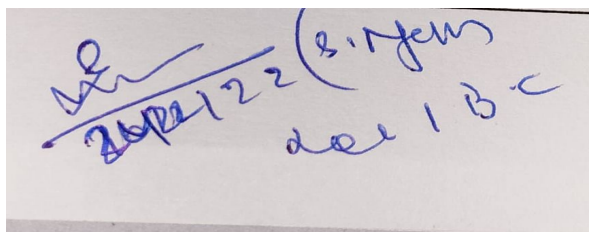


Teacher :- SARITANJALI NAYAK

MONTH	Week	DAYS/DATES	Period
SEPT	3RD WEEK OF SEPT22	MONDAY / 19/09/ 22	2
	3RD WEEK OF SEPT22	FRIDAY / 23/09/22	1
	3RD WEEK OF SEPT22	SATURDAY / 24/09/22	1
	4TH WEEK OF SEPT22	MONDAY / 26/09 / 22	2
	4TH WEEK OF SEPT22	FRIDAY /30/09/22	1
OCT	2ND WEEK OF OCT22	MONDAY /10/10/22	2
	2ND WEEK OF OCT22	FRIDAY / 14/10/22	1
	2ND WEEK OF OCT22	SATURDAY / 15/10/22	1
	3RD WEEK OF OCT22	MONDAY / 17/10/22	2
	3RD WEEK OF OCT22	FRIDAY / 21/10/22	1
	3RD WEEK OF OCT22	SATURDAY / 22/10/22	1
	4TH WEEK OF OCT22	MONDAY / 24/10/22	2
	4TH WEEK OF OCT22	FRIDAY / 28/10/22	1
NOV	1ST WEEK OF NOV22	MONDAY/ 07/11/22	2
	1ST WEEK OF NOV22	FRIDAY/11/11/22	1
	1ST WEEK OF NOV22	SATURDAY/12/11/22	1
	2ND WEEK OF NOV22	MONDAY/14/11/22	2
	2ND WEEK OF NOV22	FRIDAY/18/11/22	1
	2ND WEEK OF NOV22	SATURDAY/ 19/11/22	1
	3RD WEEK OF NOV22	MONDAY/ 21/11/22	2
	3RD WEEK OF NOV22	FRIDAY/ 25/11/22	1
	3RD WEEK OF NOV22	SATURDAY/26/11/22	1
	4TH WEEK OF NOV22	MONDAY/ 28/11/22	2
DEC	1ST WEEK OF DEC 22	MONDAY/ 05/12/22	2
	1ST WEEK OF DEC 22	FRIAY/09/12/22	1
	1ST WEEK OF DEC 22	SATURDAY/10/12/22	1
	2ND WEEK OF DEC22	MONDAY/12/12/22	2
	2ND WEEK OF DEC22	FRIDAY/ 16/12/22	1
	2ND WEEK OF DEC22	SATURDAY/ 17/12/22	1
	3RD WEEK OF DEC22	MONDAY/ 19/12/22	2
	3RD WEEK OF DEC22	FRIDAY/ 23/12/22	1


  
 20/12/22 (S. N. Nayak)
   
 dec 1 B C

: Session :- 2021-2022  
 ) BODY PERFECTION-III THEORY

SEMESTER:-5TH  
 Total Period :-  
 Theory :-4p/week

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

