



University of Jammu

Directorate of Sports and Physical Education

TIME TABLE for the B.P. Ed 3rd -Semester (Non-CBCS -Session 2024-2026)



Days	6:30am-7:20am	7:20am-8:40am	10:00am-11:00am	11:00 am- 12:00 noon	12:10pm-1:10pm	1:10pm-2:10pm	3:30pm-5:30pm
		Practical	Theory				Practical
Monday		PC-301/ PC-303 Dr. Inderjeet Singh (Track & Field) Mr. Gagan Kumar (Football) Mr. Rishiv Sharma (Hockey)	CC-302 Dr. Mahak	CC-303 Dr. Vimal Kishore	CC-301 Dr. Inderjeet Singh	CC-304 Dr. Mandeep Singh/ Mr. Rishiv Sharma	PC302/ TP-301 Sh. Jai Bharat (Wrestling) S. Harinderpal Singh (Boxing) Dr. Mandeep Singh (Teaching Practice) Dr. Mahak (Teaching Practice)
Tuesday		PC-301/ PC-303 Dr. Inderjeet Singh (Track & Field) Mr. Gagan Kumar (Football) Mr. Rishiv Sharma (Hockey)	CC-302 Dr. Mahak	CC-303 Dr. Vimal Kishore	CC-301 Dr. Inderjeet Singh	CC-304 Dr. Mandeep Singh/ Mr. Rishiv Sharma	PC302/ TP-301 Sh. Jai Bharat (Wrestling) S. Harinderpal Singh (Boxing) Dr. Mandeep Singh (Teaching Practice) Dr. Mahak (Teaching Practice)
Wednesday		PC-301/ PC-303 Dr. Inderjeet Singh (Track & Field) Mr. Gagan Kumar (Football) Mr. Rishiv Sharma (Hockey)	CC-302 Dr. Mahak	CC-303 Dr. Vimal Kishore	CC-301 Dr. Inderjeet Singh	CC-304 Dr. Mandeep Singh/ Mr. Rishiv Sharma	PC302/ TP-301 Sh. Jai Bharat (Wrestling) S. Harinderpal Singh (Boxing) Dr. Mandeep Singh (Teaching Practice) Dr. Mahak (Teaching Practice)
Thursday		PC-301/ PC-303 Dr. Inderjeet Singh (Track & Field) Mr. Gagan Kumar (Football) Mr. Rishiv Sharma (Hockey)	CC-302 Dr. Mahak	CC-303 Dr. Vimal Kishore	CC-301 Dr. Inderjeet Singh	CC-304 Dr. Mandeep Singh/ Mr. Rishiv Sharma	PC302/ TP-301 Sh. Jai Bharat (Wrestling) S. Harinderpal Singh (Boxing) Dr. Mandeep Singh (Teaching Practice) Dr. Mahak (Teaching Practice)
Friday	Intramural Competition/Skill enhancement (Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Ravish Vaid, Sh. Vikas Karlopiya, Mr. Gagan Kumar, Sdr. P.D. Singh, Sh. Jai Bharat, S. Harinderpal Singh, Dr. Inderjeet Singh, Dr. Mahak, Mr. Rishiv Sharma & Ms. Richa Mandla)						

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
CC-301	Officiating and Coaching	Dr. Inderjeet Singh	PC-301	Track & Field (Triple Jump, Javelin Throw, Long Distance Races)	Dr. Inderjeet Singh
CC-302	Sports Psychology and Sports Sociology	Dr. Mahak	PC-302	Combative Sports : Boxing, Wrestling	S. Harinderpal Singh, Mr. Jai Bharat Sharma
CC-303	Sports Medicine, Physiotherapy and Rehabilitation	Dr. Vimal Kishore	PC-303	Team Games: Football, Hockey	Mr. Gagan Kumar, Sdr. P.D Singh
CC-304	Olympic Movement	Mr. Rishiv Sharma	TP-301	Teaching Practice	Dr. Mandeep Singh, Dr. Mahak

(Dr. Daud Iqbal Baba)



