

University of Jammu
Directorate of Sports and Physical Education

TIME TABLE for the M.P. Ed II-Semester (Batch 2023-2025)

Days	07:00am-7:40am	7:50am-8:30am	10am-10:40am	10:40am-11:20pm	11:20pm-12:00pm	12:00Pm - 12:40Pm	03:00pm-4:00pm	4:00Pm-5:00 Pm
	Common Assembly & Conditioning (Vimal K)	Practical	Theory				Practical	Specialization
Monday		PSMPPC 201 Vimal.k/Rishiv PSMPPC 203 Richa M/ Gagan K	PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))	PSMPPC-202 Mr.R.Kumar/Mr. P. D Singh PSMPPC-204 Dr. Mahak/ Mr.R Vaid/Mr.V Karlopia/Mr. Gagan K/ Ms. Richa M/ Mr. Inderjeet S/ Mr.R Kumar/ Sh. P D Singh	
Tuesday		PSMPPC 201 Vimal.k/Rishiv PSMPPC 203 Richa M/ Gagan K	PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))	PSMPPC-202 Mr.R.Kumar/Mr. P. D Singh PSMPPC-204 Dr. Mahak/ Mr.R Vaid/Mr.V Karlopia/Mr. Gagan K/ Ms. Richa M/ Mr. Inderjeet S/ Mr.R Kumar/ Sh. P D Singh	
Wednesday		PSMPPC 201 Vimal.k/Rishiv PSMPPC 203 Richa M/ Gagan K	PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))	PSMPPC-202 Mr.R.Kumar/Mr. P. D Singh PSMPPC-204 Dr. Mahak/ Mr.R Vaid/Mr.V Karlopia/Mr. Gagan K/ Ms. Richa M/ Mr. Inderjeet S/ Mr.R Kumar/ Sh. P D Singh	
Thursday		PSMPPC 201 Vimal.k/Rishiv PSMPPC 203 Richa M/ Gagan K	PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))	PSMPPC-202 Mr.R.Kumar/Mr. P. D Singh PSMPPC-204 Dr. Mahak/ Mr.R Vaid/Mr.V Karlopia/Mr. Gagan K/ Ms. Richa M/ Mr. Inderjeet S/ Mr.R Kumar/ Sh. P D Singh	
Friday		Intramural Competition		PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))	Intramural Competition
Saturday	Online Classes through LMS		PSMPTC 202 (Mrs. Manu S Pawar)	PSMPTC 201 (Mr. Vimal Kishore)	PSMPTC 203 (Mr. Harinder Pal Singh)	PSMPTC 204 (Sh. Ravish Vaid))		
Course Code (Theory)	Course Title		Name of Teacher		Course Code (Practical)	Course Title	Name of Teacher	
PSMPTC-201	Applied Statistics in Physical Education and Sports		Mr. Vimal Kishore		PSMPPC-201	Track & Field : Jumping events & Hurdles	Sh. Vimal Kishore (Hurdles)/Mr. Rishiv Sharma(Jumping Events)	
PSMPTC-202	Sports Biomechanics and Kinesiology		Ms. Manu Pawar		PSMPPC-202	Teaching Lessons of Advance Skills : Cricket/ Hockey	Mr. Raj Kumar(Cricket)/ Mr. Padam Dev Singh(Hockey)	
PSMPTC-203	Athletic Care and Rehabilitation		Mr. Harinder Pal Singh		PSMPPC-203	Teaching Lessons of Indigenous activity and sports (Advance Skills) Kho- Kho, Kabbadi	Ms. Richa Mandla (Kho-Kho)/ Mr. Gagan Kumar(Kabaddi)	
PSMPTC-204	Sports Management and Curriculum Design In Physical Education		Sh. Ravish Vaid		PSMPPC-204	Class room teaching : Badminton/ Table Tennis /Volley Ball/ Football/Handball/ Basket Ball/ Cricket/ Hockey	Dr. Mahak/ Mr Ravish Vaid/Mr.Vikas Karlopia/Mr. Gagan Kumar/ Ms. Richa Mandla/ Mr. Inderjeet Singh/ Mr. Raj Kumar/ Mr. Padam Dev Singh	

