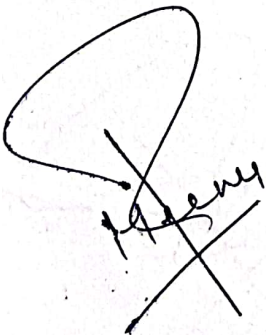


Name of the Assistant Professor- Dr. Meenu
Class – B.A II YEAR (IIIrd SEM) ODD SEMESTERp
Subject- Psycho-physiological basis of Physical Education

15/07/2024-20/07/2024	Psychology: Meaning, definition and importance of sports psychology
22/07/2024-27/07/2024	Learning: Meaning, Laws and Transfer of learning.
29/08/2024-03/08/2024	Motivation: Meaning, definition, types and methods of Motivation
05/08/2024-10/08/2024	Individual differences: Types and causes
12/08/2024-17/08/2024	Meaning definition and importance of anatomy and physiology.
19/08/2024-24/08/2024	Circulatory system and effects of exercise on circulatory system.
26/08/2024-31/08/2024	Respiratory system and effects of exercise on respiratory system.
02/09/2024-07/09/2024	Bones, types and functions of bones.
09/09/2024-14/09/2024	Meaning and types of Good Posture.
16/09/2024-21/09/2024	Causes of Poor posture, Revision and Test.
23/09/2024-28/09/2024	Common postural deformities, prevention and remedial measures.
30/09/2024-05/10/2024	Importance of good posture. Meaning and types of Tournaments.
07/10/2024-12/10/2024	Procedure to draw fixtures for single Knock-out Tournament
14/10/2024-19/10/2024	Procedure to draw fixtures for league Tournament.
21/10/2024-26/10/2024	Revision and Test
04/11/2024-09/11/2024	Merits and Demerits of knock- out and League Tournament.
11/11/2024-16/11/2024	Revision of Unit-II
18/11/2024-23/11/2024	Revision and Test



Name of the Assistant Professor- Dr. Meenu
Class – B.A III YEAR (Vth SEM) ODD SEMESTER
Subject- Yoga Science

15/07/2024-20/07/2024	Brief history of Yoga in India
22/07/2024-27/07/2024	Meaning, definition and types of Yoga.
29/08/2024-03/08/2024	Astang Yoga and its steps
05/08/2024-10/08/2024	Aim, objectives and Importance of Yoga.
12/08/2024-17/08/2024	Meaning, definition and types of Asanas
19/08/2024-24/08/2024	Methods and benefits of Asanas: Sukhasana, Padamasana, Siddhasana
26/08/2024-31/08/2024	Vajrasana, Sarvangasana, Halasana, Paschimottanasana, Bhujangasana
02/09/2024-07/09/2024	Dhanurasana and sirsasana Surya Namaskar, chakrasana and Mayurasana.
09/09/2024-14/09/2024	Neti: SutraNeti and Jalneti.
16/09/2024-21/09/2024	Dhauti: JalDhauti, VastraDhauti, DandDhauti.
23/09/2024-28/09/2024	Basti: SusakBasti, Wet Basti.
30/09/2024-05/10/2024	KapalBhati and Taratak.
07/10/2024-12/10/2024	Introduction, meaning, definition of Pranayama.
14/10/2024-19/10/2024	Benefits of Pranayama
21/10/2024-26/10/2024	Methods of Comfortable Pranayama (Sukhpurvak), Bhastrika
04/11/2024-09/11/2024	Anlom-Vilom, Ujjayi, Sitali, Sitkari.
11/11/2024-16/11/2024	Hints and Cautions for the practice of Pranayama.
18/11/2024-23/11/2024	Revision and Test

