

LESSON PLAN (2018-19)

Name of the Assistant Professor: **Dr. Mala Sharma**

Class and Section: **B.A-1st Semester**

Subject: **English Compulsory (Text & Grammar)**

Week	Date	Topics (Text)	Topics (Grammar)
1	13-jul-2018	Orientation to the Syllabus	Orientation
	14-jul-2018	Phonetic Sounds & Transcription	Noun
	15-jul-2018	Sunday	Sunday
	16-jul-2018	Phonetic Sounds & Transcription	Noun
	17-jul-2018	-Do-	Noun
	18-jul-2018	-Do-	Noun
	19-jul-2018	-Do-	Noun
2	20-jul-2018	Close Reading and Critical Analysis of the Chapter- "On Choosing our Universe"	Noun
	21-jul-2018	-Do-	Noun
	22-jul-2018	Sunday	Sunday
	23-jul-2018	Discussion of the Comprehension Exercises	Subject Verb Agreement
	24-jul-2018	Guided Writing Practice o Short Answers	Subject Verb Agreement
	25-jul-2018	-Do-	Subject Verb Agreement
	26-jul-2018	Discussion on the Reference to the content of the chapter	Subject Verb Agreement
3	27-jul-2018	Vocal Exercises including of the chapter Phonetic Transcription	Subject Verb Agreement
	28-jul-2018	-Do-	Subject Verb Agreement
	29-jul-2018	Sunday	Sunday
	30-jul-2018	Class Test of Short Question Answer of the lesson	Subject Verb Agreement
	31-jul-2018	Shaheed Udham Singh's Martyrdom Day	Subject Verb Agreement
	01-Aug-2018	Close Reading and Critical Analysis of "Are Dams The Temples of Modern India"	Subject Verb Agreement
	02-Aug-2018	-Do-	Subject Verb Agreement
4	03-Aug-2018	-Do-	Verbs
	04-Aug-2018	Phonetic Transcription of the important words	Verbs
	05-Aug-2018	Sunday	Sunday
	06-Aug-2018	Discussion on the Reference to the content of the chapter	Verbs
	07-Aug-2018	Discussion on the comprehension Exercises	Verbs
	08-Aug-2018	Discussion on the vocal bury exercises	Verbs
	09-Aug-2018	Guided writing practice of short answer	Verbs
5	10-Aug-2018	Oral cum blackboard test of question answers	Verbs

	11-Aug-2018	Close reading & critical analysis of the 3 rd Chapter- The Generation Gap	Verbs
	12-Aug-2018	Sunday	Sunday
	13-Aug-2018	Close reading & critical analysis of the 3 rd Chapter- The Generation Gap	Verbs
	14-Aug-2018	Discussion on the reference to the content of the chapter	Verbs
	15-Aug-2018	Independence Day	Independence Day
	16-Aug-2018	Discussion on the comprehension exercises	Adverbs
6	17-Aug-2018	Phonetic Transcription of the important words	Adverbs
	18-Aug-2018	Discussion on the textual questions	Adverbs
	19-Aug-2018	Sunday	Sunday
	20-Aug-2018	Class Test of the Chapter- The Generation Gap	Adverbs
	21-Aug-2018	Close reading & critical analysis of the Lesson “ Language and National Identity	Adverbs
	22-Aug-2018	Id-ul-Zuha	Id-ul-Zuha
	23-Aug-2018	Close reading & critical analysis of the lesson “ Language and National Identity	Adverbs
7	24-Aug-2018	Close reading & critical analysis of the lesson “ Language and National Identity	Adverbs
	25-Aug-2018	Phonetic Transcription	Adverbs
	26-Aug-2018	Sunday	Sunday
	27-Aug-2018	Black Board/Oral Test of Phonetic	Adverbs
	28-Aug-2018	Transcription of Important words of all the previous read chapters./ Discussion on reference to the content of the chapter.	Tenses (Preparation of Table of Tenses through presentation
	29-Aug-2018	Discussion on the comprehension exercises.	Tenses
	30-Aug-2018	Discussion on the textual questions	Tenses
8	31-Aug-2018	Vocal bury exercise	Tenses
	01-Sept-2018	Vocal bury exercise	Tenses
	02-Sept-2018	Sunday	Sunday
	03-Sept-2018	Janamashtmi	Janamashtmi
	04-Sept-2018	Close reading & critical analysis of the lesson “The wounded Plants.	Tenses
	05-Sept-2018	Close reading & critical analysis of the lesson “The wounded Plants.	Tenses
	06-Sept-2018	Close reading & critical analysis of the lesson “The wounded Plants.	Tenses
9	07-Sept-2018	Discussion on the reference to the content	Tenses
	08-Sept-2018	Discussion on the comprehension exercises.	Tenses
	09-Sept-2018	Sunday	Sunday
	10-Sept-2018	Black Board/Oral Test of the short answers & comprehension exercises	Prepositions
	11-Sept-2018	Vocal bury exercise	Prepositions
	12-Sept-2018	Vocal bury exercise including Phonetic Transcription	Prepositions

