

Associate Professor- DR. RAJBALA

Course- B.Ed 2nd year

Subject- Health, Physical and yoga.

Unit	Topic	Days	Week	Date
1- Health Education	Concept	1	1	3aug
	Aims and objective of health education	2		4aug
	Factors influencing health	3		5aug
	Role of the teacher in school health programme	3	2	10-12aug
Physical education	Concept	3	3	17-19
	Misconception	2		24-26aug.
	Aims and objectives			
	Relation with general Education posture	3	4	7-9sep.
	Concept and values of good posture	3	5	18-20jan
	Causes of poor posture			
	Common posture deformities this management.	3		
	Class presentation test			1,3,8,10,15,22,23,24feb.

Unit-2 Communicable Disease	Meaning and characteristics	3	6	1-3mar2018
	Mode, control, prevention			
	First Aid- meaning and scope	3		8-10mar
	Qualities and Duties of first-Aids			
	Yoga Education	3		15-17mar
	Meaning importance of yoga.			
	Aims, scope and functions of Yoga education.			22-24mar
	Component of Patajali's Ashtang yoga Yogic diet Concept and type of Diet/food. Its application in modern context.		6.5	29-31mar.
	Assignment Test presentaion			April-10 may.