

## LESSON PLAN-CONTEMPORARY INDIA AND EDUCATION (COURSE-II)

**Name of the Assistant/Associate Professor: Sh. Prem Sukh**

**Class and Section: B. Ed 1st Year (Section D)**

**Subject lesson Plan: 18 weeks (from January 2018 to April 2018)**

Week 1 Chapter 1:
Week 1, Monday, 1 January <ul style="list-style-type: none"><li>• Education and Fundamental Right</li></ul>
Week 1, Tuesday, 2 January <ul style="list-style-type: none"><li>• Education and Fundamental Duties</li></ul>
Week 1, Wednesday, 3 January <ul style="list-style-type: none"><li>• Introduction of Article -14</li></ul>
Week 1, Thursday, 4 January <ul style="list-style-type: none"><li>• Article-14 Implication in Education</li></ul>
Week 1, Friday, 5 January <ul style="list-style-type: none"><li>• Guru Govind Singh Jaynti</li></ul>
Week 1, Saturday, 6 January <ul style="list-style-type: none"><li>• Introduction and Implication of Article -15</li></ul>
Week 2
Week 2, Monday, 8 January <ul style="list-style-type: none"><li>• Introduction of Article -16</li></ul>
Week 2, Tuesday, 9 January <ul style="list-style-type: none"><li>• Article-16 Implication in Education</li></ul>
Week 2, Wednesday, 10 January <ul style="list-style-type: none"><li>• Introduction and Implication of Article -30</li></ul>
Week 2, Thursday, 11 January <ul style="list-style-type: none"><li>• Introduction and Implication of Article -51-A</li></ul>
Week 2, Friday, 12 January <ul style="list-style-type: none"><li>• Introduction of Directive Principles of State policies</li></ul>
Week 2, Saturday, 13 January <ul style="list-style-type: none"><li>• Implications of Directive Principles of State policies</li></ul>
Week 3
Week 3, Monday, 15 January <ul style="list-style-type: none"><li>• Characteristic of Macaulay's Minutes</li></ul>
Week 3, Tuesday, 16 January <ul style="list-style-type: none"><li>• Recommendations of Woods Despatch 1854</li></ul>
Week 3, Wednesday, 17 January <ul style="list-style-type: none"><li>• Basic Education Scheme-1937</li></ul>
Week 3, Thursday, 18 January <ul style="list-style-type: none"><li>• Sargent Plan 1944</li></ul>
Week 3, Friday, 19 January <ul style="list-style-type: none"><li>• Introduction of Secondary Education commission—1952-53</li></ul>
Week 3, Saturday, 20 January <ul style="list-style-type: none"><li>• Aims of Secondary Education commission 1952-53</li></ul>

