

## Kanya Mahavidyalaya, Kharkhoda (Sonepat)

### Lesson Plan Session 2020-21

Name of the Assistant/Associate Professor: Mrs. Deepika
Class and Section:
Subject: Anatomy
Paper:
Year/Semester: semester 1

#### 06 Oct. 2020 to 05 Nov. 2020

Month/Week	Topic
October ( Week-2 )	Introduction to Anatomy, terms and terminology, Regions of Body Cavities and Systems
October ( Week-3)	anatomy –musculo-Skeletal, vascular, cardiopulmonary system General Embryology.
October ( Week-4)	Musculoskeletal system: - Connective tissue & its modification, tendons, membranes, special connective tissue. Bone structure, blood supply, growth, ossification, and classification. Muscle classification, structure and functional
November ( Week-1)	Joints – classification, structures of joints, movements, range, limiting factors, stability, blood supply, nerve supply, dislocations and applied anatomy

#### 06 Nov. 2020 to 05 Dec. 2020

Month/Week	Topic
November ( Week-2)	<b>A) Upper extremity:</b> Bony architecture –Humerus, Radius, ulna and Clavicle or collar bone. Joints – structure of shoulder joint, elbow joint, wrist joint and their range of movements

<b>November ( Week-3)</b>	Muscles – origin, insertion, actions, nerve supply of deltoid, trapezius and teresmajor .
<b>November ( Week-4)</b>	Major nerves of upper limb – Axillary nerve, Radial nerve and ulnar nerve-describing origin, course blood supply and deformity of these nerves
<b>December ( Week-1)</b>	<b>(B) Lower Extremity:</b> Bony architecture of Tibia, fibula , Femur bone (thighbone), Patella bone (kneecap).

**06 Dec. 2020 to 05 Jan. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>December ( Week-2)</b>	Joints – structure & range of movement of hip joint, knee joint & ankle joint
<b>December ( Week-3)</b>	Muscles –gluteus maximus, gluteus medius, quadricpesfemoris, Biceps f emoris -origin, insertion, actions, nerve supply.
<b>December ( Week-4)</b>	Major nerves –Tibial nerve, sciatic, Femoral nerve and gluteal nerve course, branches & deformity of these nerve
<b>January (Week-1)</b>	Back muscles - Lattismus dorssi , levateor scapulae Rhomboid major and deep muscle –Splenius capitis- their origin, insertion, action and nerve supply Vertebral column – Structure & Joints of vertebra (Thoracic cage and curves of vertebral column or Spinal curve).

**05 Jan. 2021 to 06 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>January (Week-2)</b>	<b>B) Head and neck:</b> Definition of Cranium,
<b>January (Week-3)</b>	Skull & its parts.
<b>January (Week-4)</b>	Facial Muscles –occipitofrontalis,zygomaticus minor, Buccinator and Orbicularisoris
<b>February (Week-1)</b>	origin, insertion, actions, nerve supply Temporo mandibular Joints – structure, types of movement .

**06 Feb. 2021 to 25 Feb. 2021**

Month/Week	Topic
February (Week-2)	<b>Nervous system:</b> Classification of nervous system
February (Week-3)	Central nervous system – disposition, parts and functions Cerebrum Cerebellum, Midbrain & brain stem, Blood supply. Spinal cord- anatomy, blood supply, nerve pathways Thalamus, hypothalamus, Structure and features of meninges Ventricles of brain, Cerebral Spinal Fluid(CSF) circulation
February (Week-4)	<b>Development of nervous system &amp; defects</b> Classification of Cranial nerves – Terminal nerve, olfactory optic and oculomotor nerve (course, distribution, functions and palsy)

### Kanya Mahavidyalaya, Kharkhoda (Sonapat)

#### Lesson Plan Session 2020-21

<b>Name of the Assistant/Associate Professor: Mr. Sumit Kumar</b>		
<b>Class and Section: SNPT 1<sup>st</sup> Semester</b>		
<b>Subject: English-I</b>		
<b>Paper: BVCTHM102</b>		
<b>Year/Semester: 1<sup>st</sup> Semester</b>		
Sr. No.	Month	Topics to be Covered
1.	October	<b>Communication and its types:</b> Introduction, definitions, Process of communication, types of Communication, upward, downward, horizontal, Vertical and diagonal, verbal, nonverbal and oral and written Interpersonal communication – one way/ two way, Mediums of communication
2.	November	<b>Communication:</b> Seven C's of effective communication, ethical context of communication. Aids and Barriers to Communication, Reading skills, listening skills: Need and importance, types of listening.

