

Govt. Polytechnic Lahaul & Spiti at Udaipur Camp at Sunder Nagar Distt. Mandi (H.P.) 175018

Lesson Plan : Aug-2024 to Dec-2024

Name of the Teacher :

Suniti Rani

Subject :

Mathematics -I

Branch : Civil Engineering

Semester : First

First

S/N o.	Month	Date	Week	Unit	Name of Chapter	Content to be taught	Remarks
1	AUGUST	12,13,16, 17	1st	Trigonometry	Angles and its Measurement	Measurement of angles in three system & conversions(Ex-1.1)	
		20,22,23, 24	2nd	Do	T-Ratio of Allied Angles	Exercise 1.1 & Exercise 1.2	
3		27,29,30, 31	3rd	Do	Addition and Subtraction Formule	Exercise-3.1	
4	SEPTEMBER	2,3,5,6,7	4th	Do	Transformation of Products into sum or difference and vice versa	Exercise -4.1	
		9,10,12,1 3,	5th	Do	T-Ratio of multiple & Sub-multiple angles, Graphs of Trigonometrical Functions	Exercise-5.1 & Graphs of sinx & cosx (CLASS TEST -1)	
6		16,17,19, 20,21	6th	Differential Calculus	Functions and Limits	Exercise-1.1, Exercise-1.2	
		23,24,26, 27,28	7th	Do	Differentiation	Exercise-1.3 & Diff. of a Function by 1st Principle(sinx & cosx)	
8		30,1,3,4,5	8th	Do	Diff. of sum, product & quotients of functions and Diff. of fun.of fun.	Rules for Differentiation Exercise-2.2	
9		7,8,10,11	9th	Do	Inverse Trig. Function	Exercise 2.3	
10	OCTOBER	14,15,18, 19	10th	Do	Logarithmic Differentiation	Exercise-2.6	
11		21,22,24, 25,26	11th	Algebra	Complex Number	(CLASS TEST -2) , Complex Numbers, Conjugate of Complex No. (Exercise-1.1) , Modulus of Comp. No. & Amplitude of Comp. No., Polar Form, Exercise-1.2	
		1,2	12th	Do	Do	Discussion on Doubts	
13		4,5,7,8	13th	Do	Partial Fractions	Solution of Non-Repeated linear factors, Exercis-2.1, Exercise-2.2 (Discussion on Doubts)	
14		11,12,14, 16	14th	Do		HOUSE TEST	
15	NOVEMBER / DECEMBER	18,19,21, 22,23	15th	Do	Permutations & Combinations, Binomial Theorem	Exercise-3.1, Exercise-3.2, & Exercise-3.3, Expansion of Binomial Theorem, Gen. Term, Middle Term (Exercise-4.1)	
		25,26,28, 29,30,2	16th	Do	Binomial Theorem	Constant Term & find the Coefficients (Exercise-4.2)	

Suniti

Teacher Signature

Suniti Rani (lect. Mathematics)

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HOD

Applied Science & Humanity

GP L&S at Udaipur Camp at Sundernagar Distt. Mandi (H.P)

Planning Of Theory Contents for the Period 12Th August 2024 to 02nd December 2024

Departments: - Applied Sciences and Humanities

Zhrs/week

Course: - Diploma (Civil Engg.)

Subject: - Introduction to Information Technology System (ES-102)

Credit: -02

Date	Content Planned	Week	Remarks
17/08/2024	1.1.Block Diagram of Computer System	1	
22/08/2024	1.2 General Understanding of various Hardware Components	2	
24/08/2024	1.3 CPU, Memory, Keyboard, Mouse, HDD.	2	
29/08/2024	Discussion On Doubts	3	
31/08/2024	2.1 Software and its Type. 2.2 Operating System.	3	
05/09/2024	2.3 Types and Function of Operating System 2.4 Booting the System (Cold and Warm Boot)	4	
07/09/2024	Discussion On Doubts	4	
12/09/2024	Class Test-1. Scheduled as per Academic Calendar.	5	
19/09/2024	3.1 Understanding the terminology of Internet-Web Browser.	6	
21/09/2024	3.2 Search Engine, World Wide Web.	6	
26/09/2024	3.3 Types of Networks	7	
28/09/2024	3.4 Awareness about the government portal (State portal and National portal). Discussion On Doubts	7	
03/10/2024	4.1 File Management (Creating New Document, saving a document, Printing a document). 4.2 Editing a document, Use of Home, Insert, Design, Layout, Ribbons.	8	
05/10/2024	Discussion On Doubts	8	
10/10/2024	5.1 Working with spread sheets,	9	
19/10/2024	Class Test-2 Scheduled as per Academic Calendar.	10	
24/10/2024	5.2 Entering data into the cells, merging cells, formula bar	11	

