

**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 disease and its drawbacks
	31.01.18	Guru Ravidas Jayanti

Hemlata  
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Maharani Kishori Jat Kanya Mahavidyalaya, Rohtak

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
5	26.02.18	Yogic Therapy of Asthma
	27.02.18	Causes and Yogic Therapy of High and Low B.P
	28.02.18	MDU Holidays

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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	Explanation of sleep
	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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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ..... Dr. H. N. Lata .....

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

**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

*Hemlata*  
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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
1	01.01.18	Introduction First Aid
	02.01.18	Definition and importance of first aid
	03.01.18	First aid Modern life
	04.01.18	Sunday
2	05.01.18	Types of first aid
	06.01.18	First aid box
	07.01.18	Doubts and Revision
	08.01.18	Reasons of sports injuries
	09.01.18	Principal of first aid
	10.01.18	Revision
	11.01.18	Sunday
	12.01.18	Test
3	13.01.18	Functions and qualities of a good first aider.
	14.01.18	Basic steps in safety
	15.01.18	Safety measures
	16.01.18	Revision
	17.01.18	Problems
	18.01.18	Sunday
	19.01.18	Bites of animals
4	20.01.18	Burns
	21.01.18	Control of bleeding
	22.01.18	Cuts and wounds.
	23.01.18	Doubts and Revision
	24.01.18	Test
	25.01.18	Sunday
	26.01.18	Safety for drowning artificial respiration
5	27.01.18	Safety measures environmental hazards
	28.01.18	Heat stroke
	29.01.18	Heat syncope
	30.01.18	Wind chill and sunburn
	31.01.18	Revision and Doubts

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ..... Dr. Hemlata .....

Class ..... M.P.Ed. (P.) ..... Subject Applied Statistics in Phy. Edu. and Sports

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	Introduction of subject and syllabus to students.
	07.01.18	Sunday
2	08.01.18	Meaning of "data", Methods of Organizing data Through frequency
	09.01.18	Practice of organizing data Through frequency
	10.01.18	Construction of frequency Table.
	11.01.18	Practice of construction of Table
	12.01.18	— do —
	13.01.18	Problems and doubts clear
	14.01.18	Sunday
3	15.01.18	Test
	16.01.18	Meaning of Variability
	17.01.18	Measures of Dispersion - Range
	18.01.18	Practice
	19.01.18	Measures of Average Deviation
	20.01.18	Practice
	21.01.18	Sunday
4	22.01.18	Basant Panchami
	23.01.18	Standard deviation Measures.
	24.01.18	Meaning of Percentile Rank
	25.01.18	Computation of Percentile Rank.
	26.01.18	Republic Day
	27.01.18	Numerical Practice of Computation
	28.01.18	Sunday
	29.01.18	Practice of Computation of Percentile Rank
30.01.18	Doubts and Problems Solving.	
	31.01.18	Guru Ravidas Jayanti

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

Name of Associate Professor ... Dr. Hemlata .....

Class .. M.P.E.D. Sem. 2<sup>nd</sup> ..... Subject .. Applied .. Statistic in Phy. Ed. and Sports

Week	Date	Topic
1	01.02.18	1st Unit Test
	02.02.18	Meaning of Probability
	03.02.18	Meaning of Normal Curve
	04.02.18	Sunday
2	05.02.18	Meaning of Normal Probability Curve
	06.02.18	Characteristics of Normal Probability Curve
	07.02.18	- Revision -
	08.02.18	Properties of N.P.C.
	09.02.18	- Revision -
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
3	12.02.18	Tests and Problems Solves
	13.02.18	Maha Shivratri
	14.02.18	Test of N.P.C.
	15.02.18	Application of N.P.C.
	16.02.18	- do -
	17.02.18	- do -
	18.02.18	Sunday
	4	19.02.18
20.02.18		Types of Skewness
21.02.18		Meaning of Kurtosis
22.02.18		Types of Kurtosis
23.02.18		- Revision -
24.02.18		II <sup>nd</sup> Unit Test
25.02.18		Sunday
5	26.02.18	Meaning and Types of Correlation
	27.02.18	- do -
	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 .... Dr. Hemalata .....

