

Saraswati Mahila Mahavidyalaya, Palwal

Lesson Plan :

Name of the ~~Assistant~~ Associate Professor: Dr. Asha Dahiya

Class and Section: BA I

Name of subject: Health and yoga

Subject Lesson Plan : 18 weeks (from January 2018 to April 2018)

(Note: Prepared as per list of holidays declared by Haryana govt.)

WEEK 1

~~ASSIGNMENT:~~

WEEK 1, DAY 1, DATE : 01/01/2018 (MONDAY)

Meaning of Health

WEEK 1, DAY 2, DATE : 02/01/2018 (TUESDAY)

Importance of Health

WEEK 1, DAY 3, DATE : 03/01/2018 (WEDNESDAY)

Meaning of Health Education

WEEK 1, DAY 4, DATE : 04/01/2018 (THURSDAY)

1st group - Practical - Athletics, Track.

WEEK 1, DAY 5, DATE : 05/01/2018 (FRIDAY)

Holiday on account of Guru Govind Singh's Birthday

WEEK 1, DAY 6, DATE : 06/01/2018 (SATURDAY)

2nd group - Practical - Athletics - Track
and
3rd group -

WEEK 2

ASSIGNMENT:

WEEK 2, DAY 1, DATE : 07/01/2018 (MONDAY)

Importance of Health Education in Modern Society.

WEEK 2, DAY 2, DATE : 08/01/2018 (TUESDAY)

Importance of Health Education in Modern Society

WEEK 2, DAY 3, DATE : 09/01/2018 (WEDNESDAY)

Guiding Principle of Health Education

WEEK 2, DAY 4, DATE : 10/01/2018 (THURSDAY)

1st group - Practical - Track - 10000 mtr

WEEK 2, DAY 5, DATE : 11/01/2018 (FRIDAY)

2nd group - Practical - Track - 10000 mtr

WEEK 2, DAY 6, DATE : 12/01/2018 (SATURDAY)

3rd group - Practical - Track - 10000 mtr

WEEK 3

① **ASSIGNMENT:** Athletics - Track rule and regulations
WEEK 3, DAY 1, DATE : 15/01/2018 (MONDAY)

Guiding Principle of Health Education

WEEK 3, DAY 2, DATE : 16/01/2018 (TUESDAY)

Importance of light at school and Home

WEEK 3, DAY 3, DATE : 17/01/2018 (WEDNESDAY)

Importance of Cross Ventilation at school and Home

WEEK 3, DAY 4, DATE : 18/01/2018 (THURSDAY)

1st group - Practical - Athletics - 110 mts Hurdle

WEEK 3, DAY 5, DATE : 19/01/2018 (FRIDAY)

2nd group - Practical - Athletics - 110 mts Hurdle

WEEK 3, DAY 6, DATE : 20/01/2018 (SATURDAY)

3rd group - Practical - Athletics - 110 mts Hurdle

WEEK 4

ASSIGNMENT:

WEEK 3, DAY 1, DATE : 22/01/2018 (MONDAY)

Holiday on account of Basant Panchmi.

WEEK 4, DAY 2, DATE :23/01/2018(TUESDAY)

① Announced Test of **Unit - I**

WEEK 4, DAY 3, DATE :24/01/2018(WEDNESDAY)

Holiday on account of Sir Chotu Ram Jayanti.

WEEK 4, DAY 4, DATE :25/01/2018(THURSDAY)

Meaning of Personal Hygiene

WEEK 4, DAY 5, DATE :26/01/2018(FRIDAY)

Holiday on account of Republic Day.

WEEK 4, DAY 6, DATE :27/01/2018(SATURDAY)

Importance of Personal Hygiene and
Distribution and discussion of class Test Unit I

WEEK 5

ASSIGNMENT:

WEEK 5, DAY 1, DATE :29/01/2018(MONDAY)

Importance of Personal Hygiene

WEEK 5, DAY 2, DATE :30/01/2018(TUESDAY)

Personal Hygiene of Teeth, Ears and
Eyes

WEEK 5, DAY 3, DATE :31/01/2018(WEDNESDAY)

Holiday on account of Guru Ravi Dass Jayanti

WEEK 5, DAY 4, DATE :01/02/2018(THURSDAY)

1st group - Practical - Athletics, field

WEEK 5, DAY 5, DATE :02/02/2018(FRIDAY)

2nd group - Practical - Athletics Field

WEEK 5, DAY 6, DATE :03/02/2018(SATURDAY)

3rd group - Practical - Athletics Field

WEEK 6

② ASSIGNMENT: Athletic Field - Discus

WEEK 6, DAY 1, DATE :05/02/2018(MONDAY)

Personal Hygiene of Skin, Nail and Fingers.

