

Lesson Plan Format

Name of the Assistant Professor: Mr. Zorawer Singh

Class and Section: B.A. I Sem. (Health and Physical Education) NEP (Odd Semester)

Paper: Fundamentals of Physical Education Subject

Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)

Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)

Sr.No	Subject	Class	Week	Month	Topic to be Covered	Other activity
	Health and Physical Education	B.A.-I	Week-1	August (Week-1)	Meaning and Definition of Physical Education	
		B.A.-I	Week-1	August (Week-1)	Relationship of Physical Education with Health and General Education	
		B.A.-I	Week-1	August (Week-1)	Aim and Objectives of Physical Education	
		B.A.-I	Week-1	August (Week-1)	Practical Class: General Warm-up – Head-to-Toe Exercises	
		B.A.-I	Week-1	August (Week-1)	Practical Class: Basic Body Movements, Stretching and Mobility Exercises	Recreational Activity: Dodgeball
		B.A.-I	Week-2	August (Week-2)	Scope of Physical Education	
		B.A.-I	Week-2	August (Week-2)	Need of Physical Education in Modern Society	
		B.A.-I	Week-2	August (Week-2)	Misconceptions Regarding Physical Education	
		B.A.-I	Week-2	August (Week-2)	Practical Class: Badminton – Court Familiarization, Equipment and Ready Position	
		B.A.-I	Week-2	August (Week-2)	Practical Class: Badminton – Basic Grip and Footwork	
		B.A.-I	Week-3	August (Week-3)	Physical Education as Art or Science	
		B.A.-I	Week-3	August (Week-3)	Introduction of Physical Education – Revision	
		B.A.-I	Week-3	August (Week-3)	Need and Importance of Physical Education – Discussion	
		B.A.-I	Week-3	August (Week-3)	Practical Class: Badminton – Basic Service	
		B.A.-I	Week-3	August (Week-3)	Practical Class: Badminton – Forehand Stroke	Intramural Activity: Badminton – Singles/Doubles
		B.A.-I	Week-4	August (Week-4)	Misconceptions Regarding Physical Education – Discussion	
		B.A.-I	Week-4	August (Week-4)	Physical Education as Art or Science – Discussion	
		B.A.-I	Week-4	August (Week-4)	Introduction of Physical Education – Revision	
		B.A.-I	Week-4	August (Week-4)	Practical Class: Badminton – Backhand Stroke	
		B.A.-I	Week-4	August (Week-4)	Practical Class: Badminton – Forehand and Backhand Combination Drills	
		B.A.-I	Week-5	August (Week-5)	Revision / Class Test: Introduction of Physical Education	
		B.A.-I	Week-5	September (Week-1)	Physical Education during Indus Valley Civilization (3250 BC–2500 BC)	
		B.A.-I	Week-5	September (Week-1)	Physical Education during Vedic Period (2500 BC–600 BC)	
		B.A.-I	Week-5	September (Week-1)	Physical Education during Early Hindu Period (600 BC–320 A.D.)	
		B.A.-I	Week-5	September (Week-1)	Practical Class: General Warm-up and Head-to-Toe Exercises	
		B.A.-I	Week-5	September (Week-1)	Practical Class: Kho-Kho – Introduction and Court Specifications	Recreational Activity: Dodgeball
		B.A.-I	Week-6	September	Physical Education during Later Hindu Period (320	

				(Week-2)	A.D.–1000 A.D.)	
		B.A.-I	Week-6	September (Week-2)	Physical Education during Medieval Period (1000 A.D.–1757 A.D.)	
		B.A.-I	Week-6	September (Week-2)	Physical Education during British Period (Till 1947)	
		B.A.-I	Week-6	September (Week-2)	Practical Class: Kho-Kho – Court Markings and Basic Positions	
		B.A.-I	Week-6	September (Week-2)	Practical Class: Kho-Kho – General Rules and Fouls	
		B.A.-I	Week-7	September (Week-3)	Physical Education during After Independence	
		B.A.-I	Week-7	September (Week-3)	History of Physical Education in India – Important Developments	
		B.A.-I	Week-7	September (Week-3)	History of Physical Education in India – Revision and Discussion	
		B.A.-I	Week-7	September (Week-3)	Practical Class: Kho-Kho – Basic Skills: Running and Dodging	
		B.A.-I	Week-7	September (Week-3)	Practical Class: Kho-Kho – Chasing and Touching Skills	Intramural Activity: Leg Cricket – B.A.-I Class
		B.A.-I	Week-8	September (Week-4)	Physical Education during Ancient India – Comparative Discussion	
		B.A.-I	Week-8	September (Week-4)	Physical Education during Medieval and British Periods – Discussion	
		B.A.-I	Week-8	September (Week-4)	Physical Education after Independence – Discussion	
		B.A.-I	Week-8	September (Week-4)	Practical Class: Kho-Kho – Giving Kho and Pole Turning	
		B.A.-I	Week-8	September (Week-4)	Practical Class: Kho-Kho – Chasing and Defensive Skills	
		B.A.-I	Week-8	September (Week-5)	History of Physical Education in India – Complete Unit Revision	
		B.A.-I	Week-8	September (Week-5)	Practical Class: Kho-Kho – Combined Skills and Game Practice	
		B.A.-I	Week-8	September (Week-5)	Practical Class: Kho-Kho – Match Practice and Application of Rules	Intramural Activity: Kho-Kho – B.A.-I Class
		B.A.-I	Week-9	October (Week-1)	Meaning of Growth and Development	
		B.A.-I	Week-9	October (Week-1)	Chronological Age, Anatomical Age, Physiological Age and Mental Age	
		B.A.-I	Week-9	October (Week-1)	Principles of Growth and Development	
		B.A.-I	Week-9	October (Week-1)	Practical Class: Kho-Kho – Warm-up, Head-to-Toe Exercises and Basic Movements	
		B.A.-I	Week-9	October (Week-1)	Practical Class: Badminton – Warm-up, Grip, Ready Position and Footwork	
		B.A.-I	Week-10	October (Week-2)	Difference between Growth and Development	
		B.A.-I	Week-10	October (Week-2)	Factors Affecting Growth and Development	
		B.A.-I	Week-10	October (Week-2)	Growth and Development during Pre-Adolescence	
		B.A.-I	Week-10	October (Week-2)	Practical Class: Kho-Kho – Chasing, Dodging and Giving Kho	
		B.A.-I	Week-10	October (Week-2)	Practical Class: Badminton – Basic Service and Forehand Stroke	Preparation of Practical File
		B.A.-I	Week-10	October (Week-3)	Growth and Development during Adolescence	
		B.A.-I	Week-11	October (Week-3)	Growth and Development during Adulthood	
		B.A.-I	Week-	October	Growth and Development at Various Levels –	