26/10/2024	5.3 Uses simple function such as SUM, AVERAGE, MIN, MAX.	11	
07/11/2024	5.4 Function Percentage, Round, Floor, Ceiling, Conditional Formatting Cells.	12	
14/11/2024	House Test (Scheduled as per Academic Calendar)	13	
16/11/2024	6.1 Concept of Online Fraud	13	
	6.2 Threats of online Crime		
21/11/2024	6.3 Virus Attacks.	14	
23/11/2024	6.4 Uses of Antivirus	14	
28/11/2024	Revision as Per doubts of Students	15	
30/11/2024	Revision as Per doubts of Students	15	


 Sh. Rajat Sharma
 (Computer Assistant)


 Sh. Raman Jauwal
 (H.O.D AS&H.)

GP L&S at Udaipur Camp at Sundernagar Distt. Mandi (H.P)

Planning Of Practical Contents for the Period 12Th August 2024 to 02nd December 2024

Departments: - Applied Sciences and Humanities

4hrs/week

Course: - Diploma (Civil Engg.)

Subject: Introduction to Information Technology System Lab (ES-108)

Credit: -2

Date	Content Planned	Group	Week	Remarks
12/08/2024	1.To identify various hardware Components on Computer System.	1	1	
14/08/2024	Revision 1st Practical	1	1	
16/08/2024	1.To identify various hardware Components on Computer System.	2	1	
19/08/2024	2. To assemble hardware components of Computer System.	1	2	
21/08/2024	Revision 2nd Practical	1	2	
22/08/2024	Revision 1st Practical	2	2	
23/08/2024	2. To assemble hardware components of Computer System.	2	2	
28/08/2024	3. To install Window OS on Computer System.	1	3	
29/08/2024	Revision 2nd Practical	2	3	
30/08/2024	3. To install Window OS on Computer System.	2	3	
02/09/2024	Revision 3rd Practical	1	4	
04/09/2024	4. To study various features offered on the desktop, creating new folder and new file on the desktop.	1	4	
05/09/2024	Revision 3rd Practical	2	4	
06/09/2024	4. To study various features offered on the desktop, creating new folder and new file on the desktop.	2	4	
09/09/2024	Revision 4th Practical	1	5	
11/09/2024	5.To work on different web browser (Google Chrome, Internet Explorer) setting up default homepage on browser and study various setting available.	1	5	
12/09/2024	Revision 4th Practical	2	5	
13/09/2024	5.To work on different web browser (Google Chrome, Internet Explorer) setting up default homepage on browser and study various setting available.	2	5	
16/09/2024	Revision 5th Practical	1	6	
18/09/2024	6.To open search engine (Google and Yahoo) search different information using the search	1	6	

	engine. Creating an email account.				
19/09/2024	Revision 5th Practical	2	6		
20/09/2024	6. To open search engine (Google and Yahoo) search different information using the search engine. Creating an email account.	2	6		
23/09/2024	Revision 6th Practical	1	7		
25/09/2024	7. Visit Various e-governance/digital India portal and understanding service offered.	1	7		
26/09/2024	Revision 6th Practical	2	7		
27/09/2024	7. Visit Various e-governance/digital India portal and understanding service offered.	2	7		
30/09/2024	Revision 7th Practical	1	8		
03/10/2024	Revision 7th Practical	2	8		
04/10/2024	8. Opening, creating and saving a document, locating files, copying contents in some different file(s), protecting files, giving password protection for a file, setting margins, tab setting, ruler, indenting, entering text, cut, copy, paste using tool- bars.	2	8		
07/10/2024	8. Opening, creating and saving a document, locating files, copying contents in some different file(s), protecting files, giving password protection for a file, setting margins, tab setting, ruler, indenting, entering text, cut, copy, paste using tool- bars.	1	9		
09/10/2024	Revision 8th Practical	1	9		
10/10/2024	Revision 8th Practical	2	9		
11/10/2024	9. Formatting a document, Creating and editing tables, mail-merge	2	9		
14/10/2024	9. Formatting a document, Creating and editing tables, mail-merge	1	10		
16/10/2024	Revision 9th Practical	1	10		
18/10/2024	Revision 9th Practical	2	10		
21/10/2024	10. Working on MS – EXCEL- Creating a worksheet in Excel. Copy, Move andMerge the cells and Use various Formatting features.	1	11		
23/10/2024	Revision 10th Practical	1	11		
24/10/2024	10. Working on MS – EXCEL- Creating a worksheet in Excel. Copy, Move andMerge the cells and Use various Formatting features.	2	11		
25/10/2024	Revision 10th Practical	2	11		
01/11/2024	11. Using formula and functions prepare worksheet for storing subject marks often students and perform the following:	2	12		

