Teacher :- SARITANJALI NAYAK

| MONTH | er :- SARITANJALI NAYAK Week | DAYS/PERIOD | Period | | | |
|-------|---------------------------------|-------------|--------|--|--|--|
| | 2ND WEEK OF OCT21 | | | | | |
| | | | 1 | | | |
| | 2ND WEEK OF OCT21 | WEDNESDAY | 2 | | | |
| | 2TH WEEK OF OCT21 | SATURDAY | 1 | | | |
| | 4TH WEEK OF OCT21 | MONDAY | 1 | | | |
| ОСТ | 4TH WEEK OF OCT21 | WEDNESDAY | 2 | | | |
| | 4TH WEEK OF OCT21 | SATURDAY | 1 | | | |
| | 5TH WEEK OF DEC21 | MONDAY | 1 | | | |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 | | | |
| | 5TH WEEK OF DEC21 | SATURDAY | 1 | | | |
| | 1st WEEK OF NOV21 | MONDAY | 1 | | | |
| | 1st WEEK OF NOV21 | WEDNESDAY | 2 | | | |
| | 1ST WEEK OF NOV21 | SATURDAY | 1 | | | |
| | 2ND WEEK OF NOV21 | MONDAY | 1 | | | |
| NOV | 2ND WEEK OF NOV21 | WEDNESDAY | 2 | | | |
| | 2NDWEEK OF NOV 21 | SATURDAY | 1 | | | |
| | 3RD WEEK OF NOV 21 | MONDAY | 1 | | | |
| | 3RD WEEK OF NOV 21 | WEDNESDAY | 2 | | | |
| | 3RD WEEK OF NOV 21 | SATURDAY | 1 | | | |
| | 4TH WEEK OF NOV 21 | MONDAY | 1 | | | |
| | 4TH WEEK OF NOV 21 | WEDNESDAY | 2 | | | |
| | 4TH WEEK OF NOV 21 | SATURDAY | 1 | | | |
| | 1ST WEEK OF DEC21 | MONDAY | 1 | | | |
| | 1ST WEEK OF DEC21 | WEDNESDAY | 2 | | | |
| | 1ST WEEK OF DEC21 | SATURDAY | 1 | | | |
| | 2ND WEEK OF DEC21 | MONDAY | 1 | | | |
| | 2ND WEEK OF DEC21 | WEDNESDAY | 2 | | | |
| | 2ND WEEK OF DEC21 | SATURDAY | 1 | | | |
| | 3RD WEEK OF DEC21 | MONDAY | 1 | | | |
| DEC | 3RD WEEK OF DEC21 | WEDNESDAY | 2 | | | |
| | 3RD WEEK OF DEC21 | SATURDAY | 1 | | | |
| | 4TH WEEK OF DEC21 | MONDAY | 1 | | | |
| | 4TH WEEK OF DEC21 | WEDNESDAY | 2 | | | |

| | 4TH WEEK OF DEC21 | SATURDAY | 1 |
|-----|--------------------|-----------|---|
| | 5TH WEEK OF DEC21 | MONDAY | 1 |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 |
| | 5TH WEEK OF DEC21 | SATURDAY | 1 |
| | 1ST WEEK OF JAN 21 | | |
| | | | |
| | | | |
| | | | |
| JAN | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Academic Session :- 2020-2021

Subject :-YOGA AND BODY PERFECTION-II THEORY

| iyllabus to be covered |
|--|
| Meaning, defination and scope of yoga |
| Benefits of yoga for various sector of society./Importance and aim of yoga for overall |
| development of the students |
| Visconception about yoga and the demerits of doing yoga in a wrong manner. |
| pranches of yoga |
| ntroduction of astanga yoga. Concept of astanga yoga |
| classificatin of astanga yoga./Bahiranga yoga yama niyama , asana , pranayama , |
| pratyahara |
| ive yamas:ahimas, satya, asteya , brahmacharya and aparigraha. Fave niyamas:saucha |
| antosha, tapasa, swadhyaya, iswara - pranidhana |

antaranga yaoga: dharana, dhayana, samadhi

Idea of different yogic asanas

Preliminary Asanas:-Greeva sanchalana, Skandha chakrasa, Utthana Padasans, Supta pawanmuktasana

Forward bending asanas:-Saithlyasana, Paschimottasana,Janu sirshasana,Hasta Pada Angustasana.

