




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



Year- 2023-24

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 to 8:30	Warm-up for All H & H B Kotak Institute of Science Players					
8.30 to 10 AM	Fitness and Rehabilitation Program Athletics, Softball, Handball, Basketball, Netball, Volleyball Conditioning	Athletics, Softball, Handball, Basketball, Netball, Volleyball Skill Practice & Conditioning	Athletics, Softball, Handball, Basketball, Netball, Volleyball Technique Practice & Conditioning	Athletics, Softball, Handball, Basketball, Netball, Volleyball Skill Practice & Conditioning	Athletics, Softball, Handball, Basketball, Netball, Volleyball Softball Technique Practice & Conditioning	Athletics, Softball, Handball, Basketball, Netball, Volleyball Fitness Session
2.3 to 4	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 Athletics, Softball, Handball, Basketball, Netball, Volleyball	Warm-up Skill Practice Athletics, Softball, Handball, Basketball, Netball, Volleyball	Warm-up Skill Practice Athletics, Softball, Handball, Basketball, Netball, Volleyball	Warm-up Skill Practice Athletics, Softball, Handball, Basketball, Netball, Volleyball	Warm-up Skill Practice Athletics, Softball, Handball, Basketball, Netball, Volleyball	Fitness and Rehabilitation Program
6 to 7 PM	Specialization Athletics, Softball, Handball, Basketball, Netball, Volleyball	Specialization Athletics, Softball, Handball, Basketball, Netball, Volleyball	Specialization Athletics, Softball, Handball, Basketball, Netball, Volleyball	Specialization Athletics, Softball, Handball, Basketball, Netball, Volleyball	Specialization Athletics, Softball, Handball, Basketball, Netball, Volleyball	Fitness and Rehabilitation Program

- Note: Chess, Cross-Country, Athletics, Handball, Basketball, Softball, Netball, Baseball, Volleyball and TT Games Training in College Campus
Yoga, Weight Lifting, Power Lifting, Rifle Shooting, Kho-Kho, Kabbadi, Gymnastics, Swimming, Badminton, Judo, Wrestling, Football (All Mention games training outside of College Campus) Morning Session: Kotak Science College Campus and Evening Session: Saurashtra University Campus


PTI

PHYSICAL EDUCATION & SPORTS
H. & H.B. KOTAK INSTITUTE OF SCIENCE
RAJKOT


Principal
H. & H.B. Kotak Institute of Science
Rajkot