

LESSON PLAN.		Academic Session :- 2023-2024	
		Subject :-YOGA & BODYPERFECTION -I	
Teacher :- MRS.Chinmayee Nayak		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	16/1/24 - TUESDAY	2
		20/1/24 - SATURDAY	3
	4th WEEK	23/1/24 - TUESDAY	2
		27/1/24 - SATURDAY	3
FEBRUARY	1st WEEK	6/2/24 - TUESDAY	2
		10/2/24 - SATURDAY	3
	2nd WEEK	13/2/24 - TUESDAY	2
		17/2/24 - SATURDAY	3
	3rd WEEK	20/2/24 - TUESDAY	2
		24/2/24 - SATURDAY	3
	4th WEEK	27/2/24 - TUESDAY	2
	MARCH	1st WEEK	9/3/24 - SATURDAY
12/3/24 - TUESDAY			2
2nd WEEK		16/3/24 - SATURDAY	3
		19/3/24 - TUESDAY	2
3rd WEEK		23/3/24 - SATURDAY	3
		30/3/24 - SATURDAY	3
4th WEEK		2/4/24 - TUESDAY	2
		6/4/24 - SATURDAY	3
APRIL	1st WEEK	9/4/24 - TUESDAY	2
		13/4/24 - SATURDAY	3
	2nd WEEK	16/4/24 - TUESDAY	2
		20/4/24 - SATURDAY	3
	3rd WEEK	23/4/24 - TUESDAY	2
	4th WEEK		

Chinmayee  
Nayak

	<b>SEMESTER:-2nd</b>
	<b>Total Period :-60</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
Concept,Defination of Yoga	
Importance & aim of yoga	
introduction to astanga Yoga	
Importance & aim of yoga	
different point to be remember while doing yoga	
Importance of diets in Yoga	
Dos & don't of Yoga	
dimension of personality	
Importance of diets in Yoga	
different type of diet according to Yogasastra	
introduction to astanga Yoga	
Importance of different electrical & non electrical equipment & gadgets for good physique	
Standing Posture	
Meaning and defination of persanality	
Sitting posture	
Define good & poor posture	
Pronelying Posture	
Supine Posture	
Explaining the posture while standing,sitting,walking	
Relaxation Posture	
Learning about pranayam	
Priliminary Practice	
Standing Posture	
Learning About Nadisodhana	

LESSON PLAN.		Academic Session :- 2023-2024	
		Subject :-YOGA & BODYPERFECTION -I	
Teacher :- MRS.Chinmayee Nayak		SUBJECT CODE:- PRACTICAL-II	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	17/1/24-WEDNESDAY	2
		18/1/24-THURSDAY	1
		19/1/24-FRIDAY	2
	4TH WEEK	22/1/24 - MONDAY	2
		24/1/24 - WEDNESDAY	2
		25/1/24 - THURSDAY	1
FEBRUARY	1st WEEK	5/2/24 - MONDAY	2
		7/2/24 - WEDNESDAY	2
		8/2/24 - THURSDAY	1
		9/2/24 - FRIDAY	1
	2nd WEEK	12/2/24 - MONDAY	2
		13/2/24 - WEDNESDAY	2
		15/2/24 - THURSDAY	1
		16/2/24 - FRIDAY	1
	3rd WEEK	19/2/24 - MONDAY	2
		21/2/24 - WEDNESDAY	2
		22/2/24 - THURSDAY	1
		23/2/24 - FRIDAY	1
	4TH WEEK	26/2/24 - MONDAY	2
		28/2/24 - WEDNESDAY	2
		29/2/24 - THURSDAY	1
	MARCH	1st WEEK	4/3/24 - MONDAY
6/3/24 - WEDNESDAY			2
7/3/24 - THURSDAY			1
2nd WEEK		11/3/24 - MONDAY	2
		13/3/24 - WEDNESDAY	2
		14/3/24 - THURSDAY	1
		15/3/24 - FRIDAY	1
3rd WEEK		18/3/24 - MONDAY	2
		20/3/24 - WEDNESDAY	2
		21/3/24 - THURSDAY	1
		22/3/24 - FRIDAY	1
4TH WEEK		27/3/24 - WEDNESDAY	2
	28/3/24 - THURSDAY	1	
1st WEEK	3/4/24 - WEDNESDAY	2	
	4/4/24 - THURSDAY	1	
	5/4/24 - FRIDAY	1	