	<ul style="list-style-type: none"> ➤ Calculate the student wise total and average. ➤ Calculate the subject wise total and average. ➤ Calculate the overall percentage and also individual percentage of the student. <p>Create a chart for the above.</p>			
04/11/2024	<p>11. Using formula and functions prepare worksheet for storing subject marks often students and perform the following:</p> <ul style="list-style-type: none"> ➤ Calculate the student wise total and average. ➤ Calculate the subject wise total and average. ➤ Calculate the overall percentage and also individual percentage of the student. <p>Create a chart for the above.</p>	1	13	
06/11/2024	Revision 11th Practical	1	13	
07/11/2024	Revision 11th Practical	2	13	
08/11/2024	Revision as Per doubts of Students	2	13	
11/11/2024	Revision as Per doubts of Students	1	14	
13/11/2024	Revision as Per doubts of Students	1	14	
14/11/2024	Revision as Per doubts of Students	2	14	
18/11/2024	Revision as Per doubts of Students	1	15	
20/11/2024	Revision as Per doubts of Students	1	15	
21/11/2024	Revision as Per doubts of Students	2	15	
22/11/2024	Revision as Per doubts of Students	2	15	
25/11/2024	Revision as Per doubts of Students	1	16	
27/11/2024	Revision as Per doubts of Students	1	16	
28/11/2024	Revision as Per doubts of Students	2	16	
29/11/2024	Revision as Per doubts of Students	2	16	


 Sh. Rajat Sharma
 (Computer Assistant)


 Sh. Ramani Jannwal
 (H.O.D AS&H.)

PLANNED SYLLABUS COVERAGE (Theory)


Code No. BS 103

Govt. Polytechnic Lahaul Spiti		Department: Applied Sciences	Subject: Applied Physics-I			
SYLLABUS		Course - Diploma	Duration - 14 weeks			
S.N.	Period Nos	Topic	Details	Instruction references	Additional Study Recommended	Remarks
1	1 to 9 (L-7 DCS-2)	1. Physical world, Units and Measurements	<p>Physical quantities: fundamental and derived, Units and systems of units (FPS, CGS and SI units), Dimensions and dimensional formulae of physical quantities,</p> <p>Principle of homogeneity of dimensions, Dimensional equations and their applications, conversion from one system of units to other,</p> <p>Checking of dimensional equations</p> <p>Derivation of simple equations</p> <p>Limitations of dimensional analysis, Errors in measurements (systematic and random), absolute error, relative error,</p> <p>Error estimation and significant figures</p>	Text Book of Physics for Class XI & XII (Part-I, Part-II) NCERT Delhi, Applied Physics-I by Eagle Prakashan	Engineering Physics by PV Naik, Pearson Education Pvt. Ltd, New Delhi	
2	10 to 19 (L-7 DCS-3)	2. Force and Motion	<p>Scalar and Vector quantities – examples, representation of vector, types of vectors, Addition and Subtraction of Vectors, Triangle and Parallelogram law (Statement only)</p> <p>Scalar and Vector Product, Resolution of a Vector and its application to inclined plane (Rectangular components) and lawn roller.</p> <p>Force, Momentum, Statement and derivation of conservation of linear momentum</p> <p>Applications such as recoil of gun & rockets, Impulse and its applications</p> <p>Circular motion, definition of angular displacement, angular velocity, angular acceleration, frequency, time period, Relation between linear and angular velocity, Relation between linear acceleration and angular acceleration (related numerical), Centripetal and Centrifugal forces with live examples</p> <p>Expression and applications such as banking of roads and bending of cyclist</p>			
3	20 to 28 (L-7 DCS-2)	3. Work, Power and Energy	<p>Concept and units, examples of zero work, positive work and negative work Friction: concept, types</p> <p>Laws of limiting friction, coefficient of friction, methods for reducing friction and its engineering applications</p> <p>Work done in moving an object on horizontal and inclined plane for rough and plane surfaces and related applications.</p> <p>Energy and its units, kinetic energy, gravitational potential energy with examples and derivations,</p> <p>Mechanical energy, conservation of mechanical energy for freely falling bodies</p> <p>Transformation of energy (examples), Power and its units</p> <p>Power and work relationship, calculation of power (numerical problems)</p>			