		11	(Week-3)	Comparative Discussion	
	B.A.-I	Week-11	October (Week-3)	Practical Class: Kho-Kho – Pole Turning, Chasing and Defensive Skills	
	B.A.-I	Week-11	October (Week-3)	Practical Class: Badminton – Backhand Stroke and Service Practice	Intramural Activity: Badminton – Class Competition
	B.A.-I	Week-11	October (Week-4)	Principles and Factors of Growth and Development – Revision	
	B.A.-I	Week-12	October (Week-4)	Growth and Development from Childhood to Adulthood – Revision	
	B.A.-I	Week-12	October (Week-4)	Biological Basis of Physical Education – Discussion and Revision	
	B.A.-I	Week-12	October (Week-4)	Practical Class: Kho-Kho – Combined Skills and Game Situations	
	B.A.-I	Week-12	October (Week-4)	Practical Class: Badminton – Forehand, Backhand and Movement Drills	Preparation of Practical File
	B.A.-I	Week-13	October (Week-5)	Complete Unit Revision: Biological Basis of Physical Education	
	B.A.-I	Week-13	October (Week-5)	Practical Class: Kho-Kho – Match Practice and Application of Rules	Intramural Activity: Kho-Kho – B.A.-I Class
	B.A.-I	Week-13	October (Week-5)	Practical Class: Badminton – Match Practice and Application of Rules	
	B.A.-I	Week-13	November (Week-1)	Theory: Qualifications and Responsibilities of Physical Education and Sports Professionals at Various Levels of Educational Institutions	1-9 Nov., Diwali vacations
	B.A.-I	Week-13	November (Week-1)	Theory: Qualifications and Responsibilities as Coach, Fitness Trainer, Yoga Instructor and Others	
	B.A.-I	Week-14	November (Week-1)	Theory: Qualifications and Responsibilities as Sports Event Manager, Technical Official, Researcher and Others	
	B.A.-I	Week-14	November (Week-1)	Practical Revision: Kho-Kho – Court Specifications, General Rules and Basic Skills	
	B.A.-I	Week-14	November (Week-2)	Theory: Qualifications and Responsibilities in Health Clubs, Fitness Centres, Aerobics, Dance & Recreation Clubs in Corporate Sectors and Others	
	B.A.-I	Week-14	November (Week-2)	Theory: Career Opportunities as Sports Journalists, Commentators, Sports Photographers and Video Analysts	
	B.A.-I	Week-14	November (Week-2)	Theory: Career Opportunities in Central Government, State Government, Private Organizations and Other Sectors	
	B.A.-I	Week-15	November (Week-2)	Practical Revision: Badminton – Court Specifications, General Rules and Basic Skills	
	B.A.-I	Week-15	November (Week-3)	Theory: Career Opportunities in Manufacturing and Marketing Sectors	
	B.A.-I	Week-15	November (Week-3)	Theory: Entrepreneurial Opportunities in Physical Education and Sports	
	B.A.-I	Week-15	November (Week-3)	Theory: Career Opportunities in Physical Education and Sports – Complete Unit Revision	
	B.A.-I	Week-15	November (Week-3)	Practical Revision: Kho-Kho and Badminton – Combined Revision of Court Specifications, Rules and Basic Skills	Practical File Completion
	B.A.-I	Week-15	November (Week-3)	Practical Revision: Kho-Kho and Badminton – Skill Demonstration and Practice	

Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.

