

GDC Memorial College	
Bahal (Bhiwani)	
Affiliated to Ch. Bansi Lal University, Bhiwani	
NAAC Accredited Grade "B" (Second Cycle)	
Lesson Plan- July to November 2025	
Name - Mr. Nikhilesh	Department - Physical Education
Class - B.P.E.S	Subject - Basic Anatomy and
Semester - 2nd	Subject Code - 24UN-BPES-201
Date	
Week 1	UNIT-I
27-Jan	Meaning and definition of Anatomy
28-Jan	Meaning and definition of Anatomy
29-Jan	Meaning and definition of Anatomy
30-Jan	Meaning and definition of Physiology and Exercise physiology
31-Jan	Meaning and definition of Physiology and Exercise physiology
Week 2	
2-Feb	Meaning and definition of Physiology and Exercise physiology
3-Feb	Role of Anatomy and Physiology in Physical Education & Sports
4-Feb	Role of Anatomy and Physiology in Physical Education & Sports
5-Feb	Role of Anatomy and Physiology in Physical Education & Sports
6-Feb	Cell, Tissues, Organs and Systems
7-Feb	Cell, Tissues, Organs and Systems
Week 3	
9-Feb	Cell, Tissues, Organs and Systems
10-Feb	Cell, Tissues, Organs and Systems
11-Feb	Properties of Living Matter
12-Feb	Properties of Living Matter
13-Feb	Properties of Living Matter
14-Feb	Properties of Living Matter
Week 4	Unit-II
16-Feb	General description of skeleton system
17-Feb	General description of skeleton system
18-Feb	General description of skeleton system
19-Feb	General description of skeleton system
20-Feb	types of Bone and Joints
21-Feb	types of Bone and Joints
Week 5	
23-Feb	types of Bone and Joints
24-Feb	types of Bone and Joints
25-Feb	General description of Muscular System
26-Feb	General description of Muscular System
27-Feb	General description of Muscular System
28-Feb	General description of Muscular System
Week 6	
2-Mar	Types of Muscle
3-Mar	Types of Muscle
4-Mar	Types of Muscle
5-Mar	Types of Muscle
6-Mar	Types of Muscle
7-Mar	Types of Muscle
Week 7	Unit-III
9-Mar	General description of Circulatory system
10-Mar	General description of Circulatory system
11-Mar	General description of Circulatory system
12-Mar	General description of Circulatory system
13-Mar	Structure of Heart
14-Mar	Structure of Heart
Week 8	
16-Mar	Structure of Heart
17-Mar	Structure of Heart
18-Mar	Heart Rate
19-Mar	Heart Rate
20-Mar	Heart Rate
21-Mar	Heart Rate
Week 9	
23-Mar	Stroke Volume
24-Mar	Stroke Volume
25-Mar	Stroke Volume
26-Mar	cardiac output
27-Mar	cardiac output
28-Mar	cardiac output
Week 10	
30-Mar	General description of Digestive system
31-Mar	General description of Digestive system
1-Apr	General description of Digestive system
2-Apr	Structure of Digestive Organs
3-Apr	Structure of Digestive Organs
4-Apr	Structure of Digestive Organs
Week 11	
6-Apr	General description of Excretory system
7-Apr	General description of Excretory system
8-Apr	General description of Excretory system
9-Apr	Structure of kidney
10-Apr	Structure of kidney
11-Apr	Function of Kidney
Week 12	Unit-IV
13-Apr	Function of Kidney
14-Apr	General description of Endocrine System
15-Apr	General description of Endocrine System
16-Apr	General description of Endocrine System
17-Apr	Hormonal secretion from Pituitary Glands
18-Apr	Hormonal secretion from Pituitary Glands
Week 13	
20-Apr	Hormonal secretion from Thyroid Glands
21-Apr	Hormonal secretion from Thyroid Glands
22-Apr	Hormonal secretion from Para-Thyroid
23-Apr	Hormonal secretion from Para-Thyroid
24-Apr	Hormonal secretion from Adrenal Gland
25-Apr	Hormonal secretion from Hypothalamus Gland
Week 14	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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Lesson Plan- July to November 2025