APRIL	2nd WEEK	8/4/24 - MONDAY	2	
		10/4/24 - WEDNESDAY	2	
		12/4/24 - FRIDAY	1	
	3rd WEEK	15/4/24 - MONDAY	2	
		18/4/24 - THURSDAY	1	
		19/4/24 - FRIDAY	1	
	4TH WEEK	22/4/24 - MONDAY	2	
		24/4/24 - WEDNESDAY	2	
		25/4/24 - THURSDAY	1	
		26/4/24 - FRIDAY	1	

	<b>SEMESTER:-2nd</b>
	<b>Total Period :-73</b>
	<b>Theory :-07PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
Pawanmukta asana-Part-I	
Pawanmukta asana-Part-I	
Pawanmukta asana-Part-I	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-II	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Pawanmukta asana-Part-III	
Standing Posture	
Standing Posture	
Standing Posture	
practice standing posture	
practice standing posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Sitting Posture	
Framing different yogic diet chart different age group	
practice sitting posture	
Showing different models & explaining their defects	
Pronelying Posture	
Learning and performing different asana	

practice pawanamuktasana part-I	
Demonstrating how to sit ,stand,& walk gracefully	
practice pawanamuktasana part-II	
Explaining with the help of model the constuction & function of human body	
practice pawanamuktasana part-III	
Framing different yogic diet chart different age group	
Showing different models & explaining their defects	
Supine posture	
Demonstrating how to sit ,stand,& walk gracefully	
Revision	

Chinmayee  
Nayak

LESSON PLAN.		Academic Session :- 2023-2024	
		Subject :-BEAUTY CULTURE -I	
Teacher :- MRS. CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-III	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	16/1/24 - TUESDAY	1
		18/1/24 - THURSDAY	1
		19/1/24 - FRIDAY	3
	4TH WEEK	25/1/24 - THURSDAY	1
FEBRUARY	1st WEEK	6/2/24 - TUESDAY	1
		8/2/24 - THURSDAY	1
		9/2/24 - FRIDAY	3
	2nd week	13/2/24 - TUESDAY	1
		15/2/24 - THURSDAY	1
		16/2/24 - FRIDAY	3
	3rd WEEK	20/2/24 - TUESDAY	1
		22/2/24 - THURSDAY	1
		23/2/24 - FRIDAY	3
	4TH WEEK	27/2/24 - TUESDAY	1
		29/2/24 - THURSDAY	1
	MARCH	1st WEEK	7/3/24 - THURSDAY
2nd WEEK		12/3/24 - TUESDAY	1
		14/3/24 - THURSDAY	1
3rd WEEK		15/3/24 - FRIDAY	3
		19/3/24 - TUESDAY	1
		21/3/24 - THURSDAY	1
		22/3/24 - FRIDAY	3
4TH WEEK		28/3/24 - THURSDAY	1
		18/4/23-tuesday	1
		19/4/23-wednesday	1
	1st WEEK	2/4/24 TUESDAY	1
		4/4/24 - THURSDAY	1
		5/4/24 - FRIDAY	3
		9/4/24 - TUESDAY	1

APRIL

2nd WEEK	12/4/24 - FRIDAY	3
	10/5/23-wednesday	1
3rd WEEK	16/4/24 - TUESDAY	1
	18/4/24 - THURSDAY	1
	19/4/24 - FRIDAY	3
4TH WEEK	23/4/24 - TUESDAY	1
	25/4/24 - THURSDAY	1
	26/4/24 - FRIDAY	3

Chinmayee  
Nayak



	<b>SEMESTER:-2nd</b>
	<b>Total Period :-57</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
structure and study of nails	
different types of nail-disease & nail disorder	
describe the procedure for manicure & pedicure	
Know the use of artificial aid used	
types of cosmetics used ,different equipment & different types of manicure & pedicure	
know the precautions to be taken to prevent allergies & infection	
description about reflexology in manicure & pedicure	
description about reflexology in manicure & pedicure	
description about reflexology in manicure & pedicure	
definition of massage	
different types of massage different techniques used for massage	
cosmetic knowledge	
definition of massage	
different types of massage different techniques used for massage	
cosmetic knowledge	
study of hair( structure ,texture)	
know about hair,its growth & allergies	
removing of superfluous hair from the face & body	
sterilization of tools	
preparation of wax ,its testing & precautions	
removing of superfluous hair from the face & body	
types of wax	
bleaching	
describe application of bleaching & its procedure , precautions ,its advantage & disadvantages	
know about hair,its growth & allergies	
study about cosmetic used for bleaching	
describe application of bleaching & its procedure , precautions ,its advantage & disadvantages	
describe application of bleaching & its procedure , precautions ,its advantage & disadvantages	
define threading	