Lesson Plan Format

Name of the Assistant Professor: Mr. Zorawar Singh

Class and Section: B.A. II Sem. (Health and Physical Education) NEP (Even Semester)

Paper: Basic Anatomy and Physiology

Subject Lesson Plan: 15 Week from (07-01-27 to 19-03-2027) & 29-3-2027 to 7-5-2027 Offline Mode

Vacation (20-3-27 to 28-3-27) Examination (10-5-2026 to onward) Summer vacation-20-5-27 to 30-6-27

Sr.No	Subject	Class	Topic /Chapter to be covered			Other activity
	Health and Physical Education	B.A.-II	Week 1	Month	Topic to be Covered	
		B.A.-II Sem.	Week-1	January (Week-1)	Theory: Introduction to Anatomy and Physiology – Meaning and Definition of Anatomy and Physiology	
		B.A.-II Sem.	Week-1	January (Week-1)	Theory: Importance of Anatomy and Physiology in Physical Education and Sports	
		B.A.-II Sem.	Week-1	January (Week-1)	Practical Class: Identification of Human Bones – Introduction to Skeleton, Major Bones and Anatomical Position	
		B.A.-II Sem.	Week-2	January (Week-2)	Theory: Cell – Meaning, Structure and Basic Organization	
		B.A.-II Sem.	Week-2	January (Week-2)	Theory: Cell – Properties and Functions	
		B.A.-II Sem.	Week-2	January (Week-2)	Theory: Meaning of Cell, Tissues, Organs and Organ Systems	
		B.A.-II Sem.	Week-2	January (Week-2)	Practical Class: Identification of Human Bones – Skull, Vertebral Column and Thoracic Cage	
		B.A.-II Sem.	Week-2	January (Week-2)	Practical Class: Identification of Human Bones – Upper Limb Bones on Skeleton and Chart	
		B.A.-II Sem.	Week-3	January (Week-3)	Theory: Bone – Meaning and Definition	
		B.A.-II Sem.	Week-3	January (Week-3)	Theory: Types of Bones – Long, Short, Flat and Irregular Bones	
		B.A.-II Sem.	Week-3	January (Week-3)	Theory: Skeletal System – Structure and Functions	
		B.A.-II Sem.	Week-3	January (Week-3)	Practical Class: Identification of Human Bones – Pelvic Girdle and Lower Limb Bones on Skeleton and Chart	
		B.A.-II Sem.	Week-3	January (Week-3)	Practical Class: Identification of Human Bones – Revision of Major Bones and Their Locations	
		B.A.-II Sem.	Week-4	January (Week-4)	Theory: Axial Skeleton – Structure and Major Bones	
		B.A.-II Sem.	Week-4	January (Week-4)	Theory: Appendicular Skeleton – Structure and Major Bones	
		B.A.-II Sem.	Week-4	January (Week-4)	Theory: Axial and Appendicular Skeleton – Comparison and Functions	
		B.A.-II Sem.	Week-4	January (Week-4)	Practical Class: Identification of Axial Skeleton – Skull, Vertebral Column, Ribs and Sternum	
		B.A.-II Sem.	Week-4	January (Week-4)	Practical Class: Identification of Appendicular Skeleton – Pectoral Girdle, Upper Limb, Pelvic	

				4)	Girdle and Lower Limb	
		B.A.-II Sem.	Week-5	January (Week-5)	Theory: Skeletal System – Structure, Functions and Importance in Physical Activity	
		B.A.-II Sem.	Week-5	January (Week-5)	Theory: Introduction to Anatomy and Physiology – Unit Discussion and Revision	
		B.A.-II Sem.	Week-5	January (Week-5)	Theory: Cell, Bone and Skeletal System – Revision	
		B.A.-II Sem.	Week-5	January (Week-5)	Practical Class: Identification of Human Bones – Complete Revision on Skeleton and Chart	
		B.A.-II Sem.	Week-5	January (Week-5)	Practical Class: Identification of Axial and Appendicular Skeleton – Practical Revision	
		B.A.-II Sem.	Week-1	February (Week-1)	Theory: Joints and Muscular System – Meaning and Definition of Joints	
		B.A.-II Sem.	Week-1	February (Week-1)	Theory: Types of Joints – Fibrous, Cartilaginous and Synovial Joints	
		B.A.-II Sem.	Week-1	February (Week-1)	Theory: Types of Synovial Joints Present in the Human Body	
		B.A.-II Sem.	Week-1	February (Week-1)	Practical Class: Identification of Major Muscles – Introduction and Location of Major Muscle Groups on Model and Chart	
		B.A.-II Sem.	Week-1	February (Week-1)	Practical Class: Identification of Muscles of Head, Neck and Shoulder Region	
		B.A.-II Sem.	Week-2	February (Week-2)	Theory: Meaning and Definition of Muscle	
		B.A.-II Sem.	Week-2	February (Week-2)	Theory: Types of Muscles – Skeletal, Smooth and Cardiac Muscles	
		B.A.-II Sem.	Week-2	February (Week-2)	Theory: Characteristics and Functions of Different Types of Muscles	
		B.A.-II Sem.	Week-2	February (Week-2)	Practical Class: Identification of Major Muscles of Upper Limb – Biceps, Triceps and Forearm Muscles	
		B.A.-II Sem.	Week-2	February (Week-2)	Practical Class: Identification of Major Muscles of Chest and Back – Pectoral and Latissimus Dorsi Regions	
		B.A.-II Sem.	Week-3	February (Week-3)	Theory: Gross Structure of Skeletal Muscle – Muscle, Fascicle and Muscle Fibre	
		B.A.-II Sem.	Week-3	February (Week-3)	Theory: Gross Structure of Skeletal Muscle – Tendons and Connective Tissue Coverings	

