

University of Jammu

Directorate of Sports and Physical Education, **TIME TABLE** for the **B.P. Ed III-Semester** (Batch 2021-2023)

Days	7:00am-7:40am	7:50am-8:30	10am-10:40am	10:40am-11:20am	11:30am-12:10pm	12:10pm-12:50pm	03:30pm-5:00pm	
	Practical		Theory				Practical	
Monday (Formal Dress)	Common Assembly & Conditioning (Vimal k)	PC301/ PC303 (Inderjeet S/Rishiv S)	CC302 Dr. Mahak	CC303 Ms. Richa Mandla	B	CC301 Mr. Rishiv S	CC304 Mr. Vimal K	PC302/ PC304 (Harinder P/Mandeep S)
Tuesday		PC301/ PC303 (Inderjeet S/Rishiv S)	CC302 Dr. Mahak	CC303 Ms. Richa Mandla	R	CC301 Mr. Rishiv S	CC304 Mr. Vimal K	PC302/ PC304 (Harinder P/Mandeep S)
Wednesday		PC301/ PC303 (Inderjeet S/Rishiv S)	CC302 Dr. Mahak	CC303 Ms. Richa Mandla	E	CC301 Mr. Rishiv S	CC304 Mr. Vimal K	PC302/ PC304 (Harinder P/Mandeep S)
Thursday (Formal Dress)		PC301/ PC303 (Inderjeet S/Rishiv S)	CC302 Dr. Mahak	CC303 Ms. Richa Mandla	A	CC301 Mr. Rishiv S	CC304 Mr. Vimal K	PC302/ PC304 (Harinder P/Mandeep S)
Friday		Intramural Competition/Trekking	CC302 Dr. Mahak	CC303 Ms. Richa Mandla	K	CC301 Mr. Rishiv S	CC304 Mr. Vimal K	Intramural Competition / Cross-country
Saturday	Online Classes through LMS		CC302 Dr. Mahak	CC303 Ms. Richa Mandla		CC301 Mr. Rishiv S	CC304 Mr. Vimal K	

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
CC301	Officiating & Coaching	Mr. Rishiv Sharma	PC301	Track & Field: Triple Jump, Javelin Throw, Long Jump and Distance Races	Mr. Inderjeet Singh
CC302	Sports Psychology and Sociology	Dr. Mahak	PC302	Combative Sports: Wrestling/Boxing	Mr. Harinder Pal Singh
CC303	Sports Medicine, Physiotherapy and Rehabilitation	Ms. Richa Mandla	PC303	Football & Hockey	Mr. Rishiv Sharma
CC304	Olympic Movement	Mr. Vimal Kishore	PC304	Classroom Teaching on the topic of the syllabus	Dr. Mandeep Singh

(Dr. Daud Iqbal Baba)
HOD, Physical Education

Mandeep Nathyal