	13-Sept-2018	Vocal bury exercise including Phonetic Transcription	Prepositions
10	14-Sept-2018	Close reading & critical analysis of the lesson "Playing the English Gentleman"	Prepositions
	15-Sept-2018	Close reading & critical analysis of the lesson "Playing the English Gentleman"	Prepositions
	16-Sept-2018	Sunday	Sunday
	17-Sept-2018	Phonetic Transcription of the important words.	Prepositions
	18-Sept-2018	Discussion on the reference to the content	Prepositions
	19-Sept-2018	Discussion on the comprehension exercises.	Prepositions
	20-Sept-2018	Guided writing practice of short answers	Conjunctions
	11	21-Sept-2018	Guided writing practice of short answers
22-Sept-2018		Class Test of the same.	Conjunctions
23-Sept-2018		Sunday	Sunday
24-Sept-2018		Discussion on the comprehension textual questions	Conjunctions
25-Sept-2018		Vocal bury exercise	Conjunctions
26-Sept-2018		Vocal bury exercise	Conjunctions
27-Sept-2018		Close reading & critical analysis of the lesson "Great Book Born out of Great Minds	Conjunctions
12	28-Sept-2018	Close reading & critical analysis of the lesson "Great Book Born out of Great Minds	Conjunctions
	29-Sept-2018	Discussion on the reference to the content	Conjunctions
	30-Sept-2018	Sunday	Sunday
	01-Oct-2018	Discussion on the comprehension exercises.	Interjections
	02-Oct-2018	Gandhi Jayanti	Gandhi Jayanti
	03-Oct-2018	Discussion on the Long Textual Question.	Interjections
	04-Oct-2018	Vocal bury exercise	Interjections
13	05-Oct-2018	Vocal bury exercise	Interjections
	06-Oct-2018	Black Board Test of the back exercises	Interjections
	07-Oct-2018	Sunday	Sunday
	08-Oct-2018	Close reading & critical analysis of the lesson "The Responsibility of Young Men"	Interjections
	09-Oct-2018	Close reading & critical analysis of the lesson "The Responsibility of Young Men"	Class Test of Part of Speech
	10-Oct-2018	Maharaja Aggrasen Jayanti	Paragraph Writing
	11-Oct-2018	Discussion on the reference to the content	Paragraph Writing
14	12-Oct-2018	Discussion on the comprehension exercises.	Paragraph Writing
	13-Oct-2018	Explanation of the long textual questions	Paragraph Writing
	14-Oct-2018	Sunday	Sunday
	15-Oct-2018	Vocal bury exercise	Paragraph Writing
	16-Oct-2018	Vocal bury exercise	Paragraph Writing
	17-Oct-2018	Class Test(Oral) of Vocal bury exercise	Paragraph Writing

