

PHYSICAL EDUCATION Study Plan Faculty: Raghvendra Sir		
Chapter Name	Date	Time
Management of Sporting Events	Monday, December 29, 2025	11:00 AM- 12:00 PM
Children and Women in Sports	Tuesday, December 30, 2025	11:00 AM- 12:00 PM
YOGA AS PREVENTIVE MEASRUE FOR LIFESTYLE DISEASE	Wednesday, December 31, 2025	11:00 AM- 12:00 PM
PYQ Practice	Friday, January 2, 2026	11:00 AM- 12:00 PM
PHYSICAL EDUCATION AND SPORT FOR CHILDREN WITH SPECIAL NEEDS	Saturday, January 3, 2026	11:00 AM- 12:00 PM
SPORTS AND NUTRITION	Monday, January 5, 2026	11:00 AM- 12:00 PM
TEST AND MEASUREMENT IN SPORTS	Tuesday, January 6, 2026	11:00 AM- 12:00 PM
PYQ Practice	Wednesday, January 7, 2026	11:00 AM- 12:00 PM
PHYSIOLOGY AND INJURIES IN SPORTS	Thursday, January 8, 2026	11:00 AM- 12:00 PM
BIOMECHANICS & SPORTS	Friday, January 9, 2026	11:00 AM- 12:00 PM
PSYCHOLOGY AND SPORTS	Saturday, January 10, 2026	11:00 AM- 12:00 PM
PYQ Practice	Monday, January 12, 2026	11:00 AM- 12:00 PM
TRAINING IN SPORTS	Tuesday, January 13, 2026	11:00 AM- 12:00 PM
PYQ Practice	Wednesday, January 14, 2026	11:00 AM- 12:00 PM
MCQ Based Question Practice	Friday, January 16, 2026	11:00 AM- 12:00 PM
Sample Paper - I Solution	Wednesday, January 21, 2026	11:00 AM- 12:00 PM
Subjective Question Practice	Friday, January 23, 2026	11:00 AM- 12:00 PM
Case Based Questions	Tuesday, January 27, 2026	11:00 AM- 12:00 PM
Most Imp Questions	Wednesday, January 28, 2026	11:00 AM- 12:00 PM
Sample Paper - II Solution	Thursday, February 12, 2026	11:00 AM- 12:00 PM