



MGM's INSTITUTE OF PHYSIOTHERAPY
AURANGABAD

Monthly lesson plan

Doc No.	DC/MGMIOP/ML P/IQAC/005
Issue No.	1
Rev. No.	
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Subject: Fundamentals of KS & KT, Year: 1st BPT

For the Month of: March 2021

Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	16-03-2021	Tuesday	Mechanics and Application to Human Body	Dr Preeti	10-11am	1
2.	17-03-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
3.	17-03-2021	Wednesday	Assessment of vital parameters	Dr Abhishek	12-01 pm	1
4.	18-03-2021	Thursday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
5.	19-03-2021	Friday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
6.	20-03-2021	Saturday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
7.	22-03-2021	Monday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
8.	23-03-2021	Tuesday	Assessment of vital parameters	Dr Abhishek	10-11am	1
9.	24-03-2021	Wednesday	Assessment of vital parameters	Dr Abhishek	10-11 am	1
10.	24-03-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	12-01 pm	1
11.	25-03-2021	Thursday	Assessment of vital parameters	Dr Abhishek	9-10 am	1
12.	26-03-2021	Friday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
13.	27-03-2021	Saturday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
14.	30-03-2021	Tuesday	Assessment of vital parameters	Dr Abhishek	10-11am	1
15.	31-03-2021	Wednesday	Assessment of vital parameters	Dr Abhishek	10-11 am	1
16.	31-03-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	12-01 pm	1
Alloted Lectures						
	Dr. Preeti	10	Theory: 10	Practical: 0		
	Dr. Abhishek	6	Theory: 3	Practical: 3		

Subject Incharge

10/3/21

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For the Month of: April 2021

Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	01-04-2021	Thursday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
2.	02-04-2021	Friday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
3.	03-04-2021	Saturday	Assessment of vital parameters (Practical)	Dr Abhishek	9-10 am	1
4.	05-04-2021	Monday	Mechanics and Application to Human Body	Dr Preeti	9-10 am	1
5.	06-04-2021	Tuesday	Assessment of vital parameters (Practical)	Dr Abhishek	10-11am	1
6.	07-04-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
7.	07-04-2021	Wednesday	Assessment of vital parameters (Practical)	Dr Abhishek	12-01 pm	1
8.	08-04-2021	Thursday	Assessment of vital parameters (Practical)	Dr Abhishek	9-10 am	1
9.	09-04-2021	Friday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
10.	10-04-2021	Saturday	Muscle Mechanics	Dr Sanket	9-10 am	1
11.	12-04-2021	Monday	Muscle Mechanics	Dr Sanket	9-10 am	1
12.	13-04-2021	Tuesday	Classification of Movements	Dr Preeti	10-11am	1
13.	15-04-2021	Thursday	Muscle Mechanics	Dr Sanket	09-10 am	1
14.	16-04-2021	Friday	Muscle Mechanics	Dr Sanket	10-11 am	1
15.	17-04-2021	Saturday	Muscle Mechanics	Dr Sanket	9-10 am	1
16.	19-04-2021	Monday	Classification of Movements	Dr Preeti	9-10 am	1
17.	20-04-2021	Tuesday	Relaxation	Dr Sheetal	10-11am	1
18.	21-04-2021	Wednesday	Classification of Movements	Dr Preeti	10-11 am	1
19.	21-04-2021	Wednesday	Relaxation	Dr Sheetal	12-01 pm	1
20.	22-04-2021	Thursday	Relaxation	Dr Sheetal	9-10 am	1
21.	23-04-2021	Friday	Classification of Movements	Dr Preeti	10-11 am	1
22.	24-04-2021	Saturday	Relaxation (Practical)	Dr Sheetal	9-10 am	1
23.	26-04-2021	Monday	Classification of Movements	Dr Preeti	9-10 am	1
24.	27-04-2021	Tuesday	Relaxation (Practical)	Dr Sheetal	10-11am	1
25.	28-04-2021	Wednesday	Classification of Movements (Practical)	Dr Preeti	10-11 am	1
26.	28-04-2021	Wednesday	Relaxation (Practical)	Dr Sheetal	12-01 pm	1
27.	29-04-2021	Thursday	Relaxation (Practical)	Dr Sheetal	9-10 am	1
28.	30-04-2021	Friday	Classification of Movements (Practical)	Dr Preeti	10-11 am	1
Allotted Lectures						
Dr Sanket	05	Theory :05	Practical: 0			
Dr Sheetal	07	Theory: 03	Practical: 4			
Dr. Preeti	12	Theory: 10	Practical: 2			
Dr. Abhishek	04	Theory: 0	Practical: 4			

