

**TEACHING PLAN****Odd Semester 1: FITNESS AND WELLNESS****GENERIC ELECTIVE****Paper Code: 2554001001****(Session 2023-24)****DEPARTMENT OF PHYSICAL EDUCATION**

<b>NAME OF FACULTY</b>	<b>MONTH</b>	<b>NO. OF CLASS TAKEN</b>	<b>SYLLABUS COVERED</b>	<b>EXECUTION PLAN</b>	<b>EXECUTED AS PER THE PLAN</b>
<b>AMITA HANDA</b>	Aug.	04	Introduction and orientation UNIT 1	31-Aug- 2023	
	Sept.	12	Unit:1 Unit :2	20-sept-2023	
	Oct.	12 (Internal Assessment)	Unit 3	28-Oct-2023	
	Nov.	14	Unit 4 UNIT 5	30- Nov-2023	
	Dec	5	Revision	8-Dec.-2023	