Week 3
Week 4, Monday, 22 January <ul style="list-style-type: none"> <li>• Vasant Panchmi</li> </ul>
Week 4, Tuesday, 23 January <ul style="list-style-type: none"> <li>• Structure of education</li> </ul>
Week 4, Wednesday, 24 January <ul style="list-style-type: none"> <li>• Recommendation of Secondary education Commission 1952- 53</li> </ul>
Week 4, Thursday, 25 January <ul style="list-style-type: none"> <li>• Recommendation of Secondary education Commission 1952-53</li> </ul>
Week 4, Friday, 26 <ul style="list-style-type: none"> <li>• January Republic Day</li> </ul>
Week 4, Saturday, 27 January <ul style="list-style-type: none"> <li>• Recommendation of Secondary education Commission 1952 -53</li> </ul>
Week 5
Week 5, Monday, 29 January <ul style="list-style-type: none"> <li>• Introduction of Indian Education commission—1964-66</li> </ul>
Week 5, Tuesday, 30 January <ul style="list-style-type: none"> <li>• Aims of Indian Education commission</li> </ul>
Week 5, Wednesday, 31 January <ul style="list-style-type: none"> <li>• Guru Ravi Dass Jaynti</li> </ul>
Week 5, Thursday, 01 February <ul style="list-style-type: none"> <li>• Curriculum of Indian Education commission—1964-66</li> </ul>
Week 5, Friday, 02 February <ul style="list-style-type: none"> <li>• Recommendation of Indian Education commission—1964-66</li> </ul>
Week 5, Saturday, 03 February <ul style="list-style-type: none"> <li>• Recommendation of Indian Education commission—1964-66</li> </ul>
Week 6
Week 6, Monday, 05 February <ul style="list-style-type: none"> <li>• Recommendation of Indian Education commission—1964-66</li> </ul>
Week 6, Tuesday, 06 February <ul style="list-style-type: none"> <li>• Introduction of National policy on Education 1986</li> </ul>
Week 6, Wednesday, 07 February <ul style="list-style-type: none"> <li>• Overview-Introductory Essence and role of Education</li> </ul>
Week 6, Thursday, 08 February <ul style="list-style-type: none"> <li>• National System of Education</li> </ul>
Week 6, Friday, 09 February <ul style="list-style-type: none"> <li>• Education for Equality</li> </ul>
Week 6, Saturday, 10 February <ul style="list-style-type: none"> <li>• Teacher and Teacher Education</li> </ul>
Week 7
Week 7, Monday, 12 February <ul style="list-style-type: none"> <li>• Reorganization of Education at different stages Feature and Revised policy on Education</li> </ul>
Week 7, Tuesday, 13 February <ul style="list-style-type: none"> <li>• Maha Shiv Ratri</li> </ul>

Week 7, Wednesday, 14 February	<ul style="list-style-type: none"> <li>• Reorganization of Education at different stages</li> </ul>
Week 7, Thursday, 15 February	<ul style="list-style-type: none"> <li>• Resource, Review and Future of the policy 1986</li> </ul>
Week 7, Friday, 16 February	<ul style="list-style-type: none"> <li>• Introduction of Ramamurti Review Committee 1990</li> </ul>
Week 7, Saturday, 17 February	<ul style="list-style-type: none"> <li>• Observation and Recommendation</li> </ul>
Week 8	
Week 8, Monday, 19 February	<ul style="list-style-type: none"> <li>• Introduction of Programme of Action 1992</li> </ul>
Week 8, Tuesday, 20 February	<ul style="list-style-type: none"> <li>• Features of revised policy on Education 1992</li> </ul>
Week 8, Wednesday, 21 February	<ul style="list-style-type: none"> <li>• Historical Background of NCF 2005</li> </ul>
Week 8, Thursday, 22 February	<ul style="list-style-type: none"> <li>• Aims of Education According to N C F 2005</li> </ul>
Week 8, Friday, 23 February	<ul style="list-style-type: none"> <li>• Curricular Areas School Stages and Assessment</li> </ul>
Week 8, Saturday, 24 February	<ul style="list-style-type: none"> <li>• Needs and Objective NCF 2005</li> </ul>
Week 9	
Week 9, Monday, 26 February	<ul style="list-style-type: none"> <li>• Universalisation of Elementary Education</li> </ul>
Week 9, Tuesday, 27 February	<ul style="list-style-type: none"> <li>• Introduction of Mid day Meal</li> </ul>
Week 9, Wednesday, 28 February	<ul style="list-style-type: none"> <li>• Importance of MDM In Elementary Education</li> </ul>
Week 9, Thursday, 01 March	<ul style="list-style-type: none"> <li>• Introduction Of SSA</li> </ul>
Week 9, Friday, 02 March	<ul style="list-style-type: none"> <li>• Holi</li> </ul>
Week 9, Saturday, 03 March	<ul style="list-style-type: none"> <li>• Aims and objectives of SSA ,Management Structure Under SSA</li> </ul>
Week 10	
Week 10, Monday, 05 March	<ul style="list-style-type: none"> <li>• Introduction Of RMSA</li> </ul>
Week 10, Tuesday, 06 March	<ul style="list-style-type: none"> <li>• Approach and strategy for secondary stage</li> </ul>
Week 10, Wednesday, 07 March	<ul style="list-style-type: none"> <li>• Planning Appraisal and Fund Flows under RMSA</li> </ul>
Week 10, Thursday, 08 March	<ul style="list-style-type: none"> <li>• Management Structure for Implementation of the RMSA</li> </ul>
Week 10, Friday, 09 March	<ul style="list-style-type: none"> <li>• Accountability Role of State Governments Of RMSA</li> </ul>
Week 10, Saturday, 10 March	<ul style="list-style-type: none"> <li>• Introduction of globalization</li> </ul>