29 to 37 (L-7 DCS-2)	4. Rotational Motion	<p>Translational and rotational motions with examples. Definition of torque and angular momentum and their examples.</p> <p>Conservation of angular momentum (quantitative) and its applications.</p> <p>Moment of inertia and its physical significance, radius of gyration for rigid body</p> <p>Theorems of parallel and perpendicular axes (statements only).</p> <p>Moment of inertia of rod, disc, ring and sphere (hollow and solid). (Formulae only)</p> <p>Numericals on rotational motion.</p>
38 to 47 (L-7 DCS-3)	5. Properties of Matter	<p>Elasticity: Definition of stress and strain, types</p> <p>Different types of moduli of elasticity.</p> <p>Hooke's law, significance of stress-strain curve</p> <p>Pressure: definition, units, atmospheric pressure, gauge pressure, absolute pressure.</p> <p>Forth's Barometer and its applications.</p> <p>Surface tension: concept, units, cohesive and adhesive forces, angle of contact, Ascend Formula (No derivation)</p> <p>Applications of surface tension, effect of temperature and impurity on surface tension.</p>
48 to 56 (L-7 DCS-2)	6. Heat and Thermometry	<p>Concept of heat and temperature.</p> <p>Modes of heat transfer (conduction, convection and radiation with examples)</p> <p>Scales of temperature and their relationship. Types of Thermometer</p> <p>Mercury thermometer, bimetallic thermometer</p> <p>Platinum resistance thermometer, Pyrometer</p> <p>Expansion of solids, liquids and gases, Co-efficient of thermal conductivity</p> <p>Coefficient of linear, surface and cubical expansions and relation amongst them</p>

Teacher Sig.



APPROVED	SIGN HOD
DATE:- 31/07/2024	

GOVT POLYTECHNIC LAHAUL & SPITI at Udaipur, camp at Sundernagar, Distt. Mandi (HP)

LESSON PLAN (Applied Physics I Practicals)

Name of the Teacher - Manisha Pathania

Branch: Civil Engg. (Aug 2024 - Dec 2024) Sem - Ist

Sr.No.	Description of Practicals	Planned Dates		Remarks
		Group-I	Group-II	
1	To measure length, radius of a given cylinder, test tube and a beaker using a vernier caliper and find volume of each object.	Week - 1 13th Aug	Week - 1 12th Aug	
2	To determine diameter of a wire, a solid ball and thickness of cardboard using a screw gauge.	Week - 2 20th Aug	Week - 2 2nd Sept	
3	Revision & Viva	Week - 3 27th Aug	Week - 3 9th Sept	
4	To determine radius of curvature of a convex and a concave mirror/surface using a spherometer.	Week - 4 16th Sept	Week - 4 16th Sept	
5	To verify triangle and parallelogram law of forces.	Week - 5 3rd Sept	Week - 5 23rd Sept	
6	Revision & Viva	Week - 6 10th Sept	Week - 6 30th Sept	
7	To determine force constant of a spring using Hook's Law.	Week - 7 17th Sept	Week - 7 7th Oct	
8	To verify law of conservation of mechanical energy (PE to KE)	Week - 8 24th Sept	Week - 8 14th Oct	
9	Revision & Viva	Week - 9 1st Oct	Week - 9 21st Oct	
10	To find moment of Inertia of a flywheel.	Week - 10 8th Oct	Week - 10 28th Oct	
11	To measure room temperature and temperature of a hot bath using mercury	Week - 11 22nd Oct	Week - 11 4th Nov	
12	Revision & Viva	Week - 12 5th Nov	Week - 12 18th Nov	
13	Revision & Viva	Week - 13 19th Nov.	Week - 13 25th Nov.	

