

LESSION PLAN (EVEN SEM 2025-26)
NAME OF PROFESSOR – DR. MANGE RAM

Class: B.A II (Multidisciplinary)
Paper : Sports Psychology
SEMESTER – 4TH (MAJOR)

5 Jan- 10 Jan2026	Meaning and definition of psychology & sports psychology
12Jan-17Jan2026	Importance and scope of sports psychology
19Jan-24Jan2026	Relation between psychology & sports psychology
27Jan-31Jan2026	Role of the sports psychologist
2Feb-7Feb2026	Meaning and types of motivation
9Feb-14Feb2026	Theories of motivation
16Feb-21Feb2026	Techniques for enhancing motivation
23Feb-28Feb2026	Relationship with motivation and performance
2-7March2026	Meaning and definition
9-14 March 2026	Causes of stress and anxiety
16-21 March 2026	Relationship between stress and anxiety
23-28 March 2026	Theories of personality
30-4 April 2026	Coping and management strategies
6-11April 2026	Meaning and types of personality
13- 18 April 2026	Traits of personality
20-25 April 2026	REVISION
27- 02 May 2026	TEST

LESSION PLAN (EVEN SEM 2025-26)
NAME OF PROFESSOR – DR. MANGE RAM

Class: B.A III
Paper : Organization and Management of Physical Education
SEMESTER – 6TH

5 Jan- 10 Jan2026	Importance & characteristics of Track, care and maintenance of Track.
12Jan-17Jan2026	Conduct of Annual Athletic meet
19Jan-24Jan2026	Organization and conduct of tournament.
27Jan-31Jan2026	Sports Management.
2Feb-7Feb2026	Meaning, importance and scope of sports management.
9Feb-14Feb2026	Factor influencing sports management.
16Feb-21Feb2026	Qualification and qualities of Physical Education teachers.
23Feb-28Feb2026	Duties of an official (Pre-game, during-game and post-game).
2-7March2026	Sports Injuries: Prevention of sports injury and rehabilitation.
9-14 March 2026	sports injury and various factors causing injury.
16-21 March 2026	Principles of prevention of sports injury. Meaning and scope of rehabilitation.
23-28 March 2026	facilities available for rehabilitation. Role of Physical Education teacher in rehabilitation.
30-4 April 2026	Professional Preparation Meaning of Professional Preparation.
6-11April 2026	Definition and significance of profession.
13- 18 April 2026	Preparation in Physical Education. Curriculum Design in Physical Education.
20-25 April 2026	REVISION
27- 02 May 2026	TEST

	Physical Education Class: 2nd Year (4th Sem) Paper : WELLBEING THROUGH YOGA Code :- 25YOGEEC01
5 Jan- 10 Jan2026	History and Philosophy of Yoga
12Jan-17Jan2026	Ashtanga Yoga & Hatha Yoga
19Jan-24Jan2026	Importance of Yoga
27Jan-31Jan2026	Basics of human physiology & anatomy.
2Feb-7Feb2026	Benefits of Asanas in Physical Health
9Feb-14Feb2026	Practice of some important Asanas (Vrikshasana, Utkatasana, Padahasthasana, Trikonasana, Veerasana,; Baddha Padamasana, Uttitha Padamasana, Pawanmuktasana, Mandukasana, U ttanmandukasana, Pashinottanasana, Matsyasana, Naukasana, Uttanpadasana, Sarvangasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana)
16Feb-21Feb2026	Revision & Test
23Feb-28Feb2026	Introduction to Pranayama and its Benefits
2-7March2026	Basic Breathing Exercises (Puraka, Rechaka and Kumbhaka, Anulom Vilom, Bhastrika Bhramari, Kapalbhathi)
9-14 March 2026	Introduction to Bandhas and their practical procedure
16-21 March 2026	Connection between Mind, Body, and Spirit
23-28 March 2026	Benefits of Meditation on Mental Health
30-4 April 2026	Benefit of Mudras for Meditation
6-11April 2026	Introduction to Mudras and their practical procedure
13- 18 April 2026	Guided Meditation Sessions (Mindfulness, Loving-kindness)
20-25 April 2026	Test
27- 02 May 2026	Test