

STUDY PLAN

Physical Education by Monu Madhukar Sir Time 6:0 PM to 7:00 PM

Date	Day	Topic
28-Aug-25	Thursday	Kinesiology and Biomechanics_Class_1
29-Aug-25	Friday	Kinesiology and Biomechanics_Class_2
1-Sep-25	Monday	Kinesiology and Biomechanics_Class_3
2-Sep-25	Tuesday	Kinesiology and Biomechanics_Class_4
3-Sep-25	Wednesday	Kinesiology and Biomechanics_Class_5
4-Sep-25	Thursday	Sports Psychology_Class_1
5-Sep-25	Friday	Sports Psychology_Class_2
8-Sep-25	Monday	Sports Psychology_Class_3
9-Sep-25	Tuesday	Sports Psychology_Class_4
10-Sep-25	Wednesday	Sports Psychology_Class_5
11-Sep-25	Thursday	Sports Psychology_Class_6
12-Sep-25	Friday	Sports Psychology_Class_7
15-Sep-25	Monday	Sports Psychology_Class_8
16-Sep-25	Tuesday	Sports Psychology_Class_9
17-Sep-25	Wednesday	Sports Psychology_Class_10
18-Sep-25	Thursday	Sports Training_Class_1
19-Sep-25	Friday	Sports Training_Class_2
22-Sep-25	Monday	Sports Training_Class_3
23-Sep-25	Tuesday	Sports Training_Class_4
24-Sep-25	Wednesday	Sports Training_Class_5
25-Sep-25	Thursday	Sports Training_Class_6
26-Sep-25	Friday	Sports Training_Class_7
29-Sep-25	Monday	Sports Training_Class_8
30-Sep-25	Tuesday	Sports Training_Class_9
1-Oct-25	Wednesday	Sports Training_Class_10
2-Oct-25	Thursday	Miscellaneous_Class_1

3-Oct-25	Friday	Miscellaneous_Class_2
6-Oct-25	Monday	Miscellaneous_Class_3
7-Oct-25	Tuesday	Miscellaneous_Class_4
8-Oct-25	Wednesday	Miscellaneous_Class_5
9-Oct-25	Thursday	Miscellaneous_Class_6
10-Oct-25	Friday	Miscellaneous_Class_7
13-Oct-25	Monday	Miscellaneous_Class_8
14-Oct-25	Tuesday	Miscellaneous_Class_9
15-Oct-25	Wednesday	Miscellaneous_Class_10