Week 11
Week 11, Monday, 12 March <ul style="list-style-type: none"> <li>• Issues of Globalization</li> </ul>
Week 11, Tuesday, 13 March <ul style="list-style-type: none"> <li>• Causes and Effects of Globalization</li> </ul>
Week 11, Wednesday, 14 March <ul style="list-style-type: none"> <li>• Introduction of Liberalization</li> </ul>
Week 11, Thursday, 15 March <ul style="list-style-type: none"> <li>• Major Issues of Liberalization</li> </ul>
Week 11, Friday, 16 March <ul style="list-style-type: none"> <li>• Debate on Liberalization</li> </ul>
Week 11, Saturday, 17 March <ul style="list-style-type: none"> <li>• Introduction of privatization</li> </ul>
Week 12
Week 12, Monday, 19 March <ul style="list-style-type: none"> <li>• Major Issues of Privatization</li> </ul>
Week 12, Tuesday, 20 March <ul style="list-style-type: none"> <li>• Debate on privatization</li> </ul>
Week 12, Wednesday, 21 March <ul style="list-style-type: none"> <li>• Concept of common School System</li> </ul>
Week 12, Thursday, 22 March <ul style="list-style-type: none"> <li>• Merits and Demerits of Common School System</li> </ul>
Week 12, Friday, 23 March <ul style="list-style-type: none"> <li>• Meaning of Vocationalisation</li> </ul>
Week 12, Saturday, 24 March <ul style="list-style-type: none"> <li>• Need and Importance of Vocationalisation</li> </ul>
Week 13
Week 13, Monday, 26 March <ul style="list-style-type: none"> <li>• Suggested programmes for Vocationalisation of Education</li> </ul>
Week 13, Tuesday, 27 March <ul style="list-style-type: none"> <li>• Concept of Three Language Formula</li> </ul>
Week 13, Wednesday, 28 March <ul style="list-style-type: none"> <li>• Importance of Three language formula</li> </ul>
Week 13, Thursday, 29 March <ul style="list-style-type: none"> <li>• Mahaveer Jaynti</li> </ul>
Week 13, Friday, 30 March <ul style="list-style-type: none"> <li>• Three language Formula for national integration</li> </ul>
Week 13, Saturday, 31 March <ul style="list-style-type: none"> <li>• Concept of Open Learning</li> </ul>
Week 14
Week 14, Monday, 02 April <ul style="list-style-type: none"> <li>• Need And Importance Of Open Learning</li> </ul>
Week 14, Tuesday, 03 April <ul style="list-style-type: none"> <li>• Concept of Distance Learning</li> </ul>
Week 14, Wednesday, 04 April <ul style="list-style-type: none"> <li>• Need and Importance of Distance Learning</li> </ul>
Week 14, Thursday, 05 April <ul style="list-style-type: none"> <li>• Meaning and concept of Modernization</li> </ul>