describe application of bleaching & its procedure , precautions ,its advantage & dis advantages	
define tweezing	
state & explain the types of thearding procedure & precautions to be taken	
knowledge of cosmetics used	
describe the procedure for giving an eybrow arch ,correct placing & shaping of the eyebrows	
describe the use of eye brow pencil	
explain the fashion effect in eye & brow makeup	
revision	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-BEAUTY CULTURE -I	
Teacher :- MISS.SUNIDHI SATRUSALYA		SUBJECT CODE:- PRACTICAL-III	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	4TH WEEK	21/2/23-tuesday	2
		22/2/23-wednesday	2
		23/2/23-THURSDAY	2
		24/2/23-friday	1
		25/2/23-saturday	1
MARCH	1st WEEK	1/3/23-wednesday	2
		2/3/23 -thursday	2
		3/3/23-friday	1
		4/3/23-saturday	1
	2nd week	9/3/23-thursday	2
		10/3/23-friday	1
		11/3/23-saturday	1
	3rd WEEK	14/3/23-tuesday	2
		15/3/23-wednesday	2
		16/3/23-thursday	2
		17/3/23-friday	1
		18/3/23-saturday	1
	4TH WEEK	21/3/23-tuesday	2
		22/3/23-wednesday	2
		23/3/23-thursday	2
		24/3/23-friday	1
		25/3/23-saturday	1
	5th WEEK	28/3/23-tuesday	2
		29/3/23-wednesday	2
		31/3/23-friday	1
		4/4/23-tuesday	2
		5/4/23-wednesday	2

APRIL	1st WEEK	6/4/23-thursday	2
		8/4/23-saturday	1
	2nd WEEK	11/4/23-tuesday	2
		12/4/23-wednesday	2
		13/4/23-thursday	2
		15/4/23-saturday	1
		18/4/23-tuesday	2
	3rd WEEK	19/4/23-wednesday	2
		20/4/23-thursday	2
		21/3/23-friday	1
		25/4/23-tuesday	2
	4TH WEEK	26/4/23-wednesday	2
		27/4/23-thursday	2
		28/3/23-friday	1
		29/3/23-saturday	1
		2/5/23-tuesday	2
MAY	1st WEEK	3/5/23-wednesday	2
		4/5/23-thursday	2
		5/5/23-friday	1
		9/5/23-tuesday	2
	2nd WEEK	10/5/23-wednesday	2
		11/5/23-thursday	2
		12/5/23-friday	1
		13/5/23-saturday	1
		16/5/23-tuesday	2
	3rd WEEK	17/5/23-wednesday	2
		18/5/23-thursday	2
		20/5/23-saturday	1
		23/5/23-tuesday	2
		24/5/23-wednesday	2
		25/5/23-thursday	2
		26/5/23-friday	1
		27/5/23-saturday	1
5th WEEK		30/5/23-tuesday	2
	31/5/23-wednesday	2	
	6/6/23-tuesday	2	

JUNE	1st WEEK	7/6/23-wednesday	2
		8/6/23-thursday	2
		9/6/23-friday	1
		10/6/23-saturday	1
	2nd WEEK	13/6/23-tuesday	2
		16/6/23-friday	1
		17/6/23-saturday	1
	3rd WEEK	21/6/23-wednesday	2
		22/6/23-thursday	2
		23/6/23-friday	1

Scenidhi  
Sakrawaha

	<b>SEMESTER:-2nd</b>
	<b>Total Period :-118</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
practice of filling	
cleaning ,pushing & cutting the cuticles	
cleaning ,pushing & cutting the cuticles	
cleaning ,pushing & cutting the cuticles	
cleaning ,pushing & cutting the cuticles	
practice in masaging & painting of the nails	
practice in hand and arm massage	
fixing of nail & removing of artificial nail ,practice in nail mending	
fixing of nail & removing of artificial nail ,practice in nail mending	
fixing of nail & removing of artificial nail ,practice in nail mending	
plain menicure & elctric manicure	
practice in sterilizing the implements	
use & fixing of decals	
use & fixing of decals	
use & fixing of decals	
use & fixing of decals	
use & fixing of decals	
cleaning ,pushing & cutting the cuticles in pedicure	
cleaning ,pushing & cutting the cuticles in pedicure	
cleaning ,pushing & cutting the cuticles in pedicure	
practice in masaging & painting of the toe nails	
practice in masaging & painting of the toe nails	
practice in leg and feet massage	
practice in leg and feet massage	
removing of corns & colts	
removing of corns & colts	
plain pedicure & elctric pedicure	

