

LESSON PLAN.

Academic Session :- 2021-2022
Subject :-YOGA AND BODY PERFECTION-III THEORY

SEMESTER:-5TH

Total Period :-

Theory :-4p/week

Teacher :- SARITANJALI NAYAK

MONTH	Week	DAYS/DATES	Period	Syllabus to be covered	Syllabus actually covered
SEPT	3RD WEEK OF SEPT22	MONDAY / 19/09/ 22	2	Study about necessity of abhyasa & vairagya	
	3RD WEEK OF SEPT22	FRIDAY / 23/09/22	1	Study about necessity of discipline in yoga	
	3RD WEEK OF SEPT22	SATURDAY / 24/09/22	1	Study about obstacles in the path of yoga	
	4TH WEEK OF SEPT22	MONDAY / 26/09 / 22	2	Study about necessity of master on asana & its result	
	4TH WEEK OF SEPT22	FRIDAY /30/09/22	1	Knowledge about meditation	
OCT	2ND WEEK OF OCT22	MONDAY /10/10/22	2	Intutive perception	
	2ND WEEK OF OCT22	FRIDAY / 14/10/22	1	Psychic power & obstacles	
	2ND WEEK OF OCT22	SATURDAY / 15/10/22	1	Necessity of discipline	
	3RD WEEK OF OCT22	MONDAY / 17/10/22	2	Created mind	
	3RD WEEK OF OCT22	FRIDAY / 21/10/22	1	Perfection of the body	
	3RD WEEK OF OCT22	SATURDAY / 22/10/22	1	Sources of success in yoga	
	4TH WEEK OF OCT22	MONDAY / 24/10/22	2	Knowledge about klesh	
	4TH WEEK OF OCT22	FRIDAY / 28/10/22	1	Fundamental transformation	
NOV	1ST WEEK OF NOV22	MONDAY/ 07/11/22	2	Memory & impressions	
	1ST WEEK OF NOV22	FRIDAY/11/11/22	1	Past & future exist	
	1ST WEEK OF NOV22	SATURDAY/12/11/22	1	Essence of objects	
	2ND WEEK OF NOV22	MONDAY/14/11/22	2	Theory of perception	
	2ND WEEK OF NOV22	FRIDAY/18/11/22	1	Mind & object	
	2ND WEEK OF NOV22	SATURDAY/ 19/11/22	1	Reflection & objects	
	3RD WEEK OF NOV22	MONDAY/ 21/11/22	2	Tightening of sagged abdominal & bust muscles	
	3RD WEEK OF NOV22	FRIDAY/ 25/11/22	1	Types of diets & exercise suggested in relation to age	
	3RD WEEK OF NOV22	SATURDAY/26/11/22	1	Climate condition &body requirement	
	4TH WEEK OF NOV22	MONDAY/ 28/11/22	2	Science of isometric	
DEC	1ST WEEK OF DEC 22	MONDAY/ 05/12/22	2	Tightening of sagged abdominal & bust muscles	
	1ST WEEK OF DEC 22	FRIAY/09/12/22	1	Causes of obesity	
	1ST WEEK OF DEC 22	SATURDAY/10/12/22	1	Remedy by using electric & non electric equipment	
	2ND WEEK OF DEC22	MONDAY/12/12/22	2	Power of steading	
	2ND WEEK OF DEC22	FRIDAY/ 16/12/22	1	Intutive knowledge	
	2ND WEEK OF DEC22	SATURDAY/ 17/12/22	1	Knowledge about meditation	
	3RD WEEK OF DEC22	MONDAY/ 19/12/22	2	Intutive perception	
	3RD WEEK OF DEC22	FRIDAY/ 23/12/22	1	Necessity of discipline	

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