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Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	03-05-2021	Monday	Classification of Movements	Dr Preeti	3-4 pm	1
2.	05-05-2021	Wednesday	Relaxation (Practical)	Dr Sheetal	12-1 pm	1
3.	08-05-2021	Saturday	Muscle Mechanics	Dr Sanket	8-9 am	1
4.	10-05-2021	Monday	Classification of Movements	Dr Preeti	3-4 pm	1
5.	12-05-2021	Wednesday	Relaxation (Practical)	Dr Sheetal	12-1 pm	1
6.	17-05-2021	Monday	Classification of Movements	Dr Preeti	3-4 pm	1
7.	19-05-2021	Wednesday	Aerobic Conditioning and Basic Principles of General Fitness	Dr Manish	12-1 pm	1
8.	22-05-2021	Saturday	Classification of Movements	Dr Preeti	8-9 am	1
9.	24/05/2021	Monday	Classification of Movements	Dr Preeti	3-4 pm	1
10.	26/05/2021	Wednesday	Aerobic Conditioning and Basic Principles of General Fitness	Dr Manish	12-1 pm	1
11.	29/05/2021	Saturday	Classification of Movements	Dr Preeti	1-2 pm	1
Allotted Lectures						
	Dr Sanket	01	Theory :01	Practical: 0		
	Dr Sheetal	02	Theory: 0	Practical: 2		
	Dr. Preeti	06	Theory: 00	Practical: 6		
	Dr Manish	02	Theory: 2	Practical: 0		

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**Subject: Fundamentals of KS & KT,
For the Month of: June 2021**

Year: 1st BPT

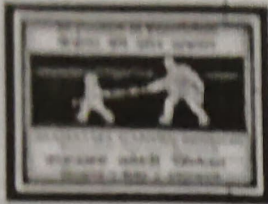
Sr. no	Date	Time	Topics	Staff Name	Hrs
1	15-06-2021	9am to 11am	Assessment of Vitals (P)	Dr Abhishek	2
2	16-06-2021	9am to 11am	Classification of Movements (Practical)	Dr Preeti	2
3	16-06-2021	12 pm to 1 pm	Assessment of Vitals(P)	Dr Abhishek	1
4	17-06-2021	9am to 11am	Classification of Movements (Practical)	Dr Preeti	2
5	18-06-2021	9am to 11am	Classification of Movements (Practical)	Dr Preeti	2
6	19-06-2021	9am to 11am	Assessment of Vitals (P)	Dr Abhishek	2
7	21-06-2021	9am to 11am	Goniometry	Dr Doss	2
8	22-06-2021	9am to 11am	Classification of Movements (Practical)	Dr Preeti	2
9	23-06-2021	9am to 11am	Goniometry (P)	Dr Doss	2
10	23-06-2021	12 pm to 1 pm	Classification of Movements (Practical)	Dr Preeti	1
11	24-06-2021	9am to 11am	Relaxation (P)	Dr. Sheetal	2
12	25-06-2021	9am to 11am	Goniometry (P)	Dr Doss	2
13	26-06-2021	9am to 11am	Goniometry (P)	Dr Doss	2
14	28-06-2021	9am to 11am	Relaxation (P)	Dr. Sheetal	2
15	29-06-2021	9am to 11am	Goniometry (P)	Dr Doss	2
16	30-06-2021	9am to 11am	Goniometry (P)	Dr Doss	2
17	30-06-2021	12 pm to 1 pm	Relaxation (P)	Dr. Sheetal	1