Name - Mr. Madan Mohan Yadav Department - Physical Education

Class - B.P.E.S Subject - Officiating and Coaching-

Semester - 2nd Subject Code - 24UN-BPES-202

Date	
Week 1	
Unit 1	
27-Jan	History of the Handball and Cricket Game
28-Jan	History of the Handball and Cricket Game
29-Jan	History of the Handball and Cricket Game
30-Jan	Development of the Handball and Cricket Game
Week 2	
2-Feb	Development of the Handball and Cricket Game
3-Feb	Development of the Handball and Cricket Game
4-Feb	Dimensions and Layout of the Handball and Cricket Game
5-Feb	Dimensions and Layout of the Handball and Cricket Game
6-Feb	Dimensions and Layout of the Handball and Cricket Game
Week 3	
9-Feb	Rules and Regulations of the Handball and Cricket Game
10-Feb	Rules and Regulations of the Handball and Cricket Game
11-Feb	Rules and Regulations of the Handball and Cricket Game
12-Feb	Awards/ Trophies/ Tournaments in Handball and Cricket
13-Feb	Awards/ Trophies/ Tournaments in Handball and Cricket
Week 4	
Unit-11	
16-Feb	National and International Organisation and Federation of the Game (Handball, Cricket)
17-Feb	National and International Organisation and Federation of the Game (Handball, Cricket)
18-Feb	National and International Organisation and Federation of the Game (Handball, Cricket)
19-Feb	Qualification and Numbers of Official in the Game (Handball, Cricket)
20-Feb	Qualification and Numbers of Official in the Game (Handball, Cricket)
Week 5	
23-Feb	Qualification and Numbers of Official in the Game (Handball, Cricket)
24-Feb	Scoresheet of the Game (Handball, Cricket)
25-Feb	Scoresheet of the Game (Handball, Cricket)
26-Feb	Scoresheet of the Game (Handball, Cricket)
27-Feb	Criteria for the selection of the player (Handball, Cricket)
Week 6	
2-Mar	Criteria for the selection of the player (Handball, Cricket)
3-Mar	
Unit-111	
4-Mar	History and Development of the Game (Judo, Taekwondo)
5-Mar	History and Development of the Game (Judo, Taekwondo)
6-Mar	History and Development of the Game (Judo, Taekwondo)
Week 7	
9-Mar	Dimensions and Layout of the Game (Judo, Taekwondo)
10-Mar	Dimensions and Layout of the Game (Judo, Taekwondo)
11-Mar	Dimensions and Layout of the Game (Judo, Taekwondo)
12-Mar	Rules and Regulations of the Game (Judo, Taekwondo)
13-Mar	Rules and Regulations of the Game (Judo, Taekwondo)
Week 8	
16-Mar	Rules and Regulations of the Game (Judo, Taekwondo)
17-Mar	Awards/ Trophies/ Tournaments (Judo, Taekwondo)
18-Mar	Awards/ Trophies/ Tournaments (Judo, Taekwondo)
19-Mar	Awards/ Trophies/ Tournaments (Judo, Taekwondo)
20-Mar	Awards/ Trophies/ Tournaments (Judo, Taekwondo)
Week 9	
Unit-IV	
23-Mar	National and International Organisation and Federation of the Game (Judo, Taekwondo)
24-Mar	National and International Organisation and Federation of the Game (Judo, Taekwondo)
25-Mar	National and International Organisation and Federation of the Game (Judo, Taekwondo)
26-Mar	National and International Organisation and Federation of the Game (Judo, Taekwondo)
27-Mar	National and International Organisation and Federation of the Game (Judo, Taekwondo)
Week 10	
30-Mar	Qualification and Numbers of Official in the Game Judo, Taekwondo)
31-Mar	Qualification and Numbers of Official in the Game Judo, Taekwondo)
1-Apr	Qualification and Numbers of Official in the Game Judo, Taekwondo)
2-Apr	Qualification and Numbers of Official in the Game Judo, Taekwondo)
3-Apr	Qualification and Numbers of Official in the Game Judo, Taekwondo)
Week 11	
6-Apr	Scoresheet of the Game (Judo, Taekwondo)
7-Apr	Scoresheet of the Game (Judo, Taekwondo)
8-Apr	Scoresheet of the Game (Judo, Taekwondo)
9-Apr	Scoresheet of the Game (Judo, Taekwondo)
10-Apr	Scoresheet of the Game (Judo, Taekwondo)
Week 12	
13-Apr	Criteria for the selection of the player (hudo, Taekwondo)
14-Apr	Criteria for the selection of the player (hudo, Taekwondo)
15-Apr	Criteria for the selection of the player (hudo, Taekwondo)
16-Apr	Criteria for the selection of the player (hudo, Taekwondo)
17-Apr	Criteria for the selection of the player (hudo, Taekwondo)
Week 13	
20-Apr	REVISION
21-Apr	REVISION
22-Apr	REVISION
23-Apr	REVISION
24-Apr	REVISION
Week 14	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

