

Lesson Plan for the Month August 2022 to December 2022		Subject: Yoga, Health & Nutrition
Name of the Teacher	SUMAN RANI	Class B.Com III
23-08-2022 To 27-08-2022	Meaning definition dimension and determinants of Health.	
29-08-2022 To 3-09-2022	Role of Physical activities in maintaining health.	
05-09-2022 To 10-09-2022	Health Problem in India, effect of alcohol, tobacco on health	
12-09-2022 To 17-09-2022	Preventive strategies for obesity coronary heart disease	
19-09-2022 To 24-09-2022	Meaning & definition of food & nutrition.	
26-09-2022 To 01-10-2022	Basic nutrition guideline and role of nutrition in daily life.	
3-10-2022 To 8-10-2022	Concept of balanced diet Caloric values of food.	
10-10-2022 To 15-10-2022	Role of diet in weight management	
17-10-2022 To 21-10-2022	Introduction of Yoga: Meaning & definition	

17-10-2022 To 21-10-2022	
22-10-2022 To 30-10-2022	Break
31-10-2022 To 05-11-2022	Ashtanga Yoga, Niyama, Asana, Pranayama, Dharama
07-11-2022 To 12-11-2022	Yogic Practice: Place, Time, clothes, Bathing
14-11-2022 To 19-11-2022	Surya Namaskar: method and Benefits
21-11-2022 To 26-11-2022	Meaning of Asana, its types and Principles
28-11-2022 To 03-12-2022	Meaning of Pranayama, its type and Principles, Meaning of Bandhas.
05-12-2022 To 10-12-2022	Revision
12-12-2022 To 17-12-2022	Revision

Lesson Plan for the Month August 2022 to December 2022		Subject: Maths (Numerical Analysis)
Name of the Teacher	SUMAN RANI	Class B.Sc III
23-08-2022 To 27-08-2022	Finite difference operators and their relative interpolation with equal intervals.	
29-08-2022 To 3-09-2022	Interpolation with unequal interval Newton's forward & backward formulae.	
05-09-2022 To 010-09-2022	Newton's divided diff. Lagrange's Interpolation formulae, Hermite formula.	
12-09-2022 To 17-09-2022	Central differences- Gauss forward and Gauss's backward interpolation Sterling, Bessel's formulae.	
19-09-2022 To 24-09-2022	Numerical differentiation: Derivatives of a function	
26-09-2022 To 01-10-2022	Eigenvalue problem & Questions based on it.	
3-10-2022 To 8-10-2022	Power method, Jacobi's method, Givens's method, House-Holder's method.	
10-10-2022 To 15-10-2022	Q-R method, Lanczo's method & ques. based on this methods	
17-10-2022 To 21-10-2022	Problems of Eigen Value problem.	

17-10-2022 To 21-10-2022	
22-10-2022 To 30-10-2022	Break
31-10-2022 To 05-11-2022	Numerical Integration. Newton Cotes Quadrature formulae. Trapezoidal Rule, Simpson's one third and Three eighth
07-11-2022 To 12-11-2022	Problems on Numerical Integration. Chebychev formula. Gauss Quadrature.
14-11-2022 To 19-11-2022	Numerical solution of ordinary diff. equations. Single step method. Picard's method
21-11-2022 To 26-11-2022	Probability distribution of random variables. Binomial distribution.
28-11-2022 To 03-12-2022	Revision & Problems
05-12-2022 To 10-12-2022	Revision & Problems
12-12-2022 To 17-12-2022	Revision & Test

Lesson Plan for the Month August 2022 to December 2022		Subject: Maths (Algebra & Calculus)
Name of the Teacher	SUMAN RANI	Class B.Sc I
23-08-2022 To 27-08-2022	Review of matrices, L.D and L.I Successive Diff., Leibnitz thm.	
29-08-2022 To 3-09-2022	Row & Column of matrices, Eigen values, Eigen vectors & Ch. eq. of matrix	
05-09-2022 To 010-09-2022	Maclaurin And Taylor Series Expans Revision	
12-09-2022 To 17-09-2022	Eq. of matrix, Minimal poly. of a matrix, Caylay Hamilton Thm. Curvature	
19-09-2022 To 24-09-2022	Radius of Curvature Tangential polar eq., Circle of Curvature, Chord of curvature	
26-09-2022 To 01-10-2022	Appli. of matrices to a system of linear eq. Thm on Consistency of a system of linear eq.	
3-10-2022 To 8-10-2022	Asymptotes in cartesian and polar coordinates. Test for concavity and convexity.	
10-10-2022 To 15-10-2022	Matrices, Diagonalization of matrices. Bilinear and quadratic forms. Points of inflexion. Multiple points. Cusps.	
17-10-2022 To 21-10-2022	nodes and conjugate points. type of cusps.	

17-10-2022 To 21-10-2022	/ / / /
22-10-2022 To 30-10-2022	Break
31-10-2022 To 05-11-2022	Reduction formulae, Rectification. Intrinsic eq. of curve. Applications of single integrati-
07-11-2022 To 12-11-2022	Relations between the roots and co-eff of general poly. eq. of one variable. Reduction formulae, Rectification
14-11-2022 To 19-11-2022	Intrinsic eq. of Curve. Application of single integration. Quadrature. Area closed by curve, Volume and Surfaces.
21-11-2022 To 26-11-2022	Relation between the roots and co-eff. of general poly. eq. in one variable. Solution of poly. eq. Common and Multiple roots.
28-11-2022 To 03-12-2022	Multiple Integral. Double Integral in Cartesian and polar coordinates. Double Integral, Triple Integral
05-12-2022 To 10-12-2022	Nature of roots. Descartes's rule of sign. Solution of cubic eq.
12-12-2022 To 17-12-2022	Revision