

LESSON PLAN FOR EVEN SEM
SESSION 2017-18

NAME OF ASSISTANT /ASSOCIATE PROFESSOR : Dr. Ranjit Singh

CLASS/SECTION : B.Sc. III Year, Sem. VI (Phy. Edu. & Sports Sciences)

**SUBJECT: Theory Of Games & Sports (Kho-Kho) & Vocational Oriented course
Physiotherapy**

Week	Date	Topics Practical
1	1-Jan-18	Practice marking of play field
	2-Jan-18	Practice marking of play field
	3-Jan-18	Practice marking of play field
	4-Jan-18	Practice marking of play field
	5-Jan-18	Practice marking of play field
	6-Jan-18	Practice marking of play field
	7-Jan-18	Sunday
2	8-Jan-18	Practice marking of play field
	9-Jan-18	Officiating Practice
	10-Jan-18	Officiating Practice
	11-Jan-18	Officiating Practice
	12-Jan-18	Officiating Practice
	13-Jan-18	Officiating Practice
	14-Jan-18	Sunday
3	15-Jan-18	Specific Warming Up
	16-Jan-18	Specific Warming Up
	17-Jan-18	Specific Warming Up
	18-Jan-18	Cooling Down Exercises
	19-Jan-18	Cooling Down Exercises
	20-Jan-18	Simple Kho
	21-Jan-18	Sunday
4	22-Jan-18	Vasant Panchami
	23-Jan-18	Judgment Kho
	24-Jan-18	Sir Chotu Ram Jayanti
	25-Jan-18	Judgment Kho
	26-Jan-18	Republic Day

	27-Jan-18	Judgment Kho
	28-Jan-18	Sunday
5	29-Jan-18	Judgment Kho
	30-Jan-18	Cross step Judgment Kho
	31-Jan-18	Cross step Judgment Kho
	1-Feb-18	Advance Kho
	2-Feb-18	Advance Kho
	3-Feb-18	Advance Kho
	4-Feb-18	Sunday
6	5-Feb-18	Advance Kho
	6-Feb-18	Advance Kho
	7-Feb-18	Simple Chain
	8-Feb-18	Simple Chain
	9-Feb-18	Double chain
	10-Feb-18	Maharshi Dayanand Saraswati Jayanti
	11-Feb-18	Sunday
7	12-Feb-18	3-3-2 chain
	13-Feb-18	Maha Shivratri
	14-Feb-18	3-3-2 chain
	15-Feb-18	Ring Game
	16-Feb-18	Ring Game
	17-Feb-18	Pole Holding
	18-Feb-18	Sunday
8	19-Feb-18	AVOD pole
	20-Feb-18	Pole Dive
	21-Feb-18	Simple Dive
	22-Feb-18	Simple Dive
	23-Feb-18	Simple Dive
	24-Feb-18	Types of massage
	25-Feb-18	Sunday
9	26-Feb-18	Types of massage
	27-Feb-18	Types of massage
	28-Feb-18	

	1-Mar-18	Guru Ravidas Birthday
	2-Mar-18	Holi
	3-Mar-18	
	4-Mar-18	Sunday
10	5-Mar-18	Head Massage
	6-Mar-18	Head Massage
	7-Mar-18	Face Massage
	8-Mar-18	Face Massage
	9-Mar-18	Face Massage
	10-Mar-18	Back Massage
	11-Mar-18	Sunday
11	12-Mar-18	Back Massage
	13-Mar-18	Back Massage
	14-Mar-18	Back Massage
	15-Mar-18	Practice of kyphosis corrective exercises
	16-Mar-18	Practice of kyphosis corrective exercises
	17-Mar-18	Practice of kyphosis corrective exercises
	18-Mar-18	Sunday
12	19-Mar-18	Practice of lordosis corrective exercises
	20-Mar-18	Practice of lordosis corrective exercises
	21-Mar-18	Practice of lordosis corrective exercises
	22-Mar-18	Practice of lordosis corrective exercises
	23-Mar-18	Shadeedi Diwas of Bhagat Singh, Rajguru & Sukhdev
	24-Mar-18	Practice of corrective exercises osteo-arthritis
	25-Mar-18	Sunday/Ram Navami
13	26-Mar-18	Practice of corrective exercises osteo-arthritis
	27-Mar-18	Practice of corrective exercises osteo-arthritis
	28-Mar-18	Practice of corrective exercises for rheumatoid
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	Practice of corrective exercises for rheumatoid
	31-Mar-18	Practice of corrective exercises for rheumatoid
	1-Apr-18	Sunday

14	2-Apr-18	Methods of sitting in square in Kho-Kho
	3-Apr-18	Methods of sitting in square in Kho-Kho
	4-Apr-18	Methods of sitting in square in Kho-Kho
	5-Apr-18	Methods of sitting in square in Kho-Kho
	6-Apr-18	Methods of sitting in square in Kho-Kho
	7-Apr-18	Practice of simple dive in Kho-Kho
	8-Apr-18	Sunday
15	9-Apr-18	Practice of simple dive in Kho-Kho
	10-Apr-18	Practice of derives position for legs & trunk
	11-Apr-18	Practice of derives position for legs & trunk
	12-Apr-18	Practice of derives position in Arms & Neck
	13-Apr-18	Practice of derives position in Arms & Neck
	14-Apr-18	Dr. Ambedkar Jayanti/Vaisakhi
	15-Apr-18	Sunday
16	16-Apr-18	Practice of derives position in Arms & Neck
	17-Apr-18	
	18-Apr-18	Parshurama Jayanti
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	Sunday
17	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	