

**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh Devi Goyal.....

Class M.P.Ed. 4<sup>th</sup> Sem.... Paper ..... Subject Athletics, Care and Rehabilitation

January -

Week	Date	Topic Theory	Practical
1	01.01.18	Winter Vacation	
	02.01.18.	" "	
	03.01.18	" "	
	04.01.18	" "	
	05.01.18	Holiday	
2	06.01.18	Introduction of Paper	Hockey Specialized Game Athletics
	07.01.18	Sunday	
	08.01.18	Meaning of Safety appliances in sports	
	09.01.18	Uses of Safety " " "	
	10.01.18	Principles of safety education	
	11.01.18	Provision of safety rules in competitive sports	
	12.01.18	Revision of above	
	13.01.18	Test of above topic	
	14.01.18	Sunday	
	15.01.18	Meaning of Rehabilitation	
16.01.18	Objectives "		
17.01.18	Scope "		
18.01.18	Principle of "		
19.01.18	Revision of above topics		
20.01.18	Test of above "		
21.01.18	Sunday		
4	22.01.18	Vasant Panchami	Game: Wrestling Athletics
	23.01.18	Meaning of therapeutic modalities	
	24.01.18	Sir Chhoturam jayanti	
	25.01.18	Types of therapeutic modalities	
	26.01.18	Republic Day	
	27.01.18	Shortwave Diathermy: Meaning	
	28.01.18	Sunday	
	29.01.18	Effect of S. Diathermy	
30.01.18	Procedure " "		
31.01.18	Holiday		

Goyal



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh Devi Goyal

Class M.P. Ed. 4<sup>th</sup> Sem. Paper/Subject Athletics, Care & Rehabilitation

February -

Week	Date	Topic	
1	01.02.18	Microwave Diathermy - meaning, concept	Practicals
	02.02.18	" " - Procedure	
	03.02.18	" " - Effect & Benefits	
	04.02.18	Sunday	
2	05.02.18	Ultra Sound - Introduction	Games: Basketball
	06.02.18	" " - procedure	
	07.02.18	" " - Effects	Athletics
	08.02.18	Revision: Microwave & Ultra Sound therapy	
	09.02.18	Cryotherapy :- Introduction, Benefits	
	10.02.18	" : procedure	
	11.02.18	Sunday	
3	12.02.18	Contrast Bath	Games: Volleyball
	13.02.18	Contrast "	
	14.02.18	T. E. N.S.	Athletics
	15.02.18	T. E. N.S.	
	16.02.18	I. F. T.	
	17.02.18	I. F. T.	
	18.02.18	Sunday	
4	19.02.18	Aquatic Rehabilitation :- Introduction	Game :- Badminton
	20.02.18	" Exercise :- equipments	
	21.02.18	Aqua workout :- Introduction	Athletics
	22.02.18	" " :- Station	
	23.02.18	Revision of Aquatic Rehabilitation	
	24.02.18	Test	
	25.02.18	Sunday	
5	26.02.18	Role / importance of aquatic Activity	Game: Kabaddi
	27.02.18	" " " "	
	28.02.18	Benefits of Exercise in water	Athletics

Goyal

**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**  
 Day Wise Lesson Plan for the session January 2018 to April 2018  
 Name of Associate Professor .....  
 Class M.P. Ed. U<sup>th</sup> Sem. Subject.....

March

Week	Date	Topic	
1	01.03.18	Posture: Meaning, concept, definition	practical
	02.03.18	Good Posture	
	03.03.18	Its Value	
	04.03.18	Sunday	
2	05.03.18	Bad Posture	Game: Kho-Kho Athletics
	06.03.18	" " :- Causes	
	07.03.18	" " :- Its drawbacks	
	08.03.18	Postural deformities & Corrective exercises	
	09.03.18	" " "	
	10.03.18	" " "	
	11.03.18	Sunday	
3	12.03.18	Revision unit-III	Game: Football Athletics
	13.03.18	" "	
	14.03.18	Test "	
	15.03.18	Therapeutic exercise: Meaning, def. Introduction	
	16.03.18	" " " " "	
	17.03.18	" " " " "	
	18.03.18	Sunday	
	4	19.03.18	
20.03.18		" " "	
21.03.18		" " "	
22.03.18		Exercise Programme to strengthen the injury	
23.03.18		" " " "	
24.03.18		" " " "	
25.03.18		Sunday	
5	26.03.18	Revision	Revision of Game & Athletics.
	27.03.18	"	
	28.03.18	Test	
	29.03.18	Therapeutic exercise: Classification	
	30.03.18	" " "	
	31.03.18	" " "	

