

## Lesson Plan

### Department of Physical Education

**Pt. N. R. S. Govt. College, Rohtak**

**Paper: Health Education**

**Class: BA- 1<sup>st</sup> Year (2<sup>nd</sup> Sem) DSC**

**Session: 2024-2025**

**Name: Dr. Dharmender Singh & Dr. Rajesh Kumar**

<b>Week 1 (1<sup>st</sup>–6<sup>th</sup> Jan)</b>	<b>Winter Break</b>
<b>Week 2 (7<sup>th</sup>–11<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Meaning of Health</li><li>➤ Definition of Health</li><li>➤ Importance of Health</li></ul>
<b>12<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 3 (13<sup>th</sup>–18<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Dimension of Health (Physical, Mental &amp; Social Health)</li><li>➤ Factors influencing of health status</li></ul>
<b>19<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 4 (20<sup>th</sup>–25<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Meaning of Health Education</li><li>➤ Definition of Health Education</li><li>➤ Importance of Health Education</li></ul>
<b>26<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 5 (27<sup>th</sup>–1<sup>st</sup> Feb)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Aims of Health Education</li><li>➤ Objectives of Health Education</li></ul>
<b>2<sup>nd</sup> Feb</b>	<b>Sunday</b>
<b>Week 6 (3<sup>rd</sup>–8<sup>th</sup> Feb)</b>	<b>Unit – I</b> <ul style="list-style-type: none"><li>➤ Principles of Health Education</li><li>➤ Scopes of Health Education</li></ul>
<b>9<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 7 (10<sup>th</sup>–15<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Meaning of Personnel Hygiene and its Importance</li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>a) Teeth (b) Ears</li></ul></li></ul>
<b>16<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 8 (17<sup>th</sup>–22<sup>nd</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(c) Eyes (d) Skin</li></ul></li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(e) Nail &amp; Fingers</li></ul></li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(f) Noose (g) Clothes</li></ul></li></ul>
<b>23<sup>rd</sup> Feb</b>	<b>Sunday</b>

<b>Week 9 (24<sup>th</sup>–1<sup>st</sup> March)</b>	<b>Unit – II</b> <ul style="list-style-type: none"> <li>➤ Need and Importance of Health Services, Health Supervision</li> <li>➤ Role of Health Educator</li> </ul>
<b>2<sup>nd</sup> March</b>	<b>Sunday</b>
<b>Week 10 (3<sup>rd</sup>–8<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Meaning of Communicable diseases</li> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (i) HIV/AIDS (ii) Hepatitis-B &amp; C</li> </ul>
<b>Week 11 (9<sup>th</sup> – 16<sup>th</sup> March)</b>	<b>Holi Break</b>
<b>Week 12 (17<sup>th</sup>–22<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (iii) Malaria (iv) Tuberculosis</li> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (v) Cholera</li> </ul>
<b>23<sup>rd</sup> March</b>	<b>Sunday</b>
<b>Week 13 (24<sup>th</sup>–29<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (vi) COVID-19 (vii) Chickenpox/ Shingles</li> </ul>
<b>30<sup>th</sup> March</b>	<b>Sunday</b>
<b>Week 14 (31<sup>st</sup>–5<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ First Aid: Definition and importance of first aid in modern life</li> <li>➤ Types of first aid, first aid box</li> </ul>
<b>6<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 15 (7<sup>th</sup>–12<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Principle of first aid</li> <li>➤ Functions &amp; Qualities of a good first aider</li> </ul>
<b>13<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 16 (14<sup>th</sup>–19<sup>th</sup> April)</b>	<b>Unit - IV</b> <ul style="list-style-type: none"> <li>➤ Common first-aid measures of following: a) Snake biting (b) Choking (c) Drowning (d) Fainting (e) Fracture</li> </ul>
<b>20<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 17 (21<sup>st</sup>–26<sup>th</sup> April)</b>	<b>Unit - IV</b> <ul style="list-style-type: none"> <li>➤ Common first-aid measures of following: (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke</li> </ul>
<b>27<sup>th</sup> April</b>	➤ <b>Sunday</b>
<b>Week 18 (28<sup>th</sup>–3<sup>rd</sup> May)</b>	<ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> <li>➤ Test</li> </ul>

