

Physical Education by Monu Madhukar Sir

Time 6:0 PM to 7:00 PM

Date	Day	Topic
22-Sep-25	Monday	Health_Class_1
23-Sep-25	Tuesday	Health_Class_2
24-Sep-25	Wednesday	Health_Class_3
25-Sep-25	Thursday	Health_Class_4
26-Sep-25	Friday	Health_Class_5
29-Sep-25	Monday	Kinesiology and Biomechanics_Class_1
30-Sep-25	Tuesday	Kinesiology and Biomechanics_Class_2
1-Oct-25	Wednesday	Kinesiology and Biomechanics_Class_3
3-Oct-25	Friday	Kinesiology and Biomechanics_Class_4
6-Oct-25	Monday	Kinesiology and Biomechanics_Class_5
7-Oct-25	Tuesday	Kinesiology and Biomechanics_Class_6
8-Oct-25	Wednesday	Sports Psychology_Class_1
9-Oct-25	Thursday	Sports Psychology_Class_2
10-Oct-25	Friday	Sports Psychology_Class_3
13-Oct-25	Monday	Sports Psychology_Class_4
14-Oct-25	Tuesday	Sports Psychology_Class_5
15-Oct-25	Wednesday	Sports Psychology_Class_6
16-Oct-25	Thursday	Sports Psychology_Class_7
17-Oct-25	Friday	Sports Psychology_Class_8
22-Oct-25	Wednesday	Sports Psychology_Class_9
23-Oct-25	Thursday	Sports Psychology_Class_10
24-Oct-25	Friday	Sports Training_Class_1
27-Oct-25	Monday	Sports Training_Class_2
28-Oct-25	Tuesday	Sports Training_Class_3
29-Oct-25	Wednesday	Sports Training_Class_4
30-Oct-25	Thursday	Sports Training_Class_5
31-Oct-25	Friday	Sports Training_Class_6
3-Nov-25	Monday	Sports Training_Class_7
4-Nov-25	Tuesday	Sports Training_Class_8
5-Nov-25	Wednesday	Sports Training_Class_9

Date	Day	Topic
6-Nov-25	Thursday	Sports Training_Class_10
7-Nov-25	Friday	Miscellaneous_Class_1
10-Nov-25	Monday	Miscellaneous_Class_2
11-Nov-25	Tuesday	Miscellaneous_Class_3
12-Nov-25	Wednesday	Miscellaneous_Class_4
13-Nov-25	Thursday	Miscellaneous_Class_5