Sign

*Prayab*



Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class M. P. Ed. 4<sup>th</sup> Sem. Subject.....

April =

Week	Date	Topic	Practical
	01.04.18	Sunday	
1	02.04.18	Therapeutic exercise :- Effects	Game Revision
	03.04.18	" " "	Ath. "
	04.04.18	" " :- Uses	
	05.04.18	" " :- "	
	06.04.18	" " Types	
	07.04.18	" " "	
	08.04.18	Sunday	
2	09.04.18	Active exercise	Game Revision
	10.04.18	" "	Ath. "
	11.04.18	Passive exercise	
	12.04.18	" "	
	13.04.18	massage : meaning, Introduction, definitions.	
	14.04.18	" " " "	
	15.04.18	Sunday	
3	16.04.18	Massage :- History	Game Revision
	17.04.18	" "	Ath. "
	18.04.18	" :- Precautions	
	19.04.18	" :- Benefits	
	20.04.18	" Therapy :- "	
	21.04.18	" " :- Role in competitions	
	22.04.18	Sunday	
4	23.04.18	Effect of massage on major system	Game Rev.
	24.04.18	" " " "	Ath. "
	25.04.18	Types of massage	
	26.04.18	" "	
	27.04.18	Techniques of massage	
	28.04.18	Revision	
	29.04.18	Sunday	
5	30.04.18	Revision	

Sign

Prayal

## Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. M. Kesh. Devi Goyal.....

Class B. P. Ed. 4<sup>th</sup> Sem. Paper. / Subject. Measurement & Evaluation - 401

Week	Date	Topic	Practicals	
January:	1	01.01.18	Winter vacation	
		02.01.18	Winter vacation	
		03.01.18	Winter vacation	
		04.01.18	Winter vacation	
		05.01.18	Winter vacation	
		06.01.18	Introduction of Paper	
		07.01.18	Sunday	
2	08.01.18	Meaning & Definition of Test in Phy. Edu.	Game demonstration Ath. & other Activity demonstr.	
	09.01.18	" " " "		
	10.01.18	" " " measurement "		
	11.01.18	" " " " "		
	12.01.18	" " " Evaluation "		
	13.01.18	" " " " "		
		14.01.18		Sunday
		15.01.18		Need and importance of Test, Mea. & Evaluation
3	16.01.18	" " " " "	Game, Athletic & other Activity demonstr.	
	17.01.18	" " " " "		
	18.01.18	" " " " "		
	19.01.18	" " " " "		
	20.01.18	" " " " "		
		21.01.18		Sunday
		22.01.18		Basant Panchami
4	23.01.18	Principles of Evaluation		
	24.01.18	" " "		
	25.01.18	" " "		
		26.01.18		Republic Day
		27.01.18		Revision of Unit-I
		28.01.18		Sunday
5	29.01.18	Revision of Unit-I		
	30.01.18	Test " "		
	31.01.18	Guru Ravidas Jayanti		

Sign





Maharani Kishori Jat Kanya Mahavidyalya, Rohtak  
 Day Wise Lesson Plan for the session January 2018 to April 2018  
 Name of Associate Professor .....  
 Class B.P.Ed: 4<sup>th</sup> Sem...... Subject.....

