

**LESSON PLAN FOR EVEN SEM**  
**SESSION 2017-18**

**NAME OF ASSISTANT /ASSOCIATE PROFESSOR : Dr. Ranjit Singh**

**CLASS/SECTION : B.Sc. II Year, Sem. IV (Phy. Edu. & Sports Sciences)**

**SUBJECT: Theory Of Games & Sports (Basket Ball) & Vocational Oriented course Physiotherapy**

Week	Date	Topics Practical
1	1-Jan-18	Chest Pass
	2-Jan-18	Chest Pass
	3-Jan-18	Chest Pass
	4-Jan-18	Two hand Bounce pass
	5-Jan-18	Two hand Bounce pass
	6-Jan-18	Two hand Bounce pass
	7-Jan-18	<b>Sunday</b>
2	8-Jan-18	Side arm pass
	9-Jan-18	Side arm pass
	10-Jan-18	Side arm pass
	11-Jan-18	Hook Pass
	12-Jan-18	Back Pass
	13-Jan-18	Dribbling
	14-Jan-18	<b>Sunday</b>
3	15-Jan-18	High Dribbling
	16-Jan-18	High Dribbling
	17-Jan-18	Low Dribbling
	18-Jan-18	Reverse Dribbling
	19-Jan-18	Reverse Dribbling
	20-Jan-18	Shooting
	21-Jan-18	<b>Sunday</b>
4	22-Jan-18	<b>Vasant Panchami</b>
	23-Jan-18	Shooting
	24-Jan-18	<b>Sir Chotu Ram Jayanti</b>
	25-Jan-18	Free shot
	26-Jan-18	<b>Republic Day</b>

	27-Jan-18	Hook Shot
	28-Jan-18	<b>Sunday</b>
5	29-Jan-18	Jump Shot
	30-Jan-18	Jump Shot
	31-Jan-18	Jump Shot
	1-Feb-18	Tactics/ Individual
	2-Feb-18	Tactics/ Individual
	3-Feb-18	Tactics/ Individual
	4-Feb-18	<b>Sunday</b>
6	5-Feb-18	Offensive
	6-Feb-18	Offensive
	7-Feb-18	Individual Tactics
	8-Feb-18	Group Tactics
	9-Feb-18	Group Tactics
	10-Feb-18	<b>Maharshi Dayanand Saraswati Jayanti</b>
	11-Feb-18	<b>Sunday</b>
7	12-Feb-18	Group Tactics
	13-Feb-18	<b>Maha Shivratri</b>
	14-Feb-18	Group Tactics
	15-Feb-18	Officiating Practice
	16-Feb-18	Officiating Practice
	17-Feb-18	Rules & Interpretation
	18-Feb-18	<b>Sunday</b>
8	19-Feb-18	Rules & Interpretation
	20-Feb-18	Electrotherapy
	21-Feb-18	Infrared Lamp practice of Hot pack machine
	22-Feb-18	Infrared Lamp practice of Hot pack machine
	23-Feb-18	Infrared Lamp practice of Hot pack machine
	24-Feb-18	Infrared Lamp practice of Hot pack machine
	25-Feb-18	<b>Sunday</b>
9	26-Feb-18	Practice of short Wave Diatherapy
	27-Feb-18	Practice of short Wave Diatherapy
	28-Feb-18	

	1-Mar-18	<b>Guru Ravidas Birthday</b>
	2-Mar-18	<b>Holi</b>
	3-Mar-18	
	4-Mar-18	<b>Sunday</b>
10	5-Mar-18	Practice of Infrared Lamp
	6-Mar-18	Practice of wave baths
	7-Mar-18	Practice of wave baths
	8-Mar-18	Practice of wave baths
	9-Mar-18	Practice of wave baths
	10-Mar-18	Practice of upper extremities massage
	11-Mar-18	<b>Sunday</b>
11	12-Mar-18	Face massage, Had Massage
	13-Mar-18	Eyes massage, Lower Massage
	14-Mar-18	Ears massage , Arms Massage
	15-Mar-18	Carples, Moto carples
	16-Mar-18	Carples, Moto carples
	17-Mar-18	Carples, Moto carples
	18-Mar-18	<b>Sunday</b>
12	19-Mar-18	Back Massage
	20-Mar-18	Abdomen massage
	21-Mar-18	Shoulder massage
	22-Mar-18	Shoulder massage
	23-Mar-18	<b>Shadeedi Diwas of Bhagat Singh, Rajguru &amp; Sukhdev</b>
	24-Mar-18	Lower Extremities massage
	25-Mar-18	<b>Sunday/Ram Navami</b>
13	26-Mar-18	Legs, calf muscle
	27-Mar-18	Hamstring Massage
	28-Mar-18	Tarsal / Mata Tarsal massage
	29-Mar-18	<b>Mahavir Jayanti</b>
	30-Mar-18	Tarsal / Mata Tarsal massage
	31-Mar-18	Tarsal / Mata Tarsal massage
	1-Apr-18	<b>Sunday</b>

14	2-Apr-18	Fingers massage
	3-Apr-18	Eye brow massage
	4-Apr-18	Eye Massage
	5-Apr-18	Cheeks Massage
	6-Apr-18	Traction Therapy
	7-Apr-18	Neck traction
	8-Apr-18	<b>Sunday</b>
15	9-Apr-18	Lumer Traction
	10-Apr-18	Lumer Traction
	11-Apr-18	Lumer Traction
	12-Apr-18	Neck Traction
	13-Apr-18	Neck Traction
	14-Apr-18	<b>Dr. Ambedkar Jayanti/Vaisakhi</b>
	15-Apr-18	<b>Sunday</b>
16	16-Apr-18	
	17-Apr-18	
	18-Apr-18	<b>Parshurama Jayanti</b>
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	<b>Sunday</b>
17	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	

