

**Department of Physical Education 25/03/2020**

Name	Topic	Source		
1 Dr. Sunder Singh	How Heart Works	You Tube link	<a href="https://youtu.be/78kqFvmN64k">https://youtu.be/78kqFvmN64k</a>	
2 Prof. Amarpreet singh	Skeleton System	PDF		
3 Prof. Inder Preet Singh	How Heart Works	You Tube link	<a href="https://youtu.be/78kqFvmN64k">https://youtu.be/78kqFvmN64k</a>	
4 Dr. Sunder Singh	Human Breathing Process	You Tube link	<a href="https://youtu.be/U-9mcbI9fxY">https://youtu.be/U-9mcbI9fxY</a>	

**Department of Physical Education 26/03/2020**

Name	Topic	Source		
1 Dr. Sunder Singh	First Aid	You Tube link	<a href="https://youtu.be/BumbKHqXJo0">https://youtu.be/BumbKHqXJo0</a>	
2 Prof. Amarpreet singh	Muscular System	PDF/You Tube link	<a href="https://youtu.be/MekHJUvQUtQ">https://youtu.be/MekHJUvQUtQ</a>	<b>Added in Real Aryanz Real Aryanz Group</b>
3 Prof. Inder Preet Singh	Revesion work	pdf		

**Department of Physical Education 27/03/2020**

Name	Topic	Source		
1 Dr. Sunder Singh	Basic Rules of Athletics	You Tube link	<a href="https://youtu.be/wNbA7zcnjGg">https://youtu.be/wNbA7zcnjGg</a>	
2 Prof. Amarpreet singh	Human Breathing Process	You Tube link	<a href="https://youtu.be/U-9mcbI9fxY">https://youtu.be/U-9mcbI9fxY</a>	
3 Prof. Inder Preet Singh	Muscular System	PDF/You Tube link	<a href="https://youtu.be/MekHJUvQUtQ">https://youtu.be/MekHJUvQUtQ</a>	

**Department of Physical Education 28/03/2020**

Name	Topic	Source		
1 Dr. Sunder Singh	Courses after B.A	You Tube link	<a href="https://youtu.be/Hzw_NGynOGA">https://youtu.be/Hzw_NGynOGA</a>	
2 Prof. Amarpreet singh	Warming up in sports	PDF		
3 Prof. Inder Preet Singh	Sports Injuries	PDF		
4 Dr. Sunder Singh	Circulatory System	You Tube link	<a href="https://youtu.be/CUbvcGy9Gxk">https://youtu.be/CUbvcGy9Gxk</a>	

**Department of Physical Education 29/03/2020**

Name	Topic	Source		

				<b>Added in Real Aryanz Group</b>
1	<b>Dr. Sunder Singh</b>	Parts of Brain	You Tube link	<a href="https://youtu.be/U_WGzWYCwbl">https://youtu.be/U_WGzWYCwbl</a>
2	<b>Prof. Amarpreet singh</b>	Blood	Pdf notes	
3	<b>Prof. Inder Preet Singh</b>	Tennis	Pdf Notes	
<b>Department of Physical Education 30/03/2020</b>				
	<b>Name</b>	<b>Topic</b>	<b>Source</b>	
1	<b>Dr. Sunder Singh</b>	Sports Measurment	Pdf notes	
2	<b>Prof. Amarpreet singh</b>	Athletics	Pdf notes/You tube link	<a href="https://youtu.be/wNbA7zcnjGg">https://youtu.be/wNbA7zcnjGg</a>
3	<b>Prof. Inder Preet Singh</b>	Rules of Sports	Pdf Notes	
<b>Department of Physical Education 31/03/2020</b>				
	<b>Name</b>	<b>Topic</b>	<b>Source</b>	
1	<b>Dr. Sunder Singh</b>	Nervous System	You Tube link	<a href="https://youtu.be/u5-Kli20DZ4">https://youtu.be/u5-Kli20DZ4</a>
2	<b>Prof. Amarpreet singh</b>	Sports Measurment	Pdf notes	
3	<b>Prof. Inder Preet Singh</b>	First Aid	You Tube link	<a href="https://youtu.be/dxtiHnlytog">https://youtu.be/dxtiHnlytog</a>
<b>Department of Physical Education 1/04/2020</b>				
	<b>Name</b>	<b>Topic</b>	<b>Source</b>	
1	<b>Dr. Sunder Singh</b>	Human Skeleton System	You Tube link	<a href="https://youtu.be/SxHVky88_d8">https://youtu.be/SxHVky88_d8</a>
2	<b>Prof. Amarpreet singh</b>	Kho-Kho game	Pdf notes	
3	<b>Prof. Inder Preet Singh</b>	Respiration system	You Tube link	<a href="https://uc.xyz/22H7up?pub=link">https://uc.xyz/22H7up?pub=link</a>
<b>Department of Physical Education 3/04/2020</b>				
	<b>Name</b>	<b>Topic</b>	<b>Source</b>	
1	<b>Dr. Sunder Singh</b>	Sports Measurment	Pdf notes	<b>For Practical note book</b>
2	<b>Prof. Amarpreet singh</b>	Yoga	Pdf notes	
3	<b>Prof. Inder Preet Singh</b>	Kho- Kho Game	You Tube link	<a href="https://uc.xyz/243HY9?pub=link">https://uc.xyz/243HY9?pub=link</a>

