

STUDY PLAN

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

Date	Day	Topic
29-Sep-25	Monday	Health_Class_1
30-Sep-25	Tuesday	Health_Class_2
1-Oct-25	Wednesday	Health_Class_3
3-Oct-25	Friday	Health_Class_4
6-Oct-25	Monday	Health_Class_5
7-Oct-25	Tuesday	Kinesiology and Biomechanics_Class_1
8-Oct-25	Wednesday	Kinesiology and Biomechanics_Class_2
9-Oct-25	Thursday	Kinesiology and Biomechanics_Class_3
10-Oct-25	Friday	Kinesiology and Biomechanics_Class_4
13-Oct-25	Monday	Kinesiology and Biomechanics_Class_5
14-Oct-25	Tuesday	Kinesiology and Biomechanics_Class_6
15-Oct-25	Wednesday	Sports Psychology_Class_1
16-Oct-25	Thursday	Sports Psychology_Class_2
17-Oct-25	Friday	Sports Psychology_Class_3
22-Oct-25	Wednesday	Sports Psychology_Class_4
23-Oct-25	Thursday	Sports Psychology_Class_5
24-Oct-25	Friday	Sports Psychology_Class_6
27-Oct-25	Monday	Sports Psychology_Class_7
28-Oct-25	Tuesday	Sports Psychology_Class_8
29-Oct-25	Wednesday	Sports Psychology_Class_9
30-Oct-25	Thursday	Sports Psychology_Class_10
31-Oct-25	Friday	Sports Training_Class_1
3-Nov-25	Monday	Sports Training_Class_2
4-Nov-25	Tuesday	Sports Training_Class_3
5-Nov-25	Wednesday	Sports Training_Class_4
6-Nov-25	Thursday	Sports Training_Class_5
7-Nov-25	Friday	Sports Training_Class_6
10-Nov-25	Monday	Sports Training_Class_7
11-Nov-25	Tuesday	Sports Training_Class_8

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Date	Day	Topic
12-Nov-25	Wednesday	Sports Training_Class_9
13-Nov-25	Thursday	Sports Training_Class_10
14-Nov-25	Friday	Miscellaneous_Class_1
17-Nov-25	Monday	Miscellaneous_Class_2
18-Nov-25	Tuesday	Miscellaneous_Class_3
19-Nov-25	Wednesday	Miscellaneous_Class_4
20-Nov-25	Thursday	Miscellaneous_Class_5
21-Nov-25	Friday	Miscellaneous_Class_6
24-Nov-25	Monday	Miscellaneous_Class_7
25-Nov-25	Tuesday	Miscellaneous_Class_8
26-Nov-25	Wednesday	Miscellaneous_Class_9
27-Nov-25	Thursday	Miscellaneous_Class_10