Teacher : Manisha Pathania

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(AS&H)

GOVT. POLYTECHNIC UDAIPUR CAMP AT SUNDER NAGAR
LESSON PLAN

NAME OF THE TEACHER: PRERNA SHARMA
NAME OF THE SUBJECT: COMMUNICATION SKILLS IN ENGLISH
BRANCH: CIVIL ENGG. SEMESTER-I SESSION: Aug-Dec 2024

Lecture No.	Date	NAME OF THE CHAPTER/ UNIT	CONTENTS TO BE TAUGHT	REMARKS		
1	12-08-2024	1. Communication: Theory and Practice	Basics of Communication: Introduction, meaning, definition and process			
2	13-08-2024		Types of communication			
3	14-08-2024		---Do---			
4	20-08-2024		---Do---			
5	21-08-2024		---Do---	Barriers to effective communication		
6	27-08-2024		---Do---	---Do---		
7	28-08-2024		---Do---	7Cs for effective communication		
8	02-09-2024		---Do---	Art of effective communication		
9	03-09-2024		---Do---	Technical communication		
10	04-09-2024		2. Soft Skills for Professional Excellence	Introduction : Soft skills and hard skills, Importance of soft skills		
11	09-09-2024	---Do---		Life skills		
12	10-09-2024	---Do---		---Do---		
13	11-09-2024	CLASS TEST-I				
14	16-09-2024	---Do---		Applying soft skills across culture		
15	17-09-2024	3. Reading Comprehension		The Gift of the Magi		
16	18-09-2024			---Do---	---Do---	
17	23-09-2024			---Do---	Uncle Podger Hangs a Picture	
18	24-09-2024			---Do---	---Do---	
19	25-09-2024			---Do---	The Night of the Scorpion	
20	30-09-2024		---Do---	Stopping by Woods on a Snowy Evening		
21	01-10-2024		---Do---	Where the Mind is Without Fear		
22	07-10-2024		---Do---	---Do---		
23	08-10-2024		4. Professional Writing	The art of Precis Writing		
24	04-10-2024			---Do---	Letter Writing	
25	09-10-2024	---Do---		---Do---		
26	14-10-2024	CLASS TEST-II				
27	15-10-2024	---Do---		Drafting e-mail, notices		
28	16-10-2024	---Do---		Minutes of a meeting		
29	21-10-2024	5. Vocabulary and Grammar		Glossary of Administrative Terms		
30	22-10-2024			---Do---	One word substitution	
31	23-10-2024			---Do---	Idioms and phrases	
32	04-11-2024			---Do---	---Do---	
33	05-11-2024		---Do---	Parts of speech		
34	06-11-2024		---Do---	---Do---		
35	11-11-2024		HOUSE TEST			
36	12-11-2024		---Do---	Tenses		
37	13-11-2024		---Do---	---Do---		
38	18-11-2024		---Do---	Voice		
39	19-11-2024	---Do---	---Do---			
40	20-11-2024	---Do---	Punctuation			
41	25-11-2024	---Do---	---Do---			
42	26-11-2024	---Do---	---Do---			
43	27-11-2024	---Do---	---Do---			
44	02-12-2024	Revision				


Teacher
(Prerna Sharma)


HOD (AS & H)

LESSON PLAN (LAB)

NAME OF THE TEACHER: PRERNA SHARMA

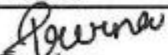
NAME OF THE LAB- LANGUAGE LAB


BRANCH: CIVIL ENGG.

SEMESTER: 1st

SESSION: Aug-Dec 2024

Sr. No.	DESCRIPTION OF PRACTICALS	PROPOSED DATES		Remarks
		GROUP-I	GROUP-II	
1	UNIT-I Listening Skills : Listening Process and Practice	16-08-2024	13-08-2024	
2	UNIT-II Introduction to Phonetics: Sounds (Consonant and vowel sounds)	23-08-2024	20-08-2024	
3	---Do---	30-08-2024	27-08-2024	
4	Syllable Division, Word stress, Intonation	06-09-2024	03-09-2024	
5	Voice Modulation	13-09-2024	10-09-2024	
6	VIVA	20-09-2024	17-09-2024	
7	UNIT-III: Speaking skills : Standard and Formal Speech	27-09-2024	24-09-2024	
8	Group Discussion	04-10-2024	01-10-2024	
9	---Do---	11-10-2024	08-10-2024	
10	Oral Presentations	18-10-2024	15-10-2024	
11	Public Speaking and Business Presentations	25-10-2024	22-10-2024	
12	Conversation Practice	07-11-2024	29-10-2024	
13	Role-Playing	21-11-2024	05-11-2024	
14	Mock interviews	28-11-2024	19-11-2024	
15	VIVA		26-11-2024	