Backward bending asanas:- Bhujangasana,Poorna Bhungasana,Poorna Dhanurasana,Chakrasana

Bajrasana series asanas:- Bhadrasana, Simhagarjanasan, Ustrasan, Shashankasan

Inverted asanas:- Vipareeta karani Asana, Halasana, Druta halasan, Sarvangasana

Balancing asanas:- Ekapada pranamasana, Eka Padasana,Vrikshyasana,Natarajasana. Time of practice.

Preparation and positions of Pranamasan, Hasta Utthanasana, Padahastasana.

Ashwa sanchalana, Parvatasana, Astanga Namaskara, Bhungasana

Bija mantra.

Contra-indications

General benefits and precautions of Suryanamskara.

Definition of Pranayama/Aspects of pranayama

Pranic body, Breathing and life style / Key points for the practice of pranayama

Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description

Meditation : Definition , brief description & benefits

Medical history of the client.: B.P, Pulse, Height, Weight, Age , Family & Diseases.

Planning for client treatment of Body perfection

disease & disorder, their cure by Yoga

Yogic balance diet :- Tamsik, Rajsik, Satvik

Electrical equipments and gadgets for figure correction / Name of the equipments /

Working principles of such equipments/ gadget

Benefits of such equipments/ gadgets

Exercise for body perfection :-Daily exercise programme

Bust line building exercise Facial exercise Exercise for reduction of bulging belly Exercise for slim waist line

| CEMECTED. 20D |
|----------------------------------|
| SEMESTER:-3RD Total Period :- |
| Theory :- 5p/week |
| Syllabus actually covered |
| COVERED |
| |
| COVERED |
| COVERED |
| COVERED |
| COVERED |
| |
| COVERED |
| |
| COVERED |
| COVERED |
| COVERED |
| COVERED |
| |
| |
| COVERED |
| |
| COVERED |
| |
| COVERED |
| |
| |
| COVERED |
| |
| COVERED |
| COVERED |
| COVERED |
| COVERED COVERED |
| COVERED |
| COVERED |
| COVERED |
| COVERED |
| |
| COVERED |
| COVERED |
| |
| COVERED |
| COVERED |
| COVERED |
| COVERED |
| |
| COVERED |
| COVERED |
| COVERED |

| COVERED | |
|---------|--|
| COVERED | |
| COVERED | |
| COVERED | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| T | |

Teacher :- SUNIDHI SATRUSALYA

| MONTH | er :- SUNIDHI SATRUSALYA Week | Period | |
|-------|----------------------------------|----------|---|
| | 2ND WEEK OF OCT21 | TUESDAY | 2 |
| | 2ND WEEK OF OCT21 | THURSDAY | 2 |
| 1 | 2ND WEEK OF OCT21 | FRIDAY | 1 |
| | | | |
| | 4TH WEEK OF OCT21 | TUESDAY | 2 |
| OCT | | | |
| | 4TH WEEK OF OCT21 | THURSDAY | 2 |
| | 4TH WEEK OF OCT21 | FRIDAY | 1 |
| | 5TH WEEK OF DEC21 | TUESDAY | 2 |
| | 5TH WEEK OF DEC21 | THURSDAY | 2 |
| | 5TH WEEK OF DEC21 | FRIDAY | 1 |
| | 1st WEEK OF NOV21 | | |
| | | TUESDAY | 2 |
| | 1st WEEK OF NOV21 | | |
| | | THURSDAY | 2 |
| | 1ST WEEK OF NOV21 | | |
| | | FRIDAY | 1 |
| | 2ND WEEK OF NOV21 | | |
| | | TUESDAY | 2 |
| | 2ND WEEK OF NOV21 | | |
| | | THURSDAY | 2 |
| NOV | 2NDWEEK OF NOV 21 | | |
| | | FRIDAY | 1 |
| | | | |
| | 3RD WEEK OF NOV 21 | TUESDAY | 2 |
| | | | |
| | 3RD WEEK OF NOV 21 | THURSDAY | 2 |
| | 3RD WEEK OF NOV 21 | FRIDAY | 1 |
| | | TUESDAY | |
| | 4TH WEEK OF NOV 21 | TUESDAT | 2 |
| | 4TH WEEK OF NOV 21 | THURSDAY | 2 |
| | 4TH WEEK OF NOV 21 | FRIDAY | 1 |
| | | | 1 |
| | 1ST WEEK OF DEC21 | TUESDAY | 2 |
| | 1ST WEEK OF DEC21 | THURSDAY | 2 |
| | 1ST WEEK OF DEC21 | FRIDAY | 1 |
| | 2ND WEEK OF DEC21 | TUESDAY | 2 |
| | 2ND WEEK OF DEC21 | THURSDAY | 2 |
| | | | |
| | 2ND WEEK OF DEC21 | FRIDAY | 1 |
| | | | |
| | 3RD WEEK OF DEC21 | TUESDAY | 2 |
| | 3RD WEEK OF DEC21 | TUESDAY | 2 |

