

LESSON PLAN.

Teacher :- SARITANJALI NAYAK

| MONTH | Week | DAYS/PERIOD | Period |
|-------|--------------------|-------------|--------|
| OCT | 2ND WEEK OF OCT21 | MONDAY | 1 |
| | 2ND WEEK OF OCT21 | WEDNESDAY | 2 |
| | 2TH WEEK OF OCT21 | SATURDAY | 1 |
| | 4TH WEEK OF OCT21 | MONDAY | 1 |
| | 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 |
| NOV | 1st WEEK OF NOV21 | MONDAY | 1 |
| | 1st WEEK OF NOV21 | WEDNESDAY | 2 |
| | 1ST WEEK OF NOV21 | SATURDAY | 1 |
| | 2ND WEEK OF NOV21 | MONDAY | 1 |
| | 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 |
| DEC | 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 |
| | 3RD WEEK OF DEC21 | WEDNESDAY | 2 |
| | 3RD WEEK OF DEC21 | SATURDAY | 1 |
| | 4TH WEEK OF DEC21 | MONDAY | 1 |
| | 4TH WEEK OF DEC21 | WEDNESDAY | 2 |

Academic Session :- 2020-2021

Subject :-YOGA AND BODY PERFECTION-II THEORY

| Syllabus to be covered |
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| Meaning, definition and scope of yoga |
| Benefits of yoga for various sector of society./Importance and aim of yoga for overall development of the students |
| Misconception about yoga and the demerits of doing yoga in a wrong manner. |
| branches of yoga |
| introduction of astanga yoga. Concept of astanga yoga |
| classification of astanga yoga./Bahiranga yoga yama niyama , asana , pranayama , pratyahara |
| five yamas:ahimsa, satya, asteya , brahmacharya and aparigraha. Five niyamas:saucha, santosha, tapasa, swadhyaya, iswara - pranidhana |
| antaranga yaoga: dharana, dhayana, samadhi |
| Idea of different yogic asanas |
| Preliminary Asanas:-Greeva sanchalana, Skandha chakrasa, Utthana Padasana,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, Ustrasana, Shashankasan |
| Inverted asanas:- Vipareeta karani Asana,Halasan,Druta halasan, Sarvangasana |
| Balancing asanas:- Ekapada pranamasana, Eka Padasana,Vrikshyasana,Natarajasana. |
| Time of practice. |
| Preparation and positions of Pranamasana, 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

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LESSON PLAN.

Teacher :- SUNIDHI SATRUSALYA

| MONTH | Week | DAYS/PERIOD | Period |
|-------|--------------------|-------------|--------|
| OCT | 2ND WEEK OF OCT21 | TUESDAY | 2 |
| | 2ND WEEK OF OCT21 | THURSDAY | 2 |
| | 2ND WEEK OF OCT21 | FRIDAY | 1 |
| | 4TH WEEK OF OCT21 | TUESDAY | 2 |
| | 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 |
| NOV | 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 |
| | 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 |
| | 4TH WEEK OF NOV 21 | TUESDAY | 2 |
| | 4TH WEEK OF NOV 21 | THURSDAY | 2 |
| | 4TH WEEK OF NOV 21 | FRIDAY | 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 |

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|-----|-------------------|----------|---|
| 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 |
| JAN | 1ST WEEK OF JAN21 | | |
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| Syllabus to be covered | Syllabus as |
|---|-------------|
| 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) | CO |
| Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | CO |
| revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | CO |
| revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | CO |
| revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | CO |
| revision of Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | CO |
| Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | CO |
| revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | CO |
| revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | CO |
| 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. | CO |
| revision of Learning and practice of Suryanamaskar and its impact on human body. | CO |
| Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | CO |
| revision of Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | CO |
| 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. | CO |
| Study in details the model, physiological and medical history, explain precautions to be taken. | CO |

LESSON PLAN.

Academic Session :- 2020-2021
 Subject :- HAIRDRESSING-II THEORY

SEMESTER:-3RD
 Total Period :-
 Theory :- 5p/week

Teacher :- SUNIDHI SATRUSALYA

| MONTH | Week | DAYS/PERIOD | Period | Syllabus to be covered | Syllabus actually covered |
|-------|--------------------|-------------|--------|---|---------------------------|
| OCT | 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 |
| | 4TH WEEK OF OCT21 | TUESDAY | 1 | Classification of hair colour: -Temporary, Semi permanent | COVERED |
| | 4TH WEEK OF OCT21 | WEDNESDAY | 2 | Colour application - global colour on virgin hair, on coloured hair. | COVERED |
| | 4TH WEEK OF OCT21 | THURSDAY | 1 | Types of hair colouring- Highlights technique, Bronde technique | COVERED |
| | 5TH WEEK OF DEC21 | TUESDAY | 1 | Ombre technique/Sombre technique/Balayege technique | COVERED |
| | 5TH WEEK OF DEC21 | WEDNESDAY | 2 | Advantages and disadvantages of hair colour | COVERED |
| | 5TH WEEK OF DEC21 | THURSDAY | 1 | Safety precautions for hair colouring/Different types of hair lighteners & their effects. | COVERED |
| NOV | 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 |
| | 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 |
| | 4TH WEEK OF NOV 21 | TUESDAY | 1 | Basic principles of hair cutting and shaping including handling various hair densities | COVERED |
| | 4TH WEEK OF NOV 21 | WEDNESDAY | 2 | Cleansing and drying of hair pieces/ Maintenance of 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 |

LESSON PLAN.

Acade
Subject :-

Teacher:- SRUTI REKHA MOHAPATRA

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

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

SEMESTER:-3RD
 Total Period :-
 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/ Balayage 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 |

Teacher:- SARITANJALI NAYAK

| MONTH | Week | DAYS/PERIOD | Period |
|--------------------|-------------------|-------------------|--------|
| OCT | 2ND WEEK OF OCT21 | MONDAY | 1 |
| | 2ND WEEK OF OCT21 | FRIDAY | 1 |
| | 2TH WEEK OF OCT21 | SATURDAY | 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 |
| | NOV | 1st WEEK OF NOV21 | MONDAY |
| 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 |
| 3RD WEEK OF NOV 21 | | MONDAY | 1 |
| 3RD WEEK OF NOV 21 | | FRIDAY | 1 |
| 3RD WEEK OF NOV 21 | | SATURDAY | 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 |

Session :- 2020-2021

Subject :-DIETETICS

SEMESTER:-3RD

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. | COVERED |

nic Session :- 2020-2021
 PY, MAGNETO THERAPY, ACCUPRESSURE

SEMESTER:-3RD
 Total Period :-
 Theory :- 5p/week

| Syllabus to be covered | Syllabus 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 |
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