Department of Physical Education 4/04/2020				
Name	Topic	Source		
1	Dr. Sunder Singh	Anatomy of Spinal Cord	You Tube link	<a href="https://youtu.be/zxpb1-okVig">https://youtu.be/zxpb1-okVig</a>
2	Prof. Amarpreet singh	Health Education	Pdf notes	
3	Prof. Inder Preet Singh	Personal Hygiene: Benefits	You Tube link	<a href="https://uc.xyz/24Qt1Z?pub=link">https://uc.xyz/24Qt1Z?pub=link</a>
Department of Physical Education 6/04/2020				
Name	Topic	Source		
1	Dr. Sunder Singh	Blood Pressure	You Tube link	<a href="https://youtu.be/4YNdp3pRiig">https://youtu.be/4YNdp3pRiig</a>
2	Prof. Amarpreet singh	Athletics	Pdf notes	
3	Prof. Inder Preet Singh	Circulatory System	You Tube link	<a href="https://youtu.be/CUbvGv9Gxk">https://youtu.be/CUbvGv9Gxk</a>
Department of Physical Education 7/04/2020				
Name	Topic	Source		
1	Dr. Sunder Singh	N.S.N.I.S. Courses	You Tube link	<a href="https://youtu.be/mHi6VVmO-vg">https://youtu.be/mHi6VVmO-vg</a>
2	Prof. Amarpreet singh	First Aid	Pdf notes	
3	Prof. Inder Preet Singh	Health Education-1	You Tube link	<a href="https://youtu.be/B1ORcaSwklo">https://youtu.be/B1ORcaSwklo</a>
Department of Physical Education 8/04/2020				
Name	Topic	Source		
1	Dr. Sunder Singh	Aim and Objectives of P.E	You Tube link	<a href="https://youtu.be/puDJqwt5_o">https://youtu.be/puDJqwt5_o</a>
2	Prof. Amarpreet singh	Tennis	Pdf notes	
3	Prof. Inder Preet Singh	Sprain and Strain	You Tube link	<a href="https://uc.xyz/27n4A5?pub=link">https://uc.xyz/27n4A5?pub=link</a>
Department of Physical Education 9/04/2020				
Name	Topic	Source		
1	Dr. Sunder Singh	Major Muscles of Body	You Tube link	<a href="https://youtu.be/58gI3iXNnPI">https://youtu.be/58gI3iXNnPI</a>
2	Prof. Amarpreet singh	biological basis of physical Education	You Tube link	<a href="https://www.youtube.com/watch?v=PMOCH5E50rs">https://www.youtube.com/watch?v=PMOCH5E50rs</a>
3	Prof. Inder Preet Singh	Blood Composition	PPT	<a href="https://uc.xyz/27Ydld?pub=link">https://uc.xyz/27Ydld?pub=link</a>
Department of Physical Education 11/04/2020				

	Name	Topic	Source	
1	<b>Dr. Sunder Singh</b>	Medicines	You Tube link	<a href="https://youtu.be/yS3LR4CbHS8">https://youtu.be/yS3LR4CbHS8</a>
2	<b>Prof. Amarpreet singh</b>	Short Notes	PDF	
3	<b>Prof. Inder Preet Singh</b>	Basic Rules of Athletics	You Tube link	<a href="https://youtu.be/wNbA7zcnjGg">https://youtu.be/wNbA7zcnjGg</a>

### Department of Physical Education 13/04/2020

	Name	Syllabus Status	Topic	Source
1	<b>Dr. Sunder Singh</b>	100 % Completed	Revesion only	<b>Whatsapp Group/ Calling/</b>
2	<b>Prof. Amarpreet singh</b>	100 % Completed	Revesion only	<b>Whatsapp Group/Calling</b>
3	<b>Prof. Inder Preet Singh</b>	100 % Completed	Revesion only	<b>Whatsapp Group/ Calling</b>

