

Name : Dr. Bodh Raj
 Class and Section : B.Sc. IInd year , IVth sem.
 Subject : Gymnastic (Practical)

Week	Date	Topic
1	1-Jan-19	
	2-Jan-19	
	3-Jan-19	Vaulting Table : Squat Vault
	4-Jan-19	Squat Vault
	5-Jan-19	Squat Vault
	6-Jan-19	Sunday
	2	7-Jan-19
8-Jan-19		
9-Jan-19		
10-Jan-19		Practice of Squat Vault
11-Jan-19		Practice of Squat Vault
12-Jan-19		Practice of Squat Vault
13-Jan-19		Sunday
3	14-Jan-19	
	15-Jan-19	
	16-Jan-19	
	17-Jan-19	Practice of Squat Vault
	18-Jan-19	Practice of Squat Vault
	19-Jan-19	Practice of Squat Vault
	20-Jan-19	Sunday
4	21-Jan-19	
	22-Jan-19	
	23-Jan-19	
	24-Jan-19	Vaulting Table : Jump & through vault (with straight leg)
	25-Jan-19	Sir Chhotu Ram Jayanti
	26-Jan-19	Republic Day
	27-Jan-19	Sunday
5	28-Jan-19	
	29-Jan-19	
	30-Jan-19	
	31-Jan-19	Practice of Jump & through vault

Week	Date	Topic
1	1-Feb-19	Practice of Jump & through vault
	2-Feb-19	Practice of Jump & through vault
	3-Feb-19	Sunday
2	4-Feb-19	
	5-Feb-19	
	6-Feb-19	
	7-Feb-19	Practice of Jump & through vault
	8-Feb-19	Practice of Squat vault
	9-Feb-19	Practice of Squat vault
	10-Feb-19	VasantPanchami / Sunday
3	11-Feb-19	
	12-Feb-19	
	13-Feb-19	
	14-Feb-19	Pommel Horse : Jump & Front Support
	15-Feb-19	Un – Even bars : Jump & Front Support Squat through with one leg
	16-Feb-19	Practice of Skills
	17-Feb-19	Sunday
4	18-Feb-19	
	19-Feb-19	Guru Ravi Dass Birthday
	20-Feb-19	
	21-Feb-19	Pommel Horse : Single leg circle forward
	22-Feb-19	Un – Even bars : Single leg circle forward
	23-Feb-19	Practice of Skills
	24-Feb-19	Sunday
5	25-Feb-19	
	26-Feb-19	
	27-Feb-19	
	28-Feb-19	Pommel Horse : Single leg circle backward

Week	Date	Topic
1	1-Mar-19	MahaShivratri
	2-Mar-19	Un – Even bars : Single leg circle backward
	3-Mar-19	Sunday
2	4-Mar-19	
	5-Mar-19	
	6-Mar-19	
	7-Mar-19	Pommel Horse : Scissor forward
	8-Mar-19	Un – Even bars : Jump & Front support
	9-Mar-19	Practice for Skills
	10-Mar-19	Sunday
3	11-Mar-19	
	12-Mar-19	
	13-Mar-19	
	14-Mar-19	Pommel Horse : Both leg circle
	15-Mar-19	Un – Even bars : Free hip circle
	16-Mar-19	Practice for Skills
	17-Mar-19	Sunday
4	18-Mar-19	University Holidays
	19-Mar-19	University Holidays
	20-Mar-19	University Holidays
	21-Mar-19	University Holidays
	22-Mar-19	University Holidays
	23-Mar-19	University Holidays
	24-Mar-19	Sunday
5	25-Mar-19	
	26-Mar-19	
	27-Mar-19	
	28-Mar-19	Pommel Horse : Single leg Dismount forward
	29-Mar-19	Un – Even bar : Under swing dismount over the law bar
	30-Mar-19	Practice for Skills
	31-Mar-19	Sunday

Week	Date	Topic
1	1-Apr-19	
	2-Apr-19	
	3-Apr-19	
	4-Apr-19	Roman Ring : Hanging scale rear way
	5-Apr-19	Un – Even bar : Free hip circle backward
	6-Apr-19	Practice of Skills
	7-Apr-19	Sunday
2	8-Apr-19	
	9-Apr-19	
	10-Apr-19	
	11-Apr-19	Roman Rings : Up Start
	12-Apr-19	Un – Even bars : Single leg circle forward
	13-Apr-19	Practice of Skills
	14-Apr-19	Vaisakhi / AmbedkarJyanti / Sunday
3	15-Apr-19	
	16-Apr-19	
	17-Apr-19	MahavirJayanti
	18-Apr-19	Roman Rings : L-Support
	19-Apr-19	Shoulder Stand
	20-Apr-19	Practice of Skills
	21-Apr-19	Sunday
4	22-Apr-19	
	23-Apr-19	
	24-Apr-19	
	25-Apr-19	Roman Rings : Dislocation
	26-Apr-19	Practice of Vaulting Table
	27-Apr-19	Practice of Vaulting Table
	28-Apr-19	Sunday
5	29-Apr-19	
	30-Apr-19	