practice in sterilizing the implements	
practice in removing the unwanted hair by using cold & hot wax from the face & the body	
preparation of wax & testing it	
preparation of wax & testing it	
preparation of wax & testing it	
preparation of wax & testing it	
preparation of wax & testing it	
practice in using the bleaching method to make hair look light	
practice in using the bleaching method to make hair look light	
practice in using the bleaching method to make hair look light	
practice in using the bleaching method to make hair look light	
preparation of bleach with different ingredient	
preparation of bleach with different ingredient	
preparation of bleach with different ingredient	
preparation of bleach with different ingredient	
preparation of bleach with different ingredient	
tweezing & thearding	
tweezing & thearding	
tweezing & thearding	
tweezing & thearding	
tweezing & thearding	
tweezing & thearding	
practice in using different types of cosmetics	
practice in using different types of cosmetics	
practice in using different types of cosmetics	
practice in using different types of cosmetics	
practice in using different types of cosmetics	
practice in using different types of cosmetics	
practice in different types of threading	
practice in giving a proper eyebrow shaping	
differnt types of eyebrow keeping face structure in mind	
differnt types of eyebrow keeping face structure in mind	
differnt types of eyebrow keeping face structure in mind	
differnt types of eyebrow keeping face structure in mind	
differnt types of eyebrow keeping face structure in mind	
practice in giving a plane body massage with oil & powder	
practice in giving a plane body massage with oil & powder	

practice in giving a plane body massage with oil & powder	
practice in giving a plane body massage with oil & powder	
practice in giving a plane body massage with oil & powder	
practice in giving a plane body massage with oil & powder	
practice in different moments used for body massage	
practice in different moments used for body massage	
practice in different moments used for body massage	
practice in different moments used for body massage	
practice in different moments used for body massage	
revision	



LESSON PLAN.		Academic Session :- 2022-2023		
		Subject :-B.A.N.Y		
Teacher :- MISS.BHUBANESWARI MUDULI		SUBJECT CODE:- THEORY-IV		
MONTH	Week	DAYS/DATE	Period	
FEBRUARY	4TH WEEK	21/2/23-tuesday	1	
		24/2/23-friday	1	
		25/2/23-saturday	2	
MARCH	1st WEEK	3/3/23-friday	1	
		4/3/23-saturday	2	
	2nd week	10/3/23-friday	1	
		11/3/23-saturday	2	
	3rd WEEK	14/3/23-tuesday	1	
		17/3/23-friday	1	
		18/3/23-saturday	2	
	4TH WEEK	21/3/23-tuesday	1	
		24/3/23-friday	1	
		25/3/23-saturday	2	
	5th WEEK	28/3/23-tuesday	1	
		31/3/23-friday	1	
APRIL	1st WEEK	4/4/23-tuesday	1	
		8/4/23-saturday	2	
	2nd WEEK	11/4/23-tuesday	1	
		15/4/23-saturday	2	
	3rd WEEK	18/4/23-tuesday	1	
		21/4/23-friday	1	
		22/4/23-saturday	2	
	4TH WEEK	25/4/23- tuesday	1	
		28/3/23-friday	1	
		29/4/23-saturday	2	
	MAY	1st WEEK	1/5/23-monday	2
			2/5/23-tuesday	1
6/5/23-saturday			1	
2nd WEEK		9/5/23-tuesday	1	
			1	
		13/5/23-saturday	2	
3rd WEEK		16/5/23-tuesday	1	
		20/5/23-saturday	2	
		23/5/23-tuesday	1	

	4TH WEEK	26/5/23-friday	1
		27/5/23-saturday	2
	5th WEEK	30/5/23-tuesday	1
JUNE	1st WEEK	6/6/23-friday	1
		9/6/23-friday	1
		10/6/23-saturday	2
	2nd WEEK	13/6/23-tuesday	1
		16/6/23-friday	1
		17/6/23-saturday	2
	3rd WEEK	23/6/23-friday	1

Bhabangewari  
Mudali

	<b>SEMESTER:-2nd</b>
	<b>Total Period :-59</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
principle of ayurveda	
Basic knowledge about ayurveda	
principle of ayurveda	
principle of ayurveda	
principle of ayurveda	
panchakarma	
panchakarma	
panchakarma	
Beauty treatment in ayurveda	
Beauty treatment in ayurveda	
Beauty treatment in ayurveda	
Beauty treatment in ayurveda	
massage therapy, acupressure & physiotherapy	
massage therapy, acupressure & physiotherapy	
massage therapy, acupressure & physiotherapy	
Basic knowledge about naturopathy	
Basic knowledge about naturopathy	
Basic knowledge about naturopathy	
various treatment with nature cure	
earth	
earth	
Air therapy	
Air therapy	
Air therapy	
Space therapy	
Water therapy	
Water therapy	
Fire therapy	
Fire therapy	
Fire therapy	
Yoga sutra	
Description if important yoga sutra from Samadhi pada & Kaivaly pada	
Description if important yoga sutra from Samadhi pada & Kaivaly pada	
Description if important yoga sutra from Samadhi pada & Kaivaly pada	