Dr Preeti	9
Dr. Abhishek	5
Dr. Doss	12
Dr Sheetal	5

Time	Batch
9am to 10am	Batch B
10am to 11am	Batch A

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For the Month of: **July 2021**

Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	01-07-21	Thursday	Goniometry (Practical U/L)	Dr Doss	2-3 pm	1
2.	02-07-21	Friday	Relaxation Practical	Dr Sheetal	2-3 pm	1
3.	03-07-21	Saturday	Goniometry (Practical U/L)	Dr Doss	2-3 pm	1
4.	05-07-21	Monday	Relaxation Practical	Dr Sheetal	2-3 pm	1
5.	06-07-21	Tuesday	Relaxation Practical	Dr Sheetal	2-3 pm	1
6.	07-07-21	Wednesday	Aerobic Conditioning and Basic Principles of General Fitness	Dr Manish	2-3 pm	1
7.	08-07-21	Thursday	Relaxation Practical	Dr Sheetal	2-3 pm	1
8.	09-07-21	Friday	Aerobic Conditioning and Basic Principles of General Fitness	Dr Manish	2-3 pm	1
9.	10-07-21	Saturday	Relaxation Practical	Dr Sheetal	2-3 pm	1
Alloted Lectures						
	Dr Manish	02				
	Dr Doss	02				
	Dr. Sheetal	05				

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Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	02-08-2021	Monday	Yoga	Dr Goutami	9-10 am	1
2.	03-08-2021	Tuesday	Yoga	Dr Goutami	10-11am	1
3.	04/08/2021	Wednesday	Yoga	Dr Goutami	10-11 am	1
4.	04/08/2021	Wednesday	Yoga	Dr Goutami	12-01 pm	1
5.	05-08-2021	Thursday	Yoga	Dr Goutami	09-10 am	1
6.	06-08-2021	Friday	Yoga	Dr Goutami	10-11 am	1
7.	07-08-2021	Saturday	Yoga	Dr Goutami	9-10 am	1
8.	09-08-2021	Monday	Yoga	Dr Goutami	9-10 am	1
9.	10-08-2021	Tuesday	Yoga	Dr Goutami	10-11am	1
10.	11-08-2021	Wednesday	Yoga	Dr Goutami	10-11 am	1
11.	11-08-2021	Wednesday	Yoga	Dr Goutami	12-01 pm	1
12.	12-08-2021	Thursday	Yoga	Dr Goutami	9-10 am	1
13.	13-08-2021	Friday	Yoga	Dr Goutami	10-11 am	1
14.	14-08-2021	Saturday	Yoga	Dr Goutami	9-10 am	1
15.	16-08-2021	Monday	Assessment of sensations and reflex testing	Dr Shradha	9-10 am	1
16.	17-08-2021	Tuesday	Assessment of sensations and reflex testing	Dr Shradha	10-11am	1
17.	18-08-2021	Wednesday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
18.	18-08-2021	Wednesday	Goniometry Lower Limb	Dr Doss	12-01 pm	1
19.	19-08-2021	Thursday	Assessment of sensations and reflex testing	Dr Shradha	9-10 am	1
20.	20-08-2021	Friday	Goniometry Lower Limb	Dr Doss	10-11 am	1
21.	21/08/2021	Saturday	Assessment of sensations and reflex testing	Dr Shradha	9-10 am	1
22.	23/08/2021	Monday	Goniometry Lower Limb	Dr Doss	9-10 am	1
23.	24/08/2021	Tuesday	Goniometry Lower Limb	Dr Doss	10-11am	1
24.	25/08/2021	Wednesday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
25.	25/08/2021	Wednesday	Goniometry Lower Limb	Dr Doss	12-01 pm	1
26.	26/08/2021	Thursday	Goniometry Lower Limb	Dr Doss	9-10 am	1
27.	27/08/2021	Friday	Goniometry Lower Limb	Dr Doss	10-11 am	1
28.	28/08/2021	Saturday	Goniometry Lower Limb	Dr Doss	9-10 am	1
29.	30/08/2021	Monday	Goniometry Lower Limb	Dr Doss	9-10 am	1
30.	31/08/2021	Tuesday	Goniometry Lower Limb	Dr Doss	10-11am	1
Alloted Lectures						
Dr Goutami	14	Theory : 05	Practical : 09			
Dr Doss	10	Theory : 00	Practical : 10			
Dr Shradha	06	Theory : 04	Practical: 02			