## Lesson Plan

### Department of Physical Education

**Pt. N. R. S. Govt. College, Rohtak**

**Paper: Health Education**

**Class: BA- 1<sup>st</sup> Year (2<sup>nd</sup> Sem) DSC**

**Session: 2024-2025**

**Name: Dr. Dharmender Singh & Dr. Rajesh Kumar**

<b>Week 1 (1<sup>st</sup>–6<sup>th</sup> Jan)</b>	<b>Winter Break</b>
<b>Week 2 (7<sup>th</sup>–11<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Meaning of Health</li><li>➤ Definition of Health</li><li>➤ Importance of Health</li></ul>
<b>12<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 3 (13<sup>th</sup>–18<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Dimension of Health (Physical, Mental &amp; Social Health)</li><li>➤ Factors influencing of health status</li></ul>
<b>19<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 4 (20<sup>th</sup>–25<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Meaning of Health Education</li><li>➤ Definition of Health Education</li><li>➤ Importance of Health Education</li></ul>
<b>26<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 5 (27<sup>th</sup>–1<sup>st</sup> Feb)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Aims of Health Education</li><li>➤ Objectives of Health Education</li></ul>
<b>2<sup>nd</sup> Feb</b>	<b>Sunday</b>
<b>Week 6 (3<sup>rd</sup>–8<sup>th</sup> Feb)</b>	<b>Unit – I</b> <ul style="list-style-type: none"><li>➤ Principles of Health Education</li><li>➤ Scopes of Health Education</li></ul>
<b>9<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 7 (10<sup>th</sup>–15<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Meaning of Personnel Hygiene and its Importance</li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>a) Teeth (b) Ears</li></ul></li></ul>
<b>16<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 8 (17<sup>th</sup>–22<sup>nd</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(c) Eyes (d) Skin</li></ul></li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(e) Nail &amp; Fingers</li></ul></li><li>➤ Personal hygiene of the following:<ul style="list-style-type: none"><li>(f) Noose (g) Clothes</li></ul></li></ul>
<b>23<sup>rd</sup> Feb</b>	<b>Sunday</b>

<b>Week 9 (24<sup>th</sup>–1<sup>st</sup> March)</b>	<b>Unit – II</b> <ul style="list-style-type: none"> <li>➤ Need and Importance of Health Services, Health Supervision</li> <li>➤ Role of Health Educator</li> </ul>
<b>2<sup>nd</sup> March</b>	<b>Sunday</b>
<b>Week 10 (3<sup>rd</sup>–8<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Meaning of Communicable diseases</li> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (i) HIV/AIDS (ii) Hepatitis-B &amp; C</li> </ul>
<b>Week 11 (9<sup>th</sup> – 16<sup>th</sup> March)</b>	<b>Holi Break</b>
<b>Week 12 (17<sup>th</sup>–22<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (iii) Malaria (iv) Tuberculosis</li> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (v) Cholera</li> </ul>
<b>23<sup>rd</sup> March</b>	<b>Sunday</b>
<b>Week 13 (24<sup>th</sup>–29<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Mode of transmission, Symptoms &amp; prevention of the following: (vi) COVID-19 (vii) Chickenpox/ Shingles</li> </ul>
<b>30<sup>th</sup> March</b>	<b>Sunday</b>
<b>Week 14 (31<sup>st</sup>–5<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ First Aid: Definition and importance of first aid in modern life</li> <li>➤ Types of first aid, first aid box</li> </ul>
<b>6<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 15 (7<sup>th</sup>–12<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Principle of first aid</li> <li>➤ Functions &amp; Qualities of a good first aider</li> </ul>
<b>13<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 16 (14<sup>th</sup>–19<sup>th</sup> April)</b>	<b>Unit - IV</b> <ul style="list-style-type: none"> <li>➤ Common first-aid measures of following: a) Snake biting (b) Choking (c) Drowning (d) Fainting (e) Fracture</li> </ul>
<b>20<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 17 (21<sup>st</sup>–26<sup>th</sup> April)</b>	<b>Unit - IV</b> <ul style="list-style-type: none"> <li>➤ Common first-aid measures of following: (f) Burns (g) Poison and Unconsciousness (h) Heat Stroke</li> </ul>
<b>27<sup>th</sup> April</b>	➤ <b>Sunday</b>
<b>Week 18 (28<sup>th</sup>–3<sup>rd</sup> May)</b>	<ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> <li>➤ Test</li> </ul>

