

**PNS SCHOOL OF ENGINEERING & TECHNOLOGY, KENDRAPARA**



**LESSON PLAN**  
**SUB: SPORTS AND YOGA**  
**SESSION: 2024-25**  
**1<sup>ST</sup> Semester**  
**Branch: Mechanical Engg.**

**TEACHER:** Er. S.K. Singh, Er. R.C. Pradhan, Er. Sanyasi Swain

Lecture No.	Chapter	Name of event
1	Ch.1.	Meaning & Importance of Physical Fitness & Wellness
2	<b>Physical Fitness, Wellness &amp; Lifestyle</b>	Components of Physical fitness, Components of Health-related fitness, Components of wellness
3		Preventing Health Threats through Lifestyle Change, Concept of Positive Lifestyle
4		Ch.2.
5	<b>Postures</b>	Meaning and Concept of Postures.
6		Causes of Bad Posture.
7		Concept & advantages of Correct Posture.
8	<b>Ch.3. Yoga</b>	Meaning & Importance of Yoga, Elements of Yoga
9		Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas
10		Yoga for concentration & related Asanas (Sukhasana)
11		Yoga for concentration & related Asanas (Tadasana)
12		Yoga for concentration & related Asanas (Padmasana)
13		Yoga for concentration & related Asanas (Shashankasana)
14		Relaxation Techniques for improving concentration - Yog-nidra
15	<b>Ch. 4. Yoga &amp; Lifestyle</b>	Asanas as preventive measures
16		Hypertension: Tadasana, Vajrasana, Pavan Muktasana, Ardha Chakrasana, Bhujangasana, Shavasana
17		Obesity: Procedure, Benefits & contraindications for Vajrasana, Hastasana, Trikonasana, Ardh Matsyendrasana
18		Back Pain: Tadasana, Ardh Matsyendrasana, Vakrasana, Shalabhasana, Bhujangasana
19		Diabetes: Procedure, Benefits & contraindications for Bhujangasana, Paschimottasana, Pavan Muktasana, Ardh Matsyendrasana.
20		Asthma: Procedure, Benefits & contraindications for Sukhasana, Chakrasana, Gomukhasana, Parvatasana, Bhujangasana, Paschimottasana, Matsyasana.
21	<b>Ch. 5. Training and Planning in Sports</b>	Meaning of Training, warming up and limbering down
22		Skill, Technique & Style o Meaning and Objectives of Planning
23		Tournament – Knock-Out, League/Round Robin & Combination
24	<b>Ch. 6. Sports Medicine</b>	First Aid – Definition, Aims & Objectives.
25		Sports injuries: Classification, Causes & Prevention
26		Management of Injuries: Soft Tissue Injuries and Bone & Joint Injuries
27	<b>Ch. 7. Sports / Games</b>	Following sub topics related to any one Game/Sport of choice of student out of: Athletics, Badminton, Basketball, Chess, Cricket, Kabaddi, Lawn Tennis, Swimming, Table Tennis, Volleyball, Yoga etc.
28		History of the Game/Sport. Latest General Rules of the Game/Sport.
29		Specifications of Play Fields and Related Sports Equipment.
30		Important Tournaments and Venues.
		Sports Personalities.
		Proper Sports Gear and its Importance.
<b>Reference Books</b>		1. Modern Trends and Physical Education by Prof. Ajmer Singh. 2. Light on Yoga By B.K.S. Iyengar. 3. Health and Physical Education – NCERT (11th and 12th Classes)