Description of important yoga sutra from Samadhi pada & Kaivalya pada	
Description of important yoga sutra from Samadhi pada & Kaivalya pada	
Description of important yoga sutra from Sadhana pada & Bibhutipada	
Description of important yoga sutra from Sadhana pada & Bibhutipada	
Description of important yoga sutra from Sadhana pada & Bibhutipada	
Description of important yoga sutra from Sadhana pada & Bibhutipada	
Use of yoga for professionals & in corporate sectors	
Use of yoga for professionals & in corporate sectors	
Use of yoga for professionals & in corporate sectors	
Revision	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-HERBAL AND HOME REMEDIES	
Teacher :- MISS.SUNIDHI SATRUSALYA		SUBJECT CODE:- THEORY-IV	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-tuesday	3
		16/2/23-thursday	1
	4TH WEEK	21/2/23-tuesday	3
		23/2/23-thursday	1
MARCH	1st WEEK	3/3/23-thursday	1
	2nd week	9/3/23-thursday	1
	3rd week	14/3/23-tuesday	3
		16/3/23-thursday	1
	4TH WEEK	21/3/23-tuesday	3
23/3/23-thursday		1	
5th WEEK	28/3/23-tuesday	3	
APRIL	1st WEEK	4/4/23-tuesday	3
		6/4/23-thursday	1
	2nd WEEK	11/4/23-tuesday	3
		13/4/23-thursday	1
	3rd WEEK	18/4/23-tuesday	3
		20/4/23-thursday	1
4TH WEEK	25/4/23-tuesday	3	
	27/4/23-thursday	1	
MAY	1st WEEK	2/5/23-tuesday	3
		4/5/23-thursday	1
	2nd WEEK	9/5/23-tuesday	3
		11/5/23-thursday	1
	3rd WEEK	16/5/23-tuesday	3
		18/5/23-thursday	1
4TH WEEK	23/5/23-tuesday	3	

Sunidhi  
Satrusalya

	<b>SEMESTER:-4th</b>
	<b>Total Period :-52</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
defination of herbs	
understanding herbal therapeutic actions	
understanding herbal therapeutic actions	
history of herbal medicine	
history of herbal medicine	
history of herbal medicine	
benefits of medicinal herbs	
advantages of herbal treatment	
advantages of herbal treatment	
classification of herbs	
classification of herbs	
catagorizing herbs based on plants properties	
catagorizing herbs based on plants properties	
catagorizing herbs based on plants properties	
catagorizing herbs based on their uses	
catagorizing herbs based on their uses	
catagorizing herbs based on their uses	
preparation of herbal wellness products	
preparation of herbal wellness products	
home remedies for skin disorder/ problems	
home remedies for skin disorder/ problems	
home remedies for skin treatment	
home remedies for skin treatment	
home remedies for hair	
home remedies for hair	
Revision	

2/1/20

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :- AROMA THERAPY	
Teacher :- MISS.BHUBANESWARI MUDULI		SUBJECT CODE:- THEORY-III	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	13/2/23-monday	1
		14/2/23-tuesday	1
		15/2/23-wednesday	1
		17/2/23-friday	1
	4TH WEEK	20/2/23-monday	1
		21/2/23-tuesday	1
		22/2/23-wednesday	1
		24/2/23-friday	1
MARCH	1st WEEK	1/3/23-wednesday	1
		3/3/23-friday	1
	2nd week	6/3/23-monday	1
		10/3/23-friday	1
	3rd week	13/3/23-monday	1
		14/3/23-tuesday	1
		15/3/23-wednesday	1
		17/3/23-friday	1
	4TH WEEK	20/3/23-monday	1
		21/3/23-tuesday	1
		22/3/23-wednesday	1
		24/3/23-friday	1
	5th WEEK	27/3/23-monday	1
28/3/23-tuesday		1	
29/3/23-wednesday		1	
31/3/23-friday		1	
APRIL		1st WEEK	3/4/23-monday
	4/4/23-tuesday		1
	5/3/23-wednesday		1
	2nd WEEK	10/4/23-monday	1
		11/4/23-tuesday	1
		12/4/23-wednesday	1
	3rd WEEK	17/4/23-monday	1
		18/4/23-tuesday	1
		19/4/23-wednesday	1
		21/4/23-friday	1
	4TH WEEK	24/4/23-monday	1
		25/4/23-tuesday	1
		26/4/23-wednesday	1
28/4/23-friday		1	
1st WEEK		1/5/23-monday	1
	2/5/23-tuesday	1	
	3/5/23-wednesday	1	