Week	Date	Topic	Practicals
1	01.02.18	Criteria of good Test	
	02.02.18	" " "	
	03.02.18	" " "	
	04.02.18	Sunday	
	05.02.18	Criteria of tests, Scientific authenticity	
2	06.02.18	" " " "	Game Lesson Fault Correction Ath. " " " other Activities " "
	07.02.18	" " " "	
	08.02.18	" " " "	
	09.02.18	" " " "	
	10.02.18	" " " "	
	11.02.18	Sunday	
	12.02.18	Types and Classification of test	
3	13.02.18	" " "	Game, Athletics, other activities fault correction
	14.02.18	" " "	
	15.02.18	" " "	
	16.02.18	" " "	
	17.02.18	" " "	
	18.02.18	Sunday	
	19.02.18	Administration of test, advance preparation	
4	20.02.18	" " " "	Game, Athletics, other activities fault correction
	21.02.18	" " " "	
	22.02.18	" " " "	
	23.02.18	" " " "	
	24.02.18	" " " "	
	25.02.18	Sunday	
	26.02.18	Revision of Unit-II	
5	27.02.18	" " "	Game, Ath., other Activities Fault Corrections
	28.02.18	Test " "	

Royal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak  
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class B. P. Ed. 4<sup>th</sup> Sem. Subject.....

March →

Week	Date	Topic	Practicals
1	01.03.18	Physical and motor Fitness Tests: Concept	
	02.03.18	" " " " "	
	03.03.18	" " " " "	
	04.03.18	Sunday	
2	05.03.18	A A H P E R Youth fitness fest	Game Skill Practice Ath " " Other Activities "
	06.03.18	" " " "	
	07.03.18	" " " "	
	08.03.18	" " " "	
	09.03.18	" " " "	
	10.03.18	" " " "	
	11.03.18	Sunday	
	3	12.03.18	
13.03.18		" " " "	
14.03.18		" " " "	
15.03.18		" " " "	
16.03.18		" " " "	
17.03.18		" " " "	
18.03.18		Sunday	
4		19.03.18	J C R Test
	20.03.18	" "	
	21.03.18	" "	
	22.03.18	" "	
	23.03.18	" "	
	24.03.18	" "	
	25.03.18	Sunday	
5	26.03.18	Revision of unit III	Game = Skill Practice Ath. " " Other : " " Activ. " "
	27.03.18	" "	
	28.03.18	" "	
	29.03.18	Revision / Test	
	30.03.18	" "	
	31.03.18	" "	

Sign

*Prayati*



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**  
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class B.P.Ed. 4<sup>th</sup> Sem. Subject .....

April

Week	Date	Topic	Practicals
	01.04.18	Sunday	
1	02.04.18	Sports skill Test: Introduction	Game Lesson Ath. & other activity
	03.04.18	" " "	
	04.04.18	Lackhart and McPherson Badminton Test	
	05.04.18	" " " "	
	06.04.18	" " " "	
	07.04.18	" " " "	
	08.04.18	Sunday	
2	09.04.18	Johnson Basketball test	Game, Ath. & other activity Lesson Practice
	10.04.18	" " "	
	11.04.18	" " "	
	12.04.18	McDonald Soccer test	
	13.04.18	" " "	
	14.04.18	" " "	
	15.04.18	Sunday	
3	16.04.18	S.A.I. Volleyball test	Game, Ath. & other activity Lesson Practice
	17.04.18	" " "	
	18.04.18	" " "	
	19.04.18	S.A.I. Hockey test	
	20.04.18	" " "	
	21.04.18	" " "	
	22.04.18	Sunday	
4	23.04.18	Revision of Unit IV	Game, Ath. & other activity Lesson Practice
	24.04.18	" " "	
	25.04.18	" " "	
	26.04.18	Test / Re. " "	
	27.04.18	Test of Unit IV	
	28.04.18	Revision	
29.04.18	Sunday		
5	30.04.18	Revision	

Sign

*Maya*



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh devi Goyal

Class B.P.Ed. 2<sup>nd</sup> Sem. Paper/ Subject: Edu. Tech. & methods of Teaching in Phy. Edu.