3.	December	<b>Oral Communication Skills:</b> Advantages and disadvantages, suitability (when and where to use), Articulation and delivery, drafting a speech, presentations, Personal grooming, Introducing yourself, telephone etiquettes, persuasive speaking, communication in hospitality field.
4.	January	<b>Pronunciation &amp; Body language:</b> pronunciation, stress, invocation, rhythm, greeting, handshakes, some polite expressions, apologies, remarks, etiquette and manners, gestures.
5.	February	Revision Class Test House Examination
6.	March	<b>Semester Examination</b>

**Kanya Mahavidyalaya, Kharkhoda (Sonepat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. Deepika</b>
<b>Class and Section:</b>
<b>Subject: exercise therapy 1</b>
<b>Paper:</b>
<b>Year/Semester: 2\ 9</b>

**16 March 2021 to 15 April 2021**

Month/Week	Topic
------------	-------

<b>March( Week-3)</b>	Introduction to exercise therapy
<b>March( Week-4 )</b>	, Mechanical principle applied in human body
<b>April ( Week-1)</b>	gravity, centre of gravity, line of gravity
<b>April ( Week-2)</b>	base of support, equilibrium, axis and planes .

**16 April 2021 to 15 May 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>April ( Week-3)</b>	Disability models – International Classification of Impairments & Disability and Handicaps( ICIDH)
<b>April ( Week-4)</b>	Nagi model
<b>May( Week-1)</b>	International Classification of Functioning (ICF) model
<b>May ( Week-2)</b>	Exercise physiology

**16 May 2021 to 15 June. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>May ( Week-3)</b>	effect of exercise in various systems – musculoskeletal, neuromuscular, cardiovascular, respiratory system
<b>May ( Week-4)</b>	Movements, Passive movements
<b>June ( Week-1)</b>	Passive movements – definition, classification, indications, contra indications
<b>June (Week-2)</b>	advantages, limitations, techniques

**16 June 2021 to 06 July 2021**

Month/Week	Topic
June (Week-3)	emphasize PROM to upper, lower, neck and trunk muscles
June (Week-4)	Active movements - definition, classification, indications, contra indications, advantages, limitations, techniques - emphasize active
July (Week-1)	movements to upper, lower, and neck and trunk muscles, Starting positions – muscle work, effect and uses and derived positions

**OKanya Mahavidyalaya, Kharkhoda (Sonepat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. suman</b>
<b>Class and Section:</b>
<b>Subject:hospital management</b>
<b>Paper:</b>
<b>Year/Semester: semester 1</b>

**06 Oct. 2020 to 05 Nov. 2020**

Month/Week	Topic
October ( Week-3)	To access the patient and physical examination
October ( Week-4)	BP , Weight
November ( Week-1)	Assess the past and present history.

**06 Nov. 2020 to 05 Dec. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>November ( Week-2)</b>	· Transporting safely patient from Outpatient Department (
<b>November ( Week-3)</b>	Identify various positioning of patients.
<b>November ( Week-4)</b>	Describing bedding standards for patients
<b>December ( Week-1)</b>	Use various equipments and tools supplies the patients units.