| 1 | r | Т | |
|-----------------------|-------------------|----------|---|
| DEC 3RD WEEK OF DEC21 | | THURSDAY | 2 |
| | | | |
| | 3RD WEEK OF DEC21 | FRIDAY | 1 |
| | 4TH WEEK OF DEC21 | TUESDAY | 2 |
| | 4TH WEEK OF DEC21 | THURSDAY | 2 |
| | 4TH WEEK OF DEC21 | FRIDAY | 1 |
| | 5TH WEEK OF DEC21 | TUESDAY | 2 |
| | | | |
| | 5TH WEEK OF DEC21 | THURSDAY | 2 |
| | 5TH WEEK OF DEC21 | FRIDAY | 1 |
| | 1ST WEEK OF JAN21 | | |
| | | | |
| | | | |
| | | | |
| JAN | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| Academic Session :- 2020-2021 | SEME |
|---|-------------|
| Subject :-YOGA AND BODY PERFECTION-II PRACTICAL | Total I |
| | Theory |
| Syllabus to be covered | Syllabus ac |
| INTRODUCTION | CO |
| Learning and Practice of Tratak. | CO |
| Making different charts of concentration practice. | CO |
| Learning and practice of different yogasanas for treatment of different common | |
| diseases. | CO |
| REVISION OF Learning and practice of different yogasanas for treatment of different | |
| common diseases. | CO |
| Learning and practice of controlling thoughts (antaramouna) | CO |
| revision of Learning and practice of controlling thoughts (antaramouna) | CO |
| revision of Learning and practice of controlling thoughts (antaramouna) | CO |
| revision of Learning and practice of controlling thoughts (antaramouna) | СО |
| Learning & practice of various yogasanas to keep the mind free from thoughts and | <u> </u> |
| worries. | CO |
| revision of Learning & practice of various yogasanas to keep the mind free from | 0 |
| thoughts and worries. | СО |
| revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | со |
| revision of Learning & practice of various yogasanas to keep the mind free from | |
| thoughts and worries. | со |
| revision of Learning & practice of various yogasanas to keep the mind free from | |
| thoughts and worries. | СО |
| Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha | |
| Padmasana) | со |
| revision of Learning and practice of meditation in different asanas (Sukhasana, | |
| Padmasana, Ardha Padmasana) | со |
| revision of Learning and practice of meditation in different asanas (Sukhasana, | |
| Padmasana, Ardha Padmasana) | со |
| Learning and practice of Suryanamaskar and its impact on human body. | CO |
| | |
| revision of Learning and practice of Suryanamaskar and its impact on human body. | со |
| | |
| revision of Learning and practice of Suryanamaskar and its impact on human body. | СО |
| Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | CO |
| | |
| revision of Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | СО |
| Showing different models and explaining their defects | CO |
| Explaining different age group of models and their treatment. | CO |
| Explaining different age group of models and their treatment. | CO |
| Explaining different age group of models and their treatment. | CO |
| Study in details the model, physiological and medical history, explain precautions to be | |
| taken. | СО |
| Study in details the model, physiological and medical history, explain precautions to be | |
| taken. | CO |

| Study in details the model, physiological and medical history, explain precautions to be | |
|--|----|
| taken. | CO |
| Study in details the model, physiological and medical history, explain precautions to be | |
| taken. | CO |
| Framing different diets for different age groups. | CO |
| Framing different diets for different age groups. | CO |
| Framing different diets for different age groups. | CO |
| Learning and performing different exercises for obesity & good physique | CO |
| Treatment by using different electrical and other instruments for achieving good | |
| physique. | CO |
| Treatment by using different electrical and other instruments for achieving good | |
| physique. | CO |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

