10- 7.30am	Signature
Mass Demonstrative Activity Aerobics & Equipment Drills	Prof. ULR	Monday	
Fitness: Exercise & Personal Physical Fitness	Dr. SAN	Tuesday	
Handball	Dr. YHB	Wednesday	
Kho-Kho	Dr. SVM	Thursday	

**Dr. Sopan Kangane**  
(Principal)

**Dr. Shrikant Mahadik**  
(In charge)





Maharashtriya Mandal's  
**Chandrashekhar Agashe**  
**College of Physical Education**  
 Gultekdi, Pune - 411037 (MH-India)



*Maharashtriya Mandal (1924-2024)*

## First Year B. P. Ed 2023-2024

### Course 206 Proficiency in Physical Education and Sports Activities Session 3 (Feb 2024)

#### Monday to Saturday 7.00am to 9.00am

Group	Round 1	Round 2	Round 3
1	High Jump and <b>Pole vault</b> (Introduction only)	Hockey	Basketball
2	Discus Throw and Shot Put	Run & Relay, Hurdles (Introduction only)	Table Tennis
3	Hockey	High Jump and <b>Pole vault</b> (Introduction only)	Basketball
4	Run & Relay, Hurdles (Introduction only)	Discus Throw and Shot Put	Table Tennis
5	Basketball	Hockey	High Jump and <b>Pole vault</b> (Introduction only)
6	Table Tennis	Run & Relay, Hurdles (Introduction only)	Discus Throw and Shot Put
<b>Exam Date</b>			

Events	Faculty	Warm Up 7.10-7.30am	Signature
High Jump and <b>Pole vault</b> (Introduction only)	Prof. BSP	Monday	
Discus Throw and Shot Put	Mr. SPT	Tuesday	
Hockey	Dr. SSM	Wednesday	
Run & Relay, Hurdles (Introduction only)	Dr. MND	Thursday	
Basketball	Prof. ADP	Friday	
Table Tennis	Dr. SVM	Saturday	

**Dr. Sopan Kangane**  
(Principal)

**Dr. Shrikant Mahadik**  
(In charge)





**Maharashtriya Mandal (1924-2024)**

Second Year B. P. Ed 2023-2024  
**Course 406 Proficiency in Physical Education and Sports Activities**  
 Session 1 (31 July to 14 October 2023)

**Monday to Saturday 7.00am to 9.00am**

Group	Round 1 31 July to 19 August 2023	Round 2 6 to 25 September 2023	Round 3 26 September to 14 October 2023
1	Yoga	Long Jump and Triple Jump	Hockey
2	TT	Measurement and Evaluation	Floor Gymnastics
3	Hockey	Yoga	Long Jump and Triple Jump
4	Floor Gymnastics	TT	Measurement and Evaluation
5	Long Jump and Triple Jump	Hockey	Yoga
6	Measurement and Evaluation	Floor Gymnastics	TT
<b>Exam Date</b>	<b>Saturday, 19 August 2023</b>	<b>Monday, 25 September 2023</b>	<b>Saturday, 14 October 2023</b>

Events	Faculty	Warm Up 7.10-7.30am	Signature
Long Jump and <b>Triple Jump</b> <b>(Introduction only)</b>	Prof. SSA	Monday	
Yoga	Prof. ULR	Tuesday	
Hockey	Dr. SSM	Wednesday	
Floor Gymnastics	Dr. MND	Thursday	
Measurement and Evaluation	Dr. YHB	Friday	
TT	Prof. ADP	Saturday	

\* **Note:** Available Days for Teaching 14

**Dr. Sopan Kangane**  
**(Principal)**

**Dr. Shrikant Mahadik**  
**(In charge)**

**Date: 24<sup>th</sup> July 2023**



**Maharashtriya Mandal (1924-2024)**

Second Year B. P. Ed 2023-2024  
**Course 406 Proficiency in Physical Education and Sports Activities**  
Session 2 ( 9 Oct – 20 Nov 2023)

**Monday to Saturday 7.00am to 9.00am**

Group	Round 1 9-25 Oct 2023	Round 2 26 Oct to 20 Nov 2023
1	High Jump	Javelin Throw and <b>Hammer throw (Introduction only)</b>
2	Shot Put & Discus Throw	Judo/Taekwondo/Mallakhamb
3	Javelin Throw and <b>Hammer throw (Introduction only)</b>	High Jump
4	Judo/Taekwondo/Mallakhamb	Shot Put & Discus Throw
Exam Date	<b>25 Oct 2023</b>	<b>20 Nov 2023</b>

Events	Faculty	Signature
High Jump	Prof. BSP	
Shot Put & Discus Throw	Mr. SPT	
Javelin Throw and <b>Hammer throw (Introduction only)</b>	Dr. MND	
Judo/Taekwondo/Mallakhamb	Mr. Sachin Shirke (Alumni)	

**Dr. Sopan Kangane**  
(Principal)

**Dr. Shrikant Mahadik**  
(In charge)