				3)		
		B.A.-II Sem.	Week-3	February (Week-3)	Theory: Structural Classification of Skeletal Muscles	
		B.A.-II Sem.	Week-3	February (Week-3)	Practical Class: Identification of Major Muscles of Abdomen and Trunk on Model and Chart	
		B.A.-II Sem.	Week-3	February (Week-3)	Practical Class: Identification of Major Muscles of Lower Limb – Quadriceps and Hamstrings	
		B.A.-II Sem.	Week-4	February (Week-4)	Theory: Structural Classification of Skeletal Muscles – Parallel, Fusiform, Pennate and Other Forms	
		B.A.-II Sem.	Week-4	February (Week-4)	Theory: Role of Muscles and Joints in Human Movement and Physical Activity	
		B.A.-II Sem.	Week-4	February (Week-4)	Theory: Joints and Muscular System – Complete Unit Discussion and Revision	
		B.A.-II Sem.	Week-4	February (Week-4)	Practical Class: Identification of Major Muscles of Lower Leg – Gastrocnemius and Soleus; Complete Revision on Model and Chart	
		B.A.-II Sem.	Week-4	February (Week-4)	Practical Class: Final Identification and Revision – Name and Location of Major Muscles on Model and Chart	
		B.A.-II Sem.	Week-1	March (Week-1)	Theory: Circulatory System and Digestive System – Constituents of Blood	
		B.A.-II Sem.	Week-1	March (Week-1)	Theory: Functions of Blood – Transport, Protection and Regulation	
		B.A.-II Sem.	Week-1	March (Week-1)	Theory: Structure of the Heart – Chambers, Valves and Major Blood Vessels	
		B.A.-II Sem.	Week-1	March (Week-1)	Practical Class: Identification of Organs of the Circulatory System – Heart and Major Blood Vessels on Model and Chart	
		B.A.-II Sem.	Week-1	March (Week-1)	Practical Class: Identification of Major Organs of the Digestive System on Model and Chart	
		B.A.-II Sem.	Week-2	March (Week-2)	Theory: Types of Blood Circulation – Systemic, Pulmonary and Coronary Circulation	
		B.A.-II Sem.	Week-2	March (Week-2)	Theory: Circulatory System – Pathway and Importance of Blood Circulation	
		B.A.-II Sem.	Week-2	March (Week-2)	Theory: Digestive System – Meaning, Structure and Major Organs	
		B.A.-II Sem.	Week-2	March (Week-2)	Practical Class: Identification of Organs of the Digestive System – Mouth, Oesophagus, Stomach and Small Intestine on Model and Chart	
		B.A.-II Sem.	Week-2	March (Week-2)	Practical Class: Identification of Digestive Organs – Large Intestine, Rectum, Anus, Liver and Pancreas on Model and Chart	

		B.A.-II Sem.	Week-3	March (Week-3)	Theory: Digestive System – Functions of Major Digestive Organs	
		B.A.-II Sem.	Week-3	March (Week-3)	Theory: Relationship of Circulatory and Digestive Systems in Human Body	
		B.A.-II Sem.	Week-3	March (Week-3)	Theory: Circulatory and Digestive Systems – Complete Discussion and Revision	
		B.A.-II Sem.	Week-3	March (Week-3)	Practical Class: Identification and Location of Organs of Respiratory System – Nose, Trachea and Lungs on Model and Chart	
		B.A.-II Sem.	Week-3	March (Week-3)	Practical Class: Identification and Location of Organs of Excretory System – Kidneys, Ureters, Urinary Bladder and Urethra on Model and Chart	
		B.A.-II Sem.	Vacation	March 20–28	University Vacation – No Teaching Classes	
		B.A.-II Sem.	Week-1	April (Week-1)	Theory: Digestive System – Structure and Functions of the Digestive System	
		B.A.-II Sem.	Week-1	April (Week-1)	Theory: Digestive System – Major Organs and Their Functions	
		B.A.-II Sem.	Week-1	April (Week-1)	Theory: Process of Food Absorption – Absorption of Nutrients in the Small Intestine	
		B.A.-II Sem.	Week-1	April (Week-1)	Practical Class: Identification and Location of Major Bones of Human Body on Skeleton and Chart – Revision	
		B.A.-II Sem.	Week-1	April (Week-1)	Practical Class: Identification and Location of Major Muscles of Human Body on Model and Chart – Revision	
		B.A.-II Sem.	Week-2	April (Week-2)	Theory: Digestive Juices – Name, Sources and Functions	
		B.A.-II Sem.	Week-2	April (Week-2)	Theory: Digestive Enzymes – Name and Functions of Major Digestive Enzymes	
		B.A.-II Sem.	Week-2	April (Week-2)	Theory: Complete Process of Digestion and Absorption of Food	
		B.A.-II Sem.	Week-2	April (Week-2)	Practical Class: Identification of Organs of the Circulatory System – Heart and Major Blood Vessels on Model and Chart	
		B.A.-II Sem.	Week-2	April (Week-2)	Practical Class: Identification of Organs of the Digestive System – Mouth, Oesophagus, Stomach and Intestines on Model and Chart	
		B.A.-II Sem.	Week-3	April (Week-3)	Theory: Respiratory System – Organs of the Respiratory System and Their Functions	
		B.A.-II Sem.	Week-3	April (Week-3)	Theory: Structure of the Respiratory System – Nose, Pharynx, Larynx, Trachea, Bronchi and Lungs	
		B.A.-II Sem.	Week-3	April (Week-3)	Theory: Functions of the Respiratory System in Human Body	
		B.A.-II Sem.	Week-3	April (Week-3)	Practical Class: Identification and Location of Respiratory Organs – Nose, Trachea, Bronchi and Lungs on Model and Chart	
		B.A.-II Sem.	Week-3	April (Week-3)	Practical Class: Identification and Location of Respiratory Organs – Complete Revision on Model and Chart	

