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| DAYS | 7.40-8.20AM | 8.20-9.00AM |  | 9.30-10.20AM | 10.20-11.00AM | 11.00-11.40AM | 11.40-12.20AM |
| MONDAY | CONDITIONING  Mr.M.S.Thakuri | GAME&SPORTS PRACTICE | BREAK | Practical Officiating in Sports/Games | Exercise physiology  M. Bhandeo | Library | Exercise physiology  M. Bhandeo |
| TUESDAY | CONDITIONING  Mr.M.S.Thakuri | GAME&SPORTS PRACTICE | Practical Officiating in Sports/Games | Exercise physiology  M. Bhandeo | Library | Management of physical education  Mr. Rajesh Tiwari |
| WEDNESDAY | CONDITIONING  Mr.M.S.Thakuri | GAME&SPORTS PRACTICE | Practical Officiating in Sports/Games | Professional Preparation and curriculum designs  Mr.M.S.Thakuri | Library | Test Measurement and evaluation in Physical Education  Dr.K.Sharma |
| THURSDAY | CONDITIONING  Mr.M.S.Thakuri | GAME&SPORTS PRACTICE | Practical Officiating in Sports/Games | Test Measurement and evaluation in Physical Education  Dr.K.Sharma | Library | Test Measurement and evaluation in Physical Education  Dr.K.Sharma |
| FRIDAY | CONDITIONING  Mr.M.S.Thakuri | GAME&SPORTS PRACTICE | Practical Officiating in Sports/Games | Management of physical education  Mr. Rajesh Tiwari | Library | Anatomy & Physiology lab |  |
| SATURDAY | Intramural | | | | | | |