

LESSON PLAN.

Subject :-Y

Teacher :- SARITANJALI NAYAK

MONTH	Week	DAYS/PERIOD	Period
OCT	2ND WEEK OF OCT21	MONDAY	1
	2ND WEEK OF OCT21	THURSDAY	2
	2NDWEEK OF OCT21	FRIDAY	1
	4TH WEEK OF OCT21	MONDAY	1
	4TH WEEK OF OCT21	THURSDAY	2
	4TH WEEK OF OCT21	FRIDAY	1
	5TH WEEK OF OCT21	MONDAY	1
	5TH WEEK OF OCT21	WEDNESDAY	2
	5TH WEEK OF OCT21	THURSDAY	2
	5TH WEEK OF OCT21	FRIDAY	1
NOV	1ST WEEK OF NOV21	MONDAY	1
	1ST WEEK OF NOV21	WEDNESDAY	2
	1ST WEEK OF NOV21	FRIDAY	1
	2ND WEEK OF NOV21	MONDAY	1
	2ND WEEK OF NOV21	WEDNESDAY	2
	2ND WEEK OF NOV21	THURSDAY	2
	2ND WEEK OF NOV21	FRIDAY	1
	3RD WEEK OF NOV 21	MONDAY	1
	3RD WEEK OF NOV 21	WEDNESDAY	2
	3RD WEEK OF NOV 21	THURSDAY	2
	4TH WEEK OF NOV21	MONDAY	1
	4TH WEEK OF NOV21	WEDNESDAY	2
	4TH WEEK OF NOV21	THURSDAY	2
	4TH WEEK OF NOV21	FRIDAY	1
DEC	1ST WEEK OF DEC 21	WEDNESDAY	2
	1ST WEEK OF DEC 21	THURSDAY	2
	1ST WEEK OF DEC 21	FRIDAY	1
	2ND WEEK OF DEC21	MONDAY	1
	2ND WEEK OF DEC21	WEDNESDAY	2
	2ND WEEK OF DEC21	THURSDAY	2
	2ND WEEK OF DEC21	FRIDAY	1
	3RD WEEK OF DEC21	MONDAY	1
	3RD WEEK OF DEC21	WEDNESDAY	2
	3RD WEEK OF DEC21	THURSDAY	2
	3RD WEEK OF DEC21	FRIDAY	1
	4TH WEEK OF DEC 21	MONDAY	1
	4TH WEEK OF DEC 21	WEDNESDAY	2
	4TH WEEK OF DEC 21	THURSDAY	2
	4TH WEEK OF DEC 21	FRIDAY	1
	5TH WEEK OF DEC21	MONDAY	1
	5TH WEEK OF DEC21	WEDNESDAY	2
	5TH WEEK OF DEC21	THURSDAY	2
5TH WEEK OF DEC21	FRIDAY	1	

Academic Session :- 2020-2021
 OGA AND BODY PERFECTION-III THEORY

SEMESTER:-5TH
 Total Period :-
 Theory :- 5p/week

Syllabus to be covered	Syllabus actually covered
INTRODUCTION	COVERED
Study about necessity of abhyasa & vairagya	COVERED
Study about necessity of discipline in yoga	COVERED
Study about obstacles in the path of yoga	COVERED
Study about necessity of master on asana & its result	COVERED
Knowledge about meditation	COVERED
Intuitive perception	COVERED
Psychic power & obstacles	COVERED
Necessity of discipline	COVERED
Created mind	COVERED
Perfection of the body	COVERED
Sources of success in yoga	COVERED
Knowledge about klesh	COVERED
Fundamental transformation	COVERED
Instrumental cause	COVERED
Memory & impressions	COVERED
Past & future exist	COVERED
Essence of objects	COVERED
Theory of perception	COVERED
Mind & object	COVERED
Reflection & objects	COVERED
Tightening of sagged abdominal & bust muscles	COVERED
Types of diets & exercise suggested in relation to age	COVERED
Climate condition & body requirement	COVERED
Science of isometric	COVERED
Tightening of sagged abdominal & bust muscles	COVERED
Causes of obesity	COVERED
Remedy by using electric & non electric equipment	COVERED
Power of steading	COVERED
Intuitive knowledge	COVERED
Knowledge about meditation	COVERED
Intuitive perception	COVERED
Necessity of discipline	COVERED
Causes of obesity	COVERED
Past & future exist	COVERED
Essence of objects	COVERED
Theory of perception	COVERED
Mind & object	COVERED
Reflection & objects	COVERED
Tightening of sagged abdominal & bust muscles	COVERED
Types of diets & exercise suggested in relation to age	COVERED
REVISION	COVERED
REVISION	COVERED