January

Week	Date	Topic	Practicals
1	01.01.18	Winter vacation	
	02.01.18	Winter vacation	
	03.01.18	Winter vacation	
	04.01.18	Winter vacation	
	05.01.18	Winter vacation	
	06.01.18	Introduction of Paper	
	07.01.18	Sunday	
2	08.01.18	Education & Educational Technology: Meaning	Game skill
	09.01.18	" " " : Definitions	Athletics skill
	10.01.18	Types of Education	Other activities
	11.01.18	" " : Formal	
	12.01.18	" " : Informal	
	13.01.18	" " : Non-formal	
	14.01.18	Sunday	
3	15.01.18	Educative Process	Game skill
	16.01.18	" "	Athr " & other Activia
	17.01.18	Methods of Teaching: Importance of devices	
	18.01.18	" " " "	
	19.01.18	" " : meaning & definitions	
	20.01.18	" " : " "	
	21.01.18	Sunday	
4	22.01.18	Basant Panchami	
	23.01.18	Methods of Teaching	Game & Athletics
	24.01.18	Revision of unit I	Lesson
	25.01.18	" " " I	& other Activities
	26.01.18	Republic Day	
	27.01.18	Test: Unit I	
	28.01.18	Sunday	
5	29.01.18	Teaching Techniques: meaning, concept	
	30.01.18	" " Importance	
	31.01.18	Guru Ravidas Jayanti	

Sign

Goyal

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak  
 Day Wise Lesson Plan for the session January 2018 to April 2018  
 Name of Associate Professor .....  
 Class B.P.Ed. 2<sup>nd</sup> Sem. .... Subject.....

Feb.

Week	Date	Topic	
1	01.02.18	Lecture method	Practicals
	02.02.18	Command method	
	03.02.18	Demonstration method	
	04.02.18	Sunday	
2	05.02.18	Imitation method	Game Teaching Athletics & other Activity
	06.02.18	Project method	
	07.02.18	Teaching procedure: meaning etc.	
	08.02.18	whole method	
	09.02.18	whole - part - whole method	
	10.02.18	Part - whole - method	
	11.02.18	Sunday	
3	12.02.18	Presentation Technique: Introduction	Game Lesson Teaching Ath. " " & other Activities
	13.02.18	" : Personal Preparation	
	14.02.18	" " " "	
	15.02.18	" " ; Technical "	
	16.02.18	" " " "	
	17.02.18	" " " "	
	18.02.18	Sunday	
4	19.02.18	Command : meaning etc.	Game Lesson Teaching Ath. " " & other Activities
	20.02.18	" : " "	
	21.02.18	" : Types	
	22.02.18	" "	
	23.02.18	" : Uses	
	24.02.18	" "	
	25.02.18	Sunday	
5	26.02.18	Revision unit - II	Game : Lesson Teaching Ath. & other Activities.
	27.02.18	" " "	
	28.02.18	Test unit = II	

Rajat



Maharani Kishori Jat Kanya Mahavidyalya, Rohtak  
 Day Wise Lesson Plan for the session January 2018 to April 2018  
 Name of Associate Professor .....  
 Class ... B.P.Ed. 2<sup>nd</sup> Sem. .... Subject.....

march =

Week	Date	Topic	Practicals
1	01.03.18	Teaching Aids: meaning	Practicals
	02.03.18	" " : Concepts	
	03.03.18	" " : Introduction	
	04.03.18	Sunday	
2	05.03.18	Teaching Aids: Importance	
	06.03.18	" " "	
	07.03.18	" " : Selection Criteria	
	08.03.18	" " " "	
	09.03.18	" " " "	
	10.03.18	" " " "	
	11.03.18	Sunday	
3	12.03.18	Different Teaching Aids:	Practice & Correct errors
	13.03.18	Audio aids, visual "	
	14.03.18	Audio-visual aids	
	15.03.18	Verbal, Chalk Board	
	16.03.18	charts, models	
	17.03.18	Slide projector, motion picture etc.	
	18.03.18	Sunday	
4	19.03.18	Team Teaching: meaning	Game, Ath. & other activity Practice & Correct Errors
	20.03.18	" " :- "	
	21.03.18	" " :- Principles	
	22.03.18	" " :- "	
	23.03.18	" " :- Advantages	
	24.03.18	" " :- "	
	25.03.18	Sunday	
5	26.03.18	Difference between teaching methods & Aid	Game, Ath. & other Activity Practice & Correct Errors
	27.03.18	" " " "	
	28.03.18	Revision of Unit III	
	29.03.18	" " "	
	30.03.18	" " "	
	31.03.18	Test of " "	

Sign





**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**  
 Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class B. P. Ed. 2<sup>nd</sup> Sem. Subject .....