| STER:-3RD |
|---|
| Period :-75 |
| ' :- 5p/week : <mark>tually covered</mark> |
| VERED |
| VERED |
| VERED |
| |
| VERED |
| |
| VERED |

| VERED |
|-------|
| |
| VERED |
| |
| VERED |
| |
| VERED |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| LESSON PLAN. | | Academic Session :- 2020-2021 | | SEMESTER:-3RD | |
|--------------|-----------------------|-------------------------------|--------|--|---------------------------|
| | | | | Subject :-HAIRDRESSING-II THEORY | Total Period :- |
| Teacher | :- SUNIDHI SATRUSALYA | | | | Theory :- 5p/week |
| MONTH | Week | DAYS/PERIOD | Period | Syllabus to be covered | Syllabus actually covered |
| | 2ND WEEK OF OCT21 | TUESDAY | 1 | INTRODUCTION of hair color | COVERED |
| | 2ND WEEK OF OCT21 | WEDNESDAY | 2 | Classification / Analysis of hair/ Basic law of colour | COVERED |
| | 2TH WEEK OF OCT21 | THURSDAY | 1 | Types of colour: Primary & Secondary colour | COVERED |
| | | | | Classification of hair colour: -Temporary, Semi | |
| | 4TH WEEK OF OCT21 | TUESDAY | 1 | permanent | COVERED |
| | | | | Colour application - global colour on virgin hair, on | |
| ост | 4TH WEEK OF OCT21 | WEDNESDAY | 2 | coloured hair. | COVERED |
| | | | | Types of hair colouring- Highlights technique, Bronde | |
| | 4TH WEEK OF OCT21 | THURSDAY | 1 | technique | COVERED |
| | | | | Ombre technique/Sombre technique/Balayege | |
| | 5TH WEEK OF DEC21 | TUESDAY | 1 | technique | COVERED |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 | Advantages and disadvantages of hair colour | COVERED |
| | | | | Safety precautions for hair colouring/Different types of | |
| | 5TH WEEK OF DEC21 | THURSDAY | 1 | hair lighteners & their effects. | COVERED |
| | 1st WEEK OF NOV21 | TUESDAY | 1 | About Oxidation. | COVERED |
| | 1st WEEK OF NOV21 | WEDNESDAY | 2 | Preparation for Lightening. | COVERED |
| | 1ST WEEK OF NOV21 | THURSDAY | 1 | Lightening the Hair. | COVERED |
| | 2ND WEEK OF NOV21 | TUESDAY | 1 | Hair lightening problem and solutions | COVERED |
| | 2ND WEEK OF NOV21 | WEDNESDAY | 2 | Lightening for special effects | COVERED |
| | 2NDWEEK OF NOV 21 | THURSDAY | 1 | Safety measures for Hair Lightening | COVERED |
| | 3RD WEEK OF NOV 21 | TUESDAY | 1 | History of wigs | COVERED |
| NOV | 3RD WEEK OF NOV 21 | WEDNESDAY | 2 | Types of wigs. | COVERED |
| | | | | | |
| | 3RD WEEK OF NOV 21 | THURSDAY | 1 | Different types of hair pieces, selection of hair pieces | COVERED |
| | | | | Basic principles of hair cutting and shaping including | |
| | 4TH WEEK OF NOV 21 | TUESDAY | 1 | handling various hair densities | COVERED |
| | | | | Cleansing and drying of hair pieces/ Maintenance of | |
| | 4TH WEEK OF NOV 21 | WEDNESDAY | | artificial hair pieces. | COVERED |
| | 4TH WEEK OF NOV 21 | THURSDAY | 1 | Introduction of thermal techniques | COVERED |
| | 1ST WEEK OF DEC21 | TUESDAY | 1 | Blow dry styling technique | COVERED |