MAY	2nd WEEK	8/5/23-monday	1
		9/5/23-tuesday	1
		10/5/23-wednesday	1
		12/5/23-friday	1
	3rd WEEK	15/5/23-monday	1
		16/5/23-tuesday	1
		17/5/23-wednesday	1
	4TH WEEK	22/5/23-monday	1
		23/5/23-tuesday	1

Bhebangwari  
Machuli



	<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	
HOLISTIC APPROACH OF LIFE	
AROMA THERAPY IN A HOLISTIC WAY	
REMOVAL OF STREE BY AROMA THERAPY	
INTRODUCTION OF ESSENTIAL OIL	
DIRECTORY OF ESSENTIAL IOL	
BLENDING OF ESSENTIAL OIL	
BLENDING OF ESSENTIAL OIL	
BLENDING OF ESSENTIAL OIL	
SAFETY PRECAUTIONS	
SAFETY PRECAUTIONS	
METHOD OF OIL EXTRACTION	
STEAM DISTILLATION METHOD	
STEAM DISTILLATION METHOD	
EFFLEURAGE	
EFFLEURAGE	
EFFLEURAGE	
EFFLEURAGE	
COLD PRESSING	
COLD PRESSING	
SOLVENT EXTRACTION	
SOLVENT EXTRACTION	
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	
HERBAL TEAS	
HERBAL TEAS	
HERBAL TEAS	
COMPRESSES	
COMPRESSES	
ROOM SPRAY	
ROOM SPRAY	
VAPORIZATION	
VAPORIZATION	

VAPORIZATION	
FOOT BATH	
FOOT BATH	
FOOT BATH	
SKIN AND HAIR CARE	
SKIN AND HAIR CARE	
SKIN AND HAIR CARE	
SKIN AND HAIR CARE	
REVISION	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :- AROMA THERAPY	
Teacher :- MISS.BHUBANESWARI MUDULI		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	4
	1st WEEK	3/4/23-monday	2
APRIL	2nd WEEK	10/4/23-monday	2
	3rd WEEK	17/4/23-monday	2
		21/4/23-friday	4
	4TH WEEK	24/4/23-monday	2
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	

Bhubaneswari  
Muduli

<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 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



LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :- BEAUTY CULTURE -II	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		16/2/23-THURSDAY	2
	4TH WEEK	20/2/23-MONDAY	1
		21/2/23-TUESDAY	1
		23/2/23-THURSDAY	2
	MARCH	1st WEEK	2/3/23-THURSDAY
2nd week		6/3/23-MONDAY	1
		9/3/23-THURSDA	2
3rd week		13/3/23-MONDAY	1
		14/3/23-TUESDAY	1
		16/3/23-THURSDA	2
4TH WEEK		20/3/23-MONDAY	1
		21/3/23-TUESDAY	1
		23/3/23-THURSDAY	2
5th WEEK		27/3/23-MONDAY	1
		28/3/23-TUESDAY	1
		3/4/23-MONDAY	1
APRIL	1st WEEK	4/4/23-TUESDAY	1
		6/4/23-THURSDAY	2
		10/4/23-MONDAY	1
	2nd WEEK	11/4/23-TUESDAY	1
		13/4/23-THURSDAY	2
		17/4/23-MONDAY	1
	3rd WEEK	18/4/23-TUESDAY	1
		20/4/23-THURSDAY	2
		24/4/23-MONDAY	1
	4TH WEEK	25/4/23-TUESDAY	1
		27/4/23-THURSDAY	2
		1st WEEK	1/5/23-MONDAY
2/5/23-TUESDAY	1		
4/5/23-THURSDAY	2		

MAY	2nd WEEK	8/5/23-MONDAY	1
		9/5/23-TUESDAY	1
		11/5/23-THURSDAY	2
	3rd WEEK	15/5/23-MONDAY	1
		16/5/23-TUESDAY	1
		18/5/23-THURSDAY	2
	4TH WEEK	22/5/23-MONDAY	1