Week 14, Friday, 06 April
<ul style="list-style-type: none"> <li>• Meaning and concept of Modernization</li> </ul>
Week 14, Saturday, 07 April
<ul style="list-style-type: none"> <li>• Advantages of Modernization</li> </ul>
Week 15
Week 15, Monday, 09 April
<ul style="list-style-type: none"> <li>• Disadvantages of modernization</li> </ul>
Week 15, Tuesday, 10 April
<ul style="list-style-type: none"> <li>• Meaning and Importance of Culture in Education</li> </ul>
Week 15, Wednesday, 11 April
<ul style="list-style-type: none"> <li>• Interdependency of culture and Education</li> </ul>
Week 15, Thursday, 12 April
<ul style="list-style-type: none"> <li>• Meaning and Importance of Democracy in Education</li> </ul>
Week 15, Friday, 13 April
<ul style="list-style-type: none"> <li>• Interdependency of Democracy and Education</li> </ul>
Week 15, Saturday, 14 April
<ul style="list-style-type: none"> <li>• Ambedkar jayanti</li> </ul>
Week 16
Week 16, Monday, 16 April
<ul style="list-style-type: none"> <li>• Concept of inequalities in ancient Education</li> </ul>
Week 16, Tuesday, 17 April
<ul style="list-style-type: none"> <li>• Inequalities in Medieval Education</li> </ul>
Week 16, Wednesday, 18 April
<ul style="list-style-type: none"> <li>• Inequalities in Modern Education</li> </ul>
Week 16, Thursday, 19 April
<ul style="list-style-type: none"> <li>• Meaning and concept of new economic reforms</li> </ul>
Week 16, Friday, 20 April
<ul style="list-style-type: none"> <li>• Impact of new economic reform on education</li> </ul>
Week 16, Saturday, 21 April
<ul style="list-style-type: none"> <li>• Debate on New Economic reform in reference of education</li> </ul>
Week 17
Week 17, Monday, 23 April
<ul style="list-style-type: none"> <li>• Concept of Technological Empowerment</li> </ul>
Week 17, Tuesday, 24 April
<ul style="list-style-type: none"> <li>• Relation with Technological Empowerment and Education</li> </ul>
Week 17, Wednesday, 25 April
<ul style="list-style-type: none"> <li>• Meaning and concept of universal education</li> </ul>
Week 17, Thursday, 26 April
<ul style="list-style-type: none"> <li>• Role of Teacher in Universal Education</li> </ul>
Week 17, Friday, 27 April
<ul style="list-style-type: none"> <li>• Concept of reservation as an egalitarian policy</li> </ul>
Week 17, Saturday, 28 April
<ul style="list-style-type: none"> <li>• Merit and demerit of reservation policy</li> </ul>
Week 18
Week 18, Monday, 30 April
<ul style="list-style-type: none"> <li>• Debate on reservation policy</li> </ul>

## LESSON PLAN: HEALTH, PHYSICAL AND YOGA EDUCATION (COURSE V (B) Opt. (ii))

Name of the Assistant/Associate Professor: Sh. Prem Sukh

Class and Section: B. Ed (Second Year) A2, B2

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

<b>Week 1</b> <b>Health Education</b>
Week 1, Monday, 1 January <ul style="list-style-type: none"><li>• Meaning, Definition and Concept of Health Education</li></ul>
Week 1, Tuesday, 2 January <ul style="list-style-type: none"><li>• Aims of Health Education</li></ul>
Week 1, Wednesday, 3 January <ul style="list-style-type: none"><li>• Objectives of Health Education</li></ul>
Week 1, Thursday, 4 January <ul style="list-style-type: none"><li>•</li></ul>
Week 1, Friday, 5 January <ul style="list-style-type: none"><li>•</li></ul>
Week 1, Saturday, 6 January <ul style="list-style-type: none"><li>•</li></ul>
Week 2
Week 2, Monday, 8 January <ul style="list-style-type: none"><li>• Factors Influencing Health</li></ul>
Week 2, Tuesday, 9 January <ul style="list-style-type: none"><li>• Factors Influencing Health</li></ul>
Week 2, Wednesday, 10 January <ul style="list-style-type: none"><li>• Meaning and Definition of School Health Programme</li></ul>
Week 2, Thursday, 11 January <ul style="list-style-type: none"><li>•</li></ul>
Week 2, Friday, 12 January <ul style="list-style-type: none"><li>•</li></ul>
Week 2, Saturday, 13 January <ul style="list-style-type: none"><li>•</li></ul>
<b>Week 3</b> <b>Physical Education</b>
Week 3, Monday, 15 January <ul style="list-style-type: none"><li>• Role of the Teacher in School Health Programme</li></ul>
Week 3, Tuesday, 16 January <ul style="list-style-type: none"><li>• Meaning, Definition and Concept of Physical Education</li></ul>
Week 3, Wednesday, 17 January <ul style="list-style-type: none"><li>• Misconceptions about Physical Education</li></ul>
Week 3, Thursday, 18 January <ul style="list-style-type: none"><li>•</li></ul>
Week 3, Friday, 19 January <ul style="list-style-type: none"><li>•</li></ul>
Week 3, Saturday, 20 January <ul style="list-style-type: none"><li>•</li></ul>