		B.A.-II Sem.	Week-4	April (Week-4)	Theory: Exchange of Gases in the Lungs – External Respiration	
		B.A.-II Sem.	Week-4	April (Week-4)	Theory: Exchange of Gases in the Tissues – Internal Respiration	
		B.A.-II Sem.	Week-4	April (Week-4)	Theory: Mechanism and Importance of Gas Exchange in Respiration	
		B.A.-II Sem.	Week-4	April (Week-4)	Practical Class: Identification of Organs of the Excretory System – Kidneys, Ureters, Urinary Bladder and Urethra on Model and Chart	
		B.A.-II Sem.	Week-4	April (Week-4)	Practical Class: Identification of Kidneys and Their Location on Model and Chart	
		B.A.-II Sem.	Week-5	April (Week-5)	Theory: Excretory System – Organs of the Excretory System: Kidneys and Skin	
		B.A.-II Sem.	Week-5	April (Week-5)	Theory: Urinary System – Parts and Functions	
		B.A.-II Sem.	Week-5	April (Week-5)	Theory: Functions of Kidneys in Excretion and Regulation of the Internal Environment	
		B.A.-II Sem.	Week-5	April (Week-5)	Practical Class: Identification and Location of Urinary System – Kidneys, Ureters, Urinary Bladder and Urethra	
		B.A.-II Sem.	Week-5	April (Week-5)	Practical Class: Identification and Location of Skin and Its Major Parts on Model and Chart	
		B.A.-II Sem.	Week-6	May (Week-1)	Theory: Structure and Functions of Skin	
		B.A.-II Sem.	Week-6	May (Week-1)	Theory: Role of Skin in Excretion, Protection and Regulation of Body Temperature	
		B.A.-II Sem.	Week-6	May (Week-1)	Theory: Circulatory, Digestive, Respiratory and Excretory Systems – Complete Unit Discussion and Revision	
		B.A.-II Sem.	Week-6	May (Week-1)	Practical Class: Identification of Organs of Circulatory, Digestive, Respiratory and Excretory Systems – Comprehensive Revision	
		B.A.-II Sem.	Week-6	May (Week-1)	Practical Class: Practical Identification/Viva-Voce and Revision of All Major Bones, Muscles and Internal Organs	

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Lesson Plan Format**Name of the Assistant Professor: Dr. Kuldeep Singh****Class and Section: Graduation-III Sem (MDC) (Health and Physical Education)****Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)****Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)**

Sr.No	Subject	Class	Week	Month	Topic /Chapter to be covered	Other activity
	H&PE	MDC-III Sem.	Week-1	August (Week-1)	Theory: Introduction to Naturopathy – Meaning and Definition of Naturopathy	
		MDC-III Sem.	Week-1	August (Week-1)	Theory: Philosophy of Naturopathy	
		MDC-III Sem.	Week-1	August (Week-1)	Practical Class: Surya Namaskar – Introduction, Benefits and Preparation	
		MDC-III Sem.	Week-1	August (Week-1)	Practical Class: Surya Namaskar – Practice of Counts 1–4 with Correct Posture and Breathing	
		MDC-III Sem.	Week-2	August (Week-2)	Theory: Principles of Naturopathy – Basic Principles and Their Importance	
		MDC-III Sem.	Week-2	August (Week-2)	Theory: Principles of Naturopathy – Application in Healthy Living	
		MDC-III Sem.	Week-2	August (Week-2)	Practical Class: Surya Namaskar – Practice of Counts 5–8 with Coordination of Movement and Breathing	
		MDC-III Sem.	Week-2	August (Week-2)	Practical Class: Surya Namaskar – Practice of Counts 1–8 in Sequence	
		MDC-III Sem.	Week-3	August (Week-3)	Theory: Misconceptions about Naturopathy	
		MDC-III Sem.	Week-3	August (Week-3)	Theory: Relationship of Naturopathy with Yoga	
		MDC-III Sem.	Week-3	August (Week-3)	Practical Class: Surya Namaskar – Practice of Counts 9–12 with Correct Technique and Breathing	
		MDC-III Sem.	Week-3	August (Week-3)	Practical Class: Surya Namaskar – Complete 12 Counts with Proper Sequence	
		MDC-III Sem.	Week-4	August (Week-4)	Theory: Naturopathy – Philosophy and Principles: Discussion and Application	
		MDC-III Sem.	Week-4	August (Week-4)	Theory: Naturopathy and Yoga – Similarities, Differences and Relationship	
		MDC-III Sem.	Week-4	August (Week-4)	Practical Class: Surya Namaskar – Complete 12 Counts with Emphasis on Posture, Breathing and Rhythm	
		MDC-III Sem.	Week-4	August (Week-4)	Practical Class: Surya Namaskar – Correction of Common Errors and Complete Practice	
		MDC-III Sem.	Week-5	August (Week-5)	Theory: Introduction to Naturopathy – Complete Unit Revision	
		MDC-III Sem.	Week-5	August (Week-5)	Practical Class: Surya Namaskar – Revision and Demonstration of All 12 Counts	
		MDC-III Sem.	Week-1	September (Week-1)	Theory: Training Load – Meaning and Definition	
		MDC-III Sem.	Week-1	September (Week-1)	Theory: Importance of Training Load in Sports Training	
		MDC-III Sem.	Week-1	September (Week-1)	Practical Class: Shatkarma – Introduction to Neti, Types of Neti and Importance	
		MDC-III Sem.	Week-1	September (Week-1)	Practical Class: Jal Neti – Demonstration, Equipment, Hygiene and Safety Precautions	
		MDC-III Sem.	Week-2	September (Week-2)	Theory: Types of Training Load – External and Internal Training Load	
		MDC-III Sem.	Week-2	September (Week-2)	Theory: Types of Training Load – General and Specific Training Load	
		MDC-III Sem.	Week-2	September	Practical Class: Jal Neti – Supervised Practice	

