

Lesson Plan

Name of the Assistant/ Associate Professor: Kanta Kulkarni  
 Class and Section: B.A. I St A & B  
 Subject: Health and Physical Edu. Theory.

Week	Date	Topics
1	1-Jan-18	Meaning of health and Definition.
	2-Jan-18	Importance of health.
	3-Jan-18	Tells about W.H.O.
	4-Jan-18	Short - question.
	5-Jan-18	Oral Test
	6-Jan-18	Group discussion.
	7-Jan-18	Sunday
	8-Jan-18	Test
	9-Jan-18	Meaning of health Education, Definition
	10-Jan-18	Role of health in Modern Society.
2	11-Jan-18	Group discussion.
	12-Jan-18	Guiding Principle of health education.
	13-Jan-18	Do
	14-Jan-18	Sunday
	15-Jan-18	Short - Question
	16-Jan-18	Health Instruction
	17-Jan-18	Factors Influencing Health.
	18-Jan-18	Various Aspects of health.
	19-Jan-18	Group discussion.
	20-Jan-18	Oral Test
3	21-Jan-18	Sunday
	22-Jan-18	Vasant Panchami
	23-Jan-18	Test.
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Meaning of Personal Hygiene its Imp.
	26-Jan-18	Republic Day
	27-Jan-18	Importance of light and cross ventilation
	28-Jan-18	Sunday
	29-Jan-18	Light and cross ventilation of School & Home.
	30-Jan-18	Group discussion.
31-Jan-18	Test	
4	1-Jan-18	Health / Personal Hygiene.
	2-Jan-18	Meaning of health and Definition.
	3-Jan-18	Importance of health.
	4-Jan-18	Tells about W.H.O.
	5-Jan-18	Short - question.
	6-Jan-18	Oral Test
	7-Jan-18	Group discussion.
	8-Jan-18	Test
	9-Jan-18	Meaning of health Education, Definition
	10-Jan-18	Role of health in Modern Society.
5	11-Jan-18	Group discussion.
	12-Jan-18	Guiding Principle of health education.
	13-Jan-18	Do
	14-Jan-18	Sunday
	15-Jan-18	Short - Question
	16-Jan-18	Health Instruction
	17-Jan-18	Factors Influencing Health.
	18-Jan-18	Various Aspects of health.
	19-Jan-18	Group discussion.
	20-Jan-18	Oral Test
6	21-Jan-18	Sunday
	22-Jan-18	Vasant Panchami
	23-Jan-18	Test.
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Meaning of Personal Hygiene its Imp.
	26-Jan-18	Republic Day
	27-Jan-18	Importance of light and cross ventilation
	28-Jan-18	Sunday
	29-Jan-18	Light and cross ventilation of School & Home.
	30-Jan-18	Group discussion.
31-Jan-18	Test	

Kanta Kulkarni

**Lesson Plan**

Name of the Assistant/ Associate Professor.....**Kamra Kollu**

Class and Section:.....**B.A.I.T**

Subject:.....**Health & Physical Edu. (Theory)**

Week	Date	Topics
1	1-Feb-18	Personal hygiene of the - Teeth, Ears, etc
	2-Feb-18	Personal hygiene of teeth
	3-Feb-18	Personal hygiene of eyes
	4-Feb-18	Personal hygiene of skin
2	5-Feb-18	Personal hygiene of eyes
	6-Feb-18	Personal hygiene of skin
	7-Feb-18	Personal hygiene of eyes
	8-Feb-18	Personal hygiene of skin
3	9-Feb-18	Personal Hygiene of Nail & Fingers
	10-Feb-18	Personal Hygiene of Hand & Fingers
	11-Feb-18	Personal Hygiene of Hand & Fingers
	12-Feb-18	Personal Hygiene of Hand & Fingers
4	13-Feb-18	Personal Hygiene of Hand & Fingers
	14-Feb-18	Personal Hygiene of Hand & Fingers
	15-Feb-18	Personal Hygiene of Hand & Fingers
	16-Feb-18	Personal Hygiene of Hand & Fingers
5	17-Feb-18	Personal Hygiene of Hand & Fingers
	18-Feb-18	Personal Hygiene of Hand & Fingers
	19-Feb-18	Personal Hygiene of Hand & Fingers
	20-Feb-18	Personal Hygiene of Hand & Fingers



**Lesson Plan**

Name of the Assistant/ Associate Professor: Kanta Kohli

Class and Section: B.A. I St A & B

Subject: Health and Physical Edu. Theory

Week	Date	Topics
1	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	Meaning of Yoga and Types
	4-Mar-18	Sunday
	5-Mar-18	Arms of Yoga
2	6-Mar-18	Group Discussion
	7-Mar-18	Central Test
	8-Mar-18	Test
	9-Mar-18	Group Discussion
	10-Mar-18	Benefits of Surya Namaskar
3	11-Mar-18	Sunday
	12-Mar-18	Surya Namaskar steps
	13-Mar-18	Demonstration of Surya Namaskar
	14-Mar-18	Practic of Surya Namaskar
	15-Mar-18	Do -
4	16-Mar-18	Test
	17-Mar-18	Procedure of hal asan
	18-Mar-18	Sunday
	19-Mar-18	Practic of halasan. Benefits of halasan.
	20-Mar-18	Group Discussion
5	21-Mar-18	Test of halasan.
	22-Mar-18	Dhanur Asan. Procedure
	23-Mar-18	Shahedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Benefits of Dhanur Asan.
	25-Mar-18	Sunday/ Ram Navami
5	26-Mar-18	Demonstration of Dhanur Asan.
	27-Mar-18	Careful step of Asan.
	28-Mar-18	Test
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	31-Mar-18

**Lesson Plan**

Name of the Assistant/ Associate Professor: Kontra Rohilla

Class and Section: S.A.Ist and A.B

Subject: Health and Physical Education (Theory)

Week	Date	Topics
1	1-Apr-18	Sunday
	2-Apr-18	Benefits of <u>Garbh Nachander Asan</u> .
	3-Apr-18	<u>Practice and Demonstration</u> .
	4-Apr-18	<u>Chakras Asan Technique, Benefits</u>
	5-Apr-18	<u>Prevention of Asan.</u>
	6-Apr-18	<u>Practice of Chakras Asan.</u>
	7-Apr-18	<u>Moral Test.</u>
	8-Apr-18	Sunday
2	9-Apr-18	<u>Matsya Asan and Karna Peera Asan</u>
	10-Apr-18	<u>Demonstration of Matsya Asan &amp; Karna Peera.</u>
	11-Apr-18	<u>Benefits and Technique of both asan.</u>
	12-Apr-18	<u>Mayur Asan and setu Bandh Asan Benefits</u>
	13-Apr-18	<u>Technique and Practice</u>
	14-Apr-18	<u>Dr Ambedkar Jayanti / Vaisakhi</u>
	15-Apr-18	Sunday
	16-Apr-18	<u>Test of Yoga and Asan</u>
3	17-Apr-18	<u>Revision</u>
	18-Apr-18	<u>Parashurama Jayanti</u>
	19-Apr-18	<u>Test unit Ist</u>
	20-Apr-18	<u>Test unit IInd</u>
	21-Apr-18	<u>Test unit IIIrd</u>
	22-Apr-18	Sunday
	23-Apr-18	<u>Test unit IVth</u>
	24-Apr-18	<u>Do</u>
4	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	

*Kontra Rohilla*