

LESSON PLAN

Session: 2024-25

Class: BA 1st Sem

Subject: History and Foundation of Physical Education

Paper Code: B23-PED-101

Name of the Faculty: Dr. Meenakshi Gupta

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Introduction to Physical Education
	29.07.24-30.07.24	Meaning and Definition of Physical Education, relationship of Physical Education with General Education, Group discussion, Practical
August	1.08.24-03.08.24	Aim and objectives Physical Education, scope of Physical Education, Practical
	05.08.24-10.08.24	Need of Physical Education in modern society, misconceptions regarding Physical Education, Practical
	12.08.24-17.08.24	Physical Education as art or as Science, Physical Education during Indus valley Civilization, Physical Education during Vedic period, Practical
	20.08.24-24.08.24	Physical Education during Early Hindu period, Physical Education during later Hindu period, Practical , test
	27.08.24-31.08.24	Physical Education during Medieval period, Physical Education during British period, Practical
September	02.09.24-07.09.24	Physical Education during after Independence, Meaning of growth and development, Practical, Assignment
	09.09.24-14.09.24	Meaning of Chronological age, Physiological age, Anatomical age and Mental age, Principles of growth and development, Class Test, Practical
	17.09.24-21.09.24	Difference between Growth and Development and Factors affecting growth and development, Practical
	24.09.24-30.09.24	Growth and development at various levels of Childhood: - Pre-Adolescence- Adolescence – Adulthood, Practical

October	01.10.24-05-10.24	Qualifications and responsibilities of Physical Education and Sports Professionals at various levels of educational institutions Group discussion, Practical
	07.10.24-11.10.24	Qualifications and responsibilities as Coach, fitness Trainers, Yoga Instructors and others, Practical, Seminar
	14.10.24-19.10.24	Qualifications and responsibilities as Sports Event Managers, Technical Officials, Researchers and others, Test, Practical
	21.10.24-26.10.24	Qualifications and responsibilities in Health Clubs and fitness centers, Aerobics, Dance and Recreational clubs in Corporate Sectors and others, Practical
Vacations	27.10.24-3.11.24	Vacations
November	04.11.24-09.11.24	Qualifications and responsibilities, Sports Journalists, Commentators, sports photographers and video analysts, Practical
	11.11.24-16.11.24	Career opportunities in various central Govt. State Govt. Private organizations and others, Group discussion, seminar, Practical preparations
	18.11.24-22.11.24	Practical preparation, File Evaluation, mock viva-voce Revision unit wise Doubt sessions, Oral Test and entire Syllabus revision

LESSON PLAN

Session: 2024-25

Class: BA 3rd Sem

Subject: Exercise Physiology

Paper Code: B23-PED-301

Name of the Faculty: Dr. Meenakshi Gupta

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Introduction to Exercise Physiology, Anabolism, Catabolism and Metabolism. Importance of Exercise Physiology. Group Discussion, Practical
	29.07.24-30.07.24	Types of Muscle contraction, Isotonic, Isometric, Isokinetic. Practical
August	1.08.24-03.08.24	Meaning of Body Composition, Components of Body composition, Effect of Exercise on Body composition Practical
	05.08.24-10.08.24	Gross structure Skeleton Muscle. Functions of Muscular System, Properties of Slow Twitch and Fast Twitch Muscle fiber, Practical
	12.08.24-17.08.24	Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy, Practical
	20.08.24-24.08.24	Effect of Exercise and training on the Muscular System, Practical, test
	27.08.24-31.08.24	Meaning and Functions of Cardio Vascular System, Practical
September	02.09.24-07.09.24	Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood Pressure and Cardiac Hypertrophy, Conduction system of Heart, Practical, Assignment
	09.09.24-14.09.24	Blood Circulation in Heart, Blood Supply to the Heart, Class Test, Practical
	17.09.24-21.09.24	Effect of Exercise and Training on Cardio Vascular System, Practical
	24.09.24-30.09.24	Revision of the Unit and Test, Practical

October	01.10.24-05-10.24	Meaning of Lung Volumes, Inspiratory Reserve Volume and Expiratory Reserve Volume, Tidal Volume and Residual Volume, Practical
	07.10.24-11.10.24	Meaning of Lung Capacities, Total Lung Capacity, Inspiratory Capacity, Vital Capacity, and Functional Residual Capacity, Practical, Seminar
	14.10.24-19.10.24	Mechanism of Breathing, Test, Practical
	21.10.24-26.10.24	Diffusion of Gases, Exchange of Gases in Lungs and Exchange of Gases in Tissues, Practical
	27.10.24-3.11.24	Vacations
November	04.11.24-09.11.24	Effect of Exercise and training on Respiratory system, Practical
	11.11.24-16.11.24	Revision, Group discussion, seminar, Practical preparations
	18.11.24-22.11.24	Practical preparation, File Evaluation, mock viva-voce Revision unit wise, Doubt sessions, Oral Test and entire Syllabus revision

