

# LESSON PLAN

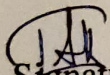
CLASS - B. A I<sup>st</sup> year

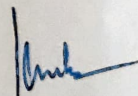
SEMESTER - 2

Name of Assistant / Associate - Dr ARUN KUMAR

Subject / Paper - PHY. EDU (HEALTH AND YOGA)

Unit	Month	Subject Matter / Syllabus
1	JANUARY 2024	Meaning, Importance of Health and Health Education in Modern Society Guiding Principle of Health Education
2	FEBRUARY 2024	Importance of Light and Cross Ventilation at Home & School Meaning of Personal Hygiene and its Importance Meaning & Importance of Personal hygiene. Personal hygiene of the following (a) Teeth (b) Ears (c) Eyes
3	MARCH 2024	(d) Skin (e) Nail & Fingers Meaning of Communicable diseases Mode of transmission & Prevention of the following (i) HIV/AIDS (ii) Hepatitis B & C (iii) Malaria (iv) Tuberculosis (v) Cholera
4	APRIL 2024	Meaning, type & aims of Yoga Procedure and benefits of following Asanas Surya Namaskar, Bhujang Asan, Hal Asan, Dhanuras Asan, Ardha Matsyendrasana, Bhadrasana, Bhujang Asan, Matsya Asan, Kirtan Mukha Asan, Mayura Asan and Setu Bandha Asan

  
Signature

  
HOD