

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *P. Ravi Kumar*

Department: *Health & Physical Edu.*

Class and Section →	<i>B.A I Ind Sem</i>	<i>B.A Ind III Sem</i>	<i>B.A VI Sem</i>	<i>B.A ISts Ind Sem</i>
Subject	<i>Health & Physical Edu.</i>	<i>—</i>	<i>—</i>	<i>Practical,</i>
Week1st Chapter ; Prerequisites	<i>Definition, Aims & objectives and scope of health education</i>	<i>Meaning types and scope of health education & drawing up</i>	<i>Meaning and Definition of Motivation</i>	<i>Kho-Kho</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: D. Ravi Kumar

Department: Health & Physical Edu.

Class and Section →	BA I Ind Sem.	BA IV Sem	BA VI Sem.	BA I & Ind Sem
Subject	Health & Physical Edu.			Badminton
Week, Day 1, Chapter; Prerequisites	Importance of Health Edu in Modern Society	Meaning, Types and Significance of Coaching.	Types of Motivation and Importance of motivation in Sports.	
Assignments	-do-	-do-	-do-	-do-
Week, day 1, Date.....	-do-	-do-	-do-	-do-
Week, Day 2, Date.....	-do-	-do-	-do-	-do-
Week, Day 3, Date.....	-do-	-do-	-do-	-do-
Week, Day 4, Date	-do-	-do-	-do-	-do-
Week, Day 5, Date.....	-do-	-do-	-do-	-do-
Week, Day 6, Date.....	-do-	-do-	-do-	-do-

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *R. Kam Chopra*

Department: *Health & Physical Education*

Class and Section →	2 nd Sem	4 th Sem	6 th Sem	7 ⁸ Level Sem
Subject	<i>Health & Physical Education</i>	—	—	<i>Practicle</i>
Week Chapter Prerequisites	<i>First Aid, meaning of it, and calling down, activities and general Principle of First Aid.</i>			<i>Cricket</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>Practice</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Ram Lal*

Department: *Health & Phys. Edu.*

Class and Section →	<i>2nd Sem</i>	<i>4th Sem</i>	<i>6th Sem</i>	<i>1st & 2nd Sem</i>
Subject	<i>Health's Physical Edu</i>	<i>—</i>	<i>—</i>	<i>Practical</i>
Week Chapter : Prerequisites	<i>First Aid for Common Injuries, Bleeding, Burns Electric Shock, Drowning, Snake Bite.</i>	<i>Physiological aspects of wearing up cooking</i>	<i>Effect of Social behaviour on performance of Sports Person.</i>	<i>Sho - Put.</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: D. Ravi kumar

Department: Health & Physical Edu.

Class and Section	→	1 st Sem	2 nd Sem	3 rd Sem	4 th Sem
Subject		Health & Phy. Edu.	—	—	Practicals
Week <u>5.1.17</u> , Chapter Prerequisites		Pre-independence and Post-independence historical development of physical edu in India	Meaning of Psychology & Sports Psychology.	Meaning and Definition of Sports training.	Importance of Physical Education and its contribution to human body.
Assignments		-do-	-do-	-do-	-do-
Week, day 1, Date.....		-do-	-do-	-do-	-do-
Week, Day 2, Date.....		-do-	-do-	-do-	-do-
Week, Day 3, Date.....		-do-	-do-	-do-	-do-
Week, Day 4, Date		-do-	-do-	-do-	-do-
Week, Day 5, Date.....		-do-	-do-	-do-	-do-
Week, Day 6, Date.....		-do-	-do-	-do-	-do-

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: Dr. Ravi Khandelwal

Department: Health & Physical Education

Class and Section →	B.A. I Ind Sem	B.A. II Ind Sem	B.A. III Ind Sem	B.A. IV Ind Sem
Subject	Health & Physical Education	Health & Physical Education	Health & Physical Education	Health & Physical Education
Week Chapter Prerequisites	Role of IODA, SA, NSNIS, YMCN, in the Development of Physical and Sports in India	Need and Importance of Sports. Psychology.	Factors affecting Sports Training.	Recreational Activities
Assignments	-do-	-do-	-do-	-do-
Week, day 1, Date.....	-do-	-do-	-do-	-do-
Week, Day 2, Date.....	-do-	-do-	-do-	-do-
Week, Day 3, Date.....	-do-	-do-	-do-	-do-
Week, Day 4, Date	-do-	-do-	-do-	-do-
Week, Day 5, Date.....	-do-	-do-	-do-	-do-
Week, Day 6, Date.....	-do-	-do-	-do-	-do-

