

# Dayanand Mahila Mahavidyalaya, Kurukshetra

## Lesson Plan (Odd Semester)

Session 2021-22 (08.10.2021 to 22.02.2022)

Name of Teacher.. DR. Anu Chauhan

Subject Health & Phy. Edu.

Week	Date	Class .. B.A.IST	Class .. B.A.II <sup>nd</sup>	Class .. B.A.III <sup>rd</sup>
		Semester .. I <sup>st</sup>	Semester .. III <sup>rd</sup>	Semester .. V <sup>th</sup>
F	08.10.2021	Orientation Course		
S	09.10.2021	Orientation Course		
M	11.10.2021	(P) Introduction of syllabus	Introduction of syllabus	(P) Recreational Activity
T	12.10.2021	(P) Recreational Activity	concept of safety edu	(P) -do-
W	13.10.2021	Introduction of syllabus	meaning of safety edu.	Introduction of syllabus
Th	14.10.2021	Meaning of Phy. Edu	-do-	concept of Growth & Development
F	15.10.2021	Dussehra		
S	16.10.2021	Definitions of Phy. Edu.	(P) Recreational Activity	Concept of Growth & Development
M	18.10.2021	(P) Recreational Activity	Need of safety edu.	(P) Introduction of Navayan
T	19.10.2021	(P) Recreational Activity	-do-	(P) -do-
W	20.10.2021	Maharishi Balmiki Jayanti		
Th	21.10.2021	scope of Phy. Edu	Importance of safety edu	Meaning of Growth & Development
F	22.10.2021	-do-	(P) Introduction of Athletics	Definition of Growth & Development
S	23.10.2021	Relationship of Phy. Edu with Gen. Edu.	(P) -do-	-do-
M	25.10.2021	(P) Introduction of Athletics	Importance of safety edu	(P) Practice of Bhramari
T	26.10.2021	(P) -do-	Sports injuries	(P) -do-
W	27.10.2021	Aim, objectives and Imp. of Phy. Edu	Types of sports injuries	Stages of Growth & Development
Th	28.10.2021	-do-	-do-	-do-
F	29.10.2021	-do-	(P) Hist. of Athletics	Principles of Growth & Development
S	30.10.2021	Revision	(P) -do-	-do-
	31.10.2021 to 07.11.2021	Diwali Vacations		
M	08.11.2021	(P) History of Athletics	causes of sports injuries	(P) Recreational Activity
T	09.11.2021	(P) Track	Principles of Recreation of sports injuries	(P) -do-
W	10.11.2021	Importance of Phy. Edu	Gen. Treatment of sports injuries	Factors influencing G & D
Th	11.11.2021	-do-	-do-	-do-
F	12.11.2021	Misconceptions regarding Phy. Edu	(P) Introduction of Discus Throw	-do-

Week	Date	Class ..B..A.I..ST.....	Class ..B..A..II..nd.....	Class ..B..A..III..rd.....
		Semester ...I..ST.	Semester ...II..nd	Semester ...III..rd
S	13.11.2021	Misconceptions regarding Phy. Edu.	(P) Discus Throw	Age & Sex difference in relation of Phy Edu & Sports
M	15.11.2021	(P) Track	Revision work	-do-
T	16.11.2021	(P) Types of Track	Unit Test - I	Revision work
W	17.11.2021	Revision work	Concept of common Diseases	Group Discussion Unit - I
M	18.11.2021	Unit Test - I	Meaning of communicable diseases.	Unit Test
F	19.11.2021	Guru Nanak Dev Jayanti		
S	20.11.2021	Meaning, Definition and Importance of Health	(P) Recreational Activity	
M	22.11.2021	(P) Types of Track	NAAC TEAM VISIT	(P) Introduction Anulom Vilom
T	23.11.2021	(P) Track & field event	NAAC TEAM VISIT	(P) -do-
W	24.11.2021	Meaning, Definition and Importance of Health	Meaning of Non communicable disease	Concept of Posture
M	25.11.2021	Factor Influencing Health	Modes of transmission communicable disease	Meaning of Posture
F	26.11.2021	-do-	(P) Specifications of Discus Throw.	Importance of Good Posture
S	27.11.2021	-do-	(P) -do-	Causes of poor posture
M	29.11.2021	(P) Track & field Event	Prevention and Control of communicable disease	(P) Practice of Anulom Vilom
T	30.11.2021	(P) Recreational Activity	-do-	(P) -do-
W	01.12.2021	Meaning of Personal Hygiene	Common disease Typhoid	Revision work
M	02.12.2021	Importance of Personal Hygiene	Malaria	Symptoms and Causes of Postural Deformities
F	03.12.2021	-do-	(P) Gen. Rule of Discus Throw	Kyphosis
S	04.12.2021	Hygiene of Various Body parts	(P) -do-	Lordosis
M	06.12.2021	(P) Types of Starts	Influenza	(P) Practice of Anulom Vilom
T	07.12.2021	(P) Types of Starts	Dengue	(P) -do-
W	08.12.2021	Factor Influencing Personal Hygiene	Hepatitis	Scoliosis
M	09.12.2021	-do-	HIV / AIDS	Flat foot
F	10.12.2021	Revision work	(P) Discussion on Discus Throw	Knock knee
S	11.12.2021	Unit Test - II	(P) Recreational Activity	Blow legs & Round shoulder
M	13.12.2021	(P) Basic tech. of crouch start	Allergy related disease Asthma	(P) Introduction Kapal Bhati
T	14.12.2021	(P) -do-	-do-	(P) -do-
W	15.12.2021	Introduction to Human Anatomy & Physiology	Sinuses	Revision work
M	16.12.2021	-do-	-do-	Unit Test
F	17.12.2021	Meaning of Human Anatomy	(P) Gen. Skill of Discus Throw	Concept of Sports organizations
S	18.12.2021	Meaning of Physiology	(P) -do-	Concept of Administration
M	20.12.2021	(P) Practice of crouch start	Revision work	(P) Practice of Kapal Bhati

