

# Gaur Brahman College of Education, Rohtak

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**Summary of Lesson Plans**  
**Course-V (B) opt.(ii): Health, Physical and Yoga Education**  
**B.Ed. (2<sup>nd</sup> Year)**  
**(Half Paper, 3 days in week)**

Date	Topics to be covered	Academic activity to be organized/ test/ assinment
<b>January, 2018</b>		
01-01-2018	Winter Break (MDU, Rohtak)	
02-01-2018	.....do.....	Practical Activities  Yoga and sports
03-01-2018	.....do.....	
04-01-2018	.....do.....	
05-01-2018	.....do.....	
06-01-2018	.....do.....	
07-01-2018	<b>Sunday</b>	
08-01-2018		
09-01-2018		
10-01-2018		
11-01-2018		
12-01-2018		
13-01-2018		
14-01-2018	<b>Sunday</b>	
15-01-2018	Health Education: Concept Aims and objectives of Health Education	
16-01-2018	.....do.....	
17-01-2018	Factors Influencing Health	
18-01-2018		
19-01-2018		
20-01-2018		
21-01-2018	<b>Sunday</b>	
22-01-2018	<b>Basant Panchmi</b>	
23-01-2018	Factors Influencing Health (Cont...)	

24-01-2018	Presentation (Students)	
25-01-2018	<b>Voter's day Celebration</b>	
26-01-2018	<b>Republic day Celebration</b>	
27-01-2018		
28-01-2018	<b>Sunday</b>	
29-01-2018	Role of the Teacher in School Health Programme	
30-01-2018	.....do.....	
31-01-2018	Sports Activities	
<b>February , 2018</b>		
01-02-2018		
02-02-2018		
03-02-2018		
04-02-2018	<b>Sunday</b>	
05-02-2018	Physical Education Concept, Misconceptions	
06-02-2018	.....do.....	
07-02-2018	Aims and objectives	
08-02-2018		
09-02-2018		
10-02-2018	<b>Dayanand Jayanti</b>	
11-02-2018	<b>Sunday</b>	
12-02-2018	Aims and objectives (Cont.....)	
13-02-2018	<b>Mahashivratri</b>	
14-02-2018	Relation with General Education	
15-02-2018		
16-02-2018		
17-02-2018		
18-02-2018	<b>Sunday</b>	
19-02-2018	Posture Concept and Values of Good Posture	
20-02-2018	Practical activities (Posture)	
21-02-2018	.....do.....	
22-02-2018		
23-02-2018		
24-02-2018		
25-02-2018	<b>Sunday</b>	
26-02-2018	Causes of poor posture	
27-02-2018	.....do.....	
28-02-2018	<b>Holi Break</b>	
<b>March, 2018</b>		
01-03-2018	<b>Holi Break</b>	

02-03-2018		
03-03-2018		
04-03-2018	<b>Sunday</b>	
05-03-2018	Common postural deformities and their management	
06-03-2018	.....do.....	
07-03-2018	Practical activities	
08-03-2018	<b>International Women's Day Celebration</b>	
09-03-2018		
10-03-2018		
11-03-2018	<b>Sunday</b>	
12-03-2018	Communicable Diseases Meaning and characteristics	
13-03-2018	Mode, control and prevention	
14-03-2018	First Aid Meaning and Scope	
15-03-2018		
16-03-2018		
17-03-2018		
18-03-2018	<b>Sunday</b>	
19-03-2018	Qualities and duties of First Aider	
20-03-2018	Yoga Education Meaning and importance of Yoga	
21-03-2018	Aims and objectives	
22-03-2018		
23-03-2018		
24-03-2018		
25-03-2018	<b>Sunday</b>	
26-03-2018	Components of Patanjali's Ashtang Yoga	
27-03-2018	Practical Yoga Activities	
28-03-2018	.....do.....	
29-03-2018	<b>Mahavir Jayanti</b>	
30-03-2018		
31-03-2018		
<b>April, 2018</b>		
01-04-2018	<b>Sunday</b>	
02-04-2018	Yogic Diet Concept and types of diet/ food	
03-04-2018	Its application in modern context	
04-0-2018	Presentation and yogic activities	
05-4-2018		
06-04-2018		
07-04-2018		
08-04-2018	<b>Sunday</b>	
09-04-2018	<b>House Examination</b>	

10-04-2018	.....do.....	
11-04-2018	.....do.....	
12-04-2018	.....do.....	
13-04-2018	.....do.....	
14-04-2018	.....do.....	
15-04-2018	<b>Sunday</b>	
16-04-2018	<b>House Examination</b>	
17-04-2018	.....do.....	
18-04-2018	.....do.....	
19-04-2018	.....do.....	
20-04-2018	.....do.....	
21-04-2018	.....do.....	
22-04-2018	<b>Sunday</b>	
23-04-2018	Viva-Voce for Internal Assessment	
24-04-2018	.....do.....	
25-04-2018	.....do.....	
26-04-2018	.....do.....	
27-04-2018	.....do.....	
28-04-2018	.....do.....	
29-04-2018	<b>Sunday</b>	
30-04-2018	.....do.....	

