



**ST. STEPHEN'S COLLEGE
DELHI**

**TIME TABLE (AUGUST 2026)
VALUE ADDED COURSES for I SEM**

Papers are listed in alphanumerical order. The sequence of entries in each listing is as follows: Subject title, Day, lecture number, Room and Faculty.

(1) 8:30 AM - 9:30 AM, (2) 9:30-10:30, (3) 10:30-11:30, (4) 11:30-12:30, (5) 12:30-1:30, (6) 2:00-3:00, (7) 3:00-4:00, (8) 4:00-5:00, (9) 5:00-6:00

Example: Th(5-8) C implies that the Thursday 12:30 PM and 2-5 PM classes are in Room C.

PAPER	ROOM	FACULTY
CHEMISTRY		
Ayurveda and Nutrition	M(6-8)/CTR	Dr. Perna Higgins
National Cadet Corps -I	M(5-7)/SC1	Dr. Rakhi Thareja
COMPUTER SCIENCE		
Digital Empowerment	M(5-8) CS Lab	Mr. Rakesh Kumar
ENGLISH		
Ecology and Literature	M(5)/C, M(6,7)/AS2	Ms. Apoorva Dimri
MATHEMATICS		
Vedic Mathematics 1	M(5-7)/ AX6	Ms. Krishma Babbar
PHYSICAL EDUCATION		
Fit India	Th(5-8)/Football Field, Sports Lab, Gymnasium	Sujay John, Dr Mansi George, Guest Faculty
POLITICAL SCIENCE		
Constitutional Values and Fundamental Duties	M (5,6,7)/OPP AV	Mr. SR Ayde and G
PHYSICS		
Science and Society	Mon(5,6,7)/OPLT	Dr. Sanjay Kumar
SANSKRIT		
The Gita for Holistic Life	M(5-7)/V	Dr. Abhay Kumar
Yoga : Philosophy and Practice	M(5-7)/O	Ms. Mudita Pandey

Available slots - MONDAY 12 30 pm - 5 00 pm