## Lesson Plan

### Department of Physical Education

**Pt. N. R. S. Govt. College, Rohtak**

**Paper: Physical Fitness & Yoga**

**Class: BA-2<sup>nd</sup> Year (4<sup>th</sup> Sem)**

**Session: 2024-2025**

**Name: Dr. Parveen Dhayal**

<b>Week 1 (1<sup>st</sup>–6<sup>th</sup> Jan)</b>	<b>Winter Break</b>
<b>Week 2 (7<sup>th</sup>–11<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Meaning of Physical Education</li><li>➤ Importance of Physical Education</li><li>➤ Aims of Physical Education</li></ul>
<b>12<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 3 (13<sup>th</sup>–18<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Objectives of Physical Education</li><li>➤ Relationship of Physical Education with General Education</li><li>➤ Need of physical Education in Modern Society</li></ul>
<b>19<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 4 (20<sup>th</sup>–25<sup>th</sup> Jan)</b>	<b>Unit - II</b> <ul style="list-style-type: none"><li>➤ Meaning of Physical Fitness</li><li>➤ Components of physical Fitness</li><li>➤ Speed</li><li>➤ Strength</li></ul>
<b>26<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 5 (27<sup>th</sup>–1<sup>st</sup> Feb)</b>	<b>Unit - II</b> <ul style="list-style-type: none"><li>➤ Endurance</li><li>➤ Flexibility</li><li>➤ Agility</li></ul>
<b>2<sup>nd</sup> Feb</b>	<b>Sunday</b>
<b>Week 6 (3<sup>rd</sup>–8<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Factors influencing Physical Fitness</li><li>➤ Types of warming up</li><li>➤ Guiding principal of warming up</li></ul>
<b>9<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 7 (10<sup>th</sup>–15<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Guiding principal of warming up</li><li>➤ Importance of warming up</li><li>➤ Importance of cooling down</li></ul>
<b>16<sup>th</sup> Feb</b>	<b>Sunday</b>

<b>Week 8 (17<sup>th</sup>–22<sup>nd</sup> Feb)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Meaning of Communicable diseases</li> <li>➤ Mode of transmission of HIV/ AIDS</li> <li>➤ Prevention of HIV/ AIDS</li> </ul>
<b>23<sup>rd</sup> Feb</b>	<b>Sunday</b>
<b>Week 9 (24<sup>th</sup>–1<sup>st</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Mode of transmission of HEPATITIS – B</li> <li>➤ Meaning of Sudhi Kirya</li> <li>➤ Importance of Sudhi Kirya</li> </ul>
<b>2<sup>nd</sup> March</b>	<b>Sunday</b>
<b>Week 10 (3<sup>rd</sup>–8<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Types of Sudhi Kirya</li> <li>➤ Neti</li> <li>➤ Dhauti</li> <li>➤ Nauli</li> <li>➤ Basti</li> </ul>
<b>Week 11 (9<sup>th</sup> – 16<sup>th</sup> March)</b>	<b>Holi Break</b>
<b>Week 12 (17<sup>th</sup>–22<sup>th</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"> <li>➤ Kapalbhati</li> <li>➤ Trataka</li> <li>➤ Physiological value of Sudhi Kirya</li> </ul>
<b>23<sup>rd</sup> March</b>	<b>Sunday</b>
<b>Week 13 (24<sup>th</sup>–29<sup>th</sup> March)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Meaning of Camping</li> <li>➤ Types of Camping</li> </ul>
<b>30<sup>th</sup> March</b>	<b>Sunday</b>
<b>Week 14 (31<sup>st</sup>–5<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Educational value of Camping</li> <li>➤ Role of All India Council of Sports (AICS) in promotion of games and sports</li> </ul>
<b>6<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 15 (7<sup>th</sup>–12<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Role of International Olympic Committee (IOC) in promotion of games and sports</li> </ul>
<b>13<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 16 (14<sup>th</sup>–19<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Role of Young Women Christian Association (YMCA) in promotion of games and sports</li> </ul>
<b>20<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 17 (21<sup>st</sup>–26<sup>th</sup> April)</b>	<b>Unit – IV</b> <ul style="list-style-type: none"> <li>➤ Role of Sports Physical Aptitude Test (SPAT) in promotion of games and sports</li> </ul>
<b>27<sup>th</sup> April</b>	➤ <b>Sunday</b>
<b>Week 18 (28<sup>th</sup>–3<sup>rd</sup> May)</b>	<ul style="list-style-type: none"> <li>➤ Discussion and Revision</li> <li>➤ Test</li> </ul>

