Odd Semester Lesson Plan BA I Sem

Teacher name: Mr. Brajesh Kumar

**Subject : Health and physical education**

October 2020

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| **Introduction to Physical Education-**  1. Meaning, definition and scope of Physical Education.  2. Relationship of Physical Education with General Education  3. Aim, Objectives and Importance of Physical Education in modern society.  4. Misconceptions regarding Physical Education |

November 2020

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| **Health & Hygiene**  1. Meaning, definition and importance of Health.  2. Factors influencing Health.  3. Meaning and importance of Personal Hygiene  4. Hygiene of various body parts and Factors influencing Personal Hygiene |

December 2020

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| **Introduction to Yoga**  1. Yoga - Meaning, Concept and Historical development  2. Types of Yoga  3. Importance of yoga in healthy living |

January2021

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| Pranayam - Meaning, types and their benefits. |

February 2021

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| Pranayam - Meaning, types and their benefits. |