	18-Oct-2018	Dussehra	Paragraph Writing
15	19-Oct-2018	Close reading & critical analysis of the lesson "The Bharat Mata"	Paragraph Writing
	20-Oct-2018	Close reading & critical analysis of the lesson "The Bharat Mata"	Paragraph Writing
	21-Oct-2018	Sunday	Sunday
	22-Oct-2018	Discussion on the reference to the content	Paragraph Writing
	23-Oct-2018	Discussion on the comprehension exercises.	Paragraph Writing
	24-Oct-2018	Maharishi Valmiki's Birthday	Maharishi Valmiki's Birthday
	25-Oct-2018	Class Test of the Short Answer Question	Paragraph Writing
	16	26-Oct-2018	Discussion on the long Textual Question
27-Oct-2018		Phonetic Transcription of the important words.	Paragraph Writing
28-Oct-2018		Sunday	Sunday
29-Oct-2018		Vocal bury exercise	Paragraph Writing
30-Oct-2018		Revision	Revision of Tenses
31-Oct-2018		Revision	Revision of Tenses
01-Nov-2018		Haryana Day	Haryana Day
17	02-Nov-2018	Revision	Revision of whole syllabus
	03-Nov-2018	Revision	Revision of whole syllabus
	04-Nov-2018	Sunday	Sunday
	05-Nov-2018	Revision	Revision of whole syllabus
	06-Nov-2018	Diwali Vacations	
	07-Nov-2018	Diwali Vacations	
	08-Nov-2018	Diwali Vacations	
18	09-Nov-2018	Diwali Vacations	
	10-Nov-2018	Diwali Vacations	
	11-Nov-2018	Diwali Vacations	
	12-Nov-2018	Diwali Vacations	
	13-Nov-2018	Diwali Vacations	
	14-Nov-2018	Examination Start	
	15-Nov-2018		
19	16-Nov-2018		
	17-Nov-2018		
	18-Nov-2018	Sunday	
	19-Nov-2018		
	20-Nov-2018		
	21-Nov-2018		

	22-Nov-2018		
20	23-Nov-2018	Guru Nanak's Birthday	
	24-Nov-2018		
	25-Nov-2018	Sunday	
	26-Nov-2018		
	27-Nov-2018		
	28-Nov-2018		
	29-Nov-2018		
	30-Nov-2018		

Assignment-I : Phonetic Sounds and Transcription

Assignment-I : Parts of Speech.

Lesson Plan (2018-19)

Name of the Assistant/ Associate Professor: Dr. Richa Sikri

Class and Section: B.A.I

Subject: History

Week	Date	Topics
1	13-Jul-2018	Havan
	14-Jul-2018	History of India from Earliest Times to Gupta Period Introduction and discussion of subject and syllabus
	15Jul-2018	Sunday
	16-Jul-2018	Unit I, Ch 1, The meaning of History
	17-Jul-2018	Scope of History
	18Jul-2018	Ch 2, Sources of Ancient Indian History
	19-Jul-2018	Reasons of not writing History in Ancient Period
2	20-Jul-2018	Continuation of the topic
	21-Jul-2018	Sources- Religious
	22-Jul-2018	Sunday
	23-Jul-2018	Hindu literature
	24Jul-2018	Continuation of the topic
	25-Jul-2018	Continuation of the topic
	26-Jul-2018	Buddhist literature
3	27-Jul-2018	Continuation of the topic