Week 4
Week 4, Monday, 22 January <ul style="list-style-type: none"> <li>• Basant Panchmi</li> </ul>
Week 4, Tuesday, 23 January <ul style="list-style-type: none"> <li>• Aims of Physical Education</li> </ul>
Week 4, Wednesday, 24 January <ul style="list-style-type: none"> <li>• Objective of Physical Education</li> </ul>
Week 4, Thursday, 25 January <ul style="list-style-type: none"> <li>•</li> </ul>
Week 4, Friday, 26 January <ul style="list-style-type: none"> <li>•</li> </ul>
Week 4, Saturday, 27 January <ul style="list-style-type: none"> <li>•</li> </ul>
Week 5
Week 5, Monday, 29 January <ul style="list-style-type: none"> <li>• Physical Education and its relation with General Education</li> </ul>
Week 5, Tuesday, 30 January <ul style="list-style-type: none"> <li>• Physical Education an integral part of Education</li> </ul>
Week 5, Wednesday, 31 January <ul style="list-style-type: none"> <li>• Guru Ravidas Jayanti</li> </ul>
Week 5, Thursday, 01 February <ul style="list-style-type: none"> <li>•</li> </ul>
Week 5, Friday, 02 February <ul style="list-style-type: none"> <li>•</li> </ul>
Week 5, Saturday, 03 February <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Week 6</b>
<b>Posture</b>
Week 6, Monday, 05 February <ul style="list-style-type: none"> <li>• Meaning, Definition and Concept of Posture</li> </ul>
Week 6, Tuesday, 06 February <ul style="list-style-type: none"> <li>• Values of good Posture</li> </ul>
Week 6, Wednesday, 07 February <ul style="list-style-type: none"> <li>• Causes of poor Posture</li> </ul>
Week 6, Thursday, 08 February <ul style="list-style-type: none"> <li>•</li> </ul>
Week 6, Friday, 09 February <ul style="list-style-type: none"> <li>•</li> </ul>
Week 6, Saturday, 10 February <ul style="list-style-type: none"> <li>•</li> </ul>
Week 7
Week 7, Monday, 12 February <ul style="list-style-type: none"> <li>• Causes of poor Posture</li> </ul>
Week 7, Tuesday, 13 February <ul style="list-style-type: none"> <li>• Mahashivratri</li> </ul>
Week 7, Wednesday, 14 February <ul style="list-style-type: none"> <li>• Preventive Measures of poor Posture`</li> </ul>

Week 7, Thursday, 15 February
•
Week 7, Friday, 16 February
•
Week 7, Saturday, 17 February
•
Week 8
Week 8, Monday, 19 February
• Meaning and types of Postural Deformities
Week 8, Tuesday, 20 February
• Common Physical Deformities and their Causes and Prevention
Week 8, Wednesday, 21 February
• Postural Deformities – Round Shoulders, Kyphosis Causes and Management
Week 8, Thursday, 22 February
•
Week 8, Friday, 23 February
•
Week 8, Saturday, 24 February
•
Week 9
Week 9, Monday, 26 February
• Postural Deformities – Lordosis, Scoliosis Causes and Management
Week 9, Tuesday, 27 February
• Postural Deformities – Knock Knee Causes and Management
Week 9, Wednesday, 28 February
• Postural Deformities – Talipes Causes and Management
Week 9, Thursday, 01 March
•
Week 9, Friday, 02 March
•
Week 9, Saturday, 03 March
•
<b>Week 10</b>
<b>Communicable Diseases</b>
Week 10, Monday, 05 March
• Postural Deformities – Club Foot, Flat Foot Causes and Management
Week 10, Tuesday, 06 March
• Meaning and Definition of Communicable Diseases
Week 10, Wednesday, 07 March
• Common Characteristics of Communicable Diseases
Week 10, Thursday, 08 March
•
Week 10, Friday, 09 March
•
Week 10, Saturday, 10 March
•
Week 11



