

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2022-23 (01.09.2022 to 24.12.2022)

Name of Teacher : DR. Anu Chauhan

Subject : Health & Phy. Edu.

Week	Date	Class BA III	B. A II nd	B. A III rd
		Semester - I st	III rd	V th
Th.	01.09.2022	Orientation course	Bridge course	Bridge course
F	02.09.2022	① do	do	do
S	03.09.2022	① Introduction of syllabus.	Introduction of syllabus	Introduction of syllabus.
M	05.09.2022	Meaning of Physical Edu.	① Introduction of Athletics	① Introduction of Pranayam
T	06.09.2022	Definition of Phy. Edu.	① do	① do
W	07.09.2022	Scope of Phy. Edu.	Concept of Safety Edu.	Concept of Growth & Development
Th	08.09.2022	Relationship of Phy. Edu. with Gen. Edu.	Meaning of Safety Edu.	Meaning of G & Development
F	09.09.2022	① Introduction of Athletics	Importance of Safety Edu.	Definition of G & Development
S	10.09.2022	① do	do	do
M	12.09.2022	Aim & Objective of Phy. Edu.	① Hist of Athletics	① Bhramari Pranayam
T	13.09.2022	do	① do	① Practice of Bhramari Pranayam
W	14.09.2022	Importance of Phy. Edu.	Sports Injuries	Stages of Growth & Development
Th	15.09.2022	do	Types of Sports Injuries	do

F	16.09.2022	History of Athletics	Types of Sports Injuries	Principles of Growth & Development
S	17.09.2022	Recreational Activity	Causes of Sports Injuries	do
M	19.09.2022	Misconceptions regarding Phys Edu	Introduction of Discus Throw	Anatom-Vision
T	20.09.2022	Revision work	do	do
W	21.09.2022	Test of Unit-1	Principles of Prevention of Sports Injuries	Factors Influencing G & D.
Th	22.09.2022	Meaning, Definition of Health	Gen. Treatment of Sports Injuries	do
F	23.09.2022	Shaheedi Diwas/Haryana War Hero's Martyrdom Day		
S	24.09.2022	Track	Gen. Treatment of Sports Injuries	Factors Influencing G & D.
M	26.09.2022	Maharaja Agrasen Jayanti		
T	27.09.2022	Importance of Health	Recreational Activity	Recreational Activity
W	28.09.2022	Factors Influencing Health	Revision work	Age & Sex difference in relation to Phys. Edu & sports
Th	29.09.2022	do	Test of Unit I	do
F	30.09.2022	Track	Concept of Common Diseases	Revision work
S	01.10.2022	Types of Track	Meaning of Communicable diseases.	Test of Unit I
M	03.10.2022	Meaning of Personal Hygiene	Specifications of Discus Throw	Practice of Anatom-Vision
T	04.10.2022	Importance of Personal Hygiene	do	do
W	05.10.2022	Dussehra		
Th	06.10.2022	Hygiene of Various Body Parts	Meaning of Non Communicable Diseases	Concept of Posture
F	07.10.2022	Track & Field Events	Modes of Transmission of Communicable disease.	Meaning of Posture

S	08.10.2022	① Track & Field Events	Prevention and control of communicable Disease	Importance of Good Posture
M	10.10.2022	Factors Influencing Personal Hygiene	① Gen. Rules of Discus Throw	① Introduction of Kapal Bhati
T	11.10.2022	—do—	① —do—	① —do—
W	12.10.2022	Revision work	Common Disease Typhoid	Symptoms and causes of Postural Deformities
Th	13.10.2022	Test of Unit II	Malaria	Kyphosis
F	14.10.2022	① Types of Stunts	Influenza	Lordosis
S	15.10.2022	① —do—	Dengue	Scoliosis
M	17.10.2022	Introduction to Human Anatomy & Physiology	① Gen. Skills of Discus Throw	① Practice of Kapal Bhati
T	18.10.2022	—do—	① —do—	① —do—
W	19.10.2022	Importance of Anatomy & Phy. in Phy. Edu.	Hepatitis	Flat Foot & Knock Knee
Th	20.10.2022	—do—	HIV/AIDS	Bow legs & Round Shoulders
F	21.10.2022	① Recreational Activity	Revision work	Revision work
22.10.2022 to 26.10.2022			Diwali Vacations	
Th	27.10.2022	Revision work	Allergy related Disease Asthma	Test of Unit III
F	28.10.2022	① Basic tech. of crouch start	—do—	Concept of Sports organization
S	29.10.2022	① —do—	Sinuses	Concept of Administration
M	31.10.2022	Definitions of Cells & Tissue	① Practice of Discus Throw	① Volleyball
T	01.11.2022	—do—	Haryana Day	—do—
W	02.11.2022	Definition of organs & system	Revision work	Meaning of organization and Administration in Phy. Edu.

