

LESSON PLAN.

Academic Session :- 2021-2022

SEMESTER:-3RD

Subject :-YOGA AND BODY PERFECTION-II PRACTICAL

Total Period :-75

Teacher :- SARITANJALI NAYAK

Theory :- 5p/week

MONTH	Week	DAYS/PERIOD	Period	Syllabus to be covered	Syllabus actually covered
SEPT	2ND WEEK OF SEPT22	FRIDAY/16/09/22	2	INTRODUCTION	
	2ND WEEK OF SEPT22	SATURDAY/17/09/22	2	Learning and Practice of Tratak.	
	3RD WEEK OF SEPT22	TUESDAY/20/09/22	1	Making different charts of concentration practice.	
	3RD WEEK OF SEPT22	FRIDAY/23/09/22	2	Learning and practice of different yogasanas for treatment of different common diseases.	
	3RD WEEK OF SEPT22	SATURDAY/24/09/22	2	REVISION OF Learning and practice of different yogasanas for treatment of different common diseases.	
	4TH WEEK OF SEPT22	TUESDAY/27/09/22	1	Learning and practice of controlling thoughts (antaramouna)	
	4TH WEEK OF SEPT22	FRIDAY/30/09/22	2	revision of Learning and practice of controlling thoughts (antaramouna)	
OCT	2ND WEEK OF OCT22	TUESDAY/11/10/22	1	Learning & practice of various yogasanas to keep the mind free from thoughts and worries.	
	2ND WEEK OF OCT22	FRIDAY/14/10/22	2	revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries.	
	2ND WEEK OF OCT22	SATURDAY/15/10/22	2	revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries.	
	3RD WEEK OF OCT22	TUESDAY/18/10/22	1	revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries.	
	3RD WEEK OF OCT22	FRIDAY/21/10/22	2	revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries.	
	3RD WEEK OF OCT22	SATURDAY/22/10/22	2	Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana)	
	4TH WEEK OF OCT22	TUESDAY/25/10/22	1	revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana)	
	4TH WEEK OF OCT22	FRIDAY/28/10/22	2	revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana)	
	4TH WEEK OF OCT22	SATURDAY/29/10/22	2	Learning and practice of Suryanamaskar and its impact on human body.	
NOV	1ST WEEK OF NOV22	FRIDAY/11/11/22	2	revision of Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai)	
	1ST WEEK OF NOV22	SATURDAY/12/11/22	2	Showing different models and explaining their defects	
	2ND WEEK OF NOV22	TUESDAY/15/11/22	1	revision of Learning and practice of Suryanamaskar and its impact on human body.	
	2ND WEEK OF NOV22	FRIDAY/18/11/22	2	Explaining different age group of models and their treatment.	
	2ND WEEK OF NOV22	SATURDAY/19/11/22	2	Explaining different age group of models and their treatment.	
	3RD WEEK OF NOV22	TUESDAY/22/11/22	1	Study in details the model, physiological and medical history, explain precautions to be taken.	
	3RD WEEK OF NOV22	FRIDAY/25/11/22	2	Study in details the model, physiological and medical history, explain precautions to be taken.	
	3RD WEEK OF NOV22	SATURDAY/26/11/22	2	Study in details the model, physiological and medical history, explain precautions to be taken.	
	4TH WEEK OF NOV22	TUESDAY/29/11/22	1	Framing different diets for different age groups.	
	1ST WEEK OF DEC22	TUESDAY/06/12/22	1	Treatment by using different electrical and other instruments for achieving good physique.	

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1ST WEEK OF DEC22	FRIDAY/09/12/22	2	Framing different diets for different age groups.
1ST WEEK OF DEC22	SATURDAY/10/12/22	2	revision of Learning and practice of Suryanamaskar and its impact on human body.
2ND WEEK OF DEC22	TUESDAY/13/12/22	1	revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana)
2ND WEEK OF DEC22	FRIDAY/16/12/22	2	Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai)
2ND WEEK OF DEC22	SATURDAY/17/12/22	2	Explaining different age group of models and their treatment.
3RD WEEK OF DEC22	TUESDAY/20/12/22	1	Treatment by using different electrical and other instruments for achieving good physique.
3RD WEEK OF DEC22	FRIDAY/23/12/22	2	Learning and performing different exercises for obesity & good physique

26/12/22 (S. Jeyan)

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