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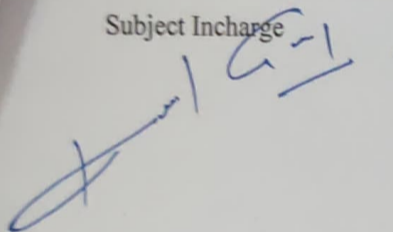
Sr. No	Date	Day	Topic	Staff	Time	Lectures
1.	01/09/2021	Wednesday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
2.	01/09/2021	Wednesday	Massage	Dr Sheetal	12-01 pm	1
3.	02-09-2021	Thursday	Massage	Dr Sheetal	10-11 am	1
4.	03-09-2021	Friday	Massage	Dr Sheetal	10-11 am	1
5.	04-09-2021	Saturday	Massage	Dr Sheetal	10-11 am	1
6.	06-09-2021	Monday	Massage	Dr Sheetal	10-11 am	1
7.	07-0-2021	Tuesday	Massage	Dr Sheetal	10-11 am	1
8.	08-09-2021	Wednesday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
9.	08-09-2021	Wednesday	Massage	Dr Sheetal	12-01 pm	1
10	09-09-2021	Thursday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
11	11-09-2021	Saturday	Massage	Dr Sheetal	10-11 am	1
12	13-09-2021	Monday	Massage	Dr Sheetal	10-11 am	1
13	14-09-2021	Tuesday	Massage	Dr Sheetal	10-11 am	1
14	15-09-2021	Wednesday	Assessment of sensations and reflex testing	Dr Shradha	10-11 am	1
15	15-09-2021	Wednesday	Massage	Dr Sheetal	12-01 pm	1
16	16-09-2021	Thursday	Yoga	Dr Goutami	9-10 am	1
17	17-09-2021	Friday	Yoga	Dr Goutami	10-11 am	1
18	18/09/2021	Saturday	Yoga	Dr Goutami	9-10 am	1
19	20/09/2021	Monday	Massage	Dr Sheetal	9-10 am	1
20	21/09/2021	Tuesday	Starting positions and Derived positions	Dr Preeti	10-11 am	1
21	22/09/2021	Wednesday	Massage	Dr Sheetal	10-11 am	1
22	22/09/2021	Wednesday	Starting positions and Derived positions	Dr Preeti	12-01 pm	1
23	23/09/2021	Thursday	Massage	Dr Sheetal	9-10 am	1
24	24/09/2021	Friday	Massage	Dr Sheetal	10-11 am	1
25	25/09/2021	Saturday	Starting positions and Derived positions	Dr Preeti	9-10 am	1
26	27/09/2021	Monday	Massage	Dr Sheetal	9-10 am	1
27	28/09/2021	Tuesday	Starting positions and Derived positions	Dr Preeti	10-11 am	1
28	29/09/2021	Wednesday	Massage	Dr Sheetal	10-11 am	1
29	29/09/2021	Wednesday	Starting positions and Derived positions	Dr Preeti	12-01 pm	1
30	30/09/2021	Thursday	Massage	Dr Sheetal	10-11 am	1
Alloted Lectures						
Dr Goutami		03	Theory : 00	Practical : 03		

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Dr Sheetal	17	Theory : 04	Practical : 13
Dr Preeti	05	Theory : 04	Practical: 01
Dr Shradha	04	Theory : 00	Practical: 04