**06 Dec. 2020 to 05 Jan. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>December ( Week-2)</b>	Wheel chair
<b>December ( Week-3)</b>	Stretchers
<b>December ( Week-4)</b>	Mobility Aids
<b>January (Week-1)</b>	Knowledge of standard size of beds and mattresses

**05 Jan. 2021 to 06 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>January (Week-2)</b>	Understand the meaning of First Aid and Role of first Aider.
<b>January (Week-3)</b>	Importance of preventing cross infection
<b>January (Week-4)</b>	Need of recording incidents and actions
<b>February (Week-1)</b>	Knowledge of using equipments

**06 Feb. 2021 to 25 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>February (Week-2)</b>	Administer the technique Cardio Pulmonary Resuscitation (CPR)
<b>February (Week-3)</b>	Managing Trauma
<b>February (Week-4)</b>	Prevention of injury, wound management

**OKanya Mahavidyalaya, Kharkhoda (Sonepat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. suman</b>
<b>Class and Section:</b>
<b>Subject: physiology 1</b>
<b>Paper:</b>
<b>Year/Semester: semester 1</b>

**06 Oct. 2020 to 05 Nov. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>October ( Week-3)</b>	Cell: morphology, Structure and function of cell organelles Structure of cell membrane
<b>October ( Week-4)</b>	Transport across cell membrane Intercellular communication Homeostasis
<b>November ( Week-1)</b>	Blood: Introduction- composition & function of blood White Blood Cell (W.B.C), Red Blood Cell(R.B.C.), Platelets formation & functions, Immunity Plasma: composition,



	formation & functions,
--	------------------------

**06 Nov. 2020 to 05 Dec. 2020**

Month/Week	Topic
November ( Week-2)	Plasma Proteins: types & functions Blood Groups- types, significance, determination Hemoglobin Haemostasis Lymph-composition, formation, circulation &functions
November ( Week-3)	<b>Cardiovascular system</b>
November ( Week-4)	Conducting system-components, impulse conduction Heart valves Cardiac cycle- definition, phases of cardiac cycle
December ( Week-1)	Cardiac output - definition, normal value, determinants. Stroke volume and its regulation; Heart rate and its regulation

**06 Dec. 2020 to 05 Jan. 2021**

Month/Week	Topic
December ( Week-2)	Arterial pulse, Blood pressure-definition, normal values, factors affecting blood pressure Shock-definition, classification, causes and features Basic idea of Electro Cardio Graph (E.C.G) Cardiovascular changes during exercise
December ( Week-3)	<b>Respiratory System</b> Mechanics of respiration, Lung volumes and capacities,
December ( Week-4)	Pulmonary circulation, transport of respiratory gases. Factors affecting respiration, Regulation of respiration-neural regulation, voluntary control and chemical regulation,
January (Week-1)	Hypoxia, Hypercapnoea, Hypocapnoea Artificial respiration. Disorders of respiration- dyspnoea, orthopnoea, hyperpnoea, hyperventilation, apnoea, tachypnoea

**05 Jan. 2021 to 06 Feb. 2021**

Month/Week	Topic
January (Week-2)	Respiratory changes during exercise
January (Week-3)	<b>Nerve Muscle Physiology</b> Muscles- classification, structure
January (Week-4)	properties, Excitation contraction coupling Motor unit,
February (Week-1)	Electro Myo gram (EMG), factors affecting muscle tension, Muscle tone, fatigue, exercise. Nerve –structure and function of neurons, classification,

**06 Feb. 2021 to 25 Feb. 2021**

Month/Week	Topic
February (Week-2)	properties Resting membrane potential & Action potential their ionic basis. All or None phenomenon, neuromuscular transmission,
February (Week-3)	Resting membrane potential & Action potential their ionic basis. All or None phenomenon, neuromuscular transmission, Ionic basis of nerve conduction.
February (Week-4)	Concept of nerve injury & Wallerian degeneration Synapses, Electrical events in postsynaptic neurons Inhibition & facilitation at synapses. Chemical transmission of synaptic activity, Principal neurotransmitters

**OKanya Mahavidyalaya, Kharkhoda (Sonepat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. Suman</b>
<b>Class and Section:</b>
<b>Subject: Physiotherapy in sports</b>