Week 11, Monday, 12 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Influenza, Measles</li> </ul>
Week 11, Tuesday, 13 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Chicken Pox</li> </ul>
Week 11, Wednesday, 14 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Whooping Cough</li> </ul>
Week 11, Thursday, 15 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 11, Friday, 16 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 11, Saturday, 17 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 12
Week 12, Monday, 19 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Mumps, Typhoid</li> </ul>
Week 12, Tuesday, 20 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Cholera</li> </ul>
Week 12, Wednesday, 21 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Malaria</li> </ul>
Week 12, Thursday, 22 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 12, Friday, 23 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 12, Saturday, 24 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 13
Week 13, Monday, 26 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Rabies, Scabies and Ringworm</li> </ul>
Week 13, Tuesday, 27 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Aids</li> </ul>
Week 13, Wednesday, 28 March
<ul style="list-style-type: none"> <li>• Meaning, Definition and Scope of First Aid</li> </ul>
Week 13, Thursday, 29 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 13, Friday, 30 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 13, Saturday, 31 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 14
Week 14, Monday, 02 April
<ul style="list-style-type: none"> <li>• Qualities of First -Aider</li> </ul>
Week 14, Tuesday, 03 April
<ul style="list-style-type: none"> <li>• Duties of First- Aider</li> </ul>
Week 14, Wednesday, 04 April
<ul style="list-style-type: none"> <li>• Meaning and Definition of Yoga</li> </ul>
Week 14, Thursday, 05 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 14, Friday, 06 April

•
Week 14, Saturday, 07 April
•
<b>Week 15</b>
<b>Yoga Education</b>
Week 15, Monday, 09 April
• Importance of Yoga
Week 15, Tuesday, 10 April
• Scope and Aims of Yoga Education
Week 15, Wednesday, 11 April
• Functions of Yoga Education
Week 15, Thursday, 12 April
•
Week 15, Friday, 13 April
•
Week 15, Saturday, 14 April
•
Week 16
Week 16, Monday, 16 April
• Meaning and Definition of Asthang Yoga
Week 16, Tuesday, 17 April
• Components Asthang Yoga – Yam, Niyam
Week 16, Wednesday, 18 April
• Components Asthang Yoga – Asana, Prayanam
Week 16, Thursday, 19 April
•
Week 16, Friday, 20 April
•
Week 16, Saturday, 21 April
•
<b>Week 17 - Yogic Diet</b>
Week 17, Monday, 23 April
• Components Asthang Yoga – Prathar, Dharyana, Dhyana, Samadhi
Week 17, Tuesday, 24 April
• Meaning, Definition and Concept of Yogic Diet
Week 17, Wednesday, 25 April
• Types of Yogic Diet
Week 17, Thursday, 26 April
•
Week 17, Friday, 27 April
•
Week 17, Saturday, 28 April
•
Week 18
Week 18, Monday, 30 April
• Applications of Yogic Diet in Modern context