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<b>Syllabus to be covered</b>
Skin and its types
different classes of skin types.
special treatment of different types of skin,acne & open pores etc.
Different types of facial, cosmetics used, equipments needed for facial and its effects.
Effect of facial
Precaution to be taken during facial treatment & reminder
Home treatment for maintaining good skin.
Sterilization of impliments used in facial.
Different types of facial masks used.
Different manipulation & procedure used in facial treatment.
Make up introduction.
Structure of face in term of bone formation.
Write types of skin for makeup & names of make up.
Corrective make up techniques.
Steps of makeup procedure.
Different types of make-up stage make up,tv makeup,open air,theater & morning evening makeup model makeup,photographic ,bridal make up
Precaution to be taken to prevent cosmetic allergies
Body massage introduction ,Basic knowledge about muscle
State & explain effects of each manipulation of thebody massage technique
frequency of body massage , treatment of light aliments bybody massage
use of vibro massager,advantages of body massage
body polishing introduction ,body polishing
material & equipment required for body polishing
different techniques of body polishing,frequency of body polishing
different types of body polishing
benefits of body polishing
precaution of body polishing
electric & light therapy introduction
high frequecny current
use of vibro massager
use of electrical oil heater,



steamer or vaporizer

use of epilating unit

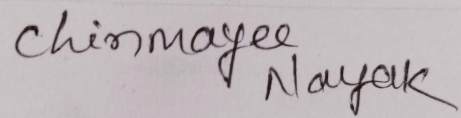
importance of faradic current ,galvanic current & black head removal machine in respect of beauty treatment

use of ozone & vapour in respect of beauty treatment

light therapy

production of light rays: ultra violet rays ,infrared rays,visible light

Rivision



Chimmayee  
Nayak





LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-BEAUTY CULTURE -II	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- PRACTICAL-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		15/2/23-WEDNESDAY	2
		16/2/23-THURSDAY	1
	4TH WEEK	20/2/23-MONDAY	2
		21/2/23-TUESDAY	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	2
		9/3/23-THURSDA	1
	3rd week	13/3/23-MONDAY	2
		14/3/23-TUESDAY	1
		15/3/2-WEDNESDAY	2
		16/3/23-THURSDA	1
	4TH WEEK	20/3/23-MONDAY	2
		21/3/23-TUESDAY	1
		22/3/23-WEDNESDAY	2
		23/3/23-THURSDAY	1
	5th WEEK	27/3/23-MONDAY	2
		28/3/23-TUESDAY	1
29/3/23-WEDNESDAY		2	
	1st WEEK	3/4/23-MONDAY	2
		4/4/23-TUESDAY	1
		5/4/23-WEDNESDAY	2
		6/4/23-THURSDAY	1
	2nd WEEK	10/4/23-MONDAY	2
		11/4/23-TUESDAY	1
		12/4/23-WEDNESDAY	2

APRIL	3rd WEEK	13/4/23-THURSDAY	1
		17/4/23-MONDAY	2
		18/4/23-TUESDAY	1
		19/4/23-WEDNESDAY	2
	4TH WEEK	20/4/23-THURSDAY	1
		24/4/23-MONDAY	2
		25/4/23-TUESDAY	1
		26/4/23-WEDNESDAY	2
MAY	1st WEEK	27/4/23-THURSDAY	1
		1/5/23-MONDAY	2
		2/5/23-TUESDAY	1
		3/5/23-WEDNESDAY	2
	2nd WEEK	4/5/23-THURSDAY	1
		8/5/23-MONDAY	2
		9/5/23-TUESDAY	1
		10/5/23-WEDNESDAY	2
	3rd WEEK	11/5/23-THURSDAY	1
		15/5/23-MONDAY	2
		16/5/23-TUESDAY	1
		17/5/23-WEDNESDAY	2
	4TH WEEK	18/5/23-THURSDAY	1
		22/5/23-MONDAY	2
		23/5/23-TUESDAY	1

<b>Syllabus to be covered</b>
PRACTICE IN GIVING A PLAIN FACIAL
PRACTICE IN GIVING FACIAL ACCORDING TO THE SKIN CONDITION AS DRY,OILY,COMBINATION A NORMAL SKIN CONDITION
PRACTICE IN INFUSING & MAKING DIFFERENT TYPES OF FACE PACKS & MASKS
PRACTICE IN GIVING HOT OIL FACIAL & TREATMENT FOR TANNED SKIN
PRACTICE IN USING DIFFERENT TYPES OF CREAMS, OIL & LOTION ACCORDING TO THE SKIN CONDITION
PRACTICE OF TREATMENT ACNE ,DEEP SCARS, SEBORRHEA,DOUBLE CHIN & OPEN PORES TREATMENT
PRACTICE OF TREATING BLEMISHES,WRINKLES, PUFFY EYES & COMPLEXION ENHANCEMENT
PRACTICE OF FACIAL WITH LYMPHATIC DRAINAGE
PRACTICE IN BASIC SEQUENCE OF MAKE-UP
PRACTICE IN GIVING LIGHT TOUCH OF MAKE-UP FOR CAUSAL & MORNING AND EVENING & PARTY MAKE-UP
PRACTICE IN SPECIAL MAKE-UP STAGE ,TELEVISION , OPEN AIR THEATER,MODELING & PHOTOGRAPHIC MAKE-UP
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN
PRACTICE IN USING DIFFERENT COSMETICS FOR DIFFERENT TYPES OF SKIN
PRACTICE IN GIVING PLAIN BODY MASSAGE
PRACTICE IN GIVING PLAIN BODY MASSAGE
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION
PRACTICE IN GIVING RELIEF TO DIFERENT BODY AILMENTS BY MASSAGE MANIPULATION
PRACTICE FOR BASIC BODY POLISHING TECHNIQUE
PRACTICE FOR BASIC BODY POLISHING TECHNIQUE
PRACTICE FOR BASIC BODY POLISHING TECHNIQUE
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLOSHING
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLOSHING
PRACTICE FOR HANDLING OF MATERIALS & EQUIPMENT REQUIRED FOR BODY POLOSHING
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING
PRACTICE FOR DIFFERENT TECHNIQUES OF BODY POLISHING

