

SUMMARY OF LESSON PLANS OF COLLEGE FACULTY

Name: S.D.College, Ambala Cantt.

Academic Session: 2017-18 Semester: Odd

Months: July to December 2017 Class: B.A. I (1st Semester)

Sr. No	Name of Asstt. Prof.	Month	Subject	Topic/Chapters to be covered	Academic activity to be organized	Topic of Assignments/Tests to be given to the students
1	Dr. Shashi Rana	July	Health and Physical Education	Unit I-Phy. Edu. Definition, scope, importance, aim and objectives	Oral Presentation- use blackboard, charts and Group Discussion
2	Dr. Shashi Rana	Aug	Health and Physical Education	Unit II-Health and Hygiene-definition, importance and factors influencing personal hygiene.	Oral Presentation- use blackboard, charts and Group Discussion
3	Dr. Nitin Sehgal	Sept	Health and Physical Education	Unit III- Yoga-concept, history, types and types of Pranayam & their benefits.	Oral Presentation- use blackboard, charts and Group Discussion	Assignment- What do you means by Anatomy & Physiology? Explain the structure of cell.
4	Dr. Nitin Sehgal	Oct	Health and Physical Education	Unit IV-Anatomy & Physiology-definition, importance and define cell, tissue, organ and system	Oral Presentation- use blackboard, charts and Group Discussion	Test- What is Yoga? Explain the types of yoga.
5	Dr. Nitin Sehgal	Nov	Health and Physical Education	Revision	Revision of important questions