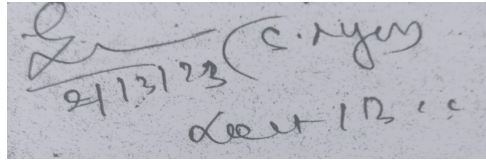


| LESSON PLAN. | | Academic Session :- 2022-2023 | | |
|----------------------------------|----------|-------------------------------------|------------------|---|
| | | Subject :-YOGA & BODY PERFECTION-IV | | |
| Teacher :- MRS.SARITANJALI NAYAK | | SUBJECT CODE:- THEORY-II | | |
| MONTH | Week | DAYS/DATE | Period | |
| FEBRUARY | 3rd WEEK | 15/2/23-WEDNESDAY | 2 | |
| | | 16/2/23-THURSDAY | 2 | |
| | 4TH WEEK | 22/2/23-WEDNESDAY | 2 | |
| | | 23/2/23-THURSDAY | 2 | |
| | MARCH | 1st WEEK | 1/3/23-WEDNESDAY | 2 |
| | | | 2/3/23-THURSDAY | 2 |
| 2nd week | | 9/3/23-THURSDAY | 2 | |
| 3rd week | | 15/3/23-WEDNESDAY | 2 | |
| | | 16/3/23-THURSDAY | 2 | |
| 4TH WEEK | | 22/3/23-WEDNESDAY | 2 | |
| | | 23/3/23-THURSDAY | 2 | |
| 5th WEEK | | 29/3/23-WEDNESDAY | 2 | |
| APRIL | 1st WEEK | 5/4/23-WEDNESDAY | 2 | |
| | | 6/4/23-THURSDAY | 2 | |
| | 2nd WEEK | 12/4/23-WEDNESDAY | 2 | |
| | | 13/4/23-THURSDAY | 2 | |
| | 3rd WEEK | 19/4/23-WEDNESDAY | 2 | |
| | | 20/4/23-THURSDAY | 2 | |
| | 4TH WEEK | 26/4/23-WEDNESDAY | 2 | |
| | | 27/4/23-THURSDAY | 2 | |
| | 1st WEEK | 3/5/23-WEDNESDAY | 2 | |

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|-----|----------|-------------------|---|
| MAY | 1st WEEK | 4/5/23-THURSDAY | 2 |
| | 2nd WEEK | 11/5/23-THURSDAY | 2 |
| | 3rd WEEK | 17/5/23-WEDNESDAY | 2 |
| | | 18/5/23-THURSDAY | 2 |


 A handwritten note on a grey background. It features a signature at the top, followed by the date '21/3/23' and the text '(S. Ryan)'. Below this, there is a line of text that appears to be 'about 12:00'.

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|--|----------------------------------|
| | SEMESTER:-4th |
| | Total Period :- |
| | Theory :-05PER/WEEK |
| Syllabus to be covered | Syllabus actually covered |
| PURPOSE OF HATHA YOGA,STUDY ABOUT THE THE STATE OF RAJA YOGA ,STUDY ABOUT TYPE OF PAIN OR TAPA, STUDY ABOUT PLACE OF PRACTICE ,STUDY ABOUT CAUSES OF FAILURE IN SADHANA | |
| STUDY ABOUT ASANA AS THE FIRST STAGE IF HATHA YOGA,ASANA AS DESCRIBED , STUDY ABOUT THE FOOD WHICH IS PROHIBITED TO THE SADHAKA, STUDY ABOUT THE FOOD WHICH IS CONDUCTIVE TO HATHA SADHANA | |
| SHATHARMA-SIX PURIFICATION TECHNIQUES ,DHAUTI,BASTI,NETI, TRATAKA,NAULI KAPABHATI FREEDOM FROM EXCESS DOSHAS THROUGH SHATKARMA | |
| STUDY ABOUT HOW TO BEING ESTABLISHED IN ASANA,PRANAYAMA,SHOULD BE PRACTICED | |
| STUDY ABOUT INTERCONNECTION OF MIND & THEIR STEADYING THROUGH PRANAYAMA | |
| STUDY ABOUT WHAT IS LIFE & DEATH THE FIVE FUNCTION OF VAYU | |
| STUDY ABOUT PURIFICATION OF THE NADIS & CHAKRAS FOR RETENTION OF PRANA | |
| STUDY ABOUT NADISODHANA PRANAYAMA | |
| STUDY ABOUT THE TIME & DURATION OF PRACTICE | |
| SIGN OF PERFECT PRANAYAMA PRACTICE | |
| SIGN OF PERFECT PRANAYAMA PRACTICE | |
| DIET & PRANAYAMA | |
| STUDY ABOUT THE TEN MUDRAS DESTROY OLD AGE | |
| STUDY ABOUT THE EIGHT MAJOR SIDDHIS OBTAINED BY MUDRA | |
| STUDY ABOUT THE POWER OF MAHA MUDRA | |
| STUDY ABOUT THE CURATIVE EFFECTS OF MAHAMUDRA | |
| STUDY ABOUT THE BENEFITS OF MAHAVEDHA MUDRA | |
| STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS) | |
| STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS) | |
| STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS) | |
| STUDY ABOUT THE TECHNIQUE OF KHECHARI MUDRA, THE CENTRE OF ETHER | |