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		Practical	Theory				Practical
Monday	Common Assembly & Conditioning (Dr. Vimal Kishore)	PSMPPC-301/304 Dr. Vimal Kishore, Ms. Richa Mandla (Track & Field) Sh. Gagan Kumar (Football) Sh. Ravish Vaid (Table-Tennis)	PSMPTC-301/Dissertation Dr. Mandeep Singh, Dr. Vimal Kishore, Mr. Ravish Vaid, Mr. Vikas Karlopie, Mr. Gagan Kumar, Dr. Inderjeet Singh, Dr. Mahak, S. Harinderpal Singh, Mr. Rishiv Sharma, Ms. Richa Mandla/ S. Harinderpal Singh	PSMPTC-303 Dr. Mandeep Singh	PSMPTC-304 Ms. Richa Mandla	PSMPTC-302 Dr. Vimal Kishore	PSMPPC-302/303 S. Harinderpal Singh (Boxing) Sh. Jai Bharat Sharma (Wrestling) Dr. Mandeep Singh (Coaching Lessons of Track and Field)
Tuesday		PSMPPC-301/304 Dr. Vimal Kishore, Ms. Richa Mandla (Track & Field) Sh. Gagan Kumar (Football) Sh. Ravish Vaid (Table-Tennis)	PSMPTC-301/Dissertation Dr. Mandeep Singh, Dr. Vimal Kishore, Mr. Ravish Vaid, Mr. Vikas Karlopie, Mr. Gagan Kumar, Dr. Inderjeet Singh, Dr. Mahak, S. Harinderpal Singh, Mr. Rishiv Sharma, Ms. Richa Mandla/ S. Harinderpal Singh	PSMPTC-303 Dr. Mandeep Singh	PSMPTC-304 Ms. Richa Mandla	PSMPTC-302 Dr. Vimal Kishore	PSMPPC-302/303 S. Harinderpal Singh (Boxing) Sh. Jai Bharat Sharma (Wrestling) Dr. Mandeep Singh (Coaching Lessons of Track and Field)
Wednesday		PSMPPC-301/304 Dr. Vimal Kishore, Ms. Richa Mandla (Track & Field) Sh. Gagan Kumar (Football) Sh. Ravish Vaid (Table-Tennis)	PSMPTC-301/Dissertation Dr. Mandeep Singh, Dr. Vimal Kishore, Mr. Ravish Vaid, Mr. Vikas Karlopie, Mr. Gagan Kumar, Dr. Inderjeet Singh, Dr. Mahak, S. Harinderpal Singh, Mr. Rishiv Sharma, Ms. Richa Mandla/ S. Harinderpal Singh	PSMPTC-303 Dr. Mandeep Singh	PSMPTC-304 Ms. Richa Mandla	PSMPTC-302 Dr. Vimal Kishore	PSMPPC-302/303 S. Harinderpal Singh (Boxing) Sh. Jai Bharat Sharma (Wrestling) Dr. Mandeep Singh (Coaching Lessons of Track and Field)
Thursday		PSMPPC-301/304 Dr. Vimal Kishore, Ms. Richa Mandla (Track & Field) Sh. Gagan Kumar (Football) Sh. Ravish Vaid (Table-Tennis)	PSMPTC-301/Dissertation Dr. Mandeep Singh, Dr. Vimal Kishore, Mr. Ravish Vaid, Mr. Vikas Karlopie, Mr. Gagan Kumar, Dr. Inderjeet Singh, Dr. Mahak, S. Harinderpal Singh, Mr. Rishiv Sharma, Ms. Richa Mandla/ S. Harinderpal Singh	PSMPTC-303 Dr. Mandeep Singh	PSMPTC-304 Ms. Richa Mandla	PSMPTC-302 Dr. Vimal Kishore	PSMPPC-302/303 S. Harinderpal Singh (Boxing) Sh. Jai Bharat Sharma (Wrestling) Dr. Mandeep Singh (Coaching Lessons of Track and Field)
Friday	Intramural Competition/Skill enhancement (Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Ravish Vaid, Sh. Vikas Karlopie, Mr. Gagan Kumar, Sdr. P.D. Singh, Sh. Jai Bharat, S. Harinderpal Singh, Dr. Inderjeet Singh, Dr. Mahak, Mr. Rishiv Sharma & Ms. Richa Mandla)						
Saturday	Online Classes through LMS	PSMPTC-301 S. Harinderpal Singh	PSMPTC-303 Dr. Mandeep Singh	PSMPTC-304 Ms. Richa Mandla	PSMPTC-302 Dr. Vimal Kishore		

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
PSMPTC 301	Dissertation/ Value and Environmental Education	Dr. Mandeep Singh, Dr. Vimal Kishore, Sh. Ravish Vaid, Sh. Vikas Karlopie, Sh. Gagan Kumar, Dr. Inderjeet Singh, Dr. Mahak, S. Harinderpal Singh, Mr. Rishiv Sharma, Ms. Richa Mandla, S. Harinderpal Singh	PSMPPC-301	Track and Field (Throwing Events)	Dr. Vimal Kishore Ms. Richa Mandla
PSMPTC 302	Scientific Principles of Sports Training	Dr. Vimal Kishore	PSMPPC-302	Game specialization (Boxing, Wrestling)	S. Harinderpal Singh, Sh. Jai Bharat Sharma
PSMPTC 303	Sports Medicine	Dr. Mandeep Singh	PSMPPC-303	Coaching Lessons of Track and Field (Sprints, Relay Races)	Dr. Mandeep Singh
PSMPTC 304	Health Education and Sports Nutrition	Ms. Richa Mandla	PSMPPC-304	Football and Table Tennis	Sh. Gagan Kumar Sh. Ravish Vaid

(Dr. Daud Iqbal Baba)
HOD/Director