STUDY PLAN

Physical Education by Monu Madhukar Sir Time 6:0 PM to 7:00 PM		
Date	**Day**	**Topic**
Recorded Classes		Health_Class_1
		Health_Class_2
		Health_Class_3
		Health_Class_4
		Health_Class_5
		Kinesiology and Biomechanics_Class_1
		Kinesiology and Biomechanics_Class_2
		Kinesiology and Biomechanics_Class_3
		Kinesiology and Biomechanics_Class_4
		Kinesiology and Biomechanics_Class_5
		Kinesiology and Biomechanics_Class_6
		Sports Psychology_Class_1
		Sports Psychology_Class_2
		Sports Psychology_Class_3
		Sports Psychology_Class_4
		Sports Psychology_Class_5
		Sports Psychology_Class_6
		Sports Psychology_Class_7
		Sports Psychology_Class_8
		Sports Psychology_Class_9
		Sports Psychology_Class_10
		Sports Training_Class_1
		Sports Training_Class_2
		Sports Training_Class_3
		Sports Training_Class_4
		Sports Training_Class_5

Physical Education by Monu Madhukar Sir Time 6:0 PM to 7:00 PM		
Date	**Day**	**Topic**
		Sports Training_Class_6
		Sports Training_Class_7
		Sports Training_Class_8
		Sports Training_Class_9
		Sports Training_Class_10
		Miscellaneous_Class_1
		Miscellaneous_Class_2
		Miscellaneous_Class_3
		Miscellaneous_Class_4
		Miscellaneous_Class_5
29-Jul-25	Tuesday	Miscellaneous_Class_6
30-Jul-25	Wednesday	Miscellaneous_Class_7
31-Jul-25	Thursday	Miscellaneous_Class_8
1-Aug-25	Friday	Miscellaneous_Class_9
4-Aug-25	Monday	Miscellaneous_Class_10