

LESSON PLAN.

Acad

Subject :-YOGA

Teacher :- SARITANJALI NAYAK

| MONTH | Week | DAYS/PERIOD | Period |
|-------|--------------------|--------------------|--------|
| SEPT | 2ND WEEK OF SEPT22 | FRIDAY/16/09/22 | 1 |
| | 3RD WEEK OF SEPT22 | TUESDAY/20/09/22 | 1 |
| | 3RD WEEK OF SEPT22 | WEDNESDAY/21/09/22 | 2 |
| | 3RD WEEK OF SEPT22 | FRIDAY/23/09/22 | 1 |
| | 4TH WEEK OF SEPT22 | TUESDAY/27/09/22 | 1 |
| | 4TH WEEK OF SEPT22 | WEDNESDAY/28/09/22 | 2 |
| | 4TH WEEK OF SEPT22 | FRIDAY/30/09/22 | 1 |
| OCT | 2ND WEEK OF OCT22 | TUESDAY/11/10/22 | 1 |
| | 2ND WEEK OF OCT22 | WEDNESDAY/12/10/22 | 2 |
| | 2ND WEEK OF OCT22 | FRIDAY/14/10/22 | 1 |
| | 3RD WEEK OF OCT22 | TUESDAY/18/10/22 | 1 |
| | 3RD WEEK OF OCT22 | WEDNESDAY/19/10/22 | 2 |
| | 3RD WEEK OF OCT22 | FRIDAY/21/10/22 | 1 |
| | 4TH WEEK OF OCT22 | TUESDAY/25/10/22 | 1 |
| | 4TH WEEK OF OCT22 | WEDNESDAY/26/10/22 | 2 |
| | 4TH WEEK OF OCT22 | FRIDAY /28/10/22 | 1 |
| NOV | 1ST WEEK OF NOV22 | WEDNESDAY/09/11/22 | 2 |
| | 1ST WEEK OF NOV22 | FRIDAY /11/11/22 | 1 |
| | 2ND WEEK OF NOV22 | TUESDAY/15/11/22 | 1 |
| | 2ND WEEK OF NOV22 | WEDNESDAY/16/11/22 | 2 |
| | 2ND WEEK OF NOV22 | FRIDAY/18/11/22 | 1 |
| | 3RD WEEK OF NOV22 | TUESDAY/22/11/22 | 1 |

| | | | |
|-----|-------------------|------------------|---|
| | 3RD WEEK OF NOV22 | WEDNESDAY/23/11/ | 2 |
| | 3RD WEEK OF NOV22 | FRIDAY/25/11/22 | 1 |
| | | | |
| | 4TH WEEK OF NOV22 | TUESDAY/29/11/22 | 1 |
| | 4TH WEEK OF NOV22 | WEDNESDAY/30/11/ | 2 |
| DEC | 1ST WEEK OF DEC22 | WEDNESDAY/07/12/ | 2 |
| | 1ST WEEK OF DEC22 | FRIDAY /09/12/22 | 1 |
| | 1ST WEEK OF DEC22 | TUESDAY/13/12/22 | 1 |
| | 2ND WEEK OF DEC22 | WEDNESDAY/14/12/ | 2 |
| | 2ND WEEK OF DEC22 | FRIDAY /16/12/22 | 1 |
| | 2ND WEEK OF DEC22 | TUESDAY/20/12/22 | 1 |
| | 3RD WEEK OF DEC22 | WEDNESDAY/21/12/ | 2 |
| | | | |

A handwritten signature in blue ink is written over the date 26/12/22. To the right of the date, there is a circled number 8. Below the date, the word 'dec' is written.

emic Session :- 2021-2022

AND BODY PERFECTION-II THEORY

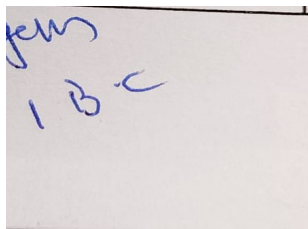
SEMESTER:-3RD

Total Period :-

Theory :- 4p/week

| Syllabus to be covered | Syllabus actually covered |
|---|---------------------------|
| 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 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 | |
| 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 Utt | |
| Ashwa sanchalana, Parvatasana,Astanga Namaskara | |
| Definition of Pranayama/Aspects of pranayama | |
| Pranic body, Breathing and life style / Key points for | |
| 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 | |

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| 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 | |
| Idea of different yogic asanas | |
| antaranga yaoga: dharana, dhayana, samadhi | |
| Bija mantra. | |
| Contra-indications | |
| General benefits and precautions of Suryanamskara | |
| Exercise for reduction of bulging belly | |
| Exercise for body perfection :-Daily exercise program | |



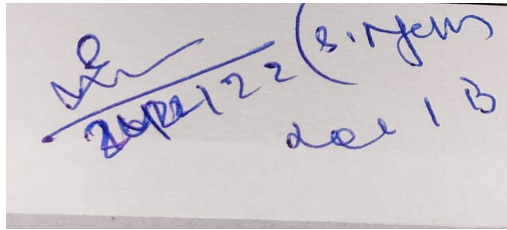
LESSON PLAN.