Th	03.11.2022	Revision work	Test of Unit II	Meaning of organization & Administration in Phy. Edu.
F	04.11.2022	(P) Practice of crouch start	Anatomy and Physiology of circulation system	Principles of sports organization and Administration
S	05.11.2022	(P) do	do	do
M	07.11.2022	Structure of cell	(P) Introduction of Long Jump	(P) History of Volleyball
T	08.11.2022	Guru Nanak Dev Jayanti		
W	09.11.2022	Structure of cell	Structure of Heart.	Intramural & Extramural Tournaments
Th	10.11.2022	Characteristics of cell	do	do
F	11.11.2022	(P) Basic of standing start	Function of Heart	Importance of Tournaments
S	12.11.2022	(P) do	do	Types of Tournaments
M	14.11.2022	Characteristics of cell	(P) Ground specification of Long Jump	(P) Measurement of volleyball court
T	15.11.2022	Revision work	(P) do	(P) do
W	16.11.2022	Black Board Test	Types of Circulation	Types of Tournaments.
Th	17.11.2022	Test of Unit IV	do	Methods of Preparing Fixture
F	18.11.2022	(P) Practice of standing start	Effect of exercise on circulation sys.	do
S	19.11.2022	(P) do	do	do
M	21.11.2022	Concept & meaning of yoga	(P) Gen. Rules of Long Jump	(P) Gen. Rule of volleyball
T	22.11.2022	do	(P) do	(P) do
W	23.11.2022	Historical devel. of yoga	Revision work	Methods of Preparing Fixture
Th	24.11.2022	Types of yoga	Black Board Test of Diagrams	do

F	25.11.2022	Introduction of shotput	Unit Test of IV	Revision work
S	26.11.2022	History of shotput	Introduction of Balance Diet	Test of Unit II
M	28.11.2022	Types of yoga	Practice of Long Jump	Practice of Volleyball
T	29.11.2022	Importance of yoga	do	do
W	30.11.2022	do	Importance of Balance Diet	Anatomy and physiology of muscles
Th	01.12.2022	Revision work	do	Gross Anatomy of muscles
F	02.12.2022	Measurements of shotput circle	Components of Balance Diet	do
S	03.12.2022	do	do	do
M	05.12.2022	Meaning of Pranayama	Recreational Activity	Interaction of Hockey.
T	06.12.2022	Types of Pranayama	Practice of Discus Throw	Gen. Rules of Hockey
W	07.12.2022	Anulom-Vilom	Components of Balance Diet	Types of Muscles in Human Body
Th	08.12.2022	Bhastrika & Sheetali Pranayama	Factors Affecting Balance Diet	do
F	09.12.2022	Basic technique of shotput	do	do
S	10.12.2022	do	Revision work	Revision work
M	12.12.2022	Sheetali Pranayama	Recreational Activity	Match of Volleyball
T	13.12.2022	Ujjayi Pranayama	Black Board Test of Crack	Recreational Activity.
W	14.12.2022	Bhramari Pranayama	Harmful Effects of Junk Food	Effects of exercise on muscular system
Th	15.12.2022	Revision work	do	do
F	16.12.2022	Practice of shotput	Revision work	Composition of Human Blood.

S	17.12.2022	Ⓟ Reactive of Shotput	Unit Test of III	Composition of blood.
M	19.12.2022	Test of unit III	Ⓟ Revision work	Ⓟ Revision work
T	20.12.2022	Black Board Test of unit IV	Ⓟ do	Ⓟ do
W	21.12.2022	Revision work of whole syllabus	Group Discussion on unit III & IV	Functions of blood.
Th	22.12.2022	do	Black Board Test	Test of unit IV
F	23.12.2022	Ⓟ Revision work	Revision work	Revision work
S	24.12.2022	Ⓟ Revision work	do	do

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Subject : Health & Phy. Edu.