| | 1ST WEEK OF DEC21 | WEDNESDAY | 2 | Hair pressing /Hot roller styling | COVERED |
|-----|--------------------|-----------|---|---|---------|
| | | | | Precautionary measures for thermal setting and styling | |
| | 1ST WEEK OF DEC21 | THURSDAY | 1 | procedure | COVERED |
| | 2ND WEEK OF DEC21 | TUESDAY | 1 | Electrical massage by high frequency and infra red lamp | COVERED |
| | 2ND WEEK OF DEC21 | | | | COVERED |
| | | WEDNESDAY | 2 | Electrical massage by high frequency and infra red lamp | COVERED |
| DEC | 2ND WEEK OF DEC21 | THURSDAY | 1 | Electrical massage by high frequency and infra red lamp | COVERED |
| | 3RD WEEK OF DEC21 | TUESDAY | 1 | Electrical massage by high frequency and infra red lamp | COVERED |
| | 3RD WEEK OF DEC21 | WEDNESDAY | 2 | Definition of light therapy | COVERED |
| | 3RD WEEK OF DEC21 | THURSDAY | 1 | Definition of light therapy | COVERED |
| | 4TH WEEK OF DEC21 | TUESDAY | 1 | Analysis of hair/Chemical hair relaxing products | COVERED |
| | 4TH WEEK OF DEC21 | WEDNESDAY | 2 | Chemistry of hair relaxing process | COVERED |
| | 4TH WEEK OF DEC21 | THURSDAY | 1 | Chemistry of hair relaxing process | COVERED |
| | 5TH WEEK OF DEC21 | TUESDAY | 1 | Neutralizer | COVERED |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 | Neutralizer | COVERED |
| | 5TH WEEK OF DEC21 | THURSDAY | 1 | Precautions | COVERED |
| | 1ST WEEK OF JAN 21 | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| JAN | | | | | |
| | | | | | |
| | | | | | |
| | | + + | | | |
| | | | | | |

Acade

Subject :-

Teacher:- SRUTI REKHA MOHAPATRA

| MONTH | Week | DAYS/PERIOD | Period |
|-------|--------------------|-------------|--------|
| | | | |
| | 2ND WEEK OF OCT21 | MONDAY | 2 |
| | 2ND WEEK OF OCT21 | WEDNESDAY | 2 |
| | | | |
| | 2TH WEEK OF OCT21 | FRIDAY | 1 |
| ОСТ | 4TH WEEK OF OCT21 | MONDAY | 2 |
| | 4TH WEEK OF OCT21 | WEDNESDAY | 2 |
| | 4TH WEEK OF OCT21 | FRIDAY | 1 |
| | 5TH WEEK OF OCT21 | MONDAY | 2 |
| | 5TH WEEK OF OCT21 | WEDNESDAY | 2 |
| | 5TH WEEK OF OCT21 | FRIDAY | 1 |
| | 1st WEEK OF NOV21 | | |
| | | MONDAY | 2 |
| | 1st WEEK OF NOV21 | | |
| | | WEDNESDAY | 2 |
| | 1ST WEEK OF NOV21 | | |
| | | FRIDAY | 1 |
| | 2ND WEEK OF NOV21 | MONDAY | 2 |
| | 2ND WEEK OF NOV21 | WEDNESDAY | 2 |
| NOV | 2NDWEEK OF NOV 21 | FRIDAY | 1 |
| NOV | 3RD WEEK OF NOV 21 | MONDAY | 2 |
| | 3RD WEEK OF NOV 21 | WEDNESDAY | 2 |
| | 3RD WEEK OF NOV 21 | FRIDAY | 1 |
| | 4TH WEEK OF NOV 21 | MONDAY | 2 |
| | 4TH WEEK OF NOV 21 | WEDNESDAY | 2 |
| | 4TH WEEK OF NOV 21 | FRIDAY | 1 |
| | 1ST WEEK OF DEC21 | MONDAY | 2 |
| | 1ST WEEK OF DEC21 | WEDNESDAY | 2 |
| | 1ST WEEK OF DEC21 | FRIDAY | 1 |
| | 2ND WEEK OF DEC21 | MONDAY | 2 |
| | 2ND WEEK OF DEC21 | WEDNESDAY | 2 |

| | 2ND WEEK OF DEC21 | FRIDAY | 1 |
|-----|--------------------|-----------|---|
| | 3RD WEEK OF DEC21 | MONDAY | 2 |
| | 3RD WEEK OF DEC21 | WEDNESDAY | 2 |
| | 3RD WEEK OF DEC21 | FRIDAY | 1 |
| DEC | 4TH WEEK OF DEC21 | MONDAY | 2 |
| | 4TH WEEK OF DEC21 | WEDNESDAY | 2 |
| | 4TH WEEK OF DEC21 | FRIDAY | 1 |
| | 5TH WEEK OF DEC21 | MONDAY | 2 |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 |
| | 5TH WEEK OF DEC21 | FRIDAY | 1 |
| | 1ST WEEK OF JAN 21 | | |
| | | | |
| | | | |
| JAN | | | |
| JAN | | | |
| | | | |
| | | | |
| | | | |
| | 1 | | |