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Teacher :- SARITANJALI NAYAK

| MONTH | Week | DAYS/PERIOD | Period |
|-------------------|--------------------|-------------------|------------------|
| SEPT | 2ND WEEK OF SEPT22 | FRIDAY/16/09/22 | 2 |
| | 2ND WEEK OF SEPT22 | SATURDAY/17/09/22 | 2 |
| | 3RD WEEK OF SEPT22 | TUESDAY/20/09/22 | 1 |
| | 3RD WEEK OF SEPT22 | FRIDAY/23/09/22 | 2 |
| | 3RD WEEK OF SEPT22 | SATURDAY/24/09/22 | 2 |
| | 4TH WEEK OF SEPT22 | TUESDAY/27/09/22 | 1 |
| | 4TH WEEK OF SEPT22 | FRIDAY/30/09/22 | 2 |
| | OCT | 2ND WEEK OF OCT22 | TUESDAY/11/10/22 |
| 2ND WEEK OF OCT22 | | FRIDAY/14/10/22 | 2 |
| 2ND WEEK OF OCT22 | | SATURDAY/15/10/22 | 2 |
| 3RD WEEK OF OCT22 | | TUESDAY/18/10/22 | 1 |
| 3RD WEEK OF OCT22 | | FRIDAY/21/10/22 | 2 |
| 3RD WEEK OF OCT22 | | SATURDAY/22/10/22 | 2 |
| 4TH WEEK OF OCT22 | | TUESDAY/25/10/22 | 1 |
| 4TH WEEK OF OCT22 | | FRIDAY/28/10/22 | 2 |
| 4TH WEEK OF OCT22 | | SATURDAY/29/10/22 | 2 |
| | | 1ST WEEK OF NOV22 | FRIDAY/11/11/22 |
| | 1ST WEEK OF NOV22 | SATURDAY/12/11/22 | 2 |
| | 2ND WEEK OF NOV22 | TUESDAY/15/11/22 | 1 |
| | 2ND WEEK OF NOV22 | FRIDAY/18/11/22 | 2 |

| | | | |
|-----|-------------------|-------------------|---|
| NOV | 2ND WEEK OF NOV22 | SATURDAY/19/11/22 | 2 |
| | 3RD WEEK OF NOV22 | TUESDAY/22/11/22 | 1 |
| | 3RD WEEK OF NOV22 | FRIDAY/25/11/22 | 2 |
| | 3RD WEEK OF NOV22 | SATURDAY/26/11/22 | 2 |
| | 4TH WEEK OF NOV22 | TUESDAY/29/11/22 | 1 |
| DEC | 1ST WEEK OF DEC22 | TUESDAY/06/12/22 | 1 |
| | 1ST WEEK OF DEC22 | FRIDAY/09/12/22 | 2 |
| | 1ST WEEK OF DEC22 | SATURDAY/10/12/22 | 2 |
| | 2ND WEEK OF DEC22 | TUESDAY/13/12/22 | 1 |
| | 2ND WEEK OF DEC22 | FRIDAY/16/12/22 | 2 |
| | 2ND WEEK OF DEC22 | SATURDAY/17/12/22 | 2 |
| | 3RD WEEK OF DEC22 | TUESDAY/20/12/22 | 1 |
| | 3RD WEEK OF DEC22 | FRIDAY/23/12/22 | 2 |



 26/12/22 (S. J. J. J.)

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| Syllabus to be covered | Syll |
|---|------|
| INTRODUCTION | |
| Learning and Practice of Tratak. | |
| Making different charts of concentration practice. | |
| Learning and practice of different yogasanas for treatment of different common diseases. | |
| REVISION OF Learning and practice of different yogasanas for treatment of different common diseases. | |
| Learning and practice of controlling thoughts (antaramouna) | |
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| Learning & practice of various yogasanas to keep the mind free from thoughts and worries. | |
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| Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | |
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| revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | |
| Learning and practice of Suryanamaskar and its impact on human body. | |
| revision of Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | |
| Showing different models and explaining their defects | |
| revision of Learning and practice of Suryanamaskar and its impact on human body. | |
| Explaining different age group of models and their treatment. | |

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| Explaining different age group of models and their treatment. | |
| Study in details the model, physiological and medical history, explain precautions to be taken. | |
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| Study in details the model, physiological and medical history, explain precautions to be taken. | |
| Framing different diets for different age groups. | |
| Treatment by using different electrical and other instruments for achieving good physique. | |
| Framing different diets for different age groups. | |
| revision of Learning and practice of Suryanamaskar and its impact on human body. | |
| revision of Learning and practice of meditation in different asanas (Sukhasana, Padmasana, Ardha Padmasana) | |
| Learning and practice different pranayamas(Bhramari, Sitali, Sitakari, Ujjai) | |
| Explaining different age group of models and their treatment. | |
| Treatment by using different electrical and other instruments for achieving good physique. | |
| Learning and performing different exercises for obesity & good physique | |