	28-Jul-2018	Jain literature
	29-Jul-2018	Sunday
	30-Jul-2018	Literature-semi- historical and historical
	31-Jul-2018	Shaheed Udham Singh's Martyrdom Day
	01-Aug-2018	Continuation of the topic
	02-Aug-2018	Continuation of the topic
4	03-Aug-2018	Continuation of the topic
	04-Aug-2018	Continuation of the topic
	05-Aug-2018	Sunday
	06-Aug-2018	Short Questions
	07-Aug-2018	Account of foreign Travellers
	08-Aug-2018	Greek
	09-Aug-2018	Chinese
5	10-Aug-2018	Arab and Europeans
	11-Aug-2018	Short Questions
	12-Aug-2018	Sunday
	13-Aug-2018	Archaeological Sources
	14-Aug-2018	Continuation of the topic
	15-Aug-2018	Independence Day
	16-Aug-2018	Continuation of the topic
6	17-Aug-2018	Continuation of the topic
	18-Aug-2018	Assignment
	19-Aug-2018	Sunday
	20-Aug-2018	Test
	21-Aug-2018	Ch 3, Pre-Historic Age-Hunter –Gatherers
	22-Aug-2018	Id-ul-Zuha
	23-Aug-2018	Continuation of the topic
7	24-Aug-2018	Continuation of the topic
	25-Aug-2018	Ch 4, Concept of Neolithic Age and Origin of Agriculture
	26-Aug-2018	Sunday
	27-Aug-2018	Continuation of the topic
	28-Aug-2018	Ch 5, Harappan Civilization- origin
	29-Aug-2018	Extent
	30-Aug-2018	Town -planning
8	31-Aug-2018	Continuation of the topic
	01-Sept-2018	Continuation of the topic

	02-Sept-2018	Sunday
	03-Sept-2018	Janamashtmi
	04-Sept-2018	Unit II, Ch 6, Vedic Culture
	05-Sept-2018	Rig Vedic
	06-Sept-2018	Continuation of the topic
9	07-Sept-2018	Post Vedic
	08-Sept-2018	Continuation of the topic
	09-Sept-2018	Sunday
	10-Sept-2018	Short Questions
	11-Sept-2018	Ch 7, Social Institutions - Varna
	12-Sept-2018	Caste -system
	13-Sept-2018	Continuation of the topic
10	14-Sept-2018	Continuation of the topic
	15-Sept-2018	Untouchability
	16-Sept-2018	Sunday
	17-Sept-2018	Gender -Relations
	18-Sept-2018	Ch 8, Emergence of State with special reference to the Rise of Magadha Empire.
	19-Sept-2018	Continuation of the topic
	20-Sept-2018	Continuation of the topic
11	21-Sept-2018	Ch 9, Religious Movements, Jainism
	22-Sept-2018	Continuation of the topic
	23-Sept-2018	Sunday
	24-Sept-2018	Test
	25-Sept-2018	Buddhism
	26-Sept-2018	Continuation of the topic
	27-Sept-2018	Continuation of the topic
12	28-Sept-2018	Continuation of the topic
	29-Sept-2018	Unit III, Ch10, Mauryan Empire
	30-Sept-2018	Sunday
	01-Oct-2018	Administration of Chandragupta Maurya
	02-Oct-2018	Gandhi Jayanti
	03-Oct-2018	Dhamma of Ashoka
	04-Oct-2018	Continuation of the topic
13	05-Oct-2018	Assignment
	06-Oct-2018	Ch 11, Post Mauryan Empire- Kushanas and Satavahanas