## LESSON PLAN- HEALTH, PHYSICAL AND YOGA EDUCATION (COURSE V (B) Opt. (ii))

Name of the Assistant/Associate Professor: Sh. Prem Sukh

Class and Section: B. Ed (Second Year) C2

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

<b>Week 1</b> <b>Health Education</b>
Week 1, Monday, 1 January •
Week 1, Tuesday, 2 January •
Week 1, Wednesday, 3 January •
Week 1, Thursday, 4 January • Meaning, Definition and Concept of Health Education
Week 1, Friday, 5 January • Guru Gobind Singh Jayanti
Week 1, Saturday, 6 January • Aims of Health Education
Week 2
Week 2, Monday, 8 January •
Week 2, Tuesday, 9 January •
Week 2, Wednesday, 10 January •
Week 2, Thursday, 11 January • Objectives of Health Education
Week 2, Friday, 12 January • Factors Influencing Health
Week 2, Saturday, 13 January • Factors Influencing Health
Week 3
Week 3, Monday, 15 January •
Week 3, Tuesday, 16 January •
Week 3, Wednesday, 17 January •
Week 3, Thursday, 18 January • Meaning and Definition of School Health Programme
Week 3, Friday, 19 January • Role of the Teacher in School Health Programme
Week 3, Saturday, 20 January • Meaning, Definition and Concept of Physical Education

<b>Week 4</b>
<b>Physical Education</b>
Week 4, Monday, 22 January •
Week 4, Tuesday, 23 January •
Week 4, Wednesday, 24 January •
Week 4, Thursday, 25 January • Misconceptions about Physical Education
Week 4, Friday, 26 January • Republic Day
Week 4, Saturday, 27 January • Aims of Physical Education
<b>Week 5</b>
Week 5, Monday, 29 January •
Week 5, Tuesday, 30 January •
Week 5, Wednesday, 31 January •
Week 5, Thursday, 01 February • Objective of Physical Education
Week 5, Friday, 02 February • Physical Education and its relation with General Education
Week 5, Saturday, 03 February • Physical Education an integral part of Education
<b>Week 6</b>
<b>Posture</b>
Week 6, Monday, 05 February •
Week 6, Tuesday, 06 February •
Week 6, Wednesday, 07 February •
Week 6, Thursday, 08 February • Meaning, Definition and Concept of Posture
Week 6, Friday, 09 February • Values of Good Posture
Week 6, Saturday, 10 February • Maharishi Dayanand Saraswati Jayanti
<b>Week 7</b>
Week 7, Monday, 12 February •
Week 7, Tuesday, 13 February •
Week 7, Wednesday, 14 February •

Week 7, Thursday, 15 February
<ul style="list-style-type: none"> <li>• Causes of Poor Posture</li> </ul>
Week 7, Friday, 16 February
<ul style="list-style-type: none"> <li>• Causes of Poor Posture</li> </ul>
Week 7, Saturday, 17 February
<ul style="list-style-type: none"> <li>• Preventive Measures of Poor Posture`</li> </ul>
Week 8
Week 8, Monday, 19 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 8, Tuesday, 20 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 8, Wednesday, 21 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 8, Thursday, 22 February
<ul style="list-style-type: none"> <li>• Common Physical Deformities and their Causes and Prevention</li> </ul>
Week 8, Friday, 23 February
<ul style="list-style-type: none"> <li>• Postural Deformities – Round Shoulders, Kyphosis Causes and Management</li> </ul>
Week 8, Saturday, 24 February
<ul style="list-style-type: none"> <li>• Postural Deformities – Lordosis, Scoliosis, Knock Knee Causes and Management</li> </ul>
Week 9
Week 9, Monday, 26 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 9, Tuesday, 27 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 9, Wednesday, 28 February
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 9, Thursday, 01 March
<ul style="list-style-type: none"> <li>• Postural Deformities – Talipes Causes and Management</li> </ul>
Week 9, Friday, 02 March
<ul style="list-style-type: none"> <li>• Holi</li> </ul>
Week 9, Saturday, 03 March
<ul style="list-style-type: none"> <li>• Postural Deformities – Club Foot, Flat Foot Causes and Management</li> </ul>
<b>Week 10</b>
<b>Communicable Diseases</b>
Week 10, Monday, 05 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 10, Tuesday, 06 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 10, Wednesday, 07 March
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 10, Thursday, 08 March
<ul style="list-style-type: none"> <li>• Meaning and Definition of Communicable Diseases</li> </ul>
Week 10, Friday, 09 March
<ul style="list-style-type: none"> <li>• Common Characteristics of Communicable Diseases</li> </ul>
Week 10, Saturday, 10 March
<ul style="list-style-type: none"> <li>• Mode, Control and Prevention of Influenza, Measles</li> </ul>