		Sem.		(Week-2)	and Correct Technique	
		MDC-III Sem.	Week-2	September (Week-2)	Practical Class: Jal Neti – Practice with Emphasis on Breathing, Posture and Hygiene	
		MDC-III Sem.	Week-3	September (Week-3)	Theory: Factors Affecting Training Load – Age, Sex, Fitness Level and Training Status	
		MDC-III Sem.	Week-3	September (Week-3)	Theory: Factors Affecting Training Load – Intensity, Volume, Frequency and Recovery	
		MDC-III Sem.	Week-3	September (Week-3)	Practical Class: Rubber Neti – Introduction, Equipment, Purpose and Safety Precautions	
		MDC-III Sem.	Week-3	September (Week-3)	Practical Class: Rubber Neti – Demonstration and Supervised Practice	
		MDC-III Sem.	Week-4	September (Week-4)	Theory: Functions of Training Load – Adaptation and Improvement of Physical Fitness	
		MDC-III Sem.	Week-4	September (Week-4)	Theory: Functions of Training Load – Performance Improvement and Recovery	
		MDC-III Sem.	Week-4	September (Week-4)	Practical Class: Rubber Neti – Correct Technique, Hygiene and Common Precautions	
		MDC-III Sem.	Week-4	September (Week-4)	Practical Class: Jal Neti and Rubber Neti – Revision and Demonstration	
		MDC-III Sem.	Week-5	September (Week-5)	Theory: Training Load – Complete Unit Revision	
		MDC-III Sem.	Week-5	September (Week-5)	Practical Class: Shatkarma – Revision of Jal Neti and Rubber Neti	
		MDC-III Sem.	Week-1	October (Week-1)	Theory: Hydrotherapy – Meaning and Definition of Jal Tatva	
		MDC-III Sem.	Week-1	October (Week-1)	Theory: General Principles of Hydrotherapy	
		MDC-III Sem.	Week-1	October (Week-1)	Practical Class: Surya Namaskar – Revision and Practice of Counts 1–6	
		MDC-III Sem.	Week-1	October (Week-1)	Practical Class: Surya Namaskar – Practice of Counts 7–12 and Complete Sequence	
		MDC-III Sem.	Week-2	October (Week-2)	Theory: Importance of Jal Tatva	
		MDC-III Sem.	Week-2	October (Week-2)	Theory: Different Techniques of Hydrotherapy	
		MDC-III Sem.	Week-2	October (Week-2)	Practical Class: Surya Namaskar – Complete 12 Counts with Correct Posture and Breathing	
		MDC-III Sem.	Week-2	October (Week-2)	Practical Class: Shatkarma – Jal Neti: Introduction, Demonstration and Safety Precautions	
		MDC-III Sem.	Week-3	October (Week-3)	Theory: Different Techniques of Hydrotherapy and Their Benefits	
		MDC-III Sem.	Week-3	October (Week-3)	Theory: Uses of Hydrotherapy in Different Illnesses	
		MDC-III Sem.	Week-3	October (Week-3)	Practical Class: Shatkarma – Jal Neti: Supervised Practice and Correct Technique	
		MDC-III Sem.	Week-3	October (Week-3)	Practical Class: Shatkarma – Rubber Neti: Introduction, Demonstration and Safety Precautions	
		MDC-III Sem.	Week-4	October (Week-4)	Theory: Hydrotherapy – Benefits and Applications in Health and Well-being	
		MDC-III Sem.	Week-4	October (Week-4)	Theory: Hydrotherapy – Precautions and Limitations	
		MDC-III Sem.	Week-4	October (Week-4)	Practical Class: Shatkarma – Rubber Neti: Supervised Practice and Correct Technique	
		MDC-III Sem.	Week-4	October (Week-4)	Practical Class: Surya Namaskar and Shatkarma – Combined Skill Revision	
		MDC-III Sem.	Week-5	October (Week-5)	Theory: Hydrotherapy – Discussion and Revision of Topics Covered	
		MDC-III Sem.	Week-5	October (Week-5)	Practical Class: Surya Namaskar – Revision of All 12 Counts	

		MDC-III Sem.	Week-1	November (Week-1)	Theory: Hydrotherapy – Uses in Different Illnesses: Applications and Benefits	
		MDC-III Sem.	Week-1	November (Week-1)	Theory: Hydrotherapy – Review of Different Techniques and Their Benefits	
		MDC-III Sem.	Week-1	November (Week-1)	Practical Class: Surya Namaskar – Complete 12 Counts: Skill Practice and Correction	
		MDC-III Sem.	Week-1	November (Week-1)	Practical Class: Shatkarma – Jal Neti and Rubber Neti: Skill Practice and Correction	
		MDC-III Sem.	Week-2	November (Week-2)	Theory: Hydrotherapy – Importance of Jal Tatva and Its Role in Health and Well-being	
		MDC-III Sem.	Week-2	November (Week-2)	Theory: Hydrotherapy – Complete Unit Discussion and Revision	
		MDC-III Sem.	Week-2	November (Week-2)	Practical Class: Demonstration of Skill – Surya Namaskar (12 Counts)	
		MDC-III Sem.	Week-2	November (Week-2)	Practical Class: Demonstration of Skill – Jal Neti and Rubber Neti	
		MDC-III Sem.	Week-3	November (Week-3)	Theory: Hydrotherapy – Complete Unit Revision	
		MDC-III Sem.	Week-3	November (Week-3)	Theory: Important Concepts, Techniques and Applications – Final Discussion	
		MDC-III Sem.	Week-3	November (Week-3)	Practical Class: Viva-Voce – Surya Namaskar and Shatkarma	
		MDC-III Sem.	Week-3	November (Week-3)	Practical Class: Practical Record File – Completion, Checking and Presentation	Practical Record File Work