Week	Date	Class BA I st	B. A II nd	B. A III rd
		Semester - I st	III rd	IV th
Th.	01.09.2022	Orientation course	Bridge course	Bridge course
F	02.09.2022	Ⓟ do	do	do
S	03.09.2022	Ⓟ Introduction of syllabus.	Introduction of syllabus	Introduction of syllabus.
M	05.09.2022	Meaning of Physical Edu.	Ⓟ Introduction of Athletics	Ⓟ Introduction of Pranayam
T	06.09.2022	Definition of Phy. Edu.	Ⓟ do	Ⓟ do
W	07.09.2022	Scope of Phy. Edu.	Concept of safety Edu.	Concept of Growth & Development
Th	08.09.2022	Relationship of Phy. Edu. with Gen. Edu.	Meaning of Safety Edu.	Meaning of G & Development
F	09.09.2022	Ⓟ Introduction of Athletics	Importance of Safety Edu.	Definition of G & Development
S	10.09.2022	Ⓟ do	do	do
M	12.09.2022	Aim & Objective of Phy. Edu.	Ⓟ Hist of Athletics	Ⓟ Bhramari Pranayam
T	13.09.2022	do	Ⓟ do	Ⓟ Practice of Bhramari Pranayam
W	14.09.2022	Importance of Phy. Edu.	Sports Injuries	Stages of Growth & Development
Th	15.09.2022	do	Types of sports Injuries	do

F	16.09.2022	① History of Athletics	Types of Sports Injuries	Principles of Growth & Development
S	17.09.2022	① Recreational Activity	Causes of Sports Injuries	—do—
M	19.09.2022	Misconceptions regarding Phys Edu.	① Introduction of Dis Com Thew	① Anulom-Vilom
T	20.09.2022	Revision work	① —do—	① —do—
W	21.09.2022	Test of Unit-1	Principles of Prevention of Sports Injuries	Factors Influencing G & D,
Th	22.09.2022	Meaning, Definition of Health	Gen. Treatment of Sports Injuries	—do—
F	23.09.2022	—Shaheedi Diwas/Haryana War Hero's Martyrdom Day—		
S	24.09.2022	① Track	Gen. Treatment of Sports Injuries	Factors Influencing G & D.
M	26.09.2022	—Maharaja Agrasen Jayanti—		
T	27.09.2022	Importance of Health	① Recreational Activity	① Recreational Activity
W	28.09.2022	Factors Influencing Health	Revision work	Age & Sex difference in relation to Phys. Edu & sports
Th	29.09.2022	—do—	Test of Unit I	—do—
F	30.09.2022	① Track	Concept of Communicable Diseases	Revision work
S	01.10.2022	① Types of Track	Meaning of Communicable diseases.	Test of Unit I
M	03.10.2022	Meaning of Personal Hygiene	① Specifications of Dis Com Thew	① Practice of Anulom-Vilom
T	04.10.2022	Importance of Personal Hygiene	① —do—	① —do—
W	05.10.2022	—Dussehra—		
Th	06.10.2022	Hygiene of Various Body Parts	Meaning of Non Communicable diseases	Concept of Posture
F	07.10.2022	① Track & Field Events	Modes of Transmission of Communicable disease.	Meaning of Posture

S	08.10.2022	① Track & Field Events	Prevention and Control of Communicable Disease	Importance of Good Posture.	
M	10.10.2022	Factors Influencing Personal Hygiene	① Gen. Rules of Discus Throw	① Introduction of Kapal Bhati	
T	11.10.2022	—do—	① —do—	① —do—	
W	12.10.2022	Revision work	Common Disease Typhoid	Symptoms and Deformities	Causes of Postural
Th	13.10.2022	Test of Unit II	Malaria	Kyphosis	
F	14.10.2022	① Types of Stunts	Influenza	Lordosis	
S	15.10.2022	① —do—	Dengue	Scoliosis	
M	17.10.2022	Introduction to Human Anatomy & Physiology	① Gen. Skills of Discus Throw	① Practice of Kapal Bhati	
T	18.10.2022	—do—	① —do—	① —do—	
W	19.10.2022	Importance of Anatomy & Phys. in Phy. Edu.	Hepatitis	Flat Foot & Knock Knee	
Th	20.10.2022	—do—	HIV/AIDS	Bow legs & Round Shoulders	
F	21.10.2022	① Recreational Activity	Revision work	Revision work	
22.10.2022 to 26.10.2022			Diwali Vacations		
Th	27.10.2022	Revision work	Allergy related Disease Asthma	Test of Unit III	
F	28.10.2022	① Basic tech. of crouch start	—do—	Concept of Sports organization	
S	29.10.2022	① —do—	Sinuses	Concept of Administration	
M	31.10.2022	Definitions of Cells & Tissue	① Practice of Discus Throw	① Volleyball	
T	01.11.2022	—do—	Haryana Day		
W	02.11.2022	Definition of organs & system	Revision work	Meaning of organization and Administration in Phy. Edu.	