	07-Oct-2018	Sunday
	08-Oct-2018	Kanishka
	09-Oct-2018	Gandhara Art and Mathura Art
	10-Oct-2018	Maharaja Aggrasen Jayanti
	11-Oct-2018	Mahayana and Hinayana
14	12-Oct-2018	Satavahanas
	13-Oct-2018	Ch 12, Gupta Empire
	14-Oct-2018	Sunday
	15-Oct-2018	Continuation of the topic
	16-Oct-2018	Continuation of the topic
	17-Oct-2018	presentation
	18-Oct-2018	Dussehra
15	19-Oct-2018	Unit IV , Map Important Sites of Harappan Civilization
	20-Oct-2018	Practice and Explanation
	21-Oct-2018	Sunday
	22-Oct-2018	2, Port and Urban Centres in ancient India
	23-Oct-2018	Practice and Explanation
	24-Oct-2018	Maharishi Valmiki's Birthday
	25-Oct-2018	3, Ashoka Empire, extent , pillars and edicts
16	26-Oct-2018	Practice and Explanation
	27-Oct-2018	4, Extent of Kushanas Empire
	28-Oct-2018	Sunday
	29-Oct-2018	Practice and Explanation
	30-Oct-2018	5, Extent of Samudragupta Empire
	31-Oct-2018	Practice and Explanation
	01-Nov-2018	Haryana Day
17	02-Nov-2018	Revision
	03-Nov-2018	Revision
	04-Nov-2018	Sunday
	05-Nov-2018	Revision
	06-Nov-2018	Diwali Vacations
	07-Nov-2018	Diwali Vacations
	08-Nov-2018	Diwali Vacations
18	09-Nov-2018	Diwali Vacations
	10-Nov-2018	Diwali Vacations
	11-Nov-2018	Diwali Vacations
	12-Nov-2018	Diwali Vacations

	13-Nov-2018	Diwali Vacations
	14-Nov-2018	
	15-Nov-2018	
19	16-Nov-2018	
	17-Nov-2018	
	18-Nov-2018	Sunday
	19-Nov-2018	
	20-Nov-2018	
	21-Nov-2018	
	22-Nov-2018	
20	23-Nov-2018	Guru Nanak's Birthday
	24-Nov-2018	
	25-Nov-2018	Sunday
	26-Nov-2018	
	27-Nov-2018	
	28-Nov-2018	
	29-Nov-2018	
	30-Nov-2018	

Lesson Plan (2018-19)

Name of the Assistant Professor: **Naveen Bhardwaj**

Class and Section: **B.A-1st Semester**

Subject: **Political Science**

Week	Date	Topics
1	13-jul-2018	
	14-jul-2018	
	15-jul-2018	Sunday
	16-jul-2018	
	17-jul-2018	
	18-jul-2018	
	19-jul-2018	Introduction of Political Science
2	20-jul-2018	Syllabus Discussion
	21-jul-2018	Unit-I, Indian Constitution- Introduction
	22-jul-2018	Sunday
	23-jul-2018	

	24-jul-2018	
	25-jul-2018	
	26-jul-2018	
3	27-jul-2018	Making of Indian Constitution
	28-jul-2018	Constitution Assembly- Composition etc.
	29-jul-2018	Sunday
	30-jul-2018	Sources of Indian Constitution
	31-jul-2018	Shaheed Udham Singh's Martyrdom Day
	01-Aug-2018	Seminar Sources
	02-Aug-2018	Seminar Sources
4	03-Aug-2018	Developing Sources
	04-Aug-2018	Developing Sources
	05-Aug-2018	Sunday
	06-Aug-2018	Features of Indian Constitution
	07-Aug-2018	Features of Indian Constitution
	08-Aug-2018	Features of Indian Constitution
	09-Aug-2018	Discussion and Revision of Sources
5	10-Aug-2018	Discussion and Revision of Feature of Constitution
	11-Aug-2018	Test of Sources
	12-Aug-2018	Sunday
	13-Aug-2018	Problem of Constitution
	14-Aug-2018	Problem of Constitution
	15-Aug-2018	Independence Day
	16-Aug-2018	Discussion and Revision of Problem
6	17-Aug-2018	Fundamental Rights
	18-Aug-2018	Fundamental Rights
	19-Aug-2018	Sunday
	20-Aug-2018	Fundamental Rights
	21-Aug-2018	Fundamental Rights
	22-Aug-2018	Id-ul-Zuha
	23-Aug-2018	Discussion and Revision
7	24-Aug-2018	Test of Same
	25-Aug-2018	Fundament Quits
	26-Aug-2018	Sunday

