

Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Hemlata

Class PG (Yoga) Subject Yoga and Health

Week	Date	Topic
1	01.01.18	Winter vacation
	02.01.18	Winter vacation
	03.01.18	Winter vacation
	04.01.18	Winter vacation
	05.01.18	Winter vacation
	06.01.18	Ahara (Food) explanation
	07.01.18	Sunday
2	08.01.18	Definition and Purpose of Ahara
	09.01.18	Purpose of balance diet
	10.01.18	Mitahara
	11.01.18	Elements of Ahara
	12.01.18	Dairy - its primary, introduction
	13.01.18	Revision of Purpose of Ahara
	14.01.18	Sunday
	15.01.18	Test of Ahara and its purpose
3	16.01.18	Revision of Mitahara
	17.01.18	Test of Mitahara
	18.01.18	Dairy - its purpose revision
	19.01.18	Test of Dairy
	20.01.18	Discussion about balanced diet
	21.01.18	Sunday
	22.01.18	Basant Panchami
4	23.01.18	Test of balanced diet
	24.01.18	Functions of Dairy
	25.01.18	Sources of food
	26.01.18	Republic Day
	27.01.18	Revision of sources of food
	28.01.18	Sunday
	29.01.18	Undivided diseases
5	30.01.18	Knowledge of dairy and its drawbacks
	31.01.18	Guru Ravidas Jayanti

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class P.G.(Yoga)..... Subject... Yoga and Health

Week	Date	Topic
1	01.02.18	Concept of disease
	02.02.18	definition and explanation of disease
	03.02.18	concept of Yogic Therapy
	04.02.18	Sunday
2	05.02.18	Test of concept of disease
	06.02.18	Principle of Yogic Therapy
	07.02.18	Limitation of Yogic Therapy
	08.02.18	Revision of principles and limitation of Yogic Therapy
	09.02.18	Test of Yogic Therapy
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	Introduction to Acid
	13.02.18	Maha Shivratri
	14.02.18	Causes of Acid in stomach
	15.02.18	Yogic Therapy of Acid
	16.02.18	Revision of Acid
	17.02.18	Test of Acid
	18.02.18	Sunday
4	19.02.18	Causes of Cough and Cold
	20.02.18	Yogic Therapy of Cough and Cold
	21.02.18	Yogic Therapy of Cough and Cold
	22.02.18	Revision of Cough and Cold
	23.02.18	Test of Cough and Cold
	24.02.18	Causes of Asthma
	25.02.18	Sunday
	26.02.18	Yogic Therapy of Asthma
5	27.02.18	Causes and Yogic Therapy of High and Low B.P
	28.02.18	MDU Holidays

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class P.G. Yoga Subject..... Yoga and Health

Week	Date	Topic
1	01.03.18	MDU Holidays
	02.03.18	MDU Holidays
	03.03.18	MDU Holidays
	04.03.18	Sunday
2	05.03.18	Introduction to Yoga and Health
	06.03.18	Definition of Health
	07.03.18	Purpose of Health
	08.03.18	Determining elements of Health
	09.03.18	Daily routine
	10.03.18	Morning routine
	11.03.18	Sunday
3	12.03.18	Revision of Health and its determining elements
	13.03.18	Revision of morning and daily routine
	14.03.18	Test of Health and its determining elements
	15.03.18	Hygiene of teeth
	16.03.18	Hygiene of face
	17.03.18	Hygiene of eye
	18.03.18	Sunday
	4	19.03.18
20.03.18		Bharamcharya introduction
21.03.18		Weather routine
22.03.18		Definition of exercise, importance of exercise
23.03.18		Shaheedi Diwas
24.03.18		Test of sleep, Bharamcharya, importance of exercise
25.03.18		Sunday
5	26.03.18	Difference between toxic and Non toxic exercises
	27.03.18	Bathing routine
	28.03.18	Evening and Havan importance
	29.03.18	Mahavir Jayanti
	30.03.18	Revision of Yogic and Non Yogic exercises
31.03.18	Test of toxic & Non toxic exercises	

