

B.A. II<sup>nd</sup> Year 3<sup>rd</sup> Semester 2023-24

Paper:- Physical Activity and Health

Dr. Mangal Ram  
Associate Professor

21 - 22 July 2023	Introduction. Of Syllabus with Proper Explanation of Unit wise Topics and Essential Readings (Bibliography)
24- 29. July ,2023	Concept of Health, meaning and Definitions of Health and Health Education (with Practical)
1- 5 August 2023	Aims and objective of Health Education (with Practical)
7-12 August 2023	Health or Physical Fitness (with Practical)
14 - 19 August 2023	WHO. UNICEF
21-26 August 2023	Role of Physical Activity Towards different Dimensions of Health (with Practical)
28 August - 02 Sept. 2023	Food and Nutrition Balance diet (with Practical)
4- 9 September 2023	Factors affecting diet (with Practical)
11- 16 September 2023	Elements and Functions of the diet (with Practical)
18- 23 September 2023	Nutritional tips (with Practical)
25-30 September 2023	vegetarian versus Non vegetarian diet. (with Practical)
03-7 October 2023	<u>Posture</u> :- Concept of Posture Value of Posture (with Practical)
9- 14 October 2023	Causes of poor posture. Types of poor posture (with Practical)

16- 21 October 2023	Types of Postural Deformities Their causes and precautions (with practical)
23- 28 October 2023	<u>First Aid</u> :: General Principles & First Aid - Snake Biting, Choking
30 Oct.-04 November 2023	Drawing, Painting, Fracture Burns. with practical
06- 09 November 2023	Poison and Unconsciousness Heat Stroke (with practical)
10- 16 November 2023	HOLIDAYS
17 - 18 November 2023	Exercise and life style disease Exercise and obesity
20-25 November 2023	Exercise in heart disease Exercise in diabetes Exercise in stress management Test in Revision (with practical)
<del>26-30 November 2023</del>	

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Dr. Mangal Ram

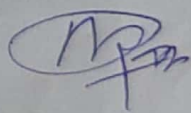
Associate Professor

G.C.W. Jankla

B.A 1st (Semester 1st)  
 :- Principles and Foundations of Physical Education  
 2023-2024  
 Dr. Manje Ram  
 Associate Professor.

21-22 July 2023	Introduction. Of Syllabus with Proper Explanation of Unit wise Topics and Essential Readings (Bibliography)
24-29. July ,2023	Definition, objection, scope and importance of Phy. Education (With Practical)
1-5 August 2023	Historical Development of Ancient Olympic (With Practical)
7-12 August 2023	Historical Development of National Games in India (With Practical)
14-19 August 2023	Biological Basis of Phy. Activity
21-26 August 2023	Exercise -- Types of Exercise (With Practical)
28 August - 02 Sept. 2023	Growth and Exercise, Exercise and well-being. (With Practical)
4-9 September 2023	Body Types Growth of Physical Education in India
11-16 September 2023	LNUPE, SAI NISMIS. (With Practical)
18-23 September 2023	YMCA, IOA (With Practical)
25-30 September 2023	Modern Olympic Revival and Progress (With Practical)
03-7 October 2023	Performance of Indian Players in Modern Olympic and Asian games (With Practical)
9-14 October 2023	Revision of Previous unit and Test. held with Practical.

16- 21 October 2023	Sports Award in India Arjuna Award (with Practical)
23- 28 October 2023	Dronacharya Award. (with Practical)
30 Oct.-04 November 2023	Khel Ratna Award Bhim Award (with Practical)
06- 09 November 2023	Maulana Abdul Kalam Azad Trophy.
10- 16 November 2023	HOLIDAYS
17 - 18 November 2023	Revision of last unit and Test.
20-25 November 2023	Test of All unit (with Practical)
<del>27-02 December 2023</del>	

  
 Dr. Mangl Ram  
 Associate Professor.  
 G.C.W. Sampla