	27-Aug-2018	Fundament Quits
	28-Aug-2018	Discussion and Revision
	29-Aug-2018	Directive Principal of State Polities
	30-Aug-2018	Directive Principal of State Polities
8	31-Aug-2018	Directive Principal of State Polities
	01-Sept-2018	Discussion and Revision
	02-Sept-2018	Sunday
	03-Sept-2018	Janamashtmi
	04-Sept-2018	President of Indian
	05-Sept-2018	President of Indian
	06-Sept-2018	President of Indian
9	07-Sept-2018	Discussion and Revision
	08-Sept-2018	1 st Assignment
	09-Sept-2018	Sunday
	10-Sept-2018	Vice President
	11-Sept-2018	Vice President
	12-Sept-2018	Discussion and Revision
	13-Sept-2018	Prime Minister
10	14-Sept-2018	Prime Minister
	15-Sept-2018	Discussion and Revision
	16-Sept-2018	Sunday
	17-Sept-2018	Class Test
	18-Sept-2018	Council of Ministers
	19-Sept-2018	Council of Ministers
	20-Sept-2018	Discussion and Revision
11	21-Sept-2018	Governor- Introduction
	22-Sept-2018	Governor- Introduction
	23-Sept-2018	Sunday
	24-Sept-2018	Discussion and Revision
	25-Sept-2018	Chief Minister
	26-Sept-2018	Chief Minister
	27-Sept-2018	Chief Minister
12	28-Sept-2018	Discussion and Revision
	29-Sept-2018	Test
	30-Sept-2018	Sunday

	01-Oct-2018	Council of Ministers
	02-Oct-2018	Gandhi Jayanti
	03-Oct-2018	Council of Ministers
	04-Oct-2018	Discussion and Revision
13	05-Oct-2018	Parliament- Composition/Function
	06-Oct-2018	Parliament- Composition/Function
	07-Oct-2018	Sunday
	08-Oct-2018	Discussion and Revision
	09-Oct-2018	Education Tour of President House, Delhi
	10-Oct-2018	Maharaja Aggrasen Jayanti
	11-Oct-2018	Speaker of Lok Sabha
14	12-Oct-2018	Speaker of Lok Sabha
	13-Oct-2018	Discussion and Revision
	14-Oct-2018	Sunday
	15-Oct-2018	Quiz Competition in Class Room
	16-Oct-2018	Amendment Process
	17-Oct-2018	Amendment Process
	18-Oct-2018	Dussehra
15	19-Oct-2018	Vidhan Sabha
	20-Oct-2018	Vidhan Sabha
	21-Oct-2018	Sunday
	22-Oct-2018	Discussion and Revision
	23-Oct-2018	Panchayati Raj Institutions
	24-Oct-2018	Maharishi Valmiki's Birthday
	25-Oct-2018	Panchayati Raj Institutions
16	26-Oct-2018	Discussion and Revision
	27-Oct-2018	Extension Lecture by Expert
	28-Oct-2018	Sunday
	29-Oct-2018	Visit to High Court/ Vidhan Sabha
	30-Oct-2018	2 nd Assignment
	31-Oct-2018	Supreme Court- Judicial Activisiam
	01-Nov-2018	Haryana Day
17	02-Nov-2018	Supreme Court- Judicial Activisiam
	03-Nov-2018	Discussion and Revision
	04-Nov-2018	Sunday

	05-Nov-2018	High Court/Judicial Review
	06-Nov-2018	Diwali Vacations
	07-Nov-2018	Diwali Vacations
	08-Nov-2018	Diwali Vacations
18	09-Nov-2018	Diwali Vacations
	10-Nov-2018	Diwali Vacations
	11-Nov-2018	Diwali Vacations
	12-Nov-2018	Diwali Vacations
	13-Nov-2018	Diwali Vacations
	14-Nov-2018	Examination Start
	15-Nov-2018	
19	16-Nov-2018	
	17-Nov-2018	
	18-Nov-2018	Sunday
	19-Nov-2018	
	20-Nov-2018	
	21-Nov-2018	
	22-Nov-2018	
20	23-Nov-2018	Guru Nanak's Birthday
	24-Nov-2018	
	25-Nov-2018	Sunday
	26-Nov-2018	
	27-Nov-2018	
	28-Nov-2018	
	29-Nov-2018	
	30-Nov-2018	