LESSON PLAN

Session: 2024-25

Class: BA 5th Sem

Subject: Health and Physical Education

Paper Code: PE-25

Name of the Faculty: Dr. Meenakshi Gupta

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Meaning and definition of Growth and Development, stages of Growth and Development. Principles of Growth and development, Group discussions. Practical Yoga
	29.7.24-30.7.24	Factors influencing Growth and development. Oral test.
August	1.08.24-03.08.24	Age and sex differences in relation to Physical Education and Sports, Concept and importance of organization and administration. Practical Yoga
	05.08.24-10.08.24	Organization and administration of intramural and extramural Activities. Practical Game
	12.08.24-17.08.24	Tournament and types of tournaments, Drawing the fixture of different types of tournaments Knock Out. Practical Game
	20.08.24-24.08.24	Drawing the fixture of different types of tournament League. Practical Game.
	27.08.24-31.08.24	Fixtures, assignment group task, Test, practical yoga and games
September	02.09.24-07.09.24	Concept and importance of a good posture, causes of poor posture, Practical First Aid.
	09.09.24-14.09.24	Symptoms and causes of postural deformities: Lordosis, kyphosis, scoliosis. Practical First Aid.
	17.09.24-21.09.24	Flat feet, Knocking knees and flat feet, bow legs. Practical First Aid.
	24.09.24-30.09.24	Assignment and tests. Practical work first aid
October	01.10.24-05-10.24	Gross anatomy of muscles, Types of muscles in human body. Practical Yoga
	07.10.24-11.10.24	Effect of exercises on human muscular system. Practical Yoga

	14.10.24-19.10.24	Composition of human blood, Assignment, Test. Practical Games
	21.10.24-26.10.24	Functions of blood, Practical of sports
Vacations	27.10.24-3.11.24	Diwali vacation
November	4.11.24-9.11.24	Unit wise revision, Doubt session, Practical, Oral test
	11.11.24-16.11.24	Revision of the whole syllabus, Practical, doubt sessions
	18.11.24-22.11.24	Revision full syllabus

LESSON PLAN

Session: 2024-25

Class: BA 1st Sem

Subject: Fundamentals of Yoga

Paper Code: B23-YOG-101

Name of the Faculty: Ms. Priyanka Kapoor

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Basic introduction of yoga Practice of Basic Warm- up and Exercise
	29.07.24- 30.07.24	Meaning and Definition of yoga
August	01.08.24- 03.08.24	Aims and Objective of Yoga , Practice of Different Asans standing and sitting Practice of Specific Exercise
	05.08.24-10.08.24	Introduction of Yog Sutra Need and Importance of Yoga in Modern Society Practice of Surya namaskar with mantras
	12.08.24-17.08.24	Misconceptions about Yoga in Vedas and geeta Practice of asans and pranayam
	20.08.24-24.08.24	Career Opportunities in Yoga Practice of sitting and lying asans
	27.08.24-31.08.24	Test and revision, practical of surya namaskar with mantras
September	02.09.24-07.09.24	Introduction of different texts of yoga : Ved, Geeta, Upanishads. Assignment Topic : Asthanga Yoga and Introduction of Hath Yoga and Raja Yoga Practice of sitting asanas
	09.09.24-14.09.24	Introduction of different types of yoga Hath Yoga and Jnana Yoga
	17.09.24-21.09.24	Introduction of Asthanga Yoga Brief Introduction of Yama, Niyama, Asanas , Pranayama, Pratyahara , Dharna, Dhyana and Samadhi