<b>Paper:</b>
<b>Year/Semester: semester 1</b>

**06 Oct. 2020 to 05 Nov. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>October ( Week-3)</b>	Pre-exercise evaluation Diet and nutrition
<b>October ( Week-4)</b>	Measurement of fitness components and sports skills - Measurement of muscular strength, Measurement of muscular endurance, Measurement of flexibility,
<b>November ( Week-1)</b>	Determination exercise endurance, Physiological effects of exercise on body systems - Muscular system, Endocrine system, Cardio-respiratory system, Nervous system

**06 Nov. 2020 to 05 Dec. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>November ( Week-2)</b>	Sports injuries - Spine –Prolapse Interverteberal Disc ( PIVD), Kissing spine, cervical whiplash injuries, facet joint syndrome,
<b>November ( Week-3)</b>	Sacroilliac Joint( SI) joint dysfunction, Hip – muscle strain, piriformis syndrome, Illiotibial Band Syndrom (ITB) syndrome, osteitis pubis
<b>November ( Week-4)</b>	Knee – menisci, cruciate, collateral
<b>December ( Week-1)</b>	osteocondritis, chondromalacia patellae, biceps femoris tendonitis, swimmers knee, patello-femoral pain syndrome,

**06 Dec. 2020 to 05 Jan. 2021**

Month/Week	Topic
December ( Week-2)	Leg & ankle – shin splint, achillis tendonitis & rupture, TA bursitis, ankle sprain, plantar fasciitis, turf toe syndrome
December ( Week-3)	Head & face – maxillo-facial injuries, helmet compression syndrome.
December ( Week-4)	<b>Sports injuries</b> Shoulder – instability, rotator cuff injury, biceps tendonitis and rupture,
January (Week-1)	pectoralis major rupture, scapular dyskinesis and acromioclavicular joint injuries

**05 Jan. 2021 to 06 Feb. 2021**

Month/Week	Topic
January (Week-2)	Elbow – tennis elbow, golfer's elbow,
January (Week-3)	Wrist and hand – carpal tunnel syndrome, gamekeeper's thumb.
January (Week-4)	<b>B)Principles of injury prevention.</b>
February (Week-1)	<b>(A)Principles of training</b>

**06 Feb. 2021 to 25 Feb. 2021**

Month/Week	Topic
February (Week-2)	<b>Rehabilitation in sports injuries</b>
February (Week-3)	<b>(B)Sports in Special age groups:</b> Female athletic triad, Younger athlete- Musculo-skeletal problems, management
February (Week-4)	children with chronic illness and nutrition. Older athlete- Physiological changes with aging, benefits, risks of exercise in elderly, exercise prescription guidelines for elderly.

**OKanya Mahavidyalaya, Kharkhoda (Sonepat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. suman</b>
<b>Class and Section:</b>
<b>Subject: basic nursing and first aid</b>
<b>Paper:</b>
<b>Year/Semester: semester 2</b>

**06 Oct. 2020 to 05 Nov. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>October ( Week-3)</b>	What is Nursing ?
<b>October ( Week-4)</b>	Nursing principles. Inter-Personnel relationships,
<b>November ( Week-1)</b>	Bandaging Basic turns, Bandaging extremities, Triangular Bandages and their application

**06 Nov. 2020 to 05 Dec. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>November ( Week-2)</b>	Nursing Position: Environment safety, Bed making, prone, lateral, dorsal, dorsal recumbent, Flower's positions,

<b>November ( Week-3)</b>	comfort measures, Aids & rest and sleep.
<b>November ( Week-4)</b>	Methods of Giving Nourishment:
<b>December ( Week-1)</b>	Feeding, Tube feeding, drips, transfusion

**06 Dec. 2020 to 05 Jan. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>December ( Week-2)</b>	Surgical Dressing: Observation of dressing procedures. Lifting and transporting patients
<b>December ( Week-3)</b>	Lifting patient up in the bed, transferring from bed to wheel chair, transferring from bed to stretcher.
<b>December ( Week-4)</b>	<b>First Aid:</b> Meaning
<b>January (Week-1)</b>	use of Low voltage Rescue and CPR

