

Name of the Assistant Professor: Dr. Meenu
Class: B.A. 6th Sem
Subject: Physical Education
Paper: Health and Wellness
Academic Session 2024-25
(Friday to Saturday)
(2 Jan, 2025 Onwards)

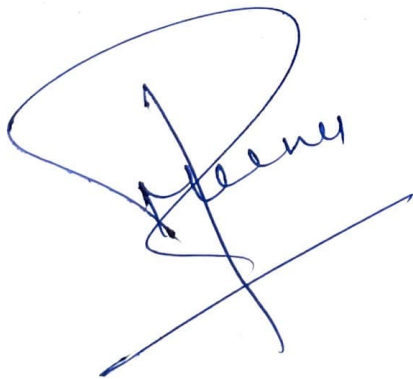
January
Week 1 Health, Fitness & Wellness
Week 2 Fitness & Wellness
Week 3 Fitness components, factors

February
Week 1 Health Problems
Week 2 Health Related Physical Fitness
Week 4 BMI, Quetelet Index formula

March
Week 1 W.H.O, Red Cross
Week 2 Government Health Agencies
Week 3 Exercise Therapy
Week 4 Aerobic Exercise, Stretching exercise Strengthening exercise

April	
Week 1	Exercise Regime
Week 2	FIIT
Week 3	FIIT
Week 4	Warm-up
Week 5	Test

May	
Week 1	Cooling Down
Week 2	Revision
Week 3	Test



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