	23.09.24-28.09.24	<p>Elements of Yoga in Jainism and Buddhism</p> <p>Brief introduction and Yogic contribution of Maharishi Dayananda saraswati , swami Vivekanandas , sri Aurobindo, Maharishi Raman and Swami Kuvalyananda</p> <p>Practice of Lying Asans</p>
	30.09.2024	<p>Brief introduction and contribution for the development and promotion of Yoga by Sri Shyamcharan Lahiri, Sri T. Krishnamacharya, Swami Shivananda Saraswati and Maharshi Mahesh Yogi</p> <p>Practical of Five basic Asans in standing posture</p>
October	01.10.24-05-10.24	<p>Meaning, Definition and Various Dimensions Of Health</p> <p>Practical of Ten Basic Asans in</p>
		standing posture
	07.10.24-11.10.24	<p>Realtionship of Yoga and Health</p> <p>Practice of Surya namaskar with mantras</p>
	14.10.24-19.10.24	<p>International Day of Yoga : Brief History</p> <p>Resolution of United Nation General Assembly for International Day of Yoga</p> <p>Practice of sitting asans</p>
	21.10.24-26.10.24	<p>Common Yoga Protocol (CYP) for Conducting International Day of Yoga</p> <p>Revision and test</p> <p>Practice of Basic asans : standing and lying posture</p>
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	<p>Significiance of International Day of Yoga at National Day of Yoga</p> <p>Practice of Pranayam</p>
	11.11.24- 16.11.24	Practice of surya namaskar and standing postures
	18.11.24- 22.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: BA 3rd Sem

Subject: Patanjali Yog and Darshan

Paper Code: B23-YOG-301

Name of the Faculty: Ms. Priyanka Kapoor

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Introduction to Yog Darshan of Patanjali
	29.07.24- 30.07.24	Basic Introduction of Chitt
August	01.08.24- 03.08.24	Concept of Chitt , Bhoomis Practical of General Exercise
	05.08.24-10.08.24	Introduction and Concept of Chitt Vrittis, Chitt Vrittis Nirothopaya Practical of Chandara namaskar
	12.08.24-17.08.24	Concept of Ishwar and Ishwar paridhan Qualities of Ishwar Practical of Chandara namaskar
	20.08.24-24.08.24	Chitt Viksheps (Antarayas) Concept of Chitt Prasadanam Introduction of Meditative Asans
	27.08.24-31.08.24	Relevance of Chitt Prasadanam in Yog sadahana Practical of five Meditative Asans
		Test and Revision
September	02.09.24-07.09.24	Meaning of Samadhi Type of Samadhi (samprajnath and asamprajnath) Practical of basic knowledge of Pranayam
	09.09.24-14.09.24	Type of samprajnath Samadhi (Vitarka, Vichara , Anand & Ashmita) Practical of five Pranayam
	17.09.24-21.09.24	Concept of Samapatti & kind of Samapatti (Savitaraka & Nirvitaraka, Savichara and Nirvichara) Practical of five Pranayam

	23.09.24-28.09.24	Type of Asamprajnath Samadhi Practical of Asans and pranayam Assignment on Smadhi
	30.09.2024	Test And Revision Concept of Kriya Yog of Patanjali
October	01.10.24-05-10.24	Theory of Kleshes (Avidhya, Ashmita, Rag , Devesh, abhinevesh) Concept of Dukhavada (Heya , Hetu, Hana) Practical of chandara namaskar
	07.10.24-11.10.24	Hanopaya , Yogantaraya and their Associates Concept of Asan & Pranayam Introduction of Dharna , Dhyana and
		Samadhi Test and Revision
	14.10.24-19.10.24	Five types of Siddhis Four types of karmas Introduction of Dharmmegh Samadhi Results of Dharmmegh Samadhi Practical of Asans
	21.10.24-26.10.24	Test and Revision PPT
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Practical of Chanara namaskar Test and Revision
	11.11.24- 16.11.24	Practical of Asan and Pranayam Test
	18.11.24- 22.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: BA 5th Sem

Subject: Anatomical and Physiological aspect of Yoga

Paper Code: 501

Name of the Faculty: Ms. Priyanka Kapoor

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Introduction of Anatomy and Physiology of human body
	29.07.24- 30.07.24	Practice of Basic Exercises
August	01.08.24- 03.08.24	Types of Muscles and Structure of Muscle Practice of Suksham Vyayamas
	05.08.24-10.08.24	Effect of Asan & Pranayam on Muscular System Practice of Standing postures Effect of Shudhi Kriya on Muscular system Practice of shatkarma : Neti, kapalbhati ,
	12.08.24-17.08.24	Organs of Respiratory System Practice of Pranayam
	20.08.24-24.08.24	Structure & Function of Respiratory System Practice of Asans : standing and sitting posture
	27.08.24-31.08.24	Effect of Asans & Pranayam on Respiratory System Test and Revision
September	02.09.24-07.09.24	Effect of shatkarma on Respiratory System Test and Revision Practice of Asans : Lying postures
	09.09.24-14.09.24	Organs of Circulatory System Practice of Asans and Pranayam
	17.09.24-21.09.24	Structure & Functions of Circulatory system Assignments Topic :- Respiratory system and effect of Asans and Pranayam on Respiratory system