**05 Jan. 2021 to 06 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>January (Week-2)</b>	Initial assessment vs. Secondary Assessment,
<b>January (Week-3)</b>	Emergency moves: clothes drag
<b>January (Week-4)</b>	seat carry, Physical exam and SAMPLE history
<b>February (Week-1)</b>	documentation and legal considerations

**06 Feb. 2021 to 25 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
-------------------	--------------

<b>February (Week-2)</b>	sudden illness, wounds, water sterilization steps.
<b>February (Week-3)</b>	<b>Unit-4</b> <b>First Aid-</b> Bleeding, caring for shock, Burns, injuries to muscles, bones and joints, splints, Bites and stings,
<b>February (Week-4)</b>	Assisting with bronchodilators (inhalers), Heat related emergences, cold emergences, in-line stabilization for head, neck and back injuries. First aid

## **OKanya Mahavidyalaya, Kharkhoda (Sonepat)**

### **Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mrs. suman</b>
<b>Class and Section:</b>
<b>Subject: ethics in physiotherapy</b>
<b>Paper:</b>
<b>Year/Semester: semester 2</b>

### **06 Oct. 2020 to 05 Nov. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>October ( Week-3)</b>	History of physiotherapy, Ethical principles in health care
<b>October ( Week-4)</b>	Ethical principles related to physiotherapy
<b>November ( Week-1)</b>	Scope of practice, enforcing standards in health profession-promoting quality care,

**06 Nov. 2020 to 05 Dec. 2020**

<b>Month/Week</b>	<b>Topic</b>
<b>November ( Week-2)</b>	Professional ethics in research, education and patient care delivery,
<b>November ( Week-3)</b>	Informed consent issues, Medical ethics
<b>November ( Week-4)</b>	Economics in clinical decision-making
<b>December ( Week-1)</b>	Rules of professional conduct

**06 Dec. 2020 to 05 Jan. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>December ( Week-2)</b>	Physiotherapy as a profession Relationship with patients
<b>December ( Week-3)</b>	Relationship with health care institutions. Relationship with colleagues and peers
<b>December ( Week-4)</b>	Relationship with medical and other professional
<b>January (Week-1)</b>	Confidentiality and Responsibility,

**05 Jan. 2021 to 06 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>January (Week-2)</b>	Malpractice and negligence,
<b>January (Week-3)</b>	Provision of services and, advertising
<b>January (Week-4)</b>	Legal aspects
<b>February (Week-1)</b>	Consumer protection act



**06 Feb. 2021 to 25 Feb. 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>February (Week-2)</b>	Legal responsibility of physiotherapist for their action in professional context
<b>February (Week-3)</b>	understanding liability
<b>February (Week-4)</b>	obligations in case of medico-legal action

**Kanya Mahavidyalaya, Kharkhoda (Sonapat)**

**Lesson Plan Session 2020-21**

<b>Name of the Assistant/Associate Professor: Mr. Sumit Kumar</b>
<b>Class and Section: SNPT 2<sup>nd</sup></b>
<b>Subject: English-II</b>
<b>Paper: BVCTHM202</b>
<b>Year/Semester:2020-2021</b>

**16 March 2021 to 15 April 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>March( Week-3)</b>	Written communication Skills: Advantages and disadvantages, suitability(when and where to use)
<b>March( Week-4 )</b>	Letter writing- component, layout and process
<b>April ( Week-1)</b>	formal letter, drafting effective letter formats

<b>April ( Week-2)</b>	Style of writing, Use of jargons.
------------------------	-----------------------------------

**16 April 2021 to 15 May 2021**

<b>Month/Week</b>	<b>Topic</b>
<b>April ( Week-3)</b>	Written communication Skills:
<b>April ( Week-4)</b>	Writing a log book, Note making,
<b>May( Week-1)</b>	comprehension and Précis writing
<b>May ( Week-2)</b>	Memos, notice, agenda and minutes of meeting.