Teacher
Prerna Sharma

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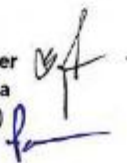
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Lesson Plan for Engineering Graphics (Semester-1st)Session: (Aug-Dec 2024)

S.No.	MONTH	WEEK	DATE	NAME OF CHAPTER	CONTENTS	REMARKS
1	AUG	Week 1	3	Basic elements of Drawing	Drawing Instruments and supporting materials: method to use them with applications. Convention of lines and their applications. Representative Fractions – reduced, enlarged and full size scales; Engineering Scales such as plain and diagonal scale	
		week2	7,9	Basic elements of Drawing	Draw horizontal, Vertical, 30 degrees, 45 degrees, 60 and 75 degrees lines, different types of lines, dimensioning styles using Tee and Set squares/drafter Write alphabets and numerical in 7:4 scale (Vertical only) (do this exercise in sketch book). Dimensioning techniques as per SP-46:2003 – types and applications of chain, parallel and coordinate dimensioning Write alphabets and numerical in 7:4 scale (Vertical only) (do this exercise in sketch book).	
		week 3	14,16	SCALES	Draw some problems on Engineering Plain and diagonal scale (sheet)	
		week 4	21,23	SCALES	Draw some problems on Engineering Plain and diagonal scale (sheet)	
		week 5	28,30	Orthographic projections	Introduction of projections-orthographic, perspective, isometric and oblique: concept and applications. (No question to be asked in examination). Introduction to orthographic projection, First angle and Third angle method, their symbols. Conversion of pictorial view into Orthographic Views – object containing plain surfaces, slanting surfaces, slots, ribs, cylindrical surfaces. (use First Angle Projection method only)	
2	SEP	week1	4,6	Orthographic projections	Draw some problems on orthographic projections using first angle method of projection having plain and slanting surfaces.	
		week2	11	Orthographic projections	Draw some problems on orthographic projections using first angle method of projection cylindrical surfaces, ribs and slots.	CLASS TEST-I (13 sep)
		week3	18,20	Isometric Projections	Introduction to isometric projections. Isometric scale and Natural scale. Isometric view and isometric projection.	
		week 4	25,27	Isometric Projections	Illustrative problems related to objects containing lines, circles and arcs shape only. Conversion of orthographic views into isometric view/projection.	

3	OCT	week 1	4	Isometric Projections	Draw some problems on Isometric view of simple objects having plain and slanting and cylindrical surface (e.g. Cube, Cone and cylinder etc.) by using natural scale	
		week 2	9,11	Free Hand Sketches of engineering elements	Free hand sketches of machine elements: Thread profiles, nuts, bolts, studs, set screws, washer, Locking arrangements. (For branches other than mechanical Engineering, the teacher should select branch specific elements for free hand sketching). Free hand sketches of orthographic view (on squared graph paper) and isometric view (on isometric grid paper).	
		week 3	19	Free Hand Sketches of engineering elements	Draw free hand sketches/ conventional representation of machine elements in sketch book such as thread profiles, nuts, bolts, studs, set screws, washers, Locking arrangements	CLASS TEST-2 18 OCT
		week 4	23,25,30	Free Hand Sketches of engineering elements	Draw free hand sketches/ conventional representation of machine elements in sketch book such as thread profiles, nuts, bolts, studs.	
		week 5	30	Free Hand Sketches of engineering elements	Draw free hand sketches/ conventional representation of machine elements in sketch book such as set screws, washers, Locking arrangements	
4	NOV	week1	1	Computer aided drafting Interface	Computer Aided Drafting: concept. Hardware and various CAD software available. System requirements and Understanding the Interface. Components of AutoCAD software window: Title bar, standard tool bar, menu bar, object properties tool bar, draw tool bar, modify tool bar, cursor cross hair. Command window, status bar, drawing area, UCS icon.	
		week 2	6	Computer aided drafting	File features: New file, Saving the file, opening an existing drawing file, Creating templates, Quit. Setting up new drawing: Units, Limits, Grid, Snap. Undoing and redoing action	HOUSE TEST 8 Nov
		week 3	13	Computer aided drafting	Problem based Learning: Given the orthographic views of at least three objects with few missing lines, the student will try to imagine the corresponding objects, complete the views and draw these views in sketch book.	
		week 4	20,22	Computer aided drafting	Draw basic entities like Line, Circle, Arc, Polygon, Ellipse, Rectangle, Multiline, Polyline. Method of Specifying points: Absolute coordinates, Relative Cartesian and Polar coordinates. Modify and edit commands like trim, extend, delete, copy, offset, array, block, layers.	
		week 5	27,29	Computer aided drafting	Dimensioning: Linear, Horizontal Vertical, Aligned, Rotated, Baseline, Continuous, Diameter, Radius, Angular Dimensions. Dim scale variable. Editing dimensions. Text: Single line Text, Multiline text.	

