

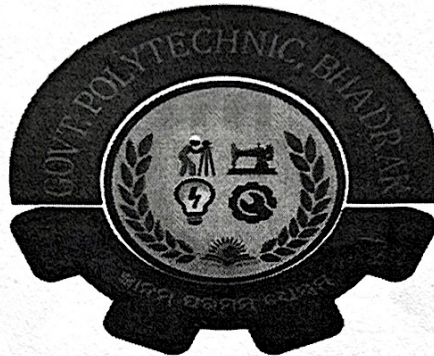
LESSON PLAN

SUBJECT: Sports & Yoga

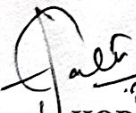
BRANCH: Humanities & Science(Common to all branches)

ACADEMIC SESSION: 2026-27

NAME OF THE FACULTY: Sanghamitra Nath



GOVERNMENT POLYTECHNIC, BHADRAK


23/07/26
HOD
Humanities & Science


23/07/26
Academic Co-ordinator
Academic Co-ordinator


Principal
Govt. Polytechnic, Bhadrak
Principal
Govt. Polytechnic
Bhadrak

Course Outcomes:

On successful completion of the course the students will be able to:

- i Practice Physical activities and Hatha Yoga focusing on yoga for strength, flexibility, and relaxation.
 - ii Learn breathing exercises and healthy fitness activities
 - iii Understand basic skills associated with yoga and physical activities including strength and flexibility, balance and coordination.
 - iv Perform yoga movements in various combination and forms.
 - v Identify opportunities for participation in yoga and sports activities.
- Improve personal fitness through participation in sports and yogic activities.
- vi Assess yoga activities in terms of fitness value.

LESSON PLAN 1ST YEAR 2026

Name of Teaching Faculty: Sanghamitra Nath, Lecturer Stage II (Mathematics)

Sports &
Yoga (PR9)

No. of
Classes per
week: 02

Semster from 17.08.2026 to 17.04.2027

Total Periods: 32

Week	Period	Practical Topics
Week 1	P1	Meaning & Importance of Physical Fitness & Wellness
Week 2	P2	Components of Physical Fitness & Health-Related Fitness
Week 3	P3	Components of Wellness & Concept of Positive Lifestyle
Week 4	P4	Meaning, Concept, and Causes of Bad Posture
Week 5	P5	Concept & Advantages of Correct Posture
Week 6	P6	Meaning, Importance, and Elements of Yoga
Week 7	P7	Introduction to Asanas, Pranayama, Meditation & Kriyas
Week 8	P8	Yoga for Concentration: Sukhasana & Tadasana
Week 9	P9	Yoga for Concentration: Padmasana & Shashankasana
Week 10	P10	Relaxation Techniques: Yog-nidra
Week 11	P11	Asanas as preventive measures for Hypertension
Week 12	P12	Asanas for Hypertension (Contd.)
Week 13	P13	Asanas for Obesity: Benefits & Contraindications
Week 14	P14	Asanas for Obesity (Contd.)
Week 15	P15	Asanas for Back Pain Management
Week 16	P16	Asanas for Diabetes Management
Week 17	P17	Asanas for Asthma: Benefits & Contraindications
Week 18	P18	Asanas for Asthma (Contd.)
Week 19	P19	Meaning of Training, Warming Up & Limbering Down
Week 20	P20	Skill, Technique & Style differentiation
Week 21	P21	Meaning and Objectives of Planning
Week 22	P22	Tournaments: Knock-Out fixtures
Week 23	P23	Tournaments: League/Round Robin & Combination
Week 24	P24	First Aid: Definition, Aims & Objectives
Week 25	P25	Sports Injuries: Classification, Causes & Prevention
Week 26	P26	Management of Soft Tissue, Bone & Joint Injuries
Week 27	P27	History & Latest General Rules of the Sport
Week 28	P28	Specifications of Play Fields & Related Equipment
Week 29	P29	Important Tournaments, Venues & Personalities
Week 30	P30	Proper Sports Gear and its Importance
Week 31	P31	Course Review & Comprehensive Routine Practice
Week 32	P32	Progressive Assessment Wrap-up

Sanghamitra Nath
23/07/26.
Prepared By