

PHYSICAL EDUCATION Study Plan Faculty: Raghvendra Sir		
Chapter Name	Date	Time
Management of Sporting Events	Wednesday, January 14, 2026	10:00 AM- 11:00 AM
Children and Women in Sports	Thursday, January 15, 2026	10:00 AM- 11:00 AM
Yoga as Preventive Measure for Lifestyle Disease	Friday, January 16, 2026	10:00 AM- 11:00 AM
PYQ Practice	Saturday, January 17, 2026	10:00 AM- 11:00 AM
Physical Education and Sport for children with Special Needs	Monday, January 19, 2026	10:00 AM- 11:00 AM
Sports and Nutrition	Tuesday, January 20, 2026	10:00 AM- 11:00 AM
Test and Measurement in Sports	Thursday, January 22, 2026	10:00 AM- 11:00 AM
Physiology and Injuries in sports	Friday, January 23, 2026	10:00 AM- 11:00 AM
Biomechanics & Sports	Saturday, January 24, 2026	10:00 AM- 11:00 AM
Psychology and Sports	Tuesday, January 27, 2026	10:00 AM- 11:00 AM
Training in sports	Wednesday, January 28, 2026	10:00 AM- 11:00 AM
PYQ Practice	Wednesday, January 14, 2026	03:00 PM- 04:00 PM
MCQ Based Question Practice	Friday, January 16, 2026	03:00 PM- 04:00 PM
Sample Paper - I Solution	Wednesday, January 21, 2026	10:00 AM- 11:00 AM
Subjective Question Practice	Friday, January 23, 2026	03:00 PM- 04:00 PM
Case Based Questions	Tuesday, January 27, 2026	03:00 PM- 04:00 PM
Most Imp Questions	Wednesday, January 28, 2026	10:00 AM- 11:00 AM
Sample Paper - II Solution	Thursday, January 29, 2026	10:00 AM- 11:00 AM