Note: Kindly note that the simultaneous scheduling of games and sports activities for college Note: The teaching schedule may be subject to modification due to the scheduling of sports and NCC activities for college students in accordance with the Kurukshetra University Sports Calendar and the directives issued by 10 HR BN NCC, Kurukshetra. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.

Lesson Plan Format

Name of the Assistant Professor: Mr. Zorawer Singh Gill

Class and Section: B.A. V Sem. (Vocational Course) (Health and Physical Education)

Basic Physiotherapy Technique (B23-VOC-113)

Lesson Plan Duration: 15 Week from (01-8-2026 to 31-10-2026) & (10-11-26 to 4-12-26)

Sr.No	Subject	Class	Week 1	Month	Topic /Chapter to be covered	Other activity
1	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Theory: Introduction to First Aid – Meaning, Definition and Importance	
2	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Theory: Meaning and Definition of Physiotherapy	
3	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Practical: Introduction to Range of Motion (ROM) Exercises – PROM, AROM and AAROM	
4	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Practical: PROM Exercises for Upper-Limb Joints	
5	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Practical: AROM Exercises for Upper-Limb Joints	
6	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	August (Week-1)	Practical: AAROM Exercises for Upper-Limb Joints	
7	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Theory: Purpose of Physiotherapy and Principles of Physiotherapy	
8	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Theory: Meaning of Anatomy and Physiology	
9	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Practical: PROM Exercises for Lower-Limb Joints	
10	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Practical: AROM Exercises for Lower-Limb Joints	
11	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Practical: AAROM Exercises for Lower-Limb Joints	
12	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	August (Week-2)	Practical: ROM Exercises for Spine and Trunk	
13	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	August (Week-3)	Theory: Gross and Microscopic Structure of Skeletal Muscle	
14	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	August (Week-3)	Theory: Basic Anatomy of Bones – Names and Locations of Major Bones of the Human Body	
15	H&PE (Basic	VOC-V	Week-3	August	Practical: ROM Exercises	

	Physiotherapy Technique)	Sem.		(Week-3)	for Shoulder, Elbow and Wrist Joints	
16	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	August (Week-3)	Practical: ROM Exercises for Hip and Knee Joints	
17	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	August (Week-3)	Practical: ROM Exercises for Ankle and Foot Joints	
18	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	August (Week-3)	Practical: Combined PROM, AROM and AAROM Exercises for All Major Joints	
19	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Theory: Types of Bones Present in the Human Body	
20	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Theory: Meaning of Joint and Types of Joints	
21	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Practical: Introduction to Goniometer – Parts, Positioning and Basic Technique	
22	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Practical: Measurement of Shoulder and Elbow Joint Range Using Goniometer	
23	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Practical: Measurement of Wrist Joint Range Using Goniometer	
24	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	August (Week-4)	Practical: Recording and Interpretation of Upper-Limb Joint ROM Measurements	
25	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Theory: Types of Synovial Joints	
26	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Theory: Structure of Synovial Joint	
27	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Practical: Measurement of Hip and Knee Joint Range Using Goniometer	
28	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Practical: Measurement of Ankle and Foot Joint Range Using Goniometer	
29	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Practical: Measurement of Spinal and Trunk Movements Using Goniometer	
30	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	August (Week-5)	Practical: Complete Recording of Joint ROM Measurements	
31	H&PE (Basic Physiotherapy	VOC-V Sem.	Week-1	September (Week-1)	Theory: Revision – Anatomy of Bones, Joints	

	Technique)				and Skeletal Muscles	
32	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	September (Week-1)	Theory: Revision – Types and Structure of Synovial Joints	
33	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	September (Week-1)	Practical: Revision of PROM, AROM and AAROM Exercises for Upper Limbs	
34	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	September (Week-1)	Practical: Revision of PROM, AROM and AAROM Exercises for Lower Limbs	
35	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	September (Week-1)	Practical: Reassessment of Shoulder, Elbow and Wrist ROM Using Goniometer	
36	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	September (Week-1)	Practical: Reassessment of Hip, Knee and Ankle ROM Using Goniometer	
37	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Theory: Introduction to Manual Muscle Testing – Meaning, Purpose and Principles	
38	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Theory: Grading and Basic Procedures of Manual Muscle Testing	
39	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Practical: Manual Muscle Testing of Shoulder and Arm Muscles	
40	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Practical: Manual Muscle Testing of Elbow and Forearm Muscles	
41	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Practical: Manual Muscle Testing of Wrist and Hand Muscles	
42	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	September (Week-2)	Practical: Recording and Grading of Upper-Limb Muscle Strength	
43	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Theory: Role of ROM Measurement and Muscle Testing in Physiotherapy	
44	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Theory: Clinical Importance of Assessing Joint Mobility and Muscle Strength	
45	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Practical: Manual Muscle Testing of Hip and Thigh Muscles	
46	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Practical: Manual Muscle Testing of Knee and Leg Muscles	
47	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Practical: Manual Muscle Testing of Ankle and Foot	

