

Lesson Plan

Name of the Assistant/ Associate Professor... Sunita Kumari

Class and Section... B.A. Ist (Sem-I) 2018

Subject... Physical Edu (Health & Yoga)

Week	Date	Topics
<u>Health & Health Education</u>		
1	1-Jan-18	
	2-Jan-18	
	3-Jan-18	
	4-Jan-18	
	5-Jan-18	
	6-Jan-18	
	7-Jan-18	Sunday
2	8-Jan-18	Health education in Modern Society
	9-Jan-18	Meaning of Health
	10-Jan-18	Importance of Health
	11-Jan-18	oral test
	12-Jan-18	Game practical class
	13-Jan-18	Athletes " "
	14-Jan-18	Sunday
3	15-Jan-18	Health education in Modern society
	16-Jan-18	Guiding principle of Health edu.
	17-Jan-18	Rewagen the topics
	18-Jan-18	oral test
	19-Jan-18	Game practical class
	20-Jan-18	Game " "
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Written test
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Health & Health education
	26-Jan-18	Republic Day
	27-Jan-18	Guiding Principle of Health edu.
	28-Jan-18	Sunday
5	29-Jan-18	Rewage unit Ist
	30-Jan-18	oral test
	31-Jan-18	written test

Lesson Plan

Name of the Assistant/ Associate Professor... Sunita Kumari

Class and Section: ... B.A. Ed. (Sem. II) 2018

Subject: ... Phy. edu

Week	Date	Topics
		Unit IInd (Personal Hygiene)
	1-Feb-18	Importance of light
	2-Feb-18	Cross ventilation
	3-Feb-18	" " at school & Home
	4-Feb-18	Sunday
6	5-Feb-18	practical class (Grand class)
	6-Feb-18	" " (Grand class)
	7-Feb-18	Meaning of Personal Hygiene
	8-Feb-18	Importance of Personal Hygiene
	9-Feb-18	sewage (except this topics)
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	Meaning & Importance of personal
	13-Feb-18	Maha Shivratri
	14-Feb-18	Game practical class
	15-Feb-18	Athletics practical class
	16-Feb-18	Personal hygiene of the following
	17-Feb-18	oral test
	18-Feb-18	Sunday
8	19-Feb-18	(a) Teeth (b) Ears
	20-Feb-18	Eyes, Skin
	21-Feb-18	Nail & Fingers
	22-Feb-18	sewage all points
	23-Feb-18	oral test
	24-Feb-18	written test
	25-Feb-18	Sunday
9	26-Feb-18	Game Practical class
	27-Feb-18	Athletics Practical class
	28-Feb-18	sewage Unit IInd

Lesson Plan

Name of the Assistant/ Associate Professor... Sunita Kumari

Class and Section:... B.A. Ed. (Sem IInd) 2-18

Subject:... Phy. edu.

Week	Date	Topics
		<u>Communicable diseases</u>
	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Meaning of communicable diseases
	4-Mar-18	Sunday
10	5-Mar-18	Mode of transmission
	6-Mar-18	prevention of the following
	7-Mar-18	Practical class
	8-Mar-18	Athletics class
	9-Mar-18	(i) HIV/ AIDS
	10-Mar-18	(ii) HEPATITIS - B & C
	11-Mar-18	Sunday
11	12-Mar-18	(iii) MALARIA
	13-Mar-18	(iv) TUBERCULOSIS
	14-Mar-18	Game Practical class
	15-Mar-18	Athletics Practical class
	16-Mar-18	(v) CHOLERA
	17-Mar-18	sewage all points
	18-Mar-18	Sunday
12	19-Mar-18	Oral test
	20-Mar-18	Written test
	21-Mar-18	Game Practical class
	22-Mar-18	Athletics Practical class
	23-Mar-18	Meaning of communicable diseases
	24-Mar-18	Mode of transmission & Prevention
	25-Mar-18	Sunday/ Ram Navami
13	26-Mar-18	HIV/AIDS #
	27-Mar-18	HEPATITIS - B & C
	28-Mar-18	sewage all points
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Oral test total unit 300
	31-Mar-18	Written test

Lesson Plan

Name of the Assistant/ Associate Professor... Sunita Kumari

Class and Section: ... B.A. Ed (Sem - II) 2018

Subject: ... Phy. Edu

Week	Date	Topics
		<u>Yoga</u>
14	1-Apr-18	Sunday
	2-Apr-18	Meaning of yoga
	3-Apr-18	types of yoga
	4-Apr-18	Practical class
	5-Apr-18	Practical class
	6-Apr-18	Procedure &
	7-Apr-18	benefits of following Asans
	8-Apr-18	Sunday
15	9-Apr-18	Surya Namaskar
	10-Apr-18	Bhujang Asan, Hal Asan
	11-Apr-18	Game Practical class
	12-Apr-18	Athletics Practical class
	13-Apr-18	Rewage
	14-Apr-18	Dr Ambedkar Jayanti / Vaisakhi
	15-Apr-18	Sunday
16	16-Apr-18	Ardh Machhendur Asan
	17-Apr-18	Chakras Asan
	18-Apr-18	Parashurama Jayanti
	19-Apr-18	oral test
	20-Apr-18	Matsya Asan
	21-Apr-18	Karan Peeta Asan
	22-Apr-18	Sunday
17	23-Apr-18	Mayur Asan
	24-Apr-18	Dhanus Asan
	25-Apr-18	Setu Bandh Asan
	26-Apr-18	Rewagen of all points
	27-Apr-18	oral test
	28-Apr-18	written test