	23.09.24-28.09.24	Effect of Shatkarma on Circulatory System Practice of Pranayam : helps in improves blood pressure levels
	30.09.2024	Test and Revision Practice of Shatkarma kriyas
October	01.10.24-05-10.24	Organs of Nervous System7 & Classification of Nervous system
	07.10.24-11.10.24	Effect of Asans on Nervous System PPT Test and Revision
	14.10.24-19.10.24	Effect of Shatkarma on Nervous System Test and Revision
	21.10.24-26.10.24	Understanding of various system, Muscular System, Blood Circulatory System Understanding of various system : Nervous System Test and Revision
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Practical of Shatkarma and Naturopathy Revision
	11.11.24- 16.11.24	Practical of Asans and Pranayams Revision
	18.11.24- 22.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: BA 3rd Sem

Subject: Yoga, Health and Well Being

Paper Code: EPYH 201

Name of the Faculty: Ms. Priyanka Kapoor

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Concept of health, Importance and dimensions, Determinants of Health
	29.07.24- 30.07.24	
August	01.08.24- 03.08.24	Health needs of children and adolescents including differently abled Children Understanding of the body systems: Skeleton, Muscular in relation to Health
	05.08.24-10.08.24	Understanding of the body system: Respiratory, Circulatory and Digestive in relation to Health
	12.08.24-17.08.24	Common health problems and diseases causes, Prevention and Cure, Immunization and First Aid Food and Nutrition, Food habits, Nutrients and their functions
	20.08.24-24.08.24	Preservation of food value during cooking, indigenous and modern ways of preserving food Practices related to food hygiene, malnutrition, obesity, food and waterborne and deficiency diseases and prevention
	27.08.24-31.08.24	Safety and security – Disasters in and outside school, ways of prevention Test and Revision
September	02.09.24-07.09.24	Safety from snake and dog bites, Animal attacks, Prevention and treatments
	09.09.24-14.09.24	Physical Fitness, Strength, Endurances and Flexibility, Its components Sports Skills and Self- Defence activities
	17.09.24-21.09.24	Athletics – General Physical Fitness, Exercises
	23.09.24-28.09.24	Games – Lead up games, Relays and Major Games
	30.09.24	Rhythmic activities, Gymnastics and their impact on Health Test and Revision
October	01.10.24-05-10.24	Yogic Practices – Importance of Yoga, Yoga Asanas
	07.10.24-11.10.24	Yogic Practices- Importance of Yoga, Pranayamas Role of Institutions in Developing healthy individuals- Family, School and Sports
	14.10.24-19.10.24	

	21.10.24-26.10.24	Health Services, Policies and Health and Physical Education related Programmes, Blood banks and role of Media
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Test and Revision
	11.11.24- 16.11.24	PPT, Group Discussion Test and Revision
	18.11.24- 22.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: B.Com/BBA/BCA/B.Sc 1st Sem

Subject: Fundamentals of Physical Education

Paper Code: B23-PED-104

Name of the Faculty: Ms. Preeti Sharma

Month	Week	Topics to be covered
July	22.07.24-27.07.24	Introduction to Physical Education
	29.07.24-30.07.24	
August	01.08.24-03.08.24	Introduction to Physical Education, Meaning and Definition of Physical Education and relationship of Physical Education with Health and General Education
	12.08.24-17.08.24	Aim and objectives of Physical Education and Professional Courses in Physical Education and Sports
	20.08.24-24.08.24	Need of Physical Education in modern society and scope of Physical Education
	27.08.24-31.08.24	Misconceptions regarding Physical Education, Physical Education as a Science Test and revision
		Practical of kho- kho
September	02.09.24-07.09.24	Practical of Badminton, Meaning of Growth and Development, Meaning of Chronological age, Physiological age, Physical age and Mental age
	09.09.24-14.09.24	Principals of Growth and Development, Difference between Growth and Development
	17.09.24-21.09.24	Factors affecting Growth and Development, Growth and Development on various levels of life
	23.09.24-28.09.24	Test and Revision
	30.09.24	Practical of kho-kho and Badminton
October	01.10.24-05-10.24	Qualifications and responsibilities of Physical Education and Sports Professionals on various levels of educational institutions
	07.10.24-11.10.24	Qualifications and responsibilities as Coach, Fitness trainers, Yoga Instructors and others, Entrepreneur opportunities in Physical Education and Sports