Week 11
Week 11, Monday, 12 March •
Week 11, Tuesday, 13 March •
Week 11, Wednesday, 14 March •
Week 11, Thursday, 15 March • Mode, Control and Prevention of Chicken Pox, Whooping Cough
Week 11, Friday, 16 March • Mode, Control and Prevention of Mumps, Typhoid
Week 11, Saturday, 17 March • Mode, Control and Prevention of Cholera, Malaria,
Week 12
Week 12, Monday, 19 March •
Week 12, Tuesday, 20 March •
Week 12, Wednesday, 21 March •
Week 12, Thursday, 22 March • Mode, Control and Prevention of Rabies, Scabies and Ringworm
Week 12, Friday, 23 March • Mode, Control and Prevention of Aids
Week 12, Saturday, 24 March • Meaning, Definition and Scope of First Aid
Week 13
Week 13, Monday, 26 March •
Week 13, Tuesday, 27 March •
Week 13, Wednesday, 28 March •
Week 13, Thursday, 29 March • Mahavir Jayanti
Week 13, Friday, 30 March • Qualities of First -Aider
Week 13, Saturday, 31 March • Duties of First- Aider
<b>Week 14</b> <b>Yoga Education</b>
Week 14, Monday, 02 April •
Week 14, Tuesday, 03 April •
Week 14, Wednesday, 04 April •

Week 14, Thursday, 05 April
<ul style="list-style-type: none"> <li>• Meaning and Definition of Yoga</li> </ul>
Week 14, Friday, 06 April
<ul style="list-style-type: none"> <li>• Importance of Yoga</li> </ul>
Week 14, Saturday, 07 April
<ul style="list-style-type: none"> <li>• Scope and Aims of Yoga Education</li> </ul>
Week 15
Week 15, Monday, 09 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 15, Tuesday, 10 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 15, Wednesday, 11 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 15, Thursday, 12 April
<ul style="list-style-type: none"> <li>• Functions of Yoga Education</li> </ul>
Week 15, Friday, 13 April
<ul style="list-style-type: none"> <li>• Meaning and Definition of Asthang Yoga</li> </ul>
Week 15, Saturday, 14 April
<ul style="list-style-type: none"> <li>• Ambedkar Jayanti</li> </ul>
Week 16
Week 16, Monday, 16 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 16, Tuesday, 17 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 16, Wednesday, 18 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 16, Thursday, 19 April
<ul style="list-style-type: none"> <li>• Components of Asthang Yoga – Yam, Niyam</li> </ul>
Week 16, Friday, 20 April
<ul style="list-style-type: none"> <li>• Components Asthang Yoga – Asana, Prayanam</li> </ul>
Week 16, Saturday, 21 April
<ul style="list-style-type: none"> <li>• Components Asthang Yoga – Prathar, Dharyana, Dhyan, Samadhi</li> </ul>
<b>Week 17 - Yogic Diet</b>
Week 17, Monday, 23 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 17, Tuesday, 24 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 17, Wednesday, 25 April
<ul style="list-style-type: none"> <li>•</li> </ul>
Week 17, Thursday, 26 April
<ul style="list-style-type: none"> <li>• Meaning, Definition and Concept of Yogic Diet</li> </ul>
Week 17, Friday, 27 April
<ul style="list-style-type: none"> <li>• Types of Yogic Diet</li> </ul>
Week 17, Saturday, 28 April
<ul style="list-style-type: none"> <li>• Applications of Yogic Diet in Modern context</li> </ul>
Week 18
Week 18, Monday, 30 April