

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-YOGA THERAPY	
Teacher :- MISS BHUBANESWARI MUDULI		SUBJECT CODE:- PRACTICAL-I	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		15/2/23-WEDNESDAY	2
		17/2/23-FRIDAY	2
		18/2/23-SATURDAY	1
	4TH WEEK	21/2/23-TUESDAY	1
		22/2/23-WEDNESDAY	2
		24/2/23-FRIDAY	2
		25/2/23-SATURDAY	1
MARCH	1st WEEK	1/3/23-WEDNESDAY	2
		3/3/23-FRIDAY	2
		4/3/23-SATURDAY	1
	2nd week	10/3/23-FRIDAY	2
		11/3/23-SATURDAY	1
	3rd week	14/3/23-TUESDAY	1
		15/3/23-WEDNESDAY	2
		17/3/23-FRIDAY	2
		18/3/23-SATURDAY	1
	4TH WEEK	21/3/23-TUESDAY	1
		22/3/23-WEDNESDAY	2
		24/3/23-FRIDAY	2
		25/3/23-SATURDAY	1
	5th WEEK	28/3/23-TUESDAY	1
		29/3/23-WEDNESDAY	2
		31/3/23-FRIDAY	2
1st WEEK	4/4/23-TUESDAY	1	
	5/4/23-WEDNESDAY	2	
	8/4/23-SATURDAY	1	
	2nd WEEK	11/4/23-TUESDAY	1
		12/4/23-WEDNESDAY	2

APRIL	3rd WEEK	15/4/23-SATURDAY	1
		18/4/23-TUESDAY	1
		19/4/23-WEDNESDA	2
		21/4/23-FRIDAY	2
		22/4/23-SATURDAY	1
	4TH WEEK	25/4/23-TUESDAY	1
		26/4/23-WEDNESDA	2
		28/4/23-FRIDAY	2
23/4/23-SATURDAY		1	
MAY	1st WEEK	2/5/23-TUESDAY	1
		3/5/23-WEDNESDAY	2
		6/5/23-SATURDAY	1
	2nd WEEK	9/5/23-TUESDAY	1
		10/5/23-WEDNESDA	2
		12/5/23-FRIDAY	2
		13/5/23-SATURDAY	1
	3rd WEEK	16/5/23-TUESDAY	1
		17/5/23-WEDNESDA	2
		20/5/23-SATURDAY	1
4TH WEEK	23/5/23-TUESDAY	1	

Bhubaneswar
Mudali

PRACTICE OF FORWARD & BACKWARD BENDING ASANA AS PER DISORDER	
PRACTICE OF PRANAYAMA	
PRACTICE OF PRANAYAMA	
PRACTICE OF PRANAYAMA	
PRACTICE OF PRANAYAMA	
PRACTICE OF PRANAYAMA	
PRACTICE OF VARIOUS MEDITATION TECHNIQUES	
PRACTICE OF VARIOUS MEDITATION TECHNIQUES	
PRACTICE OF VARIOUS MEDITATION TECHNIQUES	
PRACTICE OF VARIOUS MEDITATION TECHNIQUES	
PRACTICE OF VARIOUS MEDITATION TECHNIQUES	
PRACTICE OF YOGANIDRA	
PRACTICE OF YOGANIDRA	
PRACTICE OF YOGANIDRA	
PRACTICE OF YOGANIDRA	
PRACTICE OF SAT KARMA	
PRACTICE OF SAT KARMA	
PRACTICE OF SAT KARMA	
PRACTICE OF SAT KARMA	
REVISION	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-YOGA THERAPY	
Teacher :- MISS.BHUBANESWAR MUDULI		SUBJECT CODE:- THEORY -I	
MONTH	Week	DAYS/DATE	Period
FEB	3rd week	15/2/23-WEDNESDAY	2
		16/2/23-THURSDAY	1
	4TH WEEK	20/2/23-MONDAY	1
		22/2/23-WEDNESDAY	2
		23/2/23-THURSDAY	1
MARCH	1st WEEK	1/3/23-WEDNESDAY	2
		2/3/23-THURSDAY	1
	2nd week	6/3/23-MONDAY	1
		9/3/23-THURSDA	1
	3rd week	13/3/23-MONDAY	1
		15/3/2-WEDNESDAY	2
		16/3/23-THURSDA	1
	4TH WEEK	20/3/23-MONDAY	1
		22/3/23-WEDNESDAY	2
		23/3/23-THURSDAY	1
	5th WEEK	27/3/23-MONDAY	1
		29/3/23-WEDNESDAY	2
APRIL	1st WEEK	3/4/23-MONDAY	1
		5/4/23-WEDNESDAY	2
		6/4/23-THURSDAY	1
	2nd WEEK	10/4/23-MONDAY	1
		12/4/23-WEDNESDAY	2
		13/4/23-THURSDAY	1
	3rd WEEK	17/4/23-MONDAY	1
		19/4/23-WEDNESDAY	2
		20/4/23-THURSDAY	1
	4TH WEEK	24/4/23-MONDAY	1
26/4/23-WEDNESDAY		2	