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|---|--|
| STUDY ABOUT THE TECHNIQUE OF KHECHARI MUDRA, THE CENTRE OF ETHER | |
| STUDY ABOUT THE BENEFITS OF UDDIYANBANDHA. | |
| REVISION | |
| REVISION | |

| LESSON PLAN. | | Academic Session :- 2022-2023 | |
|----------------------------------|-----------------|-------------------------------------|---------------|
| | | Subject :-YOGA & BODY PERFECTION-IV | |
| Teacher :- MRS.SARITANJALI NAYAK | | SUBJECT CODE:- PRACTICAL-II | |
| MONTH | Week | DAYS/DATE | Period |
| FEBRUARY | 3rd WEEK | 20/2/23-MONDAY | 2 |
| | | 21/2/23-TUESDAY | 2 |
| | 4TH WEEK | 27/2/23-MONDAY | 2 |
| | | 28/2/23-TUESDAY | 2 |
| MARCH | 2nd week | 6/3/23-MONDAY | 2 |
| | 3rd week | 13/3/23-MONDAY | 2 |
| | | 14/3/23-TUESDAY | 2 |
| | 4TH WEEK | 20/3/23-MONDAY | 2 |
| | | 21/3/23-TUESDAY | 2 |
| | 5th WEEK | 27/3/23-MONDAY | 2 |
| | | 28/3/23-TUESDAY | 2 |
| | APRIL | 1st WEEK | 3/4/23-MONDAY |
| 4/4/23-TUESDAY | | | 2 |
| 2nd WEEK | | 10/4/23- MONDAY | 2 |
| | | 11/4/23-TUESDAY | 2 |
| 3rd WEEK | | 17/4/23-MONDAY | 2 |
| | | 18/4/23-TUESDAY | 2 |
| 4TH WEEK | 24/4/23-MONDAY | 2 | |
| | 25/4/23-TUESDAY | 2 | |
| MAY | 1st WEEK | 1/5/23-MONDAY | 2 |
| | | 2/5/23-TUESDAY | 2 |
| | 2nd WEEK | 8/5/23-MONDAY | 2 |
| | | 9/5/23-TUESDAY | 2 |
| | 3rd WEEK | 15/5/23-MONDAY | 2 |
| | | 16/5/23-TUESDAY | 2 |
| | 4TH WEEK | 22/5/23-MONDAY | 2 |
| | | 23/5/23-TUESDAY | 2 |

21/3/23 (C. Nyer)
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| | SEMESTER:-4th |
| | Total Period :- |
| | Theory :-05PER/WEEK |
| Syllabus to be covered | Syllabus actually covered |
| PRACTICE OF VARIOUS ASANAS & ITS CURATIVE EFFECT- VASHISHTHA ASANA, | |
| OORMASANA,DHANURASANA,MAYURASANA, SHAVASANA | |
| PRACTICE OF VARIOUS SHATKARMA- DHAUTI,BASTI,NETI,TRATAKA,NAULI,KAPALBHATI | |
| PRACTICE OF NADISHODHANA STAGE-3 ALONG WITH KUMBHAKA | |
| PRACTICE OF NADISHODHANA STAGE-3 ALONG WITH BANDHA | |
| PRACTICE OF SURYABHEDA, UJJAYI ALONG WITH BANDHA AND MUDRA | |
| BHASTRIKA ALONG WITH BANDHA AND MUDRA | |
| MOORCHA PRANAYAMA | |
| KAPALABHATI ALONG WITH BANDHA AND MUDRA | |
| PRACTICE OF KHECHERI MUDRA | |
| SHANMUKI | |
| VIPAREETIKARANI MUDRA | |
| PASCHINI MUDRA | |
| MAHA MUDRA | |
| MAHABHEDA MUDRA | |
| ASHWINI MUDRA | |
| JALANDHARA BANDHA | |
| UDIYANA BANDHA | |
| MOOLABANDHA,MAHABANDHA | |
| PRACTICE OF ANAPANA FOR 10 MIN | |
| PRACTICE OF ANAPANA FOR 10 MIN | |
| PRACTICE OF ANAPANA FOR 30 MIN | |
| PRACTICE OF ANAPANA FOR 30 MIN | |
| PRACTICE OF VIPASSANA | |
| PRACTICE OF VIPASSANA | |
| PRACTICE OF VIPASSANA | |
| REVISION | |

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