

Name of Institute: Singh Ram Memorial College, Sultanpur

Name of Asst./Associate Professor: Rajkishan

Class and Section: B.A. 1st 2nd Sem

Subject: Health Education

Week	Date	Topics
1st Week	1-Jan-18	Introduction of health Education
	2-Jan-18	Meaning & Definition of health Education
	3-Jan-18	Objective of health Education
	4-Jan-18	Scope of health Education
	5-Jan-18	Practical (Athletic - History)
	6-Jan-18	Practical (Types of Races)
	7-Jan-18	Sunday
2nd Week	8-Jan-18	Importance of health Education
	9-Jan-18	Introduction of first Aid
	10-Jan-18	Effect of health Education
	11-Jan-18	Meaning and definition of first Aid
	12-Jan-18	Practical (Track - Marking)
	13-Jan-18	Test
	14-Jan-18	Sunday
3rd Week	15-Jan-18	Revision
	16-Jan-18	Practical (fundamental Skill start)
	17-Jan-18	Objective of first Aid
	18-Jan-18	General Principal of first Aid
	19-Jan-18	Test
	20-Jan-18	Revision
	21-Jan-18	Sunday
4th Week	22-Jan-18	Vasant Panchami
	23-Jan-18	Types of Injuries
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	first aid of Common injuries
	26-Jan-18	Republic Day
	27-Jan-18	Practical different type of Races
	28-Jan-18	Sunday
5th week	29-Jan-18	first Aid
	30-Jan-18	shock & first Aid
	31-Jan-18	Guru Ravidas Birthday

Lesson Plan for the Semester W.E.F. Jan 2018 to Apr 2018

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Class and Section: B.A 1st 2nd Sem

Subject: Health Education

Week	Date	Topics
1st Week	1-Feb-18	Drowning (first Aid)
	2-Feb-18	Snake bite (first Aid)
	3-Feb-18	Historical Prospects of Phy Education
	4-Feb-18	Sunday
2nd Week	5-Feb-18	Practical (Long - Races)
	6-Feb-18	Practical (Rules & Regulation in races)
	7-Feb-18	Revision
	8-Feb-18	Pro - Independent introduction
	9-Feb-18	Introduction of Post - Independent of Phy. Edu.
	10-Feb-18	Maharashi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
3rd Week	12-Feb-18	first assignment
	13-Feb-18	Maha Shivratri
	14-Feb-18	Practical (Introduction of field events)
	15-Feb-18	Practical Jump
	16-Feb-18	Independence historical development of PE in India
	17-Feb-18	
	18-Feb-18	Sunday
4th Week	19-Feb-18	Rule of I.A.A.
	20-Feb-18	Rule of S.A.1
	21-Feb-18	Practical (Hockey)
	22-Feb-18	Role of NSNIS & YMCA
	23-Feb-18	Development of Phy. Edu. and Sports
	24-Feb-18	Sport Policy of Haryana state
25-Feb-18	Sunday	
5th Week	26-Feb-18	Test first chapter
	27-Feb-18	Practical (Shout - Put)
	28-Feb-18	Holi Holidays

Lesson Plan for the Semester W.E.F. Jan 2018 to Apr 2018

Singh Ram Memorial College, Sultanpur

Name of Asst./Associate Professor: Rajkishan
 Class and Section: B.A. 1st 2nd Sem
 Subject: Health Education

Week	Date	Topics
1st Week	1-Mar-18	Holi Holidays
	2-Mar-18	Holi Holidays
	3-Mar-18	Holi Holidays
	4-Mar-18	Sunday
2nd Week	5-Mar-18	Practical (Sector Marking)
	6-Mar-18	Unit - test
	7-Mar-18	Introduction of Physical fitness
	8-Mar-18	Meaning & Definition of Phy. Edu
	9-Mar-18	Practical (Terminology of Kho-Kho)
	10-Mar-18	Practical (Name of Human Body)
	11-Mar-18	Sunday
3rd Week	12-Mar-18	Identification of Human Body
	13-Mar-18	Components of Physical fitness
	14-Mar-18	Types of Liver
	15-Mar-18	Principal of Physical fitness
	16-Mar-18	Practical
	17-Mar-18	Intra Maral (Valley ball)
	18-Mar-18	Sunday
4th Week	19-Mar-18	Factors of Physical fitness
	20-Mar-18	Factors of influencing
	21-Mar-18	Practical
	22-Mar-18	Javelin Throw (Rule and Regulation)
	23-Mar-18	Shaheed Diwas of Bhagat Singh, Rajguru, Sukhdev
	24-Mar-18	Second assignment
	25-Mar-18	Sunday/ Ram Nawmi
5th Week	26-Mar-18	Practical (Explain Human body Parts)
	27-Mar-18	Meaning of Isotonic
	28-Mar-18	Meaning of Isotonic.
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Meaning of Isotonic.
31-Mar-18	Practical (Cricket)	

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Name of Asst./Associate Professor :

Singh Ram Memorial College, Sultanpur
Rajkishan

Class and Section: BA 1st (2nd Sem)

Subject: Health Education

Week	Date	Topics
1st Week	1-Apr-18	Sunday
	2-Apr-18	Introduction of Human Anatomy
	3-Apr-18	Introduction of Physiology
	4-Apr-18	Practical (History of Cricket)
	5-Apr-18	Practical (Funda Mental skill of Cricket)
	6-Apr-18	Anatomy of Human Body
	7-Apr-18	Anatomy of Human Body
	8-Apr-18	Sunday
2nd Week	9-Apr-18	Practical Check.
	10-Apr-18	Test
	11-Apr-18	Function of Human Body
	12-Apr-18	Meaning of Joints.
	13-Apr-18	Types
	14-Apr-18	Dr. Ambedkar Jayanti/ Vaishakhi
	15-Apr-18	Sunday
3rd Week	16-Apr-18	Practical (Long Jump)
	17-Apr-18	Funda Mental Skill of Long Jump
	18-Apr-18	Parshuram Jayanti
	19-Apr-18	Types of Joints
	20-Apr-18	Practical (Long Jump)
	21-Apr-18	Sector Marking - Long Jump
	22-Apr-18	Sunday
4th Week	23-Apr-18	Meaning of Synovial Joints
	24-Apr-18	Practical
	25-Apr-18	Practical
	26-Apr-18	Types of Synovial Joints.
	27-Apr-18	Class test
	28-Apr-18	Revision
	29-Apr-18	Sunday
	30-Apr-18	Revision.