		27/4/23-THURSDAY	1
MAY	1st WEEK	1/5/23-MONDAY	1
		3/5/23-WEDNESDAY	2
		4/5/23-THURSDAY	1
		8/5/23-MONDAY	1
	2nd WEEK	10/5/23-WEDNESDAY	2
		11/5/23-THURSDAY	1
		15/5/23-MONDAY	1
	3rd WEEK	17/5/23-WEDNESDAY	2
		18/5/23-THURSDAY	1
		22/5/23-MONDAY	1

Bhubaneswari
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	SEMESTER:-4th
	Total Period :-52
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
INTRODUCTION TO SKIN	
KNOW ABOUT SKIN DISORDERS KNOW ABOUT SYMPTOMS OF SKIN DISORDERS	
TYPES OF SKIN DISEASES ,CAUSES BEHIND SKIN DISORDERS, MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER ,KNOW ABOUT THE DISORDERS OF HEADACHE & THYROID,KNOW ABOUT THE TYPES OF DISORDERS ,CAUSES BEHIND THE DISORDERS, MODERN MEDICAL TREATMENT	
,YOGIC APPROACH/MANAGEMENT FOR THE DISORDER	
DETAIL PROJECT REPORT ABOUT THE DISORDERS,,	
BRONCHITIS,EOSINOPHIL,TOSILLITIS	
STUDY ABOUT THE DISORDERS	
STUDY ABOUT THE DISORDERS,TYPES OF DISORDERS,	
CAUSES BEHIND THE DISORDERS,	
MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER,	
DETAIL PROJECT REPORT ABOUT THE DISORDERS	
COLITIS,ACUTE GASTROENTERITIS & HEPATITIS	
CHEMICAL SPONDYLITIS ,BACK PAIN,SLIPPED DISC & SCIATICA,	
STUDY ABOUT THE SYMPTOMS,TYPES OF DISORDERS	
CAUSES BEHIND THE DISORDERS,MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER	
LEUCORRHOEA & VAGINAL INFECTION IN FEMALE,	
STUDY ABOUT THE DISORDERS,STUDY ABOUT THE SYMPTOMS	
TYPES OF DISORDERS,MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER	
DETAIL PROJECT REPORT ABOUT THE DISORDERS	
URINARY TRACT INFECTION & KIDNEY STONE ,SKIN DISEASES	
STUDY ABOUT THE DISORDERS	
TYPES OF DISORDERS	
CAUSES BEHIND THE DISORDERS	

MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER	
DETAIL PROJECT REPORT ABOUT THE DISORDERS	
STUDY ABOUT THE DISORDERS	
STUDY ABOUT THE SYMPTOMS	
TYPES OF DISORDERS	
CAUSES BEHIND THE DISORDERS	
MODERN MEDICAL TREATMENT	
YOGIC APPROACH/MANAGEMENT FOR DISORDER	
DETAIL PROJECT REPORT ABOUT THE DISORDERS	
REVISION	