Name - Mr. Sandeep Kumar	Department - Physical Education
Class - B.P.E.S	Subject - Yogic Science
Semester - 2nd	Subject Code - 24UN-BPES-MDC203
Date	
Week 1	Unit-1
27-Jan	Historical development of Yoga
28-Jan	Historical development of Yoga
29-Jan	Historical development of Yoga
30-Jan	Historical development of Yoga
31-Jan	Meaning and definition of Yoga
Week 2	
2-Feb	Meaning and definition of Yoga
3-Feb	Meaning and definition of Yoga
4-Feb	Meaning and definition of Yoga
5-Feb	Aim and objectives of Yoga
6-Feb	Aim and objectives of Yoga
7-Feb	Aim and objectives of Yoga
Week 3	
9-Feb	Aim and objectives of Yoga
10-Feb	Importance of Yoga
11-Feb	Importance of Yoga
12-Feb	Importance of Yoga
13-Feb	Importance of Yoga
14-Feb	Importance of Yoga
Week 4	Unit-2
16-Feb	Introduction of Astang Yoga (Yam, Niyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi)
17-Feb	Introduction of Astang Yoga (Yam, Niyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi)
18-Feb	Introduction of Astang Yoga (Yam, Niyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi)
19-Feb	Introduction of Astang Yoga (Yam, Niyam, Aasan, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi)
20-Feb	Meaning and Definition of Kriyas
21-Feb	Meaning and Definition of Kriyas
Week 5	
23-Feb	Meaning and Definition of Kriyas
24-Feb	Meaning and Definition of Kriyas
25-Feb	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
26-Feb	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
27-Feb	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
28-Feb	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
Week 6	
2-Mar	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
3-Mar	Types of Kriya: Neti, Nauli, Dhوتي, Basti, Tratak and Kapalbhathi
4-Mar	Importance of Kriyas
5-Mar	Importance of Kriyas
6-Mar	Importance of Kriyas
7-Mar	Importance of Kriyas
Week 7	Unit-3
9-Mar	Meaning of Asanas
10-Mar	Meaning of Asanas
11-Mar	Meaning of Asanas
12-Mar	Meaning of Asanas
13-Mar	Definition of Asanas
14-Mar	Definition of Asanas
Week 8	
16-Mar	Definition of Asanas
17-Mar	Definition of Asanas
18-Mar	Benefits of Asanas
19-Mar	Benefits of Asanas
20-Mar	Benefits of Asanas
21-Mar	Benefits of Asanas
Week 9	
23-Mar	Types of Asanas
24-Mar	Types of Asanas
25-Mar	Types of Asanas
26-Mar	Types of Asanas
27-Mar	Precautions and Perquisites for Asanas
28-Mar	Precautions and Perquisites for Asanas
Week 10	
30-Mar	Precautions and Perquisites for Asanas
31-Mar	Precautions and Perquisites for Asanas
1-Apr	Surya Namaskar its procedures and benefits
2-Apr	Surya Namaskar its procedures and benefits
3-Apr	Surya Namaskar its procedures and benefits
4-Apr	Surya Namaskar its procedures and benefits
Week 11	Unit-4
6-Apr	Meaning and Definition of Pranayama
7-Apr	Meaning and Definition of Pranayama
8-Apr	Meaning and Definition of Pranayama
9-Apr	Meaning and Definition of Pranayama
10-Apr	Meaning and Definition of Pranayama
11-Apr	Meaning and Definition of Pranayama
Week 12	
13-Apr	Pranayama: Anuloma-Viloma, Bhastrika, Bhramari, Ujjai, Shitali
14-Apr	Pranayama: Anuloma-Viloma, Bhastrika, Bhramari, Ujjai, Shitali
15-Apr	Pranayama: Anuloma-Viloma, Bhastrika, Bhramari, Ujjai, Shitali
16-Apr	Pranayama: Anuloma-Viloma, Bhastrika, Bhramari, Ujjai, Shitali
17-Apr	Precautions and Benefits of Pranayama
18-Apr	Precautions and Benefits of Pranayama
Week 13	
20-Apr	Precautions and Benefits of Pranayama
21-Apr	Precautions and Benefits of Pranayama
22-Apr	Precautions and Benefits of Pranayama
23-Apr	Meaning and Benefits of Meditation
24-Apr	Meaning and Benefits of Meditation
25-Apr	Meaning and Benefits of Meditation
Week 14	
27-Apr	REVISION
28-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

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NAAC Accredited Grade "B" (Second Cycle)