Class ... M.P.Ed. 2nd Sem. .... Subject ... Applied Statistics in Phy. Edu. and Sports

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	What is Linear Co Correlation
	06.03.18	What is coefficient of correlation
	07.03.18	Revision
	08.03.18	Product Movement Method.
	09.03.18	Theory
	10.03.18	Numerical
	11.03.18	Sunday
3	12.03.18	Practice of computation Product Movement Method
	13.03.18	Revision and Problem Solving
	14.03.18	Introduction of Rank Difference Method
	15.03.18	Theory of "
	16.03.18	Practical of Rank Difference Method
	17.03.18	Revision and doubts clear
	18.03.18	Sunday
4	19.03.18	Test of computation of correlation Coefficient.
	20.03.18	Meaning of Norms
	21.03.18	do
	22.03.18	Revision of Meaning of Norms
	23.03.18	Shaheedi Diwas
	24.03.18	Construction of Norms
	25.03.18	Sunday
5	26.03.18	Revision of Construction of Norms
	27.03.18	Methods of preparation of Norms
	28.03.18	Revision of "
	29.03.18	Mahavir Jayanti
	30.03.18	Revision for Test.
	31.03.18	Test of Unit

  
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ... Dr. Hemlata ...

Class ... M. P. E. D. (P.) 2<sup>nd</sup> Sem. Subject. Applied Statistics in Phy. Edu. & Sports

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	Meaning of one-tailed Test
	03.04.18	Significance of One Tailed Test
	04.04.18	— Revision —
	05.04.18	Meaning of Two Tailed Test
	06.04.18	Significance of Two Tailed Test
	07.04.18	— Revision —
	08.04.18	Sunday
2	09.04.18	Computing significance of difference between two Means
	10.04.18	practice —
	11.04.18	— Problem Solving —
	12.04.18	T-Test (Independent Samples)
	13.04.18	— practice —
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
	16.04.18	Doubts and Problems Solves.
17.04.18	— Revision — of Computing Mean	
18.04.18	Parshuram Jayanti	
19.04.18	Test	
20.04.18	Calculation of various combination of Head and Tails.	
21.04.18	— practice —	
22.04.18	Sunday	
4	23.04.18	Analysis of Variance and Co-Variance.
	24.04.18	chi-square Computing
	25.04.18	— practice —
	26.04.18	t-Score Computing
	27.04.18	t-Score Practice
	28.04.18	— Revision —
	29.04.18	Sunday
30.04.18	4 <sup>th</sup> Unit Test	

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ... *Dr. Hemlata* .....

Class ... *M.P.Ed. A<sup>th</sup> Sem.* ... Subject *Educational Technology in Phy. Edu.*

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	Introduction of syllabus to students
	07.01.18	Sunday
2	08.01.18	Concept of educational technology
	09.01.18	Nature of educational technology
	10.01.18	Scope of educational technology
	11.01.18	Doubts clear and Revision
	12.01.18	Forms of educational technology. Teaching technology.
	13.01.18	Instructional technology
	14.01.18	Sunday
	15.01.18	Behaviour technology
3	16.01.18	Doubts clear and Revision.
	17.01.18	Transactional usage of education technology. integration.
	18.01.18	Complementary educational technology
	19.01.18	Supplementary educational technology
	20.01.18	Independent supplementary start-alone.
	21.01.18	Sunday
	22.01.18	Basant Panchami
4	23.01.18	Test
	24.01.18	Programmed learning stage.
	25.01.18	Media application stage
	26.01.18	Republic Day
	27.01.18	Computer application stage
	28.01.18	Sunday
	29.01.18	Doubts clear and Revision.
	30.01.18	Test
31.01.18	Guru Ravidas Jayanti	

*Hemlata*  
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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ... Dr. Hemlata .....