MUKAND LAL NATIONAL COLLEGE, RADAUR

(Lesson Plan)

Name of Assistant/Associate Professor : Dr. Mahender Singh
Class and Section : B.A.-I Semester
Subject : Health & Physical Education
From July-November 2018

Week 1	
13/07/2018	<i>Hawan</i>

14/07/2018	Introduction of Subject.
Week 1, Day 1 16/07/2018	Introduction of Subject.
Week 1, Day 2 17/07/2018	Introduction to Physical Education.
Week 1, Day 3 18/07/2018	Meaning, definition of Physical Education.
Week 1, Day 4 19/07/2018	Scope of Physical Education.
Week 1, Day 5 20/07/2018	---to be continue
Week 1, Day 6 21/07/2018	Practical work
Week 2	
Week 2, Day 1 23/07/2018	Relationship of Physical Education with General Education
Week 2, Day 2 24/07/2018	Aim, Objectives and Importance of Physical Education in modern society.
Week 2, Day 3 25/07/2018	Importance of Physical Education in modern society.
Week 2, Day 4 26/07/2018	Misconceptions regarding Physical Education
Week 2, Day 5 27/07/2018	---to be continue---
Week 2, Day 6 28/07/2018	Practical work
Week 3	
Week 3, Day 1 30/07/2018	Tutorial Lecture
Week 3, Day 2 31/07/2018	<i>Shaheed Udham Singh Martyrs' day</i>
Week 3, Day 3 01/08/2018	Tutorial Lecture
Week 3, Day 4 02/08/2018	Unit Test
Week 3, Day 5 03/08/2018	Introduction of Health & Hygiene
Week 3, Day 6 04/08/2018	Practical work
Week 4	
Week 4, Day 1 06/08/2018	Meaning, definition of Health.
Week 4, Day 2 07/08/2018	Importance of Health.
Week 4, Day 3 08/08/2018	Factors influencing Health.
Week 4, Day 4 09/08/2018	Meaning and importance of Personal Hygiene
Week 4, Day 5 10/08/2018	--to be continue--
Week 4, Day 6 11/08/2018	Practical work
Week 5	
Week 5, Day 1 13/08/2018	<i>Teej</i>

Week 5, Day 2 14/08/2018	Hygiene of various body parts
Week 5, Day 3 15/08/2018	<i>Independence Day</i>
Week 5, Day 4 16/08/2018	Factors influencing Personal Hygiene
Week 5, Day 5 17/08/2018	--to be continue--
Week 5, Day 6 18/08/2018	Practical work
Week 6	
Week 6, Day 1 20/08/2018	Tutorial Lecture
Week 6, Day 2 21/08/2018	Tutorial Lecture
Week 6, Day 3 22/08/2018	<i>Id</i>
Week 6, Day 4 23/08/2018	Unit Test
Week 6, Day 5 24/08/2018	Group Discussion among students
Week 6, Day 6 25/08/2018	Practical work
Week 7	
Week 7, Day 1 27/08/2018	Practice of Yogasana
Week 7, Day 2 28/08/2018	Practice of Pranayama
Week 7, Day 3 29/08/2018	Celebrate National Sports Day
Week 7, Day 4 30/08/2018	Introduction to Yoga
Week 7, Day 5 31/08/2018	Yoga – Meaning, Concept
Week 7, Day 6 01/09/2018	Practical work
Week 8	
Week 8, Day 1 03/09/2018	<i>Janamashmti</i>
Week 8, Day 2 04/09/2018	Historical development
Week 8, Day 3 05/09/2018	<i>Talent Show (Tentative)</i>
Week 8, Day 4 06/09/2018	--to be continue---
Week 8, Day 5 07/09/2018	Types of Yoga
Week 8, Day 6 08/09/2018	Practical work
Week 9	
Week 9, Day 1 10/09/2018	--to be continue---
Week 9, Day 2 11/09/2018	Importance of yoga in healthy living
Week 9, Day 3 12/09/2018	Meaning and types of Pranayam

