

LESSON PLAN.		Academic Session :- 2023-2024	
		Subject :- AROMA THERAPY	
Teacher :- MRS CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-III	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	16/1/24-monday	1
		17/1/24-wednesday	2
		18/1/24-thursday	1
	4TH WEEK	22/1/24-monday	1
		24/1/24-wednesday	2
		25/1/24-thursday	1
FEBRUARY	1st WEEK	5/2/24-MONDAY	1
		7/2/24-Wednesday	2
		08/2/24-thursday	1
	2nd week	12/2/24-monday	1
		15/2/24-THURSDAY	1
	3rd week	19/2/24-Monday	1
		21/2/24-wednesday	2
		22/2/24-thursday	1
	4TH WEEK	26/2/24-monday	1
		28/2/24-wednesday	2
29/2/24-thursday		1	
MARCH	1st WEEK	4/3/24-monday	1
		6/3/24-wednesday	2
		7/3/24-thursday	1
	2nd WEEK	11/3/24-monday	1
		13/3/24-wednesday	2
		14/3/24-thursday	1
	3rd WEEK	19/3/24-monday	1
		21/3/24-thursday	1
	4TH WEEK	27/3/24-wednesday	2
		28/3/24-thursday	1
APRIL		1st WEEK	3/4/24-wednesday
	4/4/24-thursday		1
	2nd WEEK	8/4/24-monday	1
		10/4/24-wednesday	2
	3rd WEEK	15/4/24-monday	1
		18/4/24-thursday	1
	4TH WEEK	22/4/24-monday	1
		24/4/24-wednesday	2

	<b>SEMESTER:-4th</b>
	<b>Total Period :-50</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
HISTORY OF AROMA THERAPY	
HOLISTIC APPROACH TO HEALTH	
INTRODUCTION TO ESSENTIAL OIL	
AROMA THERAPY IN A HOLISTIC WAY	
REMOVAL OF STREE BY AROMA THERAPY	
INTRODUCTION OF ESSENTIAL OIL	
BLENDING OF ESSENTIAL OIL	
BLENDING OF ESSENTIAL OIL	
AROMA THERAPY IN A HOLISTIC WAY	
BLENDING OF ESSENTIAL OIL	
HOLISTIC APPROACH TO HEALTH	
SAFETY PRECAUTIONS	
METHOD OF OIL EXTRACTION	
STEAM DISTILLATION METHOD	
EFFLEURAGE	
EFFLEURAGE	
EFFLEURAGE	
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	
COMPRESSES	
COMPRESSES	
ROOM SPRAY	
VAPORIZATION	
VAPORIZATION	
FOOT BATH	
SKIN AND HAIR CARE	
SKIN AND HAIR CARE	
SKIN AND HAIR CARE	
REVISION	

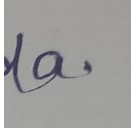
LESSON PLAN.		Academic Session :- 2023-2024	
		Subject :- AROMA THERAPY	
Teacher :- MISS.KRISHNA PARIDA		SUBJECT CODE:- PRACTICAL-III	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	16/1/24-TUESDAY	1
		17/1/24-wednesday	2
		18/1/24-thursday	2
		20/1/24-saturday	1
	4TH WEEK	23/1/24-tuesday	1
		24/1/24-wednesday	2
		25/1/24-thursday	2
	1ST WEEK	6/2/24-tuesday	1
		7/2/24-wednesday	2
		8/2/24-thursday	2
FEBRUARY	2nd WEEK	10/2/24-saturday	1
		13/2/24-tuesday	1
		15/2/24-thursday	2
	3rd WEEK	20/2/24-tuesday	1
		21/2/24-wednesday	2
		22/2/24-thursday	2
		24/2/24-saturday	1
	4TH WEEK	27/2/24-tuesday	1
		28/2/24-wednesday	2
		29/2/24-thursday	2
MARCH	1st WEEK	6/3/24-wednesday	1
		7/3/24-thursday	2
		09-03-2024-saturday	1
	2nd WEEK	12/3/24-tuesday	1
		13/3/24-wednesday	2
		14/3/24-thursday	2
		16/3/24-saturday	1
	3rd WEEK	19/3/24-tuesday	1
		20/3/24-wednesday	2
		21/3/24-thursday	2
	4TH WEEK	23/3/24-saturday	1
		27/3/24-wednesday	1
		27/3/25-wednesday	2
27/3/26-wednesday		1	
	1ST WEEK	2/4/24-tuesday	1
		3/4/24-wednesday	2
		4/4/24-thursday	2
		6/4/24-saturday	1
	2nd WEEK	9/4/24-tuesday	1
		10/4/24-wednesday	2
		13/4/24-saturday	1
		16/4/24-tuesday	1

APRIL	3rd WEEK	18/4/24-thursday	2
		20/4/24-saturday	1
	4TH WEEK	23/4/24-tuesday	1
		24/4/24-wednesday	2
		25/4/24-thursday	2

Krishna Parib

<b>Syllabus to be covered</b>
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 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 FOR VARIOUS METHOD OF EXTRACTION OF ESSENTIAL OIL
PRACTICE FOR STEAM DISTILLATION METHOD
PRACTICE FOR EFFLEURAGE METHOD
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF PREPARATION OF VARIOUS TYPES OF GARGLES AND MOUTHWASHES
PRACTICE OF PREPARATION OF VARIOUS TYPES OF GARGLES AND MOUTHWASHES
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL
PRACTICE OF PREPARATION OF VARIOUS HERBAL TEAS
PRACTICE OF COMPRESSES METHOD
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL
PRACTICE OF USE OF USE OF VARIOUS ESSENTIAL OIL
PRACTICE OF PREPARATION OF ROOM SPRAY
PRACTICE OF VAPORIZATION
PRACTICE FOR STEAM DISTILLATION METHOD
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
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL
PRACTICE FOR EFFLEURAGE METHOD
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF VAPORIZATION
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF PRECAUTION WHILE BLENDING OF ESSENTIAL OIL
PRACTICE OF VAPORIZATION
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF COLD PRESSING METHODS
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF COLD PRESSING METHODS

PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
PRACTICE OF PREPARATION OF VARIOUS FOOT BATH TECHNIQUES
REVISION
REVISION
REVISION



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