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Ravi Gupta*

Department: *Health & Physical Edu.*

Class and Section	→				
Subject		<i>B.A II Sem.</i>	<i>B.A 4th Sem.</i>	<i>B.A 6th Sem.</i>	<i>B.A IIIrd and 4th Sem.</i>
Week Chapter Prerequisites		<i>Health & Phy Edu.</i>	<i>—</i>	<i>—</i>	<i>Practicals.</i>
Assignments		<i>Sports Policy of Haryana States.</i>	<i>Meaning, meaning and how,</i>	<i>Types of Sports training, outdoor training and continuous training.</i>	<i>Measurement of Body.</i>
Week, day 1, Date.....		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>
Week, Day 2, Date.....		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>
Week, Day 3, Date.....		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>
Week, Day 4, Date		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>
Week, Day 5, Date.....		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>
Week, Day 6, Date.....		<i>-do -</i>	<i>-do -</i>	<i>-do -</i>	<i>-do -</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Ravi Kumar*

Department: *Health & Phys Edu.*

Class and Section →	<i>B.A. Ind. Sec.</i>	<i>B.A. Uta Sec.</i>	<i>B.A. Gta. Sec.</i>	<i>B.A. Uta Sec.</i>
Subject	<i>Health & Phys Edu.</i>	<i>—</i>	<i>—</i>	<i>Practicals</i>
Week Chapter Prerequisites	<i>National Sports Policy</i>	<i>Learning, Curric.</i>	<i>Defining: meaning and types</i>	<i>Basketball</i>
Assignments	<i>Unit 2. Chap. 4.</i>	<i>—</i>	<i>—</i>	<i>Practice.</i>
Week, day 1, Date.....	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>
Week, Day 2, Date.....	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>
Week, Day 3, Date.....	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>
Week, Day 4, Date	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>
Week, Day 5, Date.....	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>
Week, Day 6, Date.....	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>	<i>—do—</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Ravi Kumar*

Department: *Health & Physical Education*

Class and Section	→				
Subject		<i>B.A. Unit 1, Sec. 1</i>	<i>B.A. Unit 2, Sec. 1</i>	<i>B.A. Unit 3, Sec. 1</i>	<i>B.A. Unit 4, Sec. 1</i>
Week Chapter Prerequisites		<i>Health & Physical Education Meaning and Definition Physical fitness</i>	<i>Ancient Olympic Games</i>	<i>Meaning and Definition Sports Biomechanics</i>	<i>Practice</i>
Assignments		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>Practice</i>
Week, day 1, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Ravi Kumar*

Department: *Health & Physical Edu.*

Class and Section →	B.A Under Sec.	B.A 4th Sem.	B.A 6th Sem.	B.A 3rd Year Sem.
Subject	<i>Health & Phy Edu.</i>			<i>Practical.</i>
Week Chapter Prerequisites	<i>Importance Physical Edu.</i>	<i>Modern Olympic Games.</i>	<i>Importance of Biomechanics in Sports.</i>	<i>Kabaddi.</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>Practice.</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: Dr. Rajan Chopra

Department: Health & Physical Edu.

Class and Section →	B.A 1 st Sem.	B.A 4 th Sem.	B.A 6 th Sem.	B.A 3 rd & 4 th Sem.
Subject	Health & Phys. Edu.	—	—	Practical.
Week Chapter Prerequisites	Components and Principles of Physical Fitness.	Asian Games.	Newton's Law of Motion in Sports.	Discuss them.
Assignments	do -	do -	do -	Practical.
Week, day 1, Date.....	do -	do -	do -	do -
Week, Day 2, Date.....	do -	do -	do -	do -
Week, Day 3, Date.....	do -	do -	do -	do -
Week, Day 4, Date	do -	do -	do -	do -
Week, Day 5, Date.....	do -	do -	do -	do -
Week, Day 6, Date.....	do -	do -	do -	do -

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *P. Ram Lal*

Department: *Health & Physical Edu.*

Class and Section →	<i>B.A. 1st Sem.</i>	<i>B.A. 4th Sem.</i>	<i>B.A. 6th Sem.</i>	<i>B.A. 11th & 12th Sem.</i>
Subject	<i>Health & Physical Edu.</i>	<i>Commonwealth Games.</i>	<i>Newton's laws Application in Sports.</i>	<i>Practice.</i>
Week Chapter Prerequisites	<i>Factors influencing physical fitness.</i>			<i>Long Jump.</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>Practice.</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: D. Ravi Kumar

Department: Health & Physical Edu.

