

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

Chinmayee
Nayak

	SEMESTER:-4th
	Total Period :-46
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
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 :- 2022-2023	
		Subject :- AROMA THERAPY	
Teacher :- MISS.KRISHNA PARIDA		SUBJECT CODE:- PRACTICAL-III	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	13/2/23-monday	2
		17/2/23-friday	4
	4TH WEEK	20/2/23-monday	2
		24/2/23-friday	4
	2nd week	3/3/23-friday	4
		6/3/23-monday	2
	3rd week	10/3/23-friday	4
		13/3/23-monday	2
	4TH WEEK	17/3/23-friday	4
		20/3/23-monday	2
	5th WEEK	24/3/23-friday	4
		27/3/23-monday	2
		31/3/23-friday	2
			4
APRIL	1st WEEK	3/4/23-monday	2
	2nd WEEK	10/4/23-monday	2
		17/4/23-monday	2
	3rd WEEK	21/4/23-friday	4
		24/4/23-monday	2
	4TH WEEK	28/4/23-friday	4
MAY	1st WEEK	1/5/23-monday	2
	2nd WEEK	8/5/23-monday	2
		12/5/23-friday	4
	3rd WEEK	15/5/23-monday	2
4TH WEEK	22/5/23-monday	2	

Krishna Parida

	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 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	

