

Days	07:00am-7:40am	7:50am-8:30	Theory				3:00pm 4:30pm
			10:00am-10:40am	10:40am-11:20pm	11:30pm-12:10pm	12:10 -12:50	
Monday	Practical	PC102/104	CC-103	CC-101	CC-102	CC-104	Practical PC101/PC103 Sh. Vikas Karlopiya/ Mr. Manjeet Korwal / Sh. Jai Bharat /Dr. Mahak
		Mr. Inderjeet Singh/ Ms. Manu Singh Pawar/Sh. Gagan Kumar/ Ms. Richa Mandla	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
		Common Assembly & Conditioning (Vimal K)	CC-103	CC-101	CC102	CC104	
		PC102/104	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
Tuesday	Practical	PC102/104	CC-103	CC-101	CC102	CC104	Practical PC101/PC103 Sh. Vikas Karlopiya/ Mr. Manjeet Korwal / Sh. Jai Bharat /Dr. Mahak
		Mr. Inderjeet Singh/ Ms. Manu Singh Pawar/Sh. Gagan Kumar/ Ms. Richa Mandla	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
Wednesday	Practical	PC102/104	CC-103	CC-101	CC102	CC104	Practical PC101/PC103 Sh. Vikas Karlopiya/ Mr. Manjeet Korwal / Sh. Jai Bharat /Dr. Mahak
		Mr. Inderjeet Singh/ Ms. Manu Singh Pawar/Sh. Gagan Kumar/ Ms. Richa Mandla	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
Thursday	Practical	PC102/104	CC-103	CC-101	CC102	CC104	Practical PC101/PC103 Sh. Vikas Karlopiya/ Mr. Manjeet Korwal / Sh. Jai Bharat /Dr. Mahak
		Mr. Inderjeet Singh/ Ms. Manu Singh Pawar/Sh. Gagan Kumar/ Ms. Richa Mandla	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
Friday	Practical	PC102/104	CC-103	CC-101	CC102	CC104	Practical PC101/PC103 Sh. Vikas Karlopiya/ Mr. Manjeet Korwal / Sh. Jai Bharat /Dr. Mahak
		Mr. Inderjeet Singh/ Ms. Manu Singh Pawar/Sh. Gagan Kumar/ Ms. Richa Mandla	Ms. Richa Mandla	Mr. Inderjeet Singh	Mr. Vimal Kishore	Mr. Rishiv Sharma	
Daily							
Game Specialization							
Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher	Intramural Competition	
						4:30pm to 5:00pm	
CC-101	History, Principles and Foundation of Physical Education	Mr. Inderjeet Singh	PC-101	Callisthenic-Mass PT, free Hand Exercises, Band Drills	Sh. Vikas Karlopiya/ Mr. Manjeet Singh		
CC-102	Anatomy and Physiology	Mr. Vimal Kishore	PC-102	Track and Field- Sprints, long jump and Shoput	S. Inderjeet Singh/Ms. Manu Singh Pawar		
CC-103	Health Education and Environmental Studies	Ms. Richa Mandla	PC-103	Gymnastic and Aerobics	Sh. Jai Bharat /Dr. Mahak		
CC-104	Computer Application in Physical Education	Mr. Rishiv Sharma	PC-104	Kabaddi & Kho-Kho	Sh. Gagan Kumar/Ms. Richa Mandla		

(Dr. Dard Iqbal Babbar)
 Director of Sports
 Directorate of Sports

University of Jammu

Directorate of Sports and Physical Education

TIMETABLE for the B.P. Ed III-Semester (Batch 2024-2026)

Days	7:00am-7:40am	7:50am-8:30	10:00am-10:40am	10:40am-11:20pm	11:30pm-12:10pm	12:10-12:50	3:00pm 4:30pm
Monday	Common Assembly & Conditioning (Vimal K)	PC-301/302	CC-304	CC-301	CC-302	CC-303	PC-303/304
		Dr. Mandeep Singh/Ms. Manu Singh Pawar/ Mr. Inderjeet Singh/ Sh. Jai Bharat /Mr. Harinderpal Singh	Mr. Harinderpal Singh	Mr. Rishiv Sharma	Dr. Mahak	Dr. Mandeep Singh	Dr. Mandeep Singh /Mr. Vimal Kishore/ Sh. Gagan Kumar/ S. P.D Singh/ Mr. Rishiv Sharma / Dr. Mahak
Tuesday		PC-301/302	CC-304	CC-301	CC-302	CC-303	PC-303/304
		Dr. Mandeep Singh/Ms. Manu Singh Pawar/ Mr. Inderjeet Singh/ Sh. Jai Bharat /Mr. Harinderpal Singh	Mr. Harinderpal Singh	Mr. Rishiv Sharma	Dr. Mahak	Dr. Mandeep Singh	Dr. Mandeep Singh /Mr. Vimal Kishore/ Sh. Gagan Kumar/ S. P.D Singh/ Mr. Rishiv Sharma / Dr. Mahak
Wednesday		PC-301/302	CC-304	CC-301	CC-302	CC-303	PC-303/304
		Dr. Mandeep Singh/Ms. Manu Singh Pawar/ Mr. Inderjeet Singh/ Sh. Jai Bharat /Mr. Harinderpal Singh	Mr. Harinderpal Singh	Mr. Rishiv Sharma	Dr. Mahak	Dr. Mandeep Singh	Dr. Mandeep Singh /Mr. Vimal Kishore/ Sh. Gagan Kumar/ S. P.D Singh/ Mr. Rishiv Sharma / Dr. Mahak
Thursday		PC-301/302	CC-304	CC-301	CC-302	CC-303	PC-303/304
		Dr. Mandeep Singh/Ms. Manu Singh Pawar/ Mr. Inderjeet Singh/ Sh. Jai Bharat /Mr. Harinderpal Singh	Mr. Harinderpal Singh	Mr. Rishiv Sharma	Dr. Mahak	Dr. Mandeep Singh	Dr. Mandeep Singh /Mr. Vimal Kishore/ Sh. Gagan Kumar/ S. P.D Singh/ Mr. Rishiv Sharma / Dr. Mahak
Friday	Intramural Competition						
Daily	Intramural Competition						
Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher		
CC-301	Officiating and Coaching	Mr. Rishiv Sharma	PC-301	Track and Field- Triple Jump, Javelin Throw, long jump and Distance Races.	Dr. Mandeep Singh /Ms. Manu Singh Pawar /Ms. Richa Mandla.		
CC-302	Sports Psychology	Dr. Mahak	PC-302	Combative Sports: Wrestling & Boxing	Sh. Jai Bharat /Mr. Harinderpal Singh		
CC-303	Sports Medicine	Dr. Mandeep Singh	PC-303	Football & Hockey	Sh. Gagan Kumar/ S. P. D Singh/ Mr. Rishiv Sharma.		
CC-304	Olympic Movement	Mr. Harinderpal Singh	PC-304	Classroom Teaching on the Topic of the syllabus (Room No. 01 Ground Floor New Building)	Dr. Mandeep Singh/ Dr. Mahak		
							Intramural Competition
							4:30pm to 5:00pm

Director/HOD
Directorate of Sports
And Physical Education
University of Jammu