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Sr. No	Date	Day	Topic	Staff	Time	Lectures
1	01-10-2021	Friday	Massage	Dr Sheetal	10-11 am	1
2	04-10-2021	Monday	Massage	Dr Sheetal	9-10 m	1
3	05-10-2021	Tuesday	Starting positions and Derived positions	Dr Preeti	10-11am	1
4	06-10-2021	Wednesday	Starting positions and Derived positions	Dr Preeti	10-11 m	1
5	06-10-2021	Wednesday	Massage	Dr Sheetal	12-01 pm	1
6	07-10-2021	Thursday	Starting positions and Derived positions	Dr Preeti	09-10 m	1
7	08-10-2021	Friday	Massage	Dr Sheetal	10-11 m	1
8	09-10-2021	Saturday	Starting positions and Derived positions	Dr Preeti	9-10 m	1
9	11-10-2021	Monday	Starting positions and Derived positions	Dr Preeti	9-10 m	1
10	12-10-2021	Tuesday	Massage	Dr Sheetal	10-11am	1
11	13-10-2021	Wednesday	Suspension	Dr Santosh	10-11 m	1
12	13-10-2021	Wednesday	Massage	Dr Sheetal	12-01 m	1
13	14-10-2021	Thursday	Massage	Dr Sheetal	09-10 m	1
14	16/10/2021	Saturday	Suspension	Dr Santosh	10-11 m	1
15	18/10/2021	Monday	Suspension	Dr Santosh	9-10 m	1
16	19/10/2021	Tuesday	Massage	Dr Sheetal	10-11am	1
17	20-10-2021	Wednesday	Suspension	Dr Santosh	10-12 m	1
18	20-10-2021	Wednesday	Massage	Dr Sheetal	12-02 m	1
19	21/10/2021	Thursday	Suspension	Dr Santosh	09-10 m	1
20	22/10/2021	Friday	Suspension	Dr Santosh	10-11 m	1
21	23/10/2021	Saturday	Suspension	Dr Santosh	9-10 m	1
22	25/10/2021	Monday	Suspension	Dr Santosh	9-10 m	1
23	26/10/2021	Tuesday	Therapeutic Gymnasium	Dr Sheetal	10-11am	1
24	27/10/2021	Wednesday	Suspension	Dr Santosh	10-11 m	1
25	27/10/2021	Wednesday	Therapeutic Gymnasium	Dr Sheetal	12-01 m	1
26	28/10/2021	Thursday	Suspension	Dr Santosh	09-10 m	1
27	29/10/2021	Friday	Suspension	Dr Santosh	10-11 am	1
28	30/10/2021	Saturday	Therapeutic Gymnasium	Dr Sheetal	9-10 am	1

Alloted Lectures			
Dr Santosh	11	Theory : 03	Practical: 08
Dr Sheetal	12	Theory : 03	Practical : 09
Dr Preeti	05	Theory : 00	Practical: 05

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Sr. No	Date	Day	Topic	Staff	Time	Lectures
1	16-11-2021	Tuesday	Therapeutic Gymnasium	Dr Sheetal	10-11am	1
2	17-11-2021	Wednesday	Therapeutic Gymnasium	Dr Sheetal	10-11 am	1
3	17-11-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	12-01 pm	1
4	18-11-2021	Thursday	Therapeutic Gymnasium	Dr Sheetal	9-10 am	1
5	19-11-2021	Friday	Therapeutic Gymnasium	Dr Sheetal	10-11 am	1
6	20-11-2021	Saturday	Therapeutic Gymnasium	Dr Sheetal	9-10 am	1
7	22-11-2021	Monday	Therapeutic Gymnasium	Dr Sheetal	9-10 am	1
8	23-11-2021	Tuesday	Therapeutic Gymnasium	Dr Sheetal	10-11am	1
9	24-11-2021	Wednesday	Mechanics and Application to Human Body	Dr Preeti	10-11 am	1
10	24-11-2021	Wednesday	Therapeutic Gymnasium	Dr Sheetal	12-01 pm	1
11	25-11-2021	Thursday	Therapeutic Gymnasium	Dr Sheetal	9-10 am	1
12	26-11-2021	Friday	Therapeutic Gymnasium	Dr Sheetal	10-11 am	1

Alloted Lectures			
Dr Sheetal	10	Theory : 05	Practical : 05
Dr Preeti	02	Theory : 02	Practical: 00

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