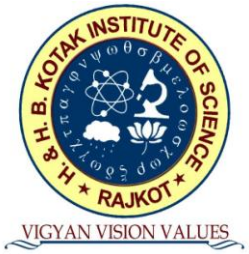
H. & H. B. Kotak Institute of Science
B+ Grade accredited by NAAC
Physical Education and Sports Department
Dr. Yagnik Road, Rajkot-360 001
2017-18



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 to 10 AM	Fitness and Rehablitation Program	Softball Skill Practice	Softball Technique Practice	Softball Skill Practice	Softball Technique Practice	Handball Softball Athletics Fitness Session
10 to 11 AM	Softball Conditioning	Handball Conditioning	Softball Conditioning	Handball Conditioning	Softball Conditioning	Handball and Softball Conditioning
11 to 12	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work
4 to 5	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work	Sports Office Work
5 to 6 PM	Warm-up Skill Practice Hand Ball	Warm-up Skill Practice Hand Ball	Warm-up Skill Practice Hand Ball	Warm-up Skill Practice Hand Ball	Warm-up Skill Practice Hand Ball	Warm-up Skill Practice Hand Ball
6 to 7 PM	Specialization (Handball, Athlectics and Softball) Coaching	Specialization (Handball, Athlectics and Softball) Coaching	Specialization (Handball, Athlectics and Softball) Coaching	Specialization (Handball, Athlectics and Softball) Coaching	Specialization (Handball, Athlectics and Softball) Coaching	Specialization (Handball, Athlectics and Softball) Coaching