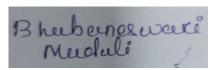
LESSON PL	AN.	Academic Se	ssion :- 2022-2023
		•	YOGA THERAPY
	- MISS BHUBANESWARI MUDULI		DE:- PRACTICAL-I
MONTH	Week	· · · · · · · · · · · · · · · · · · ·	Period
	3rd WEEK	14/2/23-TUESDAY	1 2
		15/2/23-WEDNESDA 17/2/23-FRIDAY	2
FEBRUARY		18/2/23-SATURDAY	1
		21/2/23-TUESDAY	1
		22/2/23-WEDNESDA	2
	4TH WEEK	24/2/23-FRIDAY	2
		25/2/23-SATURDAY	1
		1/3/23-WEDNESDAY	2
	1st WEEK	3/3/23-FRIDAY	2
		4/3/23-SATURDAY	1
	2nd week	10/3/23-FRIDAY	2
		11/3/23-SATURDAY	1
		14/3/23-TUESDAY	1
	3rd week	15/3/2-WEDNESDAY	2
MARCH		17/3/23-FRIDAY	2
MARCH		18/3/23-SATURDAY	1
		21/3/23-TUESDAY	1
	4TH WEEK	22/3/23-WEDNESDA	2
		24/3/23-FRIDAY	2
		25/3/23-SATURDAY	1
		28/3/23-TUESDAY	1
	5th WEEK	29/3/23-WEDNESDA	2
		31/3/23-FRIDAY	2
		4/4/23-TUESDAY	1
	1st WEEK	5/4/23-WEDNESDAY	2
		8/4/23-SATURDAY	1
		11/4/23-TUESDAY	1
	2nd WEEK	12/4/23-WEDNESDA	2

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

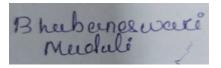


	SEMESTER:-4th
	Total Period :-72
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
PRACTICE OF STANDING POSTURE	
PRACTICE OF SITTING POSTURE	
PRACTICE OF SITTING POSTURE	
PRACTICE OF SITTING POSTURE	
PRACTICE OF SITTING POSTURE	
PRACTICE OF SITTING POSTURE	
PRACTICE OF WALKING POSTURE	
PRACTICE FO SURYA NAMASKAR	
PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER	
PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER	
PRACTICE OF FORWARD & BACKWARD BENDING ASANA AS PER DISORDER	
PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER	
PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER	
PRACTICE OF FORWARD & BACKWARD	
BENDING ASANA AS PER DISORDER	

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

LESSON PL	AN.	Academic Session	:- 2022-2023
		Subject :-YOGA	
	er :- MISS.BHUBANESWAR MUDULI Week	SUBJECT CODE:-	THEORY -I Period
MONTH	Week	DAYS/DATE	
Teache MONTH FEB MARCH	3rd week	15/2/23-WEDNESDAY	2
	Sid Week	16/2/23-THURSDAY	1
		20/2/23-MONDAY	1
	4TH WEEK	22/2/23-WEDNESDAY	2
		23/2/23-THURSDAY	1
	1st WEEK	1/3/23-WEDNESDAY	2
	13t WEEK	2/3/23-THURSDAY	1
	2nd week	6/3/23-MONDAY	1
	ziiu week	9/3/23-THURSDA	1
		13/3/23-MONDAY	1
MARCH	3rd week	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
		27/3/23-MONDAY 29/3/23-WEDNESDAY	2
		3/4/23-MONDAY	1
	1st WEEK	5/4/23-WEDNESDAY	2
		6/4/23-THURSDAY	1
APRIL -	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
		24/4/23-MONDAY	1
	4TH WEEK	26/4/23-WEDNESDAY	2

_	_		
		27/4/23-THURSDAY	1
		1/5/23-MONDAY	1
	1st WEEK	3/5/23-WEDNESDAY	2
		4/5/23-THURSDAY	1
MAY		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



	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 ORD SKIN DISEASEE CAUSES RELIAND SKIN DISORDERS	
TYPES ODD SKIN DISEASEE ,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 THR 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 GASTROENTERITIES & 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 TEACT INFECTION & KIDNEY STONE ,SKIN DISEASES	
STUDY ABOUT THE DISORDERS	
TYPES OF DISORDERS	
CAUSES BEHIND THE DISORDERS	
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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	