	14.10.24-19.10.24	Qualifications and responsibilities in Health Clubs and Fitness Centres, Aerobics, Dance and Recreational Clubs in Corporate sectors and others
	21.10.24- 26.10.24	Qualifications and responsibilities of Sports Journalists, Commentators, Sports photographers and video Analyst Revision and Tests
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Practical and Measurement of kho - kho
	11.11.24- 16.11.24	Practical and Measurement of Badminton
	18.11.24- 22.11.24	Revision

LESSON PLAN

Session: 2024-25

Class: B.Com/BBA/BCA 3rd Sem

Subject: Basis of Naturopathy

Paper Code: B23-PED-303

Name of the Faculty: Ms. Preeti Sharma

Month	Week	Topics to be covered
July	22.07.24-27.07.24 29.07.24-30.07.24	Meaning and Definition of Naturopathy
August	01.08.24- 03.08.24	Philosophy of Naturopathy
	05.08.24-10.08.24	Principal of Naturopathy
	12.08.24-17.08.24	Misconceptions about Naturopathy
	20.08.24-24.08.24	Relationship of Naturopathy with Yoga
	27.08.24-31.08.24	Test and revision, practical of Surya Namaskar
September	02.09.24-07.09.24	Meaning and Definition of Prithvi Tatva
	09.09.24-14.09.24	Principal of Mudtherapy, Importance of Prithvi Tatva
	17.09.24-21.09.24	Different Technique of Mudtherapy and their benefits
	23.09.24-28.09.24	Uses of Mudtherapy in different illness
	30.09.24	Practical of Asans Test and Revision
October	01.10.24-05-10.24	Meaning and Definition of Jal Tatva
	07.10.24-11.10.24	General Principal of Hydro Therapy, Importance of Jal Tatva
	14.10.24-19.10.24	Different techniques of Hydrotherapy and their Benefits
	21.10.24-26.10.24	Uses of Hydrotherapy in different illness, Practical of Shatkarma, Rubber Neti and Jal Neti Test and Revision
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Practical of Rubber Neti
	11.11.24- 16.11.24	Practical of Jal Neti
	18.11.24- 22.11.24	Test and Revision

LESSON PLAN

Session: 2024-25

Class: B.Sc. B.Ed 3rd Sem

Subject: Yoga, Health and Well Being

Paper Code: EPYH 201

Name of the Faculty: Ms. Preeti Sharma

Month	Week	Topics to be covered
July	22.07.24-27.07.24 29.07.24- 30.07.24	Concept of health, Importance and dimensions, Determinants of Health
August	01.08.24- 03.08.24	Health needs of children and adolescents including differently abled Children Understanding of the body systems: Skeleton, Muscular in relation to Health
	05.08.24-10.08.24	Understanding of the body system: Respiratory, Circulatory and Digestive in relation to Health
	12.08.24-17.08.24	Common health problems and diseases causes, Prevention and Cure, Immunization and First Aid Food and Nutrition, Food habits, Nutrients and their functions
	20.08.24-24.08.24	Preservation of food value during cooking, indigenous and modern ways of preserving food Practices related to food hygiene, malnutrition, obesity, food and waterborne and deficiency diseases and prevention
	27.08.24-31.08.24	Safety and security – Disasters in and outside school, ways of prevention Test and Revision
September	02.09.24-07.09.24	Safety from snake and dog bites, Animal attacks, Prevention and treatments
	09.09.24-14.09.24	Physical Fitness, Strength, Endurances and Flexibility, Its components Sports Skills and Self- Defence activities
	17.09.24-21.09.24	Athletics – General Physical Fitness, Exercises
	23.09.24-28.09.24	Games – Lead up games, Relays and Major Games
	30.09.24	Rhythmic activities, Gymnastics and their impact on Health Test and Revision
October	01.10.24-05-10.24	Yogic Practices – Importance of Yoga, Yoga Asanas

	07.10.24-11.10.24	Yogic Practices- Importance of Yoga, Pranayamas
	14.10.24-19.10.24	Role of Institutions in Developing healthy individuals- Family, School and Sports
	21.10.24-26.10.24	Health Services, Policies and Health and Physical Education related Programmes, Blood banks and role of Media
Vacations	27-10-24- 03-11-24	Diwali vacations
November	04.11.24- 09.11.24	Test and Revision
	11.11.24- 16.11.24	PPT, Group Discussion Test and Revision
	18.11.24- 22.11.24	Revision