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor

Class P.G. (Yoga) Subject Yoga and Health

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Symptoms, causes of obesity
	03.04.18	Yogic Therapy of obesity
	04.04.18	Test of symptoms, causes and yogic therapy of obesity
	05.04.18	Causes of Diabetis
	06.04.18	Symptoms and yogic therapy of Diabetis
	07.04.18	Test of symptoms, causes and yogic therapy for diabetes
	08.04.18	Sunday
2	09.04.18	Symptoms and causes of Arthritis
	10.04.18	Yogic Therapy for arthritis
	11.04.18	Test of symptoms, causes and yogic therapy for arthritis
	12.04.18	Introduction about back pain
	13.04.18	Symptoms of back pain
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Causes and yogic therapy of back pain
	17.04.18	Test of symptoms, causes and yogic therapy for back pain
	18.04.18	Parshuram Jayanti
	19.04.18	Introduction about cervicle pain
	20.04.18	Symptoms and causes for cervicle pain
	21.04.18	Yogic therapy for cervicle pain
	22.04.18	Sunday
4	23.04.18	Test of cervicle pain
	24.04.18	Discussion about back and cervicle pain
	25.04.18	do
	26.04.18	Introduction about stress
	27.04.18	Symptoms, causes and yogic therapy for stress
	28.04.18	Text on stress
	29.04.18	Sunday
	30.04.18	Symptoms, causes and yogic therapy for depression


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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Hemlata

Class B.Sc. Sports..... Subject Health, EDU, First AID & Safety Measures.

Week	Date	Topic
1	01.01.18	Winter vacation
	02.01.18	Winter vacation
	03.01.18	Winter vacation
	04.01.18	Winter vacation
	05.01.18	Holiday
	06.01.18	Introduction of Subject
	07.01.18	Sunday
2	08.01.18	Introduction of Syllabus to students
	09.01.18	Health its meaning and concept of health
	10.01.18	Importance of Health & factors affecting health
	11.01.18	Meaning of a healthy person
	12.01.18	Doubts and Revision
	13.01.18	Characteristics of healthy person
	14.01.18	Sunday
	3	15.01.18
16.01.18		New direction for health promotion
17.01.18		Physiological and mental health
18.01.18		Social and emotional
19.01.18		Spiritual health
20.01.18		Doubts Revision
21.01.18		Sunday
4		22.01.18
	23.01.18	Happiness and its importance
	24.01.18	Sir Chhoturam jayanti
	25.01.18	Key to happiness
	26.01.18	Republic Day
	27.01.18	Does laughter enhance health
	28.01.18	Sunday
	5	29.01.18
30.01.18		Revision & Problems
31.01.18		Holiday

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor Dr. Hemlata

Class B.Sc. Sports Subject.. Health Edu, First Aid & Safety Measures

Week	Date	Topic
1	01.02.18	School Health Program & health environment
	02.02.18	Same
	03.02.18	Same
	04.02.18	Sunday
2	05.02.18	School Building, light and renovation
	06.02.18	Sanitation and its importance
	07.02.18	Canteen
	08.02.18	School Health Examination
	09.02.18	Revision of topics
	10.02.18	Same
	11.02.18	Sunday
3	12.02.18	Academic programme
	13.02.18	Balance diet
	14.02.18	Caloric value of food
	15.02.18	Imp of these in competitive sports
	16.02.18	Same
	17.02.18	Revision of topics
	18.02.18	Sunday
4	19.02.18	Eating for health
	20.02.18	Today's dieting guidelines
	21.02.18	Same
	22.02.18	Same
	23.02.18	Revision of topics
	24.02.18	Revision of topics
	25.02.18	Sunday
5	26.02.18	Medicated value of food
	27.02.18	Same
	28.02.18	Revision and test

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Day Wise Lesson Plan for the session January 2018 to April 2018

Name of Associate Professor ... Dr. Hemlata

Class ... B.Sc. Sports Subject Health Edu., First Aid and Safety Measures

Week	Date	Topic
	01.03.18	Sunday
1	02.03.18	Method of Education in Health
	03.03.18	Audio visual methods of
	04.03.18	Health instruction
	05.03.18	Health organizations W.H.O
	06.03.18	Red Cross
	07.03.18	Government health agencies
	08.03.18	Sunday
2	09.03.18	Same
	10.03.18	Same
	11.03.18	Revision of topics
	12.03.18	Communicable diseases meaning
	13.03.18	Modes of transmission cont
	14.03.18	Control and prevention of ch
	15.03.18	Sunday
3	16.03.18	Cholera
	17.03.18	Small-Pox
	18.03.18	typhoid
	19.03.18	malaria
	20.03.18	revision
	21.03.18	Test
	22.03.18	Sunday
4	23.03.18	Malaria
	24.03.18	Influenza
	25.03.18	revision of topic
	26.03.18	Problems
	27.03.18	revision
	28.03.18	test
	29.03.18	Sunday
5	30.03.18	Other communicable disease

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