Lesson Plan- July to November 2025

Name - Dr.Punita Department - Physical Education

Class - B.P.E.S Subject - ENGLISH

Semester - 2nd Subject Code - 24UN-BPES-AEC204

Date	
Week 1	Unit-I
28-Jan	Grammar: Tenses
29-Jan	Grammar: Tenses
Week 2	
2-Feb	Grammar: Tenses
4-Feb	Grammar: Tenses
5-Feb	Grammar: Tenses
Week 3	
9-Feb	Grammar: Conjunctions
11-Feb	Grammar: Conjunctions
12-Feb	Grammar: Conjunctions
Week 4	
16-Feb	Grammar: Connectors
18-Feb	Grammar: Connectors
19-Feb	Grammar: Connectors
Week 5	
23-Feb	Grammar: Calues Non-Finites
25-Feb	Grammar: Calues Non-Finites
26-Feb	Grammar: Calues Non-Finites
Week 6	Unit-II
2-Mar	Writing: Letters
4-Mar	Writing: Letters
5-Mar	Writing: Letters
Week 7	
9-Mar	Writing:Applications
11-Mar	Writing:Applications
12-Mar	Writing:Applications
Week 8	Unit-III
16-Mar	Communication: Barriers and Filters to Communications
18-Mar	Communication: Barriers and Filters to Communications
19-Mar	Communication: Barriers and Filters to Communications
Week 9	
23-Mar	The Sevens of effective Communication
25-Mar	The Sevens of effective Communication
26-Mar	The Sevens of effective Communication
Week 10	
30-Mar	Group Discussion, Public Speaking, Do's and Don'ts of Email
1-Apr	Group Discussion, Public Speaking, Do's and Don'ts of Email
2-Apr	Group Discussion, Public Speaking, Do's and Don'ts of Email
Week 11	Unit-IV
6-Apr	Soft Skills: Personal Grooming
8-Apr	Soft Skills: Personal Grooming
9-Apr	Soft Skills: Personal Grooming
Week 12	
13-Apr	Assertiveness: Improving Self Esteem
15-Apr	Assertiveness: Improving Self Esteem
16-Apr	Assertiveness: Improving Self Esteem
Week 13	
20-Apr	Assertiveness: Preparing for interview.
22-Apr	Assertiveness: Preparing for interview.
23-Apr	Assertiveness: Preparing for interview.
Week 14	
27-Apr	REVISION
29-Apr	REVISION
30-Apr	REVISION

GDC Memorial College

Bahal (Bhiwani) - 127028

NAAC ACCREDITED GRADE 'B' (SECOND CYCLE) AND RECOGNIZED UNDER

the Sections 2(f) & 12B of the UGC Act, 1956

Affiliated to Ch. Bansi Lal University, Bhiwani

Lesson Plan- January to April 2026

Name - Mr. Upender Prasad

Department - Psychology

Class - BPES

Subject - HVE

Semester - II

Subject Code - 24UN-PSY-VAC101

Week-1	UNIT-1
29-Jan-26	Need content and process for value education
31-Jan-26	Need content and process for value education
Week-2	
2-Feb-26	Indian concept of time and space, Classification of value education
5-Feb-26	Indian concept of time and space, Classification of value education
Week-3	
9-Feb-26	Indian concept of time and space, Classification of value education
12-Feb-26	Understanding personal values, Social values, Moral values, Spiritual values
14-Feb-26	Understanding personal values, Social values, Moral values, Spiritual values
Week-4	
16-Feb-26	Understanding personal values, Social values, Moral values, Spiritual values
19-Feb-26	Understanding harmony with self society and nature
Week-5	UNIT-2
23-Feb-26	Significance of human values in life, Relation between values and ethics
26-Feb-26	Significance of human values in life, Relation between values and ethics
28-Feb-26	Significance of human values in life, Relation between values and ethics
Week-6	
2-Mar-26	Relevance of human values, Empathy, Integrity
5-Mar-26	Relevance of human values, Empathy, Integrity
Week-7	
9-Mar-26	Relevance of human values, Empathy, Integrity
12-Mar-26	Theory of Naya, Dentology. Virtue, Ethics and Utilitarianism
14-Mar-26	Theory of Naya, Dentology. Virtue, Ethics and Utilitarianism
Week-8	
16-Mar-26	Theory of Naya, Dentology. Virtue, Ethics and Utilitarianism
19-Mar-26	UNIT TEST
Week-9	UNIT-3
23-Mar-26	Self identity and personality
26-Mar-26	Self identity and personality
28-Mar-26	Integrated personality, Happiness
Week-10	
30-Mar-26	Integrated personality, Happiness
2-Apr-26	Antahkaran in Yoga and Panchkosh in Upnishad
Week-11	
6-Apr-26	Antahkaran in Yoga and Panchkosh in Upnishad
9-Apr-26	Antahkaran in Yoga and Panchkosh in Upnishad
11-Apr-26	Approaching comprehensive understanding of well being
Week-12	UNIT-4
13-Apr-26	Nature and characteristics of professional ethics
16-Apr-26	Nature and characteristics of professional ethics
Week-13	
20-Apr-26	Scope of professional ethics
23-Apr-26	Scope of professional ethics
25-Apr-26	Scope of professional ethics
Week-14	
27-Apr-26	Types of professional ethics
28-Apr-26	Types of professional ethics
29-Apr-26	UNIT TEST
30-Apr-26	Revision