Week 9, Day 4 13/09/2018	--to be continue---
Week 9, Day 5 14/09/2018	Benefits of Pranayam
Week 9, Day 6 15/09/2018	Practical work
Week 10	
Week 10, Day 1 17/09/2018	--to be continue---
Week 10, Day 2 18/09/2018	Tutorial Lecture
Week 10, Day 3 19/09/2018	Tutorial Lecture
Week 10, Day 4 20/09/2018	Unit Test
Week 10, Day 5 21/09/2018	Debate competition among students on prepared Units
Week 10, Day 6 22/09/2018	Practical work
Week 11	
Week 11, Day 1 24/09/2018	Introduction to Human Anatomy and Physiology
Week 11, Day 2 25/09/2018	Meaning and definition of Human Anatomy and Physiology
Week 11, Day 3 26/09/2018	Importance of Human Anatomy and Physiology in Physical Education
Week 11, Day 4 27/09/2018	--to be continue---
Week 11, Day 5 28/09/2018	Sessionals (Tentative)
Week 11, Day 6 29/09/2018	Sessionals (Tentative)
Week 12	
Week 12, Day 1 01/10/2018	Sessionals (Tentative)
Week 12, Day 2 02/10/2018	<i>Gandhi Jayanti</i>
Week 12, Day 3 03/10/2018	Sessionals (Tentative)
Week 12, Day 4 04/10/2018	Sessionals (Tentative)
Week 12, Day 5 05/10/2018	Recreational activities
Week 12, Day 6 06/10/2018	Practical work
Week 13	
Week 13, Day 1 08/10/2018	Quiz Competition
Week 13, Day 2 09/10/2018	Recreational activities
Week 13, Day 3 10/10/2018	<i>Aggarsen Jayanti</i>
Week 13, Day 4 11/10/2018	Definition of Cell, Tissue, Organ and System
Week 13, Day 5 12/10/2018	--to be continue---
Week 13, Day 6	Practical work

13/10/2018	
Week 14	
Week 14, Day 1 15/10/2018	Structure and Properties of Cell
Week 14, Day 2 16/10/2018	--to be continue---
Week 14, Day 3 17/10/2018	--to be continue---
Week 4, Day 4 18/10/2018	<i>Dussehra</i>
Week 14, Day 5 19/10/2018	--to be continue---
Week 14, Day 6 20/10/2018	Practical work
Week 15	
Week 15, Day 1 22/10/2018	Tutorial Lecture
Week 15, Day 2 23/10/2018	Tutorial Lecture
Week 15, Day 3 24/10/2018	<i>Valmiki Jayanti</i>
Week 15, Day 4 25/10/2018	Unit Test
Week 15, Day 5 26/10/2018	Practical work
Week 15, Day 6 27/10/2018	<i>KarvaChauth</i>
Week 16	
Week 16, Day 1 29/10/2018	Group discussion of Unit IV
Week 16, Day 2 30/10/2018	Recreational Activities
Week 16, Day 3 31/10/2018	
Week 16, Day 4 01/11/2018	<i>Haryana Day</i>
Week 16, Day 5 02/11/2018	Recreational Activities
Week 16, Day 6 03/11/2018	Practical work
Week 17 04-11/11/2018	Diwali Break
Week 18 12-15/11/2018	Preparatory Holidays