

CUET PG 2027
COQP03 : COMMON B.ED
Arts, Music, Yoga, Theatre & Sports by Divyanshu Sir / Shalvi Ma'am

UNIT	TOPICS	DATE	TIME
Orientation		Friday, September 25, 2026	2:03 PM - 2:15 PM
Yoga	Philosophy of Yoga (Patanjali Yoga Sutra)	Friday, September 25, 2026	2:15 PM - 2:59 PM
	Types of Yoga: Raja, Bhakti, Karma, Hatha, Ashtanga	Monday, September 28, 2026	2:03 PM - 2:59 PM
	Yogic practices: Asana, Pranayama, Dhyana	Wednesday, September 30, 2026	2:03 PM - 2:59 PM
	Anatomy and physiology (basic)	Monday, October 5, 2026	2:03 PM - 2:59 PM
	Yoga for health and well-being	Wednesday, October 7, 2026	2:03 PM - 2:59 PM
	Role of Yoga in education and schools	Monday, October 12, 2026	2:03 PM - 2:59 PM
	History of Indian and Western theatre	Friday, October 16, 2026	2:03 PM - 2:59 PM
Theatre/Drama	Major playwrights and dramas	Monday, October 19, 2026	2:03 PM - 2:59 PM
	Forms: Classical, folk, modern	Friday, October 23, 2026	2:03 PM - 2:59 PM
	Improvisation, monologues, and play production	Monday, October 26, 2026	2:03 PM - 2:59 PM
	Theatre in education: Creative expression, communication, collaboration	Friday, October 30, 2026	2:03 PM - 2:59 PM
Physical Education / Sports	Foundations of physical education	Monday, November 2, 2026	2:03 PM - 2:59 PM
	Anatomy, physiology, and kinesiology (basic)	Wednesday, November 4, 2026	2:03 PM - 2:59 PM
	Sports psychology and training methods	Friday, November 6, 2026	2:03 PM - 2:59 PM
	Rules and techniques of major games and athletics	Wednesday, November 11, 2026	2:03 PM - 2:59 PM
	Health education and physical fitness	Friday, November 13, 2026	2:03 PM - 2:59 PM
	Teaching methods in physical education	Monday, November 16, 2026	2:03 PM - 2:59 PM
	Yoga and wellness	Wednesday, November 18, 2026	2:03 PM - 2:59 PM
	Sports injuries and first aid	Friday, November 20, 2026	2:03 PM - 2:59 PM
	Doubt Class	Monday, November 23, 2026	2:03 PM - 2:59 PM
	Elements and principles of art	Wednesday, November 25, 2026	2:15 PM - 2:59 PM
	Indian art history and famous artists	Friday, November 27, 2026	2:03 PM - 2:59 PM
	Folk and tribal art of India	Monday, November 30, 2026	2:03 PM - 2:59 PM
	Folk and tribal art of India part-2	Wednesday, December 2, 2026	2:03 PM - 2:59 PM
	Techniques: Drawing, painting, sculpture, printmaking	Friday, December 4, 2026	2:03 PM - 2:59 PM
	Mediums: Pencil, watercolor, oil, clay	Monday, December 7, 2026	2:03 PM - 2:59 PM
	Art and aesthetics	Wednesday, December 9, 2026	2:03 PM - 2:59 PM
	Use of art in education	Friday, December 11, 2026	2:03 PM - 2:59 PM

Arts (Visual Arts / Fine Arts)	Art appreciation and criticism	Monday, December 14, 2026	2:03 PM - 2:59 PM
	Doubt Class	Wednesday, December 16, 2026	2:03 PM - 2:59 PM
Music (Vocal/Instrumental)	Elements of music (swar, taal, laya, raag)	Friday, December 18, 2026	2:03 PM - 2:59 PM
	Indian classical music (Hindustani/Carnatic)	Monday, December 21, 2026	2:03 PM - 2:59 PM
	Folk music and devotional music traditions	Wednesday, December 23, 2026	2:03 PM - 2:59 PM
	Famous musicians and musicologists	Monday, December 28, 2026	2:03 PM - 2:59 PM
	Western music basics	Wednesday, December 30, 2026	2:03 PM - 2:59 PM
	Role of music in education and child development	Monday, January 4, 2027	2:03 PM - 2:59 PM