**Summary of Lesson Plans**  
**Course-VII (B): Understanding the Self**  
**B.Ed. (First Year)**  
**(2 days in week)**

<b>Date</b>	<b>Topics to be covered</b>	<b>Academic activity to be organized/ test/ assinment</b>
<b>January, 2018</b>		<b>Practical Activities</b>
01-01-2018	Winter Break (MDU, Rohtak)	
02-01-2018	.....do.....	
03-01-2018	.....do.....	
04-01-2018	.....do.....	
05-01-2018	.....do.....	
06-01-2018	.....do.....	
07-01-2018	<b>Sunday</b>	

08-01-2018	Peace, Progress and Harmony	
09-01-2018	.....do.....	
10-01-2018		
11-01-2018		
12-01-2018		
13-01-2018		
14-01-2018	<b>Sunday</b>	
15-01-2018	Locus of control	
16-01-2018	.....do.....	
17-01-2018		
18-01-2018		
19-01-2018		
20-01-2018		
21-01-2018	<b>Sunday</b>	
22-01-2018	<b>Basant Panchmi</b>	
23-01-2018	Presentation (Students)	
24-01-2018		
25-01-2018	<b>Voter's day Celebration</b>	
26-01-2018	<b>Republic day Celebration</b>	
27-01-2018		
28-01-2018	<b>Sunday</b>	
29-01-2018	Stress Management	
30-01-2018	.....do.....	
31-01-2018		
<b>February , 2018</b>		
01-02-2018		
02-02-2018		
03-02-2018		
04-02-2018	<b>Sunday</b>	
05-02-2018	Techniques of relaxation	
06-02-2018	.....do.....	
07-02-2018		
08-02-2018		
09-02-2018		
10-02-2018	<b>Dayanand Jayanti</b>	
11-02-2018	<b>Sunday</b>	
12-02-2018	Social Interaction (Social Bonds, Group Formation, Cooperation & Competition)	
13-02-2018	<b>Mahashivratri</b>	
14-02-2018		
15-02-2018		
16-02-2018		

17-02-2018		
18-02-2018	<b>Sunday</b>	
19-02-2018	.....do.....	
20-02-2018	Group Influence (Social Bonds, Group Formation, Cooperation & Competition)	
21-02-2018		
22-02-2018		
23-02-2018		
24-02-2018		
25-02-2018	<b>Sunday</b>	
26-02-2018	.....do.....	
27-02-2018	Practical (Group Activity)	
28-02-2018	<b>Holi Break</b>	
<b>March, 2018</b>		
01-03-2018	<b>Holi Break</b>	
02-03-2018		
03-03-2018		
04-03-2018	<b>Sunday</b>	
05-03-2018	Methods of Conflict Resolutions	
06-03-2018	.....do.....	
07-03-2018		
08-03-2018	<b>International Women's Day Celebration</b>	
09-03-2018		
10-03-2018		
11-03-2018	<b>Sunday</b>	
12-03-2018	Group and Social Harmony	
13-03-2018	.....do.....	
14-03-2018		
15-03-2018		
16-03-2018		
17-03-2018		
18-03-2018	<b>Sunday</b>	
19-03-2018	Group and Social Harmony (Cont.....)	
20-03-2018	Students Activities	
21-03-2018		
22-03-2018		
23-03-2018		
24-03-2018		
25-03-2018	<b>Sunday</b>	
26-03-2018	Yoga for Peace and Harmony	
27-03-2018	.....do.....	
28-03-2018		
29-03-2018	<b>Mahavir Jayanti</b>	
30-03-2018		

31-03-2018		
<b>April, 2018</b>		
01-04-2018	<b>Sunday</b>	
02-04-2018	Breathing Exercises	
03-04-2018	Meditation	
04-0-2018		
05-4-2018		
06-04-2018		
07-04-2018		
08-04-2018	<b>Sunday</b>	
09-04-2018	<b>House Examination</b>	
10-04-2018	.....do.....	
11-04-2018	.....do.....	
12-04-2018	.....do.....	
13-04-2018	.....do.....	
14-04-2018	.....do.....	
15-04-2018	<b>Sunday</b>	
16-04-2018	<b>House Examination</b>	
17-04-2018	.....do.....	
18-04-2018	.....do.....	
19-04-2018	.....do.....	
20-04-2018	.....do.....	
21-04-2018	.....do.....	
22-04-2018	<b>Sunday</b>	
23-04-2018	Viva-Voce for Internal Assessment	
24-04-2018	.....do.....	
25-04-2018	.....do.....	
26-04-2018	.....do.....	
27-04-2018	.....do.....	
28-04-2018	.....do.....	
29-04-2018	<b>Sunday</b>	
30-04-2018	.....do.....	