Class ..... M. L. E. D. 4<sup>th</sup> Sem. Subject Education Technology in K. Y. Ed. ....

Week	Date	Topic
1	01.02.18	Concept of class management.
	02.02.18	Meaning of class management.
	03.02.18	Principals of class management.
	04.02.18	Sunday
2	05.02.18	Introduction specific principles.
	06.02.18	Specific principles, strength of class.
	07.02.18	specific principles Place and time of class
	08.02.18	Specific principles uniforms class class formation.
	09.02.18	Safety measures and Discipline.
	10.02.18	Maharshi Dayanand Saraswati Jayanti
	11.02.18	Sunday
	12.02.18	Doubts clear and Revision.
3	13.02.18	Maha Shivratri
	14.02.18	Test
	15.02.18	Steps of class managements
	16.02.18	Revision
	17.02.18	Test
	18.02.18	Sunday
	19.02.18	Explanation of different Teaching methods for Presenting material
4	20.02.18	Audio Teaching method
	21.02.18	Vidio Teaching method
	22.02.18	Audio visual method
	23.02.18	Revision
	24.02.18	Revision
	25.02.18	Sunday
	26.02.18	Doubts clear and Revision.
5	27.02.18	Test
	28.02.18	MDU Holidays

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**Maharani Kishori Jat Kanya Mahavidyalya, Rohtak**

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

Name of Associate Professor ... Dr. Hemlata .....

Class ... M.P.E.d. ... 4<sup>th</sup> Sem ... Subject ... Education Technology in Phy. Edu.

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 of Planning facilities
	06.03.18	meaning and definition of planning
	07.03.18	Types of facilities
	08.03.18	Principles for planning facilities
	09.03.18	doubts and Revision
	10.03.18	Test
	11.03.18	Sunday
3	12.03.18	meaning of Command
	13.03.18	Types of Command
	14.03.18	doubts and revision
	15.03.18	Test
	16.03.18	meaning of public Relation in physical education.
	17.03.18	Need of public Relation.
4	18.03.18	Sunday
	19.03.18	Importance of public Relation in phy. education.
	20.03.18	revision and doubts clear
	21.03.18	Test
	22.03.18	Meaning of Budget
	23.03.18	Shaheedi Diwas
	24.03.18	Types of Budget
5	25.03.18	Sunday
	26.03.18	objectives of Budget
	27.03.18	Revision
	28.03.18	Principles of Budget
	29.03.18	Mahavir Jayanti
	30.03.18	doubts and clear and revision.
31.03.18	Test.	

*Hemlata*  
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Maharani Kishori Jat Kanya Mahavidyalya, Rohtak

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

Name of Associate Professor ..... Dr. Hemlata.....

Class ... H.P.Ed. ... 4<sup>th</sup> Sem. Subject... Educational Technology in Phy. Ed.

Week	Date	Topic
	01.04.18	Sunday
1	02.04.18	The need for office for physical education
	03.04.18	Location for office.
	04.04.18	Set up - for office
	05.04.18	Revision
	06.04.18	Revision
	07.04.18	Test
	08.04.18	Sunday
2	09.04.18	Handling and communication office writing
	10.04.18	circulars meaning
	11.04.18	Notification meaning
	12.04.18	invitation meaning
	13.04.18	doubts clear
	14.04.18	Baisakhi / Ambedkar Jayanti
	15.04.18	Sunday
3	16.04.18	Test
	17.04.18	Concept of intramural
	18.04.18	Parshuram Jayanti
	19.04.18	Need of intramural
	20.04.18	Importance of intramural
	21.04.18	doubts and revision clear
	22.04.18	Sunday
4	23.04.18	Concept of extra mural
	24.04.18	Need of extra mural
	25.04.18	Importance of extramural
	26.04.18	Revision and doubts clear
	27.04.18	Types of tournaments
	28.04.18	Revision & doubts clear.
	29.04.18	Sunday
	30.04.18	Test

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