

University of Jammu

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

Days	07am-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)	PSMPPC101/104 (Manu S/ Richa M)	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K	B R E A K	PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	PSMPPC102/103 (Rishav/Harinder P/Mahak)
Tuesday		PSMPPC101/104 (Manu S/ Richa M)	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K		PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	PSMPPC102/103 (Rishav/Mahak)
Wednesday		PSMPPC101/104 (Manu S/ Richa M)	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K		PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	PSMPPC102/103 (Rishav/Mahak)
Thursday (Formal Dress)		PSMPPC101/104 (Manu S/ Richa M)	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K		PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	PSMPPC102/103 (Rishav/Mahak)
Friday		Intramural Competition/Trekking	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K		PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	Intramural Competition / Cross-country
Saturday		Online Classes through LMS	PSMPTC104 Mrs. Manu S Pawar	PSMPTC102 Mr. Vimal K		PSMPTC103 Dr. Mahak	PSMPTC101 Dr. Mandeep S	

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
PSMPTC101	Research Process in Phy.Edu. & Sports Sciences	Dr. Mandeep Singh	PSMPPC101	Track & Field: Sprint, Long Jump, Shot Put	Ms. Richa Mandla
PSMPTC102	Exercise Physiology	Mr. Vimal Kishore	PSMPPC102	Coaching Skill: Kabaddi & Cricket	Mr. Harinder Pal Singh / Rishiv Sharma
PSMPTC103	Yogic Science	Dr. Mahak	PSMPPC103	Aerobic/Yoga	Dr. Mahak
PSMPTC104	Test, Measurement & Evaluation in Phy.Edu.	Mrs. Manu Singh Pawar	PSMPPC104	Coaching Skill: Volleyball & Table Tennis	Mrs. Manu Singh Pawar

Mandeep Nathyal

(Dr. Daud Iqbal Baba)
HOD, Physical Education