Th	03.11.2022	Revision work	Test of Unit II	Meaning of organization & Administration in Phy. Edu.
F	04.11.2022	(P) Practice of Crouch start	Anatomy and Physiology of circulation system	Principles of sports organization and Administration
S	05.11.2022	(P) do	do	do
M	07.11.2022	Structure of cell	(P) Introduction of Long Jump	(P) History of Volleyball
T	08.11.2022	Guru Nanak Dev Jayanti		
W	09.11.2022	Structure of cell	Structure of Heart.	Intramural & Extramural Tournaments
Th	10.11.2022	Characteristics of cell	do	do
F	11.11.2022	(P) Basic of standing start	Function of Heart	Importance of Tournaments
S	12.11.2022	(P) do	do	Types of Tournaments
M	14.11.2022	Characteristics of cell	(P) Ground specific of Long Jump	(P) Measurement of volleyball court
T	15.11.2022	Revision work	(P) do	(P) do
W	16.11.2022	Black Board Test	Types of circulation	Types of Tournaments.
Th	17.11.2022	Test of Unit IV	do	Methods of Preparing Fixture
F	18.11.2022	(P) Practice of standing start	Effect of exercise on circulation sys.	do
S	19.11.2022	(P) do	do	do
M	21.11.2022	Concept & meaning of yoga	(P) Gen. Rules of Long Jump	(P) Gen. Rule of volleyball
T	22.11.2022	do	(P) do	(P) do
W	23.11.2022	Historical devel. of yoga	Revision work	Methods of Preparing Fixture
Th	24.11.2022	Types of yoga	Black Board Test of Diagrams	do

F	25.11.2022	① Introduction of shotput	Unit Test of IV	Revision work	
S	26.11.2022	① History of shotput	Introduction of Balance Diet	Test of Unit II	
M	28.11.2022	Types of yoga	① Practice of Long Jump	① Practice of	Volleyball
T	29.11.2022	Importance of yoga	① —do—	① —do—	
W	30.11.2022	—do—	Importance of Balance Diet	Anatomy and Physiology of muscles	
Th	01.12.2022	Revision work	—do—	Gross Anatomy of muscles	
F	02.12.2022	① Measurements of shotput circle	Components of Balance Diet	—do—	
S	03.12.2022	① —do—	—do—	—do—	
M	05.12.2022	Meaning of Pranayama	① Recreational Activity	① Interactions of Hockey.	
T	06.12.2022	Types of pranayama	① Practice of Discus Throw	① Gen. Rules of Hockey	
W	07.12.2022	Anulom-Vilom	Components of Balance Diet	Types of muscles in Human Body	
Th	08.12.2022	Bhastrika & Sheetali Pranayama	Factors Affecting Balance Diet	—do—	
F	09.12.2022	① Basic technique of shotput	—do—	—do—	
S	10.12.2022	① —do—	Revision work	Revision work	
M	12.12.2022	Sheetkali Pranayama	① Recreational Activity	① Match of Volleyball	
T	13.12.2022	Ujjayi Pranayama	① Black Board Test of Back	① Recreational Activity.	
W	14.12.2022	Bhramari Pranayama	Harmful Effects of Junk Food	Effects of exercise on muscular system	
Th	15.12.2022	Revision work	—do—	—do—	
F	16.12.2022	① Practice of shotput	Revision work	Composition of Human Blood.	

S	17.12.2022	Ⓟ Reactive of Shotput	Unit Test of <u>III</u>	Composition of blood.
M	19.12.2022	Test of Unit <u>III</u>	Ⓟ Revision work	Ⓟ Revision work
T	20.12.2022	Black Board Test of Unit <u>IV</u>	Ⓟ do	Ⓟ do
W	21.12.2022	Revision work of whole syllabus	Group Discussion on Unit <u>III</u> & <u>IV</u> th	Functions of blood.
Th	22.12.2022	do	Black Board Test	Test of Unit <u>IV</u>
F	23.12.2022	Ⓟ Revision work	Revision work	Revision work
S	24.12.2022	Ⓟ Revision work	do	do

Akshay