

## STUDY PLAN

Physical Education by Monu Madhukar Sir Time: 8:00 PM to 9:00 PM		
Date	Day	Topic
Recordings	Tuesday	Management in Physical Education_Class_1
Recordings	Wednesday	Management in Physical Education_Class_2
Recordings	Thursday	Management in Physical Education_Class_3
Recordings	Friday	Management in Physical Education_Class_4
Recordings	Monday	Management in Physical Education_Class_5
Recordings	Tuesday	Management in Physical Education_Class_6
Recordings	Wednesday	Management in Physical Education_Class_7
Recordings	Thursday	Management in Physical Education_Class_8
Recordings	Friday	Management in Physical Education_Class_9
Recordings	Monday	Management in Physical Education_Class_10
5-Aug-25	Tuesday	Test Measurement and Evaluation_Class_1
6-Aug-25	Wednesday	Test Measurement and Evaluation_Class_2
7-Aug-25	Thursday	Test Measurement and Evaluation_Class_3
8-Aug-25	Friday	Test Measurement and Evaluation_Class_4
11-Aug-25	Monday	Test Measurement and Evaluation_Class_5
12-Aug-25	Tuesday	Test Measurement and Evaluation_Class_6
13-Aug-25	Wednesday	Test Measurement and Evaluation_Class_7
14-Aug-25	Thursday	Test Measurement and Evaluation_Class_8
18-Aug-25	Monday	Test Measurement and Evaluation_Class_9
19-Aug-25	Tuesday	Test Measurement and Evaluation_Class_10
20-Aug-25	Wednesday	Research in Physical Education_Class_1
21-Aug-25	Thursday	Research in Physical Education_Class_2
22-Aug-25	Friday	Research in Physical Education_Class_3
25-Aug-25	Monday	Research in Physical Education_Class_4
26-Aug-25	Tuesday	Research in Physical Education_Class_5
27-Aug-25	Wednesday	Research in Physical Education_Class_6
28-Aug-25	Thursday	Research in Physical Education_Class_7
29-Aug-25	Friday	Research in Physical Education_Class_8
1-Sep-25	Monday	Research in Physical Education_Class_9

## Physical Education by Monu Madhukar Sir

**Time: 8:00 PM to 9:00 PM**

Date	Day	Topic
2-Sep-25	Tuesday	Research in Physical Education_Class_10
3-Sep-25	Wednesday	Sports Training_Class_1
4-Sep-25	Thursday	Sports Training_Class_2
5-Sep-25	Friday	Sports Training_Class_3
8-Sep-25	Monday	Sports Training_Class_4
9-Sep-25	Tuesday	Sports Training_Class_5
10-Sep-25	Wednesday	Sports Training_Class_6
11-Sep-25	Thursday	Sports Training_Class_7
12-Sep-25	Friday	Sports Training_Class_8
15-Sep-25	Monday	Sports Training_Class_9
16-Sep-25	Tuesday	Sports Training_Class_10
17-Sep-25	Wednesday	Health_Class_1
18-Sep-25	Thursday	Health_Class_2
19-Sep-25	Friday	Health_Class_3
22-Sep-25	Monday	Health_Class_4
23-Sep-25	Tuesday	Health_Class_5
24-Sep-25	Wednesday	Health_Class_6
25-Sep-25	Thursday	Health_Class_7
26-Sep-25	Friday	Health_Class_8
29-Sep-25	Monday	Health_Class_9
30-Sep-25	Tuesday	Health_Class_10
1-Oct-25	Wednesday	Development of Teacher Education for Physical Education in India_Class_1
3-Oct-25	Friday	Development of Teacher Education for Physical Education in India_Class_2
6-Oct-25	Monday	Development of Teacher Education for Physical Education in India_Class_3
7-Oct-25	Tuesday	Development of Teacher Education for Physical Education in India_Class_4
8-Oct-25	Wednesday	Development of Teacher Education for Physical Education in India_Class_5
9-Oct-25	Thursday	Development of Teacher Education for Physical Education in India_Class_6
10-Oct-25	Friday	Development of Teacher Education for Physical Education in India_Class_7
13-Oct-25	Monday	Development of Teacher Education for Physical Education in India_Class_8
14-Oct-25	Tuesday	Development of Teacher Education for Physical Education in India_Class_9
15-Oct-25	Wednesday	Development of Teacher Education for Physical Education in India_Class_10

## Physical Education by Monu Madhukar Sir

**Time: 8:00 PM to 9:00 PM**

Date	Day	Topic
16-Oct-25	Thursday	Sports Psychology_Class_1
17-Oct-25	Friday	Sports Psychology_Class_2
22-Oct-25	Wednesday	Sports Psychology_Class_3
23-Oct-25	Thursday	Sports Psychology_Class_4
24-Oct-25	Friday	Sports Psychology_Class_5
27-Oct-25	Monday	Sports Psychology_Class_6
28-Oct-25	Tuesday	Sports Psychology_Class_7
29-Oct-25	Wednesday	Sports Psychology_Class_8
30-Oct-25	Thursday	Sports Psychology_Class_9
31-Oct-25	Friday	Sports Psychology_Class_10
3-Nov-25	Monday	Kinesiology and Biomechanics_Class_1
4-Nov-25	Tuesday	Kinesiology and Biomechanics_Class_2
5-Nov-25	Wednesday	Kinesiology and Biomechanics_Class_3
6-Nov-25	Thursday	Kinesiology and Biomechanics_Class_4
7-Nov-25	Friday	Kinesiology and Biomechanics_Class_5
10-Nov-25	Monday	Kinesiology and Biomechanics_Class_6
11-Nov-25	Tuesday	Kinesiology and Biomechanics_Class_7
12-Nov-25	Wednesday	Kinesiology and Biomechanics_Class_8
13-Nov-25	Thursday	Kinesiology and Biomechanics_Class_9
14-Nov-25	Friday	Kinesiology and Biomechanics_Class_10
17-Nov-25	Monday	Exercise Physiology_Class_1
18-Nov-25	Tuesday	Exercise Physiology_Class_2
19-Nov-25	Wednesday	Exercise Physiology_Class_3
20-Nov-25	Thursday	Exercise Physiology_Class_4
21-Nov-25	Friday	Exercise Physiology_Class_5
24-Nov-25	Monday	Exercise Physiology_Class_6
25-Nov-25	Tuesday	Exercise Physiology_Class_7
26-Nov-25	Wednesday	Exercise Physiology_Class_8
27-Nov-25	Thursday	Exercise Physiology_Class_9
28-Nov-25	Friday	Exercise Physiology_Class_10
1-Dec-25	Monday	Physical Education_Class_1

**Physical Education by Monu Madhukar Sir**

**Time: 8:00 PM to 9:00 PM**

Date	Day	Topic
2-Dec-25	Tuesday	Physical Education_Class_2
3-Dec-25	Wednesday	Physical Education_Class_3
4-Dec-25	Thursday	Physical Education_Class_4
5-Dec-25	Friday	Physical Education_Class_5
8-Dec-25	Monday	Physical Education_Class_6
9-Dec-25	Tuesday	Physical Education_Class_7
11-Dec-25	Thursday	Physical Education_Class_8
12-Dec-25	Friday	Physical Education_Class_9
15-Dec-25	Monday	Physical Education_Class_10