emic Session :- 2020-2021 -HAIRDRESSING-II PRACTICAL

Theory :- 5p/week

| | Theory :- 5p/week |
|--|---------------------------|
| Syllabus to be covered | Syllabus actually covered |
| Practice of classification and Analysis of hair for | |
| coloring | COVERED |
| Practice of various combinations of color by using | |
| temporary colour, semi permanent colour and | |
| complementary colour | COVERED |
| Practice of identification of Primary & Secondary | |
| colour | COVERED |
| Practice of classification of hair Colour: -Temporary, | |
| Semi permanent | COVERED |
| Practice of colour application - global colour on | |
| virgin hair, on coloured hair | COVERED |
| Practice of types of hair colouring- i) Highlights | |
| technique. ii) Bronde technique. | COVERED |
| Ombre technique/ Sombre technique/ Balayege | |
| technique. | COVERED |
| | |
| Practice of safety precautions for hair colouring | COVERED |
| Practice of lighteners and their effects | COVERED |
| Practice for Oxidation/Practice for preparation for | |
| Lightening | COVERED |
| Practice of lightening the Hair as per the need of | |
| the client | COVERED |
| | |
| Practice of hair lightening problem and solutions. | COVERED |
| Practice of lightening for special effects | COVERED |
| Practice of safety measures for Hair Lightening. | COVERED |
| Practice of fixing of wigs/ Practice of various hair | |
| styles along with wigs. | COVERED |
| Practice for removal of wigs/Practice of fixing of | |
| different types of hair pieces. | COVERED |
| Practice of various types of hair style by using hair | |
| pieces. | COVERED |
| Practice of various types of hair style by using hair | |
| pieces. | COVERED |
| Practice of various types of hair style by using hair | |
| pieces. | COVERED |
| Practice of cleansing and drying of hair pieces. | COVERED |
| Practice of maintenance of artificial hair pieces. | COVERED |
| Practice of blow dry styling technique | COVERED |
| Practice of various hair style by blow dryer | COVERED |
| Practice of Hair pressing and styling | COVERED |
| Practice of Hot roller styling | COVERED |
| Practice of Hot roller styling | COVERED |
| | |

| Departies for mobile scale by verify a types of scaling | |
|---|---------|
| Practice for making curls by various types of curling | |
| rods/Practice of various hair style by using curling | |
| rods | COVERED |
| Practice of Precaution to be taken during thermal se | COVERED |
| Practice of analysis of hair/Practice of chemical hair | |
| relaxing products | COVERED |
| Practice of chemical hair relaxing by using various | |
| products | COVERED |
| Practice of chemical hair relaxing by using various | |
| products | COVERED |
| Practice of chemical hair relaxing | |
| procedure/Practice of chemical hair relaxing | |
| procedure for Neutralizer | COVERED |
| Practice of chemical hair relaxing | |
| procedure/Practice of chemical hair relaxing | |
| procedure for Neutralizer | COVERED |
| Practice of chemical hair relaxing | |
| procedure/Practice of chemical hair relaxing | |
| procedure for Neutralizer | COVERED |
| Practice of Precaution to be taken during chemical | |
| hair relaxing products | COVERED |
| Practice of Precaution to be taken during chemical | |
| hair relaxing products | COVERED |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Academic