Class and Section →	RA 4th Sem.	RA 4th Sem.	RA 6th Sem.	RA 8th Sem.
Subject	Health & Physical Edu.	—	—	Practical.
Week; 1st Ch. Chapter; Prerequisites	Meaning of Isometric, Aerobic, and Anaerobic exercises.	Structure of Respiratory organs	Leaves, meaning and types.	Pranayama Bhawan, Kapal Bhati.
Assignments				Practice.
Week, day 1, Date.....	do -	do -	do -	do -
Week, Day 2, Date.....	do -	do -	do -	do -
Week, Day 3, Date.....	do -	do -	do -	do -
Week, Day 4, Date	do -	do -	do -	do -
Week, Day 5, Date.....	do -	do -	do -	do -
Week, Day 6, Date.....	do -	do -	do -	do -

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *S. Ravi Kumar*

Department: *Health & Physical Edu.*

Class and Section →	<i>BA 11st Sem.</i>	<i>BA 4th Sem.</i>	<i>B.A 6th Sem.</i>	<i>BA 5th & 6th Sem.</i>
Subject	<i>Health & Physical Edu.</i>			<i>Practicals</i>
Week Chapter Prerequisites	<i>Anatomy of Human Bones.</i>	<i>Physiology of Respiratory System.</i>	<i>Physiology of Respiration in Sports.</i>	<i>Volley ball.</i>
Assignments	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>Practicals</i>
Week, day 1, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: *D. Rahim*

Department: *Health & Physical Edu.*

Class and Section	→	BA 1st Sem.	BA 4th Sem.	BA 6th Sem.	BA 8th Sem and 6th Sem
Subject		<i>Health & Phy Edu.</i>			<i>Practice.</i>
Week Chapter Prerequisites	<i>15th</i>	<i>Types of Bones in Human Bodies</i>	<i>Effect of Exercise on Respiratory System.</i>	<i>Organs of Digestive System.</i>	<i>Hockey.</i>
Assignments					<i>Practice</i>
Week, day 1, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 2, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 3, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 4, Date		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 5, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>
Week, Day 6, Date.....		<i>-do-</i>	<i>-do-</i>	<i>-do-</i>	<i>-do-</i>

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: D. Ram Mohan

Department: Health & Physical Edu

Class and Section →	BA Hnd Sem,	BA 4th Sem,	BA 6th Sem	BA 8th Sem
Subject	Health & Phy Edu.			Recreation.
Week 6th Chapter : Prerequisites	Function of Bones in Human Body.	Terminology of Respiration: Tidal Volume.	Structure of Digestive System	Judo-Boxing, Wrestling.
Assignments				Recreation.
Week, day 1, Date.....	-do-	-do-	-do-	-do-
Week, Day 2, Date.....	-do-	-do-	-do-	-do-
Week, Day 3, Date.....	-do-	-do-	-do-	-do-
Week, Day 4, Date	-do-	-do-	-do-	-do-
Week, Day 5, Date.....	-do-	-do-	-do-	-do-
Week, Day 6, Date.....	-do-	-do-	-do-	-do-

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: Dr. Parveen Khatun

Department: Health & Physical Edu.

Class and Section	→	BA 1 st Sem.	BA 4 th Sem.	BA 6 th Sem.	BA 8 th Sem.
Subject		Health & Phys Edu.			Health & Phys Edu.
Week1 st Th. Chapter Prerequisites		Meaning and type of Joints in Human body.	Terminology Respiration, Residual Volume.	Mechanism of Food digestion.	First Aid -
Assignments		-do-	-do-	-do-	-do-
Week, day 1, Date.....		-do-	-do-	-do-	-do-
Week, Day 2, Date.....		-do-	-do-	-do-	-do-
Week, Day 3, Date.....		-do-	-do-	-do-	-do-
Week, Day 4, Date		-do-	-do-	-do-	-do-
Week, Day 5, Date.....		-do-	-do-	-do-	-do-
Week, Day 6, Date.....		-do-	-do-	-do-	-do-

Signature of Teacher

MANOHAR MEMORIAL (P.G.) COLLEGE, FATEHABAD

Lesson Plan Format (18 weeks from January 2018 to April 2018)

Name of the Assistant/Associate Professor: R. Ram Lakshmi

Department: Health & Phys. Educ.

Class and Section →	B A U Sec	B A Uth Sec	B A 6th Sec	B A 8th Sec
Subject	Health & Physical Edu.			Practical.
Week Chapter Prerequisites	Types of Synovial Joints in human Body.	Training logs of Respiration Total Lung Capacity.	Effects of Exercise on Digestive System.	Viva-Voce. and Practical Files.
Assignments	-do-	-do-	-do-	
Week, day 1, Date.....	-do-	-do-	-do-	-do-
Week, Day 2, Date.....	-do-	-do-	-do-	-do-
Week, Day 3, Date.....	-do-	-do-	-do-	-do-
Week, Day 4, Date	-do-	-do-	-do-	-do-
Week, Day 5, Date.....	-do-	-do-	-do-	-do-
Week, Day 6, Date.....	-do-	-do-	-do-	-do-

Signature of Teacher