Week	Date	Class ... B.A. 1 <sup>st</sup> ...	Class ... B.A. 2 <sup>nd</sup> ...	Class ... B.A. 3 <sup>rd</sup> ...
		Semester 1 <sup>st</sup>	Semester 2 <sup>nd</sup>	Semester 3 <sup>rd</sup>
T	21.12.2021	(P) Practice of crouch starts.		
W	22.12.2021	Importance of Human Anatomy and Phys. in Phy. Edu	Unit Test	(P) <del>Practice</del> of Kapal. Bhati
Th	23.12.2021	do	Anatomy and Physiology of Circulation system	Meaning of organization and administration in Phy. Edu
F	24.12.2021	Revision work	do	do
S	25.12.2021		(P) Practice of Discus Throw	Revision work
Christmas				
M	27.12.2021	(P) Basics of standing start	Structure of Heart	(P) Introduction - volleyball
T	28.12.2021	do	do	do
W	29.12.2021	Definitions of cells, Tissue	function of Heart	(P) do
Th	30.12.2021	Definitions of organs & systems	do	Principles of sports organization and administration
F	31.12.2021	do	(P) Practice of Discus Throw	do
S	01.01.2022	Revisions work	(P) do	Intramural & Extramural Activities Tournaments
M	03.01.2022	(P) Practice of standing starts	function of Heart	do
T	04.01.2022	do	Types of circulation	(P) History of Volleyball
W	05.01.2022	Structure of cell	do	(P) Measurements of volleyball court
Th	06.01.2022	do	do	Intramural & Extramural Tournaments
F	07.01.2022	Characteristics of cell	(P) Introduction of Long Jump	Importance of Tournaments
S	08.01.2022	do	(P) do	Types of Tournaments
M	10.01.2022	(P) Recreational Activity	Effect of exercise on circulation system	do
T	11.01.2022	(P) do	do	(P) Measurements of volleyball court
W	12.01.2022	Revision work	Revision work	(P) Gen. Rule of Volleyball
Th	13.01.2022	Test of Unit - II	Black Board Test on Circulatory system	Methods of preparing fixture
F	14.01.2022	concept & meaning of yoga	(P) Ground specifications of Long Jump	do
S	15.01.2022	do	(P) do	do
M	17.01.2022	(P) Introduction of Shotput	Revision work	(P) Gen. Rule of Volleyball
T	18.01.2022	(P) do	Unit - Test	(P) Recreational Activity
W	19.01.2022	Historical development of yoga	meaning of Balance Diet	Revision work
Th	20.01.2022	Types of yoga	Importance of Balanced Diet	Unit Test
F	21.01.2022	do	(P) Gen. Rule of Long Jump	Anatomy and Physiology of muscles
S	22.01.2022	Importance of yoga	(P) do	Basic Anatomy of muscles.
M	24.01.2022	(P) History of Shotput	Importance of Balance diet	(P) Practice of volleyball
T	25.01.2022	(P) do	Components of Balance Diet	(P) do
W	26.01.2022		Republic Day	

Week	Date	Class ...B.A.Ist...	Class ...B.A.II <sup>nd</sup> ...	Class ...B.A.III <sup>rd</sup> ...
		Semester .Ist...	Semester ...III <sup>rd</sup> ...	Semester .I <sup>st</sup> ...
M	27.01.2022	Meaning of Pranayama	Components of Balance Diet	Gross Anatomy of muscles
F	28.01.2022	Types of Pranayama	(P) Practice of Long Jump	Types of muscles in Human Body.
S	29.01.2022	Anulom - Vilom	(P) -do-	-do-
M	31.01.2022	(P) Measurement of Shotput circle	Factors Affecting Balance Diet	(P) Match of volleyball
T	01.02.2022	(P) -do-	-do-	(P) Introduction of Hockey
W	02.02.2022	Bhastrika pranayama	Harmful Effects of Junk Food	Effect of exercise of muscular system
M	03.02.2022	Sheetali pranayama	-do-	-do-
F	04.02.2022	Sheetkari pranayama	(P) Recreational Activity	Composition of Human Blood.
S	05.02.2022	Basant Panchami		
M	07.02.2022	(P) Basic technique of Shotput	Discussion on Balance Diet	(P) Gen. Rule of Hockey
T	08.02.2022	(P) -do-	Revision work	(P) -do-
W	09.02.2022	Vijayi pranayama	-do-	Composition of Human Blood
M	10.02.2022	Bhramari pranayama	Unit Test - III	Functions of Blood.
F	11.02.2022	Revision work	(P) Practice of Long Jump	-do-
S	12.02.2022	Unit Test - III	(P) -do-	Revision work
M	14.02.2022	(P) Practice of Shotput	Black Board Test	(P) Measurement of Hockey ground
T	15.02.2022	(P) -do-	Unit - Test - IV	(P) -do-
W	16.02.2022	Guru Ravidas Jayanti		
M	17.02.2022	Black Board Test of Unit - IV	Group Discussion on Unit - III & IV	Unit - Test
F	18.02.2022	Revision work	(P) Revision work	Revision work
S	19.02.2022	Revision work	(P) -do-	Revision work
M	21.02.2022	(P) Revision work	Revision work	(P) Revision work
T	22.02.2022	(P) Revision work	Revision work	(P) Revision work.

(A) Chauhan