Teacher:- SARITANJALI NAYAK

| MONTH | her:- SARITANJALI NAYAK Week | DAYS/PERIOD | Period |
|-------|---------------------------------|-------------|--------|
| | | | |
| | 2ND WEEK OF OCT21 | MONDAY | 1 |
| | 2ND WEEK OF OCT21 | | |
| | | | |
| | | FRIDAY | 1 |
| | | | |
| | | | |
| ОСТ | 2TH WEEK OF OCT21 | SATURDAY | 2 |
| | | SATURDAT | 2 |
| | 4TH WEEK OF OCT21 | MONDAY | 1 |
| | 4TH WEEK OF OCT21 | FRIDAY | 1 |
| | 4TH WEEK OF OCT21 | SATURDAY | 2 |
| | 5TH WEEK OF OCT21 | MONDAY | 1 |
| | 5TH WEEK OF OCT21 | FRIDAY | 1 |
| | 5TH WEEK OF OCT21 | SATURDAY | 2 |
| | 1st WEEK OF NOV21 | MONDAY | 1 |
| | 1st WEEK OF NOV21 | FRIDAY | 1 |
| | 1ST WEEK OF NOV21 | | |
| | | | |
| | | SATURDAY | 2 |
| | 2ND WEEK OF NOV21 | | |
| | | MONDAY | 1 |
| | 2ND WEEK OF NOV21 | | |
| | | FRIDAY | 1 |
| | 2NDWEEK OF NOV 21 | | |
| | | SATURDAY | 2 |
| NOV | | | |
| | 3RD WEEK OF NOV 21 | MONDAY | 1 |
| | | | |
| | 3RD WEEK OF NOV 21 | FRIDAY | 1 |
| | | | |
| | 3RD WEEK OF NOV 21 | SATURDAY | 2 |
| | SKD WEEK OF NOV 21 | SATURDAT | 2 |
| | 4TH WEEK OF NOV 21 | MONDAY | 1 |
| | | | |
| | 4TH WEEK OF NOV 21 | FRIDAY | 1 |
| | | | |
| | 4TH WEEK OF NOV 21 | SATURDAY | 2 |
| | 1ST WEEK OF DEC21 | MONDAY | 1 |
| 1 | 131 WEEK OF DEC21 | | 1 |

| | 1ST WEEK OF DEC21 | FRIDAY | 1 |
|-----|--------------------|----------|---|
| | 1ST WEEK OF DEC21 | SATURDAY | 2 |
| | 2ND WEEK OF DEC21 | MONDAY | 1 |
| | 2ND WEEK OF DEC21 | FRIDAY | 1 |
| | 2ND WEEK OF DEC21 | SATURDAY | 2 |
| | 3RD WEEK OF DEC21 | MONDAY | 1 |
| DEC | 3RD WEEK OF DEC21 | FRIDAY | 1 |
| DEC | 3RD WEEK OF DEC21 | SATURDAY | 2 |
| | 4TH WEEK OF DEC21 | MONDAY | 1 |
| | 4TH WEEK OF DEC21 | FRIDAY | 1 |
| | 4TH WEEK OF DEC21 | SATURDAY | 2 |
| | 5TH WEEK OF DEC21 | MONDAY | 1 |
| | 5TH WEEK OF DEC21 | FRIDAY | 1 |
| | 5TH WEEK OF DEC21 | SATURDAY | 2 |
| | 1ST WEEK OF JAN 21 | | |
| | | | |
| JAN | | | |
| | | | |
| | | | |

| c Session :- 2020-2021 | SEMIESTER:-3RD |
|--|---------------------------|
| ject :-DIETETICS | Total Period :- |
| | Theory :- 5p/week |
| Syllabus to be covered | Syllabus actually covered |
| Definition of dietetics/Basic ingredients of | |
| normal diet | COVERED |
| | |
| General idea about protein, carbohydrates, | |
| fats, minerals, salt, vitamins and water | COVERED |
| | |
| Definition and explanation of beauty diet, | |
| food containing vitamins and its method of | |
| preparation to prevent its destruction | COVERED |
| Preparation of diet to maintain normal | |
| health and weight. | COVERED |
| Introduction /Food and its function. | COVERED |
| Functions of food. | COVERED |
| Meaning of Nutrition. | COVERED |
| Concept of Health. | COVERED |
| Meaning of Nutritional status. | COVERED |
| Definition of calorie | COVERED |
| Calculate diet in terms of calories | COVERED |
| | |
| Preparation of balance diet for vegetarians, | |
| non-vegetarians ,growing boys & girls | COVERED |
| | |
| Preparation of diet for reducing or putting on | |
| weight/Beauty and slimming diet planning | COVERED |
| Calculation of calorie need for different age | |
| group | COVERED |
| Preparation of different diet chart in terms | |
| of calorie | COVERED |
| Preparation of different diet chart in terms | |
| of calorie | COVERED |
| Preparation of different diet chart in terms | |
| of calorie | COVERED |
| Exercise on number of calories to be | |
| calculated for different age group in view of | |
| economic factors of the client. | COVERED |
| Planning of a diet to be taken during | |
| summer, winter and rainy season | COVERED |
| Planning of a diet to be taken during | |
| summer, winter and rainy season | COVERED |
| Planning of a diet to be taken during | |
| summer, winter and rainy season | COVERED |
| Planning of cheaper balance diet that | |
| | |

contain protein, minerals and vitamins.