WEEK 6, DAY 2, DATE :06/02/2018(TUESDAY)

Distribution and discussion of Assignment of Track (Athletics)

WEEK 6, DAY 3, DATE :07/02/2018(WEDNESDAY)

Distribution and discussion of Assignment of Field Discus (Athletics)

WEEK 6, DAY 4, DATE :08/02/2018(THURSDAY)

1st group - Practical - Basketball

WEEK 6, DAY 5, DATE :09/02/2018(FRIDAY)

2nd and 3rd group - Practical - Basketball

WEEK 6, DAY 6, DATE :10/02/2018(SATURDAY)

Holiday on account of Maharshi Dayanand Saraswati Jayanti.

WEEK 7

ASSIGNMENT:

WEEK 7, DAY 1, DATE :12/02/2018(MONDAY)

Osal 2nd Unit - Test

WEEK 7, DAY 2, DATE :13/02/2018(TUESDAY)

Holiday on account of Maha Shivaratri.

WEEK 7, DAY 3, DATE :14/02/2018(WEDNESDAY)

Announced 2nd Unit - Test

WEEK 7, DAY 4, DATE :15/02/2018(THURSDAY)

1st group - Practical - Basketball

WEEK 7, DAY 5, DATE :16/02/2018(FRIDAY)

2nd group - Practical - Basketball

WEEK 7, DAY 6, DATE :17/02/2018(SATURDAY)

3rd group - Practical - Basketball

WEEK 8

ASSIGNMENT:

WEEK 8, DAY 1, DATE : 19/02/2018 (MONDAY)

(2)

Distribution and discussion of
2nd Unit - Test.

WEEK 8, DAY 2, DATE : 20/02/2018 (TUESDAY)

Meaning of Communicable diseases

WEEK 8, DAY 3, DATE : 21/02/2018 (WEDNESDAY)

Mode of transmission of Communicable
diseases

WEEK 8, DAY 4, DATE : 22/02/2018 (THURSDAY)

1st group - Practical - Performance test
of 400 Mts

WEEK 8, DAY 5, DATE : 23/02/2018 (FRIDAY)

2nd group - Practical - Performance test
of Races.

WEEK 8, DAY 6, DATE : 24/02/2018 (SATURDAY)

3rd group - Practical - Performance Test of Races.

WEEK 9

③ **ASSIGNMENT:** Communicable diseases - HIV-AIDS
WEEK 9, DAY 1, DATE : 26/02/2018 (MONDAY)

Prevention of the Communicable diseases.

WEEK 9, DAY 2, DATE : 27/02/2018 (TUESDAY)

Mode of transmission and Prevention of HIV-AIDS

WEEK 9, DAY 3, DATE : 28/02/2018 (WEDNESDAY)

VACATION -II

WEEK 9, DAY 4, DATE : 01/03/2018 (THURSDAY)

VACATION -II

WEEK 9, DAY 5, DATE : 02/03/2018 (FRIDAY)

VACATION -II

WEEK 9, DAY 6, DATE : 03/03/2018 (SATURDAY)

VACATION -II

WEEK 10

ASSIGNMENT:

WEEK 10, DAY 1, DATE : 05/03/2018 (MONDAY)

Assignment discussion of HIV-AIDS

WEEK 10, DAY 2, DATE :06/03/2018(TUESDAY)

Transmission and Prevention of HIV-AIDS

WEEK 10, DAY 3, DATE :07/03/2018(WEDNESDAY)

Mode of transmission and Prevention of
HEPATITIS - B

WEEK 10, DAY 4, DATE :08/03/2018(THURSDAY)

1st group - Practical - Boxing

WEEK 10, DAY 5, DATE :09/03/2018(FRIDAY)

2nd group - Practical - Boxing

WEEK 10, DAY 6, DATE :10/03/2018(SATURDAY)

3rd group - Practical - Boxing

WEEK 11

ASSIGNMENT:

WEEK 11, DAY 1, DATE :12/03/2018(MONDAY)

Mode of transmission and Prevention of
HEPATITIS - C

WEEK 11, DAY 2, DATE :13/03/2018(TUESDAY)

Mode of transmission of
MALARIA

Prevention of MALARIA

WEEK 11, DAY 3, DATE :14/03/2018(WEDNESDAY)

Made ~~and~~ transmission of TUBERCULOSIS
Prevention of TUBERCULOSIS

WEEK 11, DAY 4, DATE :15/03/2018(THURSDAY)

1st group- Practical - Performance Test of
Basketball dribbling and Holding the ball

WEEK 11, DAY 5, DATE :16/03/2018(FRIDAY)

2nd group- Practical - Performance Test of
Basketball dribbling and Holding the ball

WEEK 11, DAY 6, DATE :17/03/2018(SATURDAY)

3rd group- Practical - Performance Test of
Basketball Holding and dribbling the ball

WEEK 12

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ASSIGNMENT: Basket Ball Rule and Regulation

WEEK 12, DAY 1, DATE :19/03/2018(MONDAY)

Made ~~and~~ transmission of and Prevention
of CHOLERA

WEEK 12, DAY 2, DATE :20/03/2018(TUESDAY)

Class Debate of HEPATITIS B & C

WEEK 12, DAY 3, DATE :21/03/2018(WEDNESDAY)

Assignment distribution and discussion
of Basket ball rules and regulations

WEEK 12, DAY 4, DATE :22/03/2018(THURSDAY)

1st group Practical - yoga, Surya Namaskar

WEEK 12, DAY 5, DATE :23/03/2018(FRIDAY)

Holiday on account of Shahidi diwas.

