

# University of Jammu

Directorate of Sports and Physical Education, TIME TABLE for the B.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 <i>(Formal Dress)</i>	Common Assembly & Conditioning( Vimal k)	PC102/104 (Vimal K/Richa M)	CC102 Dr. Mandeep S	CC104 Mr. Rishiv S	B R E A K	CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S	PC101/103 (Mandeep S/ Mehak)
Tuesday		PC102/104 (Vimal K/Richa M)	CC102 Dr. Mandeep S	CC104 Mr. Rishiv S		CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S	PC101/103 (Mandeep S/ Mehak)
Wednesday		PC102/104 (Vimal K/Richa M)	CC102 Dr. Mandeep S	CC104 Mr. Rishiv S		CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S	PC101/103 (Mandeep S/ Mehak)
Thursday <i>(Formal Dress)</i>		PC102/104 (Vimal K/Richa M)	CC102 Dr. Mandeep S	CC104 Mr. Rishiv S		CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S	PC101/103 (Mandeep S/ Mehak)
Friday		Intramural Competition/Trekking	CC102 Dr. Mandeep S	CC104 Mr. Rishiv S		CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S	Intramural Competition / Cross-country
Saturday	Online Classes through LMS		CC102 Dr. Mandeep S	CC104 Mr. Rishiv S	CC101 Mr. Inderjeet S	CC103 Mr. Harinder P S		

Course Code (Theory)	Course Title	Name of Teacher	Course Code (Practical)	Course Title	Name of Teacher
CC101	History, Principles & foundation of Physical Education	Mr. Inderjeet Singh	PC101	Calisthenics-Mass PT, Free Hand Exercises, Band Drills*	Dr.Mandeep Singh
CC102	Anatomy & Physiology	Dr. Mandeep Singh	PC102	Track & Field: Sprints, Long Jump, Shot Put	Mr. Vimal Kishore
CC103	Health Education & Environmental Studies	Mr. Harinder Pal Singh	PC103	Gymnastic & Aerobics	Dr. Mahak
CC104	Computer Applications in Phy. Edu.	Mr. Rishiv Sharma	PC104	Kabaddi & Kho-Kho	Ms. Richa Mandla

Mandeep Nathyal

(Dr. Daud Iqbal Baba)  
HOD, Physical Education