

STUDY PLAN

Physical Education by Monu Sir Time : 7:00 PM to 8:00 PM		
Date	Day	Topic
29-Jul-25	Tuesday	Physical Education_Class_1
30-Jul-25	Wednesday	Physical Education_Class_2
31-Jul-25	Thursday	Physical Education_Class_3
1-Aug-25	Friday	Physical Education_Class_4
4-Aug-25	Monday	Physical Education_Class_5
5-Aug-25	Tuesday	Physical Education_Class_6
6-Aug-25	Wednesday	Physical Education_Class_7
7-Aug-25	Thursday	Physical Education_Class_8
8-Aug-25	Friday	Physical Education_Class_9
11-Aug-25	Monday	Physical Education_Class_10
12-Aug-25	Tuesday	Physical Education_Class_11
13-Aug-25	Wednesday	Physical Education_Class_12
14-Aug-25	Thursday	Physical Education_Class_13
15-Aug-25	Friday	Physical Education_Class_14
18-Aug-25	Monday	Physical Education_Class_15
19-Aug-25	Tuesday	Physical Education_Class_16
20-Aug-25	Wednesday	Health_Class_1
21-Aug-25	Thursday	Health_Class_2
22-Aug-25	Friday	Health_Class_3
25-Aug-25	Monday	Health_Class_4
26-Aug-25	Tuesday	Health_Class_5
27-Aug-25	Wednesday	Health_Class_6
28-Aug-25	Thursday	Health_Class_7
29-Aug-25	Friday	Kinesiology and Biomechanics_Class_1
1-Sep-25	Monday	Kinesiology and Biomechanics_Class_2
2-Sep-25	Tuesday	Kinesiology and Biomechanics_Class_3
3-Sep-25	Wednesday	Kinesiology and Biomechanics_Class_4
4-Sep-25	Thursday	Kinesiology and Biomechanics_Class_5

Physical Education by Monu Sir
Time : 7:00 PM to 8:00 PM

Date	Day	Topic
5-Sep-25	Friday	Kinesiology and Biomechanics_Class_6
8-Sep-25	Monday	Kinesiology and Biomechanics_Class_7
9-Sep-25	Tuesday	Kinesiology and Biomechanics_Class_8
10-Sep-25	Wednesday	Kinesiology and Biomechanics_Class_9
11-Sep-25	Thursday	Kinesiology and Biomechanics_Class_10
12-Sep-25	Friday	Sports Psychology_Class_1
15-Sep-25	Monday	Sports Psychology_Class_2
16-Sep-25	Tuesday	Sports Psychology_Class_3
17-Sep-25	Wednesday	Sports Psychology_Class_4
18-Sep-25	Thursday	Sports Psychology_Class_5
19-Sep-25	Friday	Sports Psychology_Class_6
22-Sep-25	Monday	Sports Psychology_Class_7
23-Sep-25	Tuesday	Sports Psychology_Class_8
24-Sep-25	Wednesday	Sports Psychology_Class_9
25-Sep-25	Thursday	Sports Psychology_Class_10
26-Sep-25	Friday	Sports Training_Class_1
29-Sep-25	Monday	Sports Training_Class_2
30-Sep-25	Tuesday	Sports Training_Class_3
1-Oct-25	Wednesday	Sports Training_Class_4
2-Oct-25	Thursday	Sports Training_Class_5
3-Oct-25	Friday	Sports Training_Class_6
6-Oct-25	Monday	Sports Training_Class_7
7-Oct-25	Tuesday	Sports Training_Class_8
8-Oct-25	Wednesday	Sports Training_Class_9
9-Oct-25	Thursday	Sports Training_Class_10
10-Oct-25	Friday	Miscellaneous_Class_1
13-Oct-25	Monday	Miscellaneous_Class_2
14-Oct-25	Tuesday	Miscellaneous_Class_3
15-Oct-25	Wednesday	Miscellaneous_Class_4