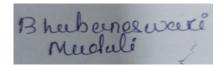
LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :- AROMA THERAPY	
Teacher :-	MISS.BHUBANESWARI MUDULI	SUBJECT CODE	:- THEORY-III
MONTH	Week	DAYS/DATE	Period
		13/2/23-monday	1
	2 md \A/EE/	14/2/23-tuesday	1
	3rd WEEK	15/2/23-wednesday	1
CEDDIIADV		17/2/23-friday	1
FEBRUARY	4TH WEEK	20/2/23-monday	1
		21/2/23-tuesday	1
		22/2/23-wednesday	1
		24/2/23-friday	1
	1st WEEK	1/3/23-wednesday	1
l		3/3/23-friday	1
l	200 d ali	6/3/23-monday	1
	2nd week	10/3/23-friday	1
		13/3/23-monday	1
		14/3/23-tuesday	1
	3rd week	15/3/23-wednesday	1
		17/3/23-friday	1
MARCH		20/3/23-monday	1
		21/3/23-tuesday	1
	4TH WEEK	22/3/23-wednesday	1
		24/3/23-friday	1
		27/3/23-monday	1
		28/3/23-tuesday	1
	5th WEEK	29/3/23-wednesday	1
		31/3/23-friday	1
		3/4/23-monday	1
	1st WEEK	4/4/23-tuesday	1
		5/3/23-wednesday	1
	2nd WEEK	10/4/23-monday	1
		11/4/23-tuesday	1
		12/4/23-wednesday	1
	3rd WEEK	17/4/23-monday	1
APRIL		18/4/23-tuesday	1
		19/4/23-wednesday	1
l		21/4/23-friday	1
		24/4/23-monday	1
		25/4/23-tuesday	1
	4TH WEEK	26/4/23-wednesday	1
		28/4/23-friday	1
	1st WEEK	1/5/23-monday	1
		2/5/23-tuesday	1
	TOU VY LLIN	3/5/23-wednesday	1
		8/5/23-monday	1
1		9/5/23-monday 9/5/23-tuesday	1
	2nd WEEK	3/3/23-tuesuay	1

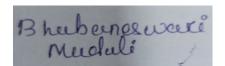
MAY	ZIIU VVLLIN	10/5/23-wednesday	1
		12/5/23-friday	1
		15/5/23-monday	1
	3rd WEEK	16/5/23-tuesday	1
		17/5/23-wednesday	1
	1 41H W/FFK	22/5/23-monday	1
		23/5/23-tuesday	1



	SEMESTER:-4th	
	Total Period :-50	
	Theory :-05PER/WEEK	
Syllabus to be covered	Syllabus actually covered	
HISTORY OF AROMA THERAPY		
HOLISTIC APPROACH TO HEALTH		
INTRODUCTION TO ESSENTIAL OIL		
HOLISTIC APPROACH OF LIFE		
AROMA THERAPY IN A HOLISTIC WAY		
REMOVAL OF STREE BY AROMA THERAPY		
INTRODUCTION OF ESSENTIAL OIL		
DIRECTORY OF ESSENTIAL IOL		
BLENDING OF ESSENTIAL OIL		
BLENDING OF ESSENTIAL OIL		
BLENDING OF ESSENTIAL OIL	_	
SAFETY PRECAUTIONS SAFETY PRECAUTIONS		
METHOD OF OIL EXTRACTION STEAM DISTILLATION METHOD		
STEAM DISTILLATION METHOD STEAM DISTILLATION METHOD		
EFFLEURAGE	+	
EFFLEURAGE		
EFFLEURAGE		
EFFLEURAGE	_	
COLD PRESSING		
COLD PRESSING		
SOLVENT EXTRACTION		
SOLVENT EXTRACTION		
SOLVENT EXTRACTION		
CARBON DIOXIDE		
CARBON DIOXIDE		
METHODS OF AROMA THERAPY APPLICATION		
METHODS OF AROMA THERAPY APPLICATION		
METHODS OF AROMA THERAPY APPLICATION		
GARGLES AND MOUTHWASHES		
GARGLES AND MOUTHWASHES		
HERBAL TEAS		
HERBAL TEAS		
HERBAL TEAS		
COMPRESSES		
COMPRESSES		
ROOM SPRAY		
ROOM SPRAY		
VAPORIZATION		
VAPORIZATION		
VAPORIZATION FOOT BATH		
LOOI DAIL		

FOOT BATH	
FOOT BATH	
SKIN AND HAIR CARE	
REVISION	

LESSON PL	AN.	Academic Session :-	2022-2023
		Subject :- AROMA THERAPY	
Teacher :- MISS.BHUBANESWARI MUDULI		SUBJECT CODE:- PRACTICAL-III	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	13/2/23-monday	2
		17/2/23-friday	4
FEDRUARI	4TH WEEK	20/2/23-monday	2
		24/2/23-friday	4
		3/3/23-friday	4
	2nd week	6/3/23-monday	2
	Zild week	10/3/23-friday	4
	3rd week	13/3/23-monday	2
		17/3/23-friday	4
	ATLLMEN	20/3/23-monday	2
	4TH WEEK	24/3/23-friday	4
	C+b \\/\CC\/	27/3/23-monday	2
	5th WEEK	31/3/23-friday	4
APRIL	1st WEEK	3/4/23-monday	2
	2nd WEEK	10/4/23-monday	2
	3rd WEEK	17/4/23-monday	2
		21/4/23-friday	4
	4TH WEEK	24/4/23-monday	2
	4IH WEEK	28/4/23-friday	4
	1st WEEK	1/5/23-monday	2
MAY	2nd WEEK	8/5/23-monday	2
	ZIIU WEEK	12/5/23-friday	4
	3rd WEEK	15/5/23-monday	2
	4TH WEEK	22/5/23-monday	2



	SEMESTER:-4th
	Total Period :-68
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
PRACTICE TO KNOW ABOUT ESSENTIAL OIL	
PRACTICE TO KNOW ABOUT SMELL OF VARIOUS ESSENTIAL OIL	
PRACTICE TO PREPARE OF VARIOUS ESSENTIAL OIL	
PRACTICE OF USE OF VARIOUS ESSENTIAL OIL	
PRACTICE OF USE OF ESSENTIAL OIL FOR STRESS THERAPY	
PRACTICE OF BLENDING OF ESSENTIAL OIL	
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL	
PRACTICE OF SAFETY PRECAUTION WHILE BLENDING OF ESSENTIAL OIL	
PRACTICE FOR VARIOUS METHOD OF EXTRACTION OF ESSENTIAL OIL	
PRACTICE FOR STEAM DISTILLATION METHOD	
PRACTICE FOR EFFLEURAGE METHOD	
PRACTICE OF COLD PRESSING METHODS	
PRACTICE OF CARBON DIOXIDE METHOD	
PRACTICE OF PREPARATION OF VARIOUS TYPES OF	
GARGLES AND MOUTHWASHES	
PRACTICE OF PREPARATION OF VARIOUS TYPES OF	
GARGLES AND MOUTHWASHES	
PRACTICE OF PREPARATION OF VARIOUS HERBAL TEAS	
PRACTICE OF COMPRESSES METHOD	
PRACTICE OF PREPARATION OF ROOM SPRAY	
PRACTICE OF VAPORIZATION	
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES	
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES	
PRACTICE OF PREPARATION OF VARIOUS TECHNIQUES OF SKIN & HAIR CARE	
PRACTICE OF PREPARATION OF VARIOUS TECHNIQUES OF SKIN & HAIR CARE	
REVISION	