Signature of Teacher
Ar. Meena Guleria
(Er. PAWAN KUMAR)



Signature of H.O.D

(A/S)

Govt. Polytechnic L&S at Udaipur Camp.at Sundernagar

Lesson Plan : Aug.2024 to Dec.2024

Name of the Teacher : Manisha Pathania

Subject : Yoga & Sports

Branch : Civil Engg.

Semester : 1st Sem.

S.No.	Month	Week	Date	Name of Chaptr	Content to be taught	Remarks
1	August	1st	12,14	Introduction to Physical Education	Meaning & Def. , Aims & Objectives of Physical Education & Changing trends in Phy. Edu.	
2		2nd	21	Olympic Movement	Ancient & Modern Olympics, Awards & Honours in Sports in India	
3		3rd	28	Physical Fitness, Wellness & Lifestyle	Meaning & Imp. Of Physical Fitness & Wellness, Concepts of Positive Lifestyle	
4	September	4th	2,4	Fundamentals of Anatomy, Physiology and Kinesiology, Bio mechanics & Sports	Define Anatomy , Physiology & Its Importance and Meaning & Importance of Kinesiology & Biomechanics in Physical Edu. & Sports	
5		5th	9,11	Postures & Yoga	Meaning , Concept & Advantages of Postures, Meaning & Imp. of Yoga, Introduction - Asanas, Pranayama, Meditation & Yogic Kriyas	
6		6th	16,18	Yoga & Lifestyle	Asanas as preventive measures - For Hypertension,Obesity, Back Pain, Diabetes & Asthema.	
7		7th	23,25,	Training & Planning in Sports	Meaning of Training ,Meaning and Objectives of Planning . Warming up & limbering down. Skill , Techniques & Style	
8		8th	30			
9	October	9th	7,9	Psychology & Sports	Def. & Imp. of Psychology . Define Growth & Development, Adolescent Problems & Their Management, Psychological benefits of exercise.	
10		10th	14,16	Psychology & Sports	Emotions: Concept, Type & Controlling of Emotions. Anxiety & Fear and its effects on Sports Performance. Understanding Stress & Coping Strategies.	

Manisha

11		11th	21,23	Sports Medicine	First Aid, Sports Injuries & Management of Injuries.	
12	November & Dec.	12th	4,6	Doping	Meaning & Concept of Doping. Prohibited Substances & Methods. Side Effects of Prohibited Substances.	
13		13th	18,20	Sports / Games	History of the Game / Sport. Latest General Rules of the Game / Sport.	
14		14th	25,27 & 2nd			

Manisha Pathania

Teacher's Signature
Manisha Pathania
Lecturer in Physics

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**GOVT POLYTECHNIC LAHAUL & PPTI AT UDAIPUR CAMP AT SUNDER NAGER, MANDI H. P.
SCA LESSON PLAN 1ST SEMESTER CIVIL ENGG**

S. No.	Date	Week	Activity	Name of Teacher	Remarks
August					
1	5,6	1	100m & 200m race		
2	12,13	2	400 m & 800m race		
3	19,17	3	High jump		
4	27	4	do		
September					
1	2,3	1	Long jump		
2	9,10	2	do		
3	16,17	3	Shot put		
4	23,24	4	Shot put		
5	30,	5	Declamation		
October					
1	1	1	Discuss through		
2	7,8	2	do		
3	14,15	3	Game compition		
4	21,22	4	do		
5	28,29	5	Quiz competition		
November					
1	4,5	1	Basket Ball		
2	11,12	2	do		
3	18,19	3	Writing competition		
4	25,26	4	Cultural Activity		
December					
1	2,3	1	Cultural Activity		
2	9,10	2	do		
3	16,17	3	Guest lecturer		
4	23,24	4	Cleanness of camps		
5	30,31	5	do		

Signature of Teacher

Signature of H. O D