(Dr. Daud Iqbal Baba)
HOD, Physical Education
Director
Directorate of Sports &
Physical Education

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	07:00am-7:40am	7:50am-8:30	10am-10:40am	10:40am-11:20pm	11:20pm-12:00pm	12:00 -12:40	3:00pm-4:00pm	4:00Pm-5:00 Pm
Days		Practical	Theory				Practical	Specialization
Monday	Common Assembly & Conditioning (Vimal K)	PC201 Inderjeet PC202 Sanjeev P	CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)	PC203 Mr. Harinderpal/ Mrs. Manu P. PC204 Vimal. K/ Mahak	
Tuesday		PC201 Inderjeet PC202 Sanjeev P	CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)	PC203 Mr. Harinderpal/ Mrs. Manu P. PC204 Vimal. K/ Mahak	
Wednesday		PC201 Inderjeet PC202 Sanjeev P	CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)	PC203 Mr. Harinderpal/ Mrs. Manu P. PC204 Vimal. K/ Mahak	
Thursday		PC201 Inderjeet PC202 Sanjeev P	CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)	PC203 Mr. Harinderpal/ Mrs. Manu P. PC204 Vimal. K/ Mahak	
Friday		Intramural Competition		CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)	Intramural Competition
Saturday	Online Classes through LMS		CC201 (Mehak)	CC204 (Rishiv Sharma)	CC 202 (Inderjeet Singh)	CC 203 (Ms. Richa Mandla)		

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
CC 201	Educational Technology & Methods of Teaching in Physical Education	Dr. Mahak	PC201	Track & Field: Discus Throw, High Jump and Distance Races	Mr. Inderjeet Singh
CC 202	Organization and Administration in Physical Education	Inderjeet Singh	PC 202	Yoga	Mr. Sanjeev Pandey
CC 203	Sports Nutrition and Weight Management	Ms. Richa Mandla	PC 203	Badminton/Volleyball	Mr. Harinderpal/ Mrs. Manu Pawar
CC 204	Sports Training	Mr. Rishiv Sharma	PC 204	Teaching Practice of Movement Lesson: Action Songs, Motion Stories, Recreation and Minor Games	Dr. Mahak

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DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION, UNIVERSITY OF JAMMU, JAMMU

Session 2023-2025

GAME SPECIALIZATION TIME TABLE (B.P.Ed and M.P.Ed)

Days	Time	Game Specialization
Monday	4:00 pm-5:00pm	Athletics, Kho-Kho, Kabaddi, Football, Table Tennis, Badminton, Volleyball, Handball, Boxing, Kick-Boxing, Wushu, Wrestling, Basketball, Cricket, Hockey
Tuesday	4:00 pm-5:00pm	Athletics, Kho-Kho, Kabaddi, Football, Table Tennis, Badminton, Volleyball, Handball, Boxing, Kick-Boxing, Wushu, Wrestling, Basketball, Cricket, Hockey
Wednesday	4:00 pm-5:00pm	Athletics, Kho-Kho, Kabaddi, Football, Table Tennis, Badminton, Volleyball, Handball, Boxing, Kick-Boxing, Wushu, Wrestling, Basketball, Cricket, Hockey
Thursday	4:00 pm-5:00pm	Athletics, Kho-Kho, Kabaddi, Football, Table Tennis, Badminton, Volleyball, Handball, Boxing, Kick-Boxing, Wushu, Wrestling, Basketball, Cricket, Hockey
Friday	4:00 pm-5:00pm	Intramural Competition

Game	Coach/Teacher
Kho-Kho, Kabaddi, Football	Sh. Gagan Kumar
Table Tennis, Badminton	Sh. Ravish Vaid
Volleyball	Sh. Vikas Karlopia
Wrestling, Wushu	Sh. Jai Bharat
Boxing, Kick-Boxing	S. Harinderpal Singh
Cricket	Sh. Raj Kumar Bakshi
Hockey	S. Padam Dev Singh, Rishiv Sharma
Handball	Ms. Richa Mandla
Athletics, Basketball	S. Inderjeet Singh


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