	Technique)				Muscles	
48	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	September (Week-3)	Practical: Recording and Grading of Lower-Limb Muscle Strength	
49	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Theory: Review of First Aid, Physiotherapy, Anatomy and Physiology	
50	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Theory: Review of Bones, Joints, Synovial Joints and Skeletal Muscles	
51	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Practical: Combined ROM Exercises for All Major Joints	
52	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Practical: Complete Joint ROM Assessment Using Goniometer	
53	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Practical: Manual Muscle Testing of Selected Major Muscle Groups	
54	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	September (Week-4)	Practical: Final Practical Assessment, Recording and Revision	
55	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Theory: Names and locations of important muscles – Sternocleidomastoid, Latissimus Dorsi, Deltoid	
56	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Practical: Identification and location of Sternocleidomastoid, Latissimus Dorsi and Deltoid muscles	
57	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Practical: Identification and location of Biceps, Triceps and Pectoralis Major	
58	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Theory: Names and locations of Biceps, Triceps, Pectoralis Major and Trapezius	
59	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Practical: Identification and location of Trapezius and Rhomboid Major	
60	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	October (Week-1)	Practical: Identification and location of Rectus Abdominis, Hamstrings and Quadriceps	
61	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Theory: Names and locations of Rectus Abdominis, Hamstrings, Quadriceps and Gastrocnemius	
62	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Practical: Identification and location of	

	Technique)				Gastrocnemius and major lower-limb muscles	
63	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Practical: Identification of ligaments of Shoulder and Elbow joints	
64	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Theory: Ligaments of Shoulder, Hip, Elbow and Knee joints	
65	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Practical: Identification of ligaments of Hip and Knee joints	
66	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	October (Week-2)	Practical: Revision and identification of important muscles and ligaments	
67	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Theory: Meaning of Rehabilitation and guiding principles of rehabilitation of injuries	
68	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Practical: Thermotherapy – Demonstration and application of Hot Bag	
69	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Practical: Contrast Bath – procedure and practical demonstration	
70	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Theory: Thermotherapy – Hot Bag, Contrast Bath and Whirlpool Bath	
71	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Practical: Whirlpool Bath – procedure and practical demonstration	
72	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	October (Week-3)	Practical: Cryotherapy – Ice Pack, Ice Wrap and Ice Massage	
73	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Theory: Hydrotherapy and Cryotherapy – basic concepts and applications	
74	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Practical: Identification of basic electrical components in electrotherapeutic equipment	
75	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Practical: Identification and demonstration of Short Wave Diathermy equipment	
76	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Theory: Electrotherapy – Short Wave Diathermy, Infrared Therapy and Ultrasound Therapy	
77	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Practical: Demonstration of Infrared Therapy	

	Technique)					
78	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-4	October (Week-4)	Practical: Demonstration of Ultrasound Therapy	
79	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Theory: Meaning and principles of Therapeutic Exercises	
80	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Practical: Stimulation of motor points – identification and demonstration	
81	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Practical: Stimulation of individual muscles	
82	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Theory: Meaning of PRICE and physiology of PRICE	
83	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Practical: Stimulation of muscle groups	
84	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-5	October (Week-5)	Practical: Review and safe practical application of electrotherapy techniques	
85	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Theory: Mechanism of healing – Nervous Tissue, Muscle and Bone	
86	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Practical: Coordination exercises – basic techniques and demonstration	
87	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Practical: Coordination exercises – practical performance	
88	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Theory: Rehabilitation and therapeutic exercises – role in recovery and functional restoration	
89	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Practical: Balancing exercises – basic techniques and demonstration	
90	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-1	November (Week-1)	Practical: Balancing exercises – practical performance	
91	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	November (Week-2)	Theory: General and local relaxation techniques – principles and applications	
92	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	November (Week-2)	Practical: General relaxation techniques	
93	H&PE (Basic	VOC-V	Week-2	November	Practical: Local	

	Physiotherapy Technique)	Sem.		(Week-2)	relaxation techniques	
94	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	November (Week-2)	Theory: Suspension exercises – meaning, principles and therapeutic applications	
95	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	November (Week-2)	Practical: Suspension exercises for major upper-limb joints	
96	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-2	November (Week-2)	Practical: Suspension exercises for major lower-limb joints	
97	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Theory: Massage – meaning, basic principles and therapeutic importance	
98	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Practical: Massage techniques for the upper limb	
99	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Practical: Massage techniques for the lower limb	
100	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Theory: Massage – application to upper limb, lower limb, back and neck	
101	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Practical: Massage techniques for the back	
102	H&PE (Basic Physiotherapy Technique)	VOC-V Sem.	Week-3	November (Week-3)	Practical: Massage techniques for the neck; practical revision	

Note: (Vacation 1 to 9 Nov.,2026) (Examination 5-12-26 to onward)

Note: The teaching schedule may be subject to modification due to the scheduling of **sports activities** for college students in accordance with the **Kurukshetra University Sports Calendar**. Accordingly, necessary adjustments may be made in the implementation of the lesson plan to accommodate such activities.