## Lesson Plan

### Department of Physical Education

**Pt. N. R. S. Govt. College, Rohtak**

**Paper: Organization and Management of Physical Education**

**Class: BA-3rd Year (6th Sem)**

**Session: 2024-2025**

**Name: Dr. Mastram**

<b>Week 1 (1<sup>st</sup>–6<sup>th</sup> Jan)</b>	<b>Winter Break</b>
<b>Week 2 (7<sup>th</sup>–11<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Need of Track</li><li>➤ Importance of Track</li><li>➤ Characteristics of Track</li><li>➤ Care of Track</li></ul>
<b>12<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 3 (13<sup>th</sup>–18<sup>th</sup> Jan)</b>	<b>Unit - I</b> <ul style="list-style-type: none"><li>➤ Maintenance of Track</li><li>➤ Conduct of Annual Athletic meet</li><li>➤ Organization and conduct of Tournament</li></ul>
<b>19<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 4 (20<sup>th</sup>–25<sup>th</sup> Jan)</b>	<b>Unit - II</b> <ul style="list-style-type: none"><li>➤ Meaning of sports management</li><li>➤ Importance of sports management</li></ul>
<b>26<sup>th</sup> Jan</b>	<b>Sunday</b>
<b>Week 5 (27<sup>th</sup>–1<sup>st</sup> Feb)</b>	<b>Unit - II</b> <ul style="list-style-type: none"><li>➤ Scope of sports management</li><li>➤ Qualification of Physical Education teacher</li></ul>
<b>2<sup>nd</sup> Feb</b>	<b>Sunday</b>
<b>Week 6 (3<sup>rd</sup>–8<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Qualities of Physical Education teacher</li><li>➤ Duties of an official</li></ul>
<b>9<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 7 (10<sup>th</sup>–15<sup>th</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Pre – game duties</li><li>➤ During game duties</li></ul>
<b>16<sup>th</sup> Feb</b>	<b>Sunday</b>
<b>Week 8 (17<sup>th</sup>–22<sup>nd</sup> Feb)</b>	<b>Unit – II</b> <ul style="list-style-type: none"><li>➤ Post game duties</li></ul>
<b>23<sup>rd</sup> Feb</b>	<b>Sunday</b>
<b>Week 9 (24<sup>th</sup>–1<sup>st</sup> March)</b>	<b>Unit – III</b> <ul style="list-style-type: none"><li>➤ Prevention of sports injury</li><li>➤ Rehabilitation</li></ul>
<b>2<sup>nd</sup> March</b>	<b>Sunday</b>

<b>Week 10 (3<sup>rd</sup>–8<sup>th</sup> March)</b>	<b>Unit – III</b> ➤ Sports injury ➤ Various factor causing sports injury
<b>Week 11 (9<sup>th</sup> – 16<sup>th</sup> March)</b>	<b>Holi Break</b>
<b>Week 12 (17<sup>th</sup>–22<sup>th</sup> March)</b>	<b>Unit – III</b> ➤ Principal of prevention of sports injury
<b>23<sup>rd</sup> March</b>	<b>Sunday</b>
<b>Week 13 (24<sup>th</sup>–29<sup>th</sup> March)</b>	<b>Unit – III</b> ➤ Meaning of Rehabilitation ➤ Scope of Rehabilitation
<b>30<sup>th</sup> March</b>	<b>Sunday</b>
<b>Week 14 (31<sup>st</sup>–5<sup>th</sup> April)</b>	<b>Unit – III</b> ➤ Facilities available for Rehabilitation ➤ Role of Physical Education teacher in Rehabilitation
<b>6<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 15 (7<sup>th</sup>–12<sup>th</sup> April)</b>	<b>Unit – IV</b> ➤ Meaning of Professional preparation ➤ Definition of Professional preparation in Physical Education
<b>13<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 16 (14<sup>th</sup>–19<sup>th</sup> April)</b>	<b>Unit – IV</b> ➤ Significance of Professional preparation in Physical Education
<b>20<sup>th</sup> April</b>	<b>Sunday</b>
<b>Week 17 (21<sup>st</sup>–26<sup>th</sup> April)</b>	<b>Unit – IV</b> ➤ Curriculum Design in Physical Education
<b>27<sup>th</sup> April</b>	➤ <b>Sunday</b>
<b>Week 18 (28<sup>th</sup>–3<sup>rd</sup> May)</b>	➤ Discussion and Revision ➤ Test