WEEK 12, DAY 6, DATE :24/03/2018(SATURDAY)

2nd and 3rd group - Practical - yoga -
Surya Namaskar

WEEK 13

ASSIGNMENT:

WEEK 13, DAY 1, DATE :26/03/2018(MONDAY)

Meaning of yoga

WEEK 13, DAY 2, DATE :27/03/2018(TUESDAY)

Aims of yoga

WEEK 13, DAY 3, DATE :28/03/2018(WEDNESDAY)

Aims of yoga

WEEK 13, DAY 4, DATE : 29/03/2018 (THURSDAY)

Holiday on account of Mahavir Jayanti.

WEEK 13, DAY 5, DATE : 30/03/2018 (FRIDAY)

1st and 2nd group - Practical -

Bhujang Asan, Hal Asan, Dhanur Asan

WEEK 13, DAY 6, DATE : 31/03/2018 (SATURDAY)

3rd group - Practical -

Bhujang Asan, Hal Asan, Dhanur Asan

WEEK 14

✓ ASSIGNMENT:

WEEK 14, DAY 1, DATE : 02/04/2018 (MONDAY)

Benefits of Surya Namaskar, Bhujang Asan

WEEK 14, DAY 2, DATE : 03/04/2018 (TUESDAY)

Benefits of Hal Asan, Dhanur Asan, Ardha
Machhendran

WEEK 14, DAY 3, DATE : 04/04/2018 (WEDNESDAY)

Benefits of Chakras Asan, Matsya Asan

WEEK 14, DAY 4, DATE :05/04/2018(THURSDAY)

1st group Practical - Yoga -
Ardh Machhender Asan, Chakras Asan, Matsya Asan

WEEK 14, DAY 5, DATE :06/04/2018(FRIDAY)

2nd group Practical - Yoga
Ardh Machhender Asan, Chakras Asan, Matsya Asan

WEEK 14, DAY 6, DATE :07/04/2018(SATURDAY)

3rd group Practical - Yoga
Ardh Machhender Asan, Chakras Asan, Matsya Asan

WEEK 15

ASSIGNMENT:

WEEK 15, DAY 1, DATE :09/04/2018(MONDAY)

Benefits of Karan Peera Asan, Mayur Asan
and Setu Bandh Asan

WEEK 15, DAY 2, DATE :10/04/2018(TUESDAY)

Benefits of Karan Peera Asan, Mayur Asan
and Setu Bandh Asan.

WEEK 15, DAY 3, DATE :11/04/2018(WEDNESDAY)

Unit III - Test

WEEK 15, DAY 4, DATE :12/04/2018(THURSDAY)

1st group Practical - Karam Peera Asan,
Mayur Asan, Setu Bandh Asan

WEEK 15, DAY 5, DATE :13/04/2018(FRIDAY)

2nd and 3rd group - Practical,
Karam Peera Asan, Mayur Asan, Setu Bandh Asan

WEEK 15, DAY 6, DATE :14/04/2018(SATURDAY)

Holiday on account of Vaisakhi & Dr B.R. Ambedkar's Jayanti.

WEEK 16

ASSIGNMENT: Objective type Questions of Unit 1, II

WEEK 16, DAY 1, DATE :16/04/2018(MONDAY)

Distribution and discussion of 3rd Unit
Test.

WEEK 16, DAY 2, DATE :17/04/2018(TUESDAY)

Revision of Unit 1

WEEK 16, DAY 3, DATE :18/04/2018(WEDNESDAY)

Holiday on account of Maharshi Pasuram Jayanti

WEEK 16, DAY 4, DATE :19/04/2018(THURSDAY)

1st group Practical — Revision of Athletics Event

WEEK 16, DAY 5, DATE :20/04/2018(FRIDAY)

2nd group Practical — Revision of Athletics Event

WEEK 16, DAY 6, DATE :21/04/2018(SATURDAY)

3rd group Practical — Revision of Athletics Event.

WEEK 17

ASSIGNMENT: Objective type Questions of Unit III, IV

WEEK 17, DAY 1, DATE :23/04/2018(MONDAY)

Distribution of objective type answers and discussion of Unit I and II

WEEK 17, DAY 2, DATE :24/04/2018(TUESDAY)

Revision of Unit III with objective type Questions

WEEK 17, DAY 3, DATE :25/04/2018(WEDNESDAY)

Revision of Unit IV with objective type Questions.

WEEK 17, DAY 4, DATE :26/04/2018(THURSDAY)

1st group Practical → Revision
Games

WEEK 17, DAY 5, DATE :27/04/2018(FRIDAY)

2nd group Practical → Revision
Games

WEEK 17, DAY 6, DATE :28/04/2018(SATURDAY)

3rd group Practical → Revision
Games.

WEEK 18

ASSIGNMENT:

WEEK 18, DAY 1, DATE :30/04/2018(MONDAY)