

**University of Jammu**  
**Directorate of Sports and Physical Education**  
**TIME TABLE for the M.P. Ed I-Semester (Batch 2024-2026)**

Days	07:00am-7:40am		7:50am-8:30		10am-10:40am		10:40am-11:20pm		11:30pm-12:10pm		12:10 -12:50		03:00pm-4:30pm													
	Practical						Theory						Practical													
Monday	Common Assembly & Conditioning (Vimal K)														PSMPPC101/104	Mr. Rishiv Sharma/ Mr. Vimal Kishore / Sh. Vikas Karlopia /Mrs. Manu S Pawar	PSMPTC-101	Dr. Mandeep Singh	PSMPTC-103	Dr. Mahak	PSMPTC-104	(Ms. Manu S. Pawar)	PSMPTC-102	Mr. Vimal Kishore	PSMPPC102/103	Sh. Raj Kumar Bakshi/ Mr. Manjeet Singh/ Sh. Ravish Vaid/S. Harinderpal Singh
															PSMPPC101/104	Mr. Rishiv Sharma/ Mr. Vimal Kishore / Sh. Vikas Karlopia /Mrs. Manu S Pawar	PSMPTC-101	Dr. Mandeep Singh	PSMPTC-103	Dr. Mahak	PSMPTC-104	(Ms. Manu S. Pawar)	PSMPTC-102	Mr. Vimal Kishore	PSMPPC101/103	Sh. Raj Kumar Bakshi/ Mr. Manjeet Singh/ Sh. Ravish Vaid/S. Harinderpal Singh
															PSMPPC101/104	Mr. Rishiv Sharma/ Mr. Vimal Kishore / Sh. Vikas Karlopia /Mrs. Manu S Pawar	PSMPTC-101	Dr. Mandeep Singh	PSMPTC-103	Dr. Mahak	PSMPTC-104	(Ms. Manu S. Pawar)	PSMPTC-102	Mr. Vimal Kishore	PSMPPC101/103	Sh. Raj Kumar Bakshi/ Mr. Manjeet Singh/ Sh. Ravish Vaid/S. Harinderpal Singh
Tuesday	Intramural Competition																									
Wednesday	Intramural Competition																									
Thursday	Intramural Competition																									
Friday	Intramural Competition																									
<b>Daily</b>																										
Course Code (Theory)		Course Title		Name of Teacher		Course Code (Practical)		Course Title		Name of Teacher		Game Specialization			4:30pm to 5:00pm											
PSMPTC-101		Research Process in Physical Education and Sports Science		Dr. Mandeep Singh		PSMPPC-101		Track & Field-Sprint, Long Jump and Shotgun		Mr. Vimal Kishore /Mr. Rishiv Sharma																
PSMPTC-102		Exercise Physiology		Mr. Vimal Kishore		PSMPPC-102		Coaching Skill- Kabaddi and Cricket		Sh. Raj Kumar Bakshi/ Mr. Manjeet Singh																
PSMPTC-103		Yogic Sciences		Dr. Mahak		PSMPPC-103		Aerobics / Yoga		Sh. Ravish Vaid / S. Harinderpal Singh																
PSMPTC-104		Test, Measurement and Evaluation in Phy. Edu.		Mrs. Manu S Pawar		PSMPPC-104		Coaching Skills Volleyball and Table tennis		Sh. Vikas Karlopia / Mrs. Manu S Pawar																

**Director/HOD**  
**Directorate of Sports**  
**And Physical Education**

**University of Jammu**  
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**TIME TABLE for the M.P. Ed III-Semester (Batch 2024-2026)**

Days	7:00am-7:40am	7:50am-8:30	10am-10:40am	10:40am-11:20pm	11:30pm-12:10pm	12:10 -12:50	03:00pm-4:30pm									
								Practical				Theory				
Monday																
	PSMPPC-301/303 Mr. Manjeet Kotwal/ Mr. Inderjeet Singh				PSMPTC-301 Mrs. Mannu S Pawar				PSMPTC-302 Mr. Vikas Karloplia							
Tuesday	Common Assembly & Conditioning (Vimal K)				PSMPPC-301/303 Mr. Manjeet Kotwal/ Mr. Inderjeet Singh				PSMPTC-301 Mrs. Mannu S Pawar				PSMPTC-302 Mr. Vikas Karloplia			
					PSMPPC-301/303 Mr. Manjeet Kotwal/ Mr. Inderjeet Singh				PSMPTC-301 Mrs. Mannu S Pawar				PSMPTC-302 Mr. Vikas Karloplia			
Wednesday					PSMPPC-301/303 Mr. Manjeet Kotwal/ Mr. Inderjeet Singh				PSMPTC-301 Mrs. Mannu S Pawar				PSMPTC-302 Mr. Vikas Karloplia			
Thursday					PSMPPC-301/303 Mr. Manjeet Kotwal/ Mr. Inderjeet Singh				PSMPTC-301 Mrs. Mannu S Pawar				PSMPTC-302 Mr. Vikas Karloplia			
Friday					Intramural Competition				Game Specialization				Intramural Competition			
<b>Daily</b>																
Course Code (Theory)	Course Title		Name of Teacher		Course Code (Practical)	Course Title		Name of Teacher								
PSMPTC-301	*Value & Environmental Education		*Mrs. Mannu S Pawar		PSMPPC-301	Track & Field: Throwing Events		Mr. Manjeet Kotwal / Ms. Richa Mandla								
	**Dissertation		Dr. Mandeep Singh/Mr. Vimal Kishore/ Dr. Mahak/S. Inderjeet Singh/ S. Harinderpal Singh / Ms. Mannu S. Pawar/Mr. Rishiv Sharma/Ms. Richa Mandla			Game Specialization: Boxing & Wrestling		Sh. Jai Bharat /Mr. Harinderpal Singh								
PSMPTC-302	Scientific Principals of Sports Training		Mr. Vikas Karloplia		PSMPPC-302	Coaching Lessons on Track & Field: Sprint & Relay Races		Mr. Inderjeet Singh/Mr. Rishiv Sharma								
PSMPTC-303	Sports Medicine		Ms. Richa Mandla		PSMPPC-303	Health Education & Sports Nutrition		Mr. Ravish Vaid								
PSMPTC-304					PSMPPC-304											

**Director/MD**  
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