SEMESTER:-3RD

COVERED

: Session :- 2020-2021

| Droparation of concernal dist short | COVERED |
|---|---------|
| Preparation of seasonal diet chart | |
| Preparation of seasonal diet chart | COVERED |
| Preparation of seasonal diet chart | COVERED |
| Preparation of balance diet for client in | |
| terms of cost | COVERED |
| Preparation of balance diet for client in | |
| terms of cost | COVERED |
| Calculation of food items in terms of | |
| costs./Effect of cost in diet | COVERED |
| Effects of food on various system of human | |
| body | COVERED |
| Types of food having good effect on the | |
| important organs of the body | COVERED |
| | |
| Food having more food value and less cost | COVERED |
| Planning of a diet chart that has more food | |
| value and less cost | COVERED |
| Planning of a diet chart that has more food | |
| value and less cost | COVERED |
| Planning of therapeutic diet for common | |
| disorders. | COVERED |
| Planning of therapeutic diet for common | |
| disorders. | COVERED |
| Planning of therapeutic diet for common | |
| disorders. | COVERED |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Acader Subject :-PHYSIOTHERA

Teacher:-Reezarani Behera

| MONTH | her:-Reezarani Behera Week | DAYS/PERIOD | Period |
|-------|--|----------------------|--------|
| | Week | | - Chou |
| | 2ND WEEK OF OCT 21 | THURSDAY | 3 |
| | | | |
| | | | |
| ОСТ | 4TH WEEK OF OCT 21 | THURSDAY | 3 |
| | | | |
| | | | |
| | 5TH WEEK OF OCT 21 | THURSDAY | 3 |
| | | | |
| | 1ST WEEK OF NOV21 | THURSDAY | 3 |
| | 2ND WEEK OF NOV21 | THURSDAY | 3 |
| | | | |
| NOV | | | |
| | 3RD WEEK OF NOV21 | THURSDAY | 3 |
| | | | 2 |
| | 4TH WEEK OF NOV21 5TH WEEK OF NOV21 | THURSDAY THURSDAY | 3 |
| | | IIIONSDAT | |
| | 1ST WEEK OF DEC21 | THURSDAY | 3 |
| | 2ND WEEK OF DEC21 | THURSDAY | 3 |
| DEC | 3RD WEEK OF DEC21 | THURSDAY | 3 |
| | 4TH WEEK OF DEC21 | THURSDAY | 3 |
| | 5TH WEEK OF DEC21 | THURSDAY | 3 |
| | 1ST WEEK OF JAN 21 | | |
| | | | |
| | | | |
| | | | |
| JAN | | | |
| | | | |
| | | | |
| | | | |
| | 1 | 1 | I I |

nic Session :- 2020-2021 PY, MAGNETO THERAPY, ACCUPRESSURE SEMESTER:-3RD

Total Period :-

Theory :- 5p/week

| Syllabus to be covered | Syllabus actually covered |
|--|---------------------------|
| Synabus to be covered | Synabus actually covered |
| | |
| Preparation/Practice of physical examination | COVERED |
| Practice of various methods of | |
| Diagnosis/Practice of different aids for | |
| physical therapy | COVERED |
| Practice of various techniques for various | |
| ailments to be cured by | |
| Physiotherapy/Practice of Safety precautions | |
| | COVERED |
| Preparation/ Practice of various techniques of | |
| Magneto Therapy | COVERED |
| Practice of products used for Magneto | |
| Therapy | COVERED |
| | |
| Practice of various techniques for various | |
| ailments to be cured by Magneto Therapy | COVERED |
| again Practice of various techniques of | |
| Magneto Therapy | COVERED |
| Preparation of stone therapy | COVERED |
| Practice of choosing of stone required for | |
| Stone Therapy | COVERED |
| Practice of techniques of Stone Therapy | COVERED |
| Practice of techniques of Stone Therapy | COVERED |
| Practice of techniques of Stone Therapy | COVERED |
| Practice of safety precautions for Stone | |
| Therapy | COVERED |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| 1 | |