April -

Week	Date	Topic	Practicals
	01.04.18	Sunday	
1	02.04.18	Lesson Plan : meaning	Game : Lesson Plan Ath. : " " other Acti. : " "
	03.04.18	" " ; "	
	04.04.18	" " ; Types	
	05.04.18	" " ; "	
	06.04.18	" " ; Principles	
	07.04.18	" " ; "	
	08.04.18	Sunday	
2	09.04.18	General & specific Le-Plan	Game : Lesson Plan other Activities : " Ath. "
	10.04.18	" " "	
	11.04.18	" " "	
	12.04.18	" " "	
	13.04.18	Micro Teaching : meaning	
	14.04.18	" " ; "	
	15.04.18	Sunday	
3	16.04.18	Micro Teaching : Types	Practice of Game, Ath. & other activities - Lessons.
	17.04.18	" " "	
	18.04.18	" " ; Steps	
	19.04.18	" " ; "	
	20.04.18	Simulation Teaching : meaning	
	21.04.18	" " ; "	
	22.04.18	Sunday	
4	23.04.18	" " ; Types	Practice of Game, Ath. & other activities - Lessons.
	24.04.18	" " ; "	
	25.04.18	" " ; Steps	
	26.04.18	" " ; "	
	27.04.18	Revision of Unit-IV	
	28.04.18	Test of " "	
29.04.18	Sunday		
5	30.04.18	Revision	

Sign - Prayab



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Mukesh. Devi. Goyal

Class B.Sc. (Sp.Sc.) 4<sup>th</sup> Sem. Subject/Papers: Theory of Game = 1-3  
Theory of Athletics = 4-6

Jan.

Week	Date	Topic	Practicals
1	01.01.18	Winter vacation	Practicals
	02.01.18	Winter vacation	
	03.01.18	Winter vacation	
	04.01.18	Winter vacation	
	05.01.18	Winter vacation	
	06.01.18	Introduction of Papers.	
	07.01.18	Sunday	
2	08.01.18	Introduction of Table Tennis Game	Introduction of Game Athletic
	09.01.18	" " " "	
	10.01.18	History " " " "	
	11.01.18	Introduction of Athletics	
	12.01.18	" I.A.A.F. in India	
	13.01.18	History " " " "	
	14.01.18	Sunday	
3	15.01.18	Sports Kit of Table Tennis	Practice of Game " " Athletic
	16.01.18	Role of Haryana people for development T.T.	
	17.01.18	" " " "	
	18.01.18	organisation of Athletics meet	
	19.01.18	" " " "	
	20.01.18	Teaching & Training " "	
	21.01.18	Sunday	
4	22.01.18	Basant Panchami	
	23.01.18	major Rules of Table Tennis	
	24.01.18	" " " "	
	25.01.18	Duties of officials in Athletics meet	
	26.01.18	Republic Day	
	27.01.18	" " " "	
	28.01.18	Sunday	
5	29.01.18	Technical officials of T.T. Tournaments	Practice of skill T.T. " " skill Ath.
	30.01.18	Dimension, Marking of T.T. play field	
	31.01.18	Guru Ravidas Jayanti	

Sign

Goyal

**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class B.Sc. (Sports Sc.) 4<sup>th</sup> Sem. Subject/Papers: Th. of Game  
Athletics

