

Physical Education Study Plan Faculty- Raghvendra Sir		
Chapter Name	Date	Time
Orientation	Thursday, April 24, 2025	10:00- 10:30 AM
Health Status and Programmes In India Major Diseases and Health Policies Present Health Status	Friday, April 25, 2025	10:00- 11:00 AM
Psychological and Sociological Aspects of Physical Education and Sports Psychological Aspects	Saturday, April 26, 2025	10:00- 11:00 AM
Theoretical Aspect of Games, Sports and Yogic Practice Basics of Games and Sports	Monday, April 28, 2025	10:00- 11:00 AM
Yoga Basics of Yogic Practices	Tuesday, April 29, 2025	10:00- 11:00 AM
Nutrition and Athlete's Care Food and Nutrition	Wednesday, April 30, 2025	10:00- 11:00 AM
Policy, Programmes and Career Options	Thursday, May 1, 2025	10:00- 11:00 AM
Skill Related Physical Fitness Means and methods for improvement Speed , Agility , Balance , Power	Friday, May 2, 2025	10:00- 11:00 AM
Measurement and Evaluation	Saturday, May 3, 2025	10:00- 11:00 AM