



Amar Shikshan Prasarak Sanstha, Mangrulpir Dist. Washim
Shri Vasantrao Naik Arts & Amarsing Naik Commerce College,
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Department of Physical Education

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E-Content:

Class	Sem.	Subject	Sr. No.	Topic	Link
B. A. & B.Com. I,II,III	I to VI	Physical Education and Sports	1	Advance Pole dive	Watch
			2	Yoga for Beginners	Watch
			3	Basics of Discus Throw	Watch
			4	History of Athletics in Hindi	Watch
			5	Rules of Hurdle Race	Watch
			6	Athletics (Track & Field)	Watch
			7	Volleyball Court Marking and Measurement	Watch
			8	Handball Court Size! Handball Court Measurement	Watch
			9	KHO KHO Chaser Rules - KHO KHO Rules and Regulation	Watch
			10	Rules of Javelin Throw	Watch
			11	Rules of Javelin Throw	Watch
			12	Gymnastics Rules	Watch
			13	Basics Shot Put Rules	Watch
			14	Basic of Long Jump	Watch
			15	Kabaddi rules	Watch
			16	Boxing Rules	Watch
			17	Wrestling Basic Drills	Watch
			18	How To Meditate For Beginners	Watch