Feb. =

Week	Date	Topic	Practicals
1	01.02.18	Major Rules of T.T.	
	02.02.18	Major " of Athletics	
	03.02.18	" " " "	
	04.02.18	Sunday	
2	05.02.18	Introduction of Shouting Game	Game skill practice Ath. " "
	06.02.18	" " "	
	07.02.18	" " "	
	08.02.18	Dimensions of Hurdle Race	
	09.02.18	Rules & Regulation " "	
	10.02.18	" " " "	
	11.02.18	Sunday	
3	12.02.18	History of Shouting Game	Game skill practice Ath. " "
	13.02.18	" " "	
	14.02.18	Role of Haryana people for dev. of Shouting	
	15.02.18	" " Hurdle / Ath.	
	16.02.18	" " "	
	17.02.18	" " "	
	18.02.18	Sunday	
4	19.02.18	Major Rules of shouting game.	Skill Practice " "
	20.02.18	Techniques officials " "	
	21.02.18	Protective equipments " "	
	22.02.18	" " of Hurdle Event in Athletics	
	23.02.18	Equipments " " " "	
	24.02.18	" " " " " "	
	25.02.18	Sunday	
5	26.02.18	Play field of Shouting game.	Fault Correction of Skill " " " "
	27.02.18	" " " "	
	28.02.18	Rule and Regulation "	

*Rajat*



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor .....

Class B.Sc. (Sp. Sc.) 4<sup>th</sup> Sem. Subject .....

March —

Week	Date	Topic	Practicals
1	01.03.18	Shooting Teaching of Hurdle Race	
	02.03.18	" " "	
	03.03.18	" " "	
	04.03.18	Sunday	
2	05.03.18	Teaching of shooting game's Rules	Skill Practice (game) " " (Athletics)
	06.03.18	" " " " & Regulation	
	07.03.18	" " "	
	08.03.18	" of High Jump	
	09.03.18	Teaching " " "	
	10.03.18	" " " "	
	11.03.18	Sunday	
3	12.03.18	Layout of Field events: Introduction	Skill Practice: Game " " : Ath. High Jump
	13.03.18	Introduction of High Jump's Mats,	
	14.03.18	" " " Pole	
	15.03.18	" " " Bar	
	16.03.18	Dimensions " " Events	
	17.03.18	" " "	
	18.03.18	Sunday	
4	19.03.18	Protective equipment of shooting game	Skill Practice Game " " Athletics
	20.03.18	Fundamentals of " "	
	21.03.18	offensive and defensive skill " "	
	22.03.18	Rules & Regulations of High Jump Event	
	23.03.18	" " " " "	
	24.03.18	Duties of officials in " " "	
	25.03.18	Sunday	
5	26.03.18	Conduct of tournaments of Shooting	Practice of Lesson Game " " " Ath.
	27.03.18	Fixture " " " "	
	28.03.18	Revision	
	29.03.18	Equipments used in High Jump	
	30.03.18	Technique " " " "	
	31.03.18	Revision of High Jump event	

Sign



**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**  
 Day Wise Lesson Plan for the session January 2018 to April 2018  
 Name of Associate Professor .....  
 Class ..... Subject.....

April

Week	Date	Topic	
	01.04.18	Sunday	Practicals
1	02.04.18	Introduction & History of wrestling	Skill Practice: Give " " Athi
	03.04.18	Role of Haryana's people for " development	
	04.04.18	Duties of officials	
	05.04.18	Introduction of shot put event	
	06.04.18	History " " "	
	07.04.18	" " " "	
	08.04.18	Sunday	
2	09.04.18	Wrestling Court	Lesson Practice " "
	10.04.18	Rules & Regulation: Wrestling	
	11.04.18	" " "	
	12.04.18	Teaching & training of Athlete (shot-put)	
	13.04.18	" " " "	
	14.04.18	Dimensions of shot-put event	
	15.04.18	Sunday	
3	16.04.18	Fundamentals of game	Lesson Practice " "
	17.04.18	Techniques of wrestling	
	18.04.18	" "	
	19.04.18	Duties of technical officials in shotput	
	20.04.18	Equipments	
	21.04.18	Shot-put Holding, placement	
	22.04.18	Sunday	
4	23.04.18	Conduct of wrestling Tournament	Lesson Practice " "
	24.04.18	Fixture " " "	
	25.04.18	" " " " / Test	
	26.04.18	Initial stance, glide, delivery stance	
	27.04.18	" " " " "	
	28.04.18	Revision / Test	
	29.04.18	Sunday	
5	30.04.18	Revision / Test	

Sign  
