

LESSON PLAN.

Academic Session :- 2021-2022

Subject :-YOGA AND BODY PERFECTION-II THEORY

Teacher :- SARITANJALI NAYAK

MONTH	Week	DAYS/PERIOD	Period	Syllabus to be covered
SEPT	2ND WEEK OF SEPT22	FRIDAY/16/09/22	1	Meaning, defination and scope of yoga
	3RD WEEK OF SEPT22	TUESDAY/20/09/22	1	Benefits of yoga for various sector of society./Importance and aim of yoga for overall development of the students
	3RD WEEK OF SEPT22	WEDNESDAY/21/09/22	2	Misconception about yoga and the demerits of doing yoga in a wrong manner.
	3RD WEEK OF SEPT22	FRIDAY/23/09/22	1	branches of yoga
	4TH WEEK OF SEPT22	TUESDAY/27/09/22	1	introduction of astanga yoga. Concept of astanga yoga
	4TH WEEK OF SEPT22	WEDNESDAY/28/09/22	2	classificatin of astanga yoga./Bahiranga yoga yama niyama , asana , pranayama , pratyahara
	4TH WEEK OF SEPT22	FRIDAY/30/09/22	1	five yamas:ahimas, satya, asteya , brahmacharya and aparigraha. Fave niyamas:saucha, santosha, tapasa, swadhyaya, iswara - pranidhana
OCT	2ND WEEK OF OCT22	TUEDAY/11/1022	1	Preliminary Asanas:-Greeva sanchalana, Skandha chakrasa, Utthana Padasans,Supta pawanmuktasana
	2ND WEEK OF OCT22	WEDNESDAY/12/10/22	2	Forward bending asanas:-Saithlyasana, Paschimottasana,Janu sirshasana,Hasta Pada Angustasana.
	2ND WEEK OF OCT22	FRIDAY/14/10/22	1	Backward bending asanas:- Bhujangasana,Poorna Bhungasana,Poorna Dhanurasana,Chakrasana
	3RD WEEK OF OCT22	TUESDAY/18/10/22	1	Bajrasana series asanas:- Bhadrasana, Simhagarjanasan, Ustrasan, Shashankasan
	3RD WEEK OF OCT22	WEDNESDAY/19/10/22	2	Inverted asanas:- Vipareeta karani Asana,Halasana,Druta halasan, Sarvangasana
	3RD WEEK OF OCT22	FRIDAY/21/10/22	1	Balancing asanas:- Ekapada pranamasana, Eka Padasana,Vrikshyasana,Natarajasana.
	4TH WEEK OF OCT22	TUESDAY/25/10/22	1	Time of practice.
	4TH WEEK OF OCT22	WEDNESDAY/26/10/22	2	Preparation and positions of Pranamasan, Hasta Utthanasana, Padahastasana.
	4TH WEEK OF OCT22	FRIDAY /28/10/22	1	Ashwa sanchalana, Parvatasana,Astanga Namaskara,Bhungasana
	1ST WEEK OF NOV22	WEDNESDAY/09/11/22	2	Definition of Pranayama/Aspects of pranayama
	1ST WEEK OF NOV22	FRIDAY /11/11/22	1	Pranic body, Breathing and life style / Key points for the practice of pranayama

NOV	2ND WEEK OF NOV22	TUESDAY/15/11/22	1	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
	2ND WEEK OF NOV22	WEDNESDAY/16/11/22	2	Meditation : Definition , brief description & benefits
	2ND WEEK OF NOV22	FRIDAY/18/11/22	1	Medical history of the client.: B.P, Pulse, Height, Weight, Age , Family & Diseases.
	3RD WEEK OF NOV22	TUESDAY/22/11/22	1	Planning for client treatment of Body perfection
	3RD WEEK OF NOV22	WEDNESDAY/23/11/22	2	disease & disorder, their cure by Yoga
	3RD WEEK OF NOV22	FRIDAY/25/11/22	1	Yogic balance diet :- Tamsik, Rajsik, Satvik
	4TH WEEK OF NOV22	TUESDAY/29/11/22	1	Electrical equipments and gadgets for figure correction / Name of the equipments / Working principles of such equipments/ gadget
	4TH WEEK OF NOV22	WEDNESDAY/30/11/22	2	Benefits of such equipments/ gadgets
DEC	1ST WEEK OF DEC22	WEDNESDAY/07/12/22	2	Idea of different yogic asanas
	1ST WEEK OF DEC22	FRIDAY /09/12/22	1	antaranga yaoga: dharana, dhayana, samadhi
	1ST WEEK OF DEC22	TUESDAY/13/12/22	1	Bija mantra.
	2ND WEEK OF DEC22	WEDNESDAY/14/12/22	2	Contra-indications
	2ND WEEK OF DEC22	FRIDAY /16/12/22	1	General benefits and precautions of Suryanamskara.
	2ND WEEK OF DEC22	TUESDAY/20/12/22	1	Exercise for reduction of bulging belly
	3RD WEEK OF DEC22	WEDNESDAY/21/12/22	2	Exercise for body perfection :-Daily exercise programme

20/12/22 (S. Jeyan)

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