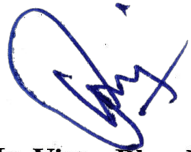
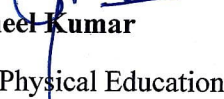


Sri Aurobindo College (M)

Session- 2020 - 2021

| Time table for Sports Students | | Resource Person - Dr. Susheel Kumar | |
|--------------------------------|-----------------------------|-------------------------------------|-------------------------------|
| Time | 6:15 AM - 7:15 AM | 7:20 AM - 8:20AM | 5:00 PM - 6:00 PM |
| | | Interactive session on skills | Interactive session on skills |
| Monday | Fitness class for all games | Cricket | Volleyball |
| Tuesday | Fitness class for all games | Taekwondo | Kabbadi |
| Wednesday | Fitness class for all games | Judo | Basketball |
| Thursday | Fitness class for all games | Atheletics | Shooting |
| Friday | Fitness class for all games | Football | Talk with Expert |


Mr. Vinay Bhardwaj
Convenor Sports
Committee


Dr. Susheel Kumar
Director Physical Education

*All College Students Can Join the Fitness Workout.

* All sessions will be held on Google meet