PRACTICE FOR DIFFERENT FREQUENCY OF BODY POLISHING
PRACTICE FOR DIFFERENT FREQUENCY OF BODY POLISHING
PRACTICE FOR DIFFERENT FREQUENCY OF BODY POLISHING
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING
PRACTICE FOR DIFFERENT TYPES OF BODY POLISHING
PRACTICE PRECAUTION OF BODY POLISHING
PRACTICE PRECAUTION OF BODY POLISHING
PRACTICE PRECAUTION OF BODY POLISHING
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT
PRACTICE IN USING STEAMER ,VAPORIZER ,& GALVANIC CURRENT
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE
PRACTICE IN USING & REMOVING BLACKHEAD BY USING BLACKHEAD REMOVER MACHINE
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY
PRACTICE IN GIVING TREATMENT BY OZONE & VAPOR OZONE THERAPY
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN
MAINTENANCE OF EQUIPMENTS & SAFETY PRECAUTION TO BE TAKEN
REVISION

Chinmayee  
Nayak







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
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	
		1/5/23-MONDAY	1

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

Bhubaneswari  
Mudali

<b>Syllabus to be covered</b>
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 SYMPTOMS
TYPES OF DISORDERS ,CAUSES BEHIND THE DISORDERS, MODERN MEDICAL TREATMENT
,YOGIC APPROACH/MANAGEMENT FOR THE DISORDER
DETAIL PROJECT REPORT ABOUT THE DISORDERS,,
BRONCHITIS,EOSINOPHIL,TONSILLITIS
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





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
APRIL	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
		15/4/23-SATURDAY	1



	3rd WEEK	18/4/23-TUESDAY	1
		19/4/23-WEDNESDAY	2
		21/4/23-FRIDAY	2
		22/4/23-SATURDAY	1
	4TH WEEK	25/4/23-TUESDAY	1
		26/4/23-WEDNESDAY	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-WEDNESDAY	2
		12/5/23-FRIDAY	2
		13/5/23-SATURDAY	1
	3rd WEEK	16/5/23-TUESDAY	1
		17/5/23-WEDNESDAY	2
		20/5/23-SATURDAY	1
4TH WEEK	23/5/23-TUESDAY	1	

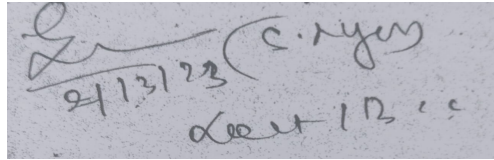
Bhabangewari  
Mudali



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 & 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	
	4/5/23-THURSDAY	2	

MAY	2nd WEEK	10/5/23-WEDNESDAY	2
		11/5/23-THURSDAY	2
	3rd WEEK	17/5/23-WEDNESDAY	2
		18/5/23-THURSDAY	2


 A handwritten note on a piece of paper. It features a signature at the top, followed by the date '21/3/23' and the name '(C. Ryan)'. Below this, it says 'det 12.1.5'.

	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
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,	
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	
STUDY ABOUT THE TECHNIQUE OF KHECHARI MUDRA, THE CENTRE OF ETHER	

STUDY ABOUT THE UDDIYANBANDHA ( ABDOMINAL RETRACTION LOCK)	
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
	2nd week	6/3/23-MONDAY	2
	MARCH	3rd week	13/3/23-MONDAY
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	2
		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

*Saritanjali Nayak*



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	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
PRACTICE OF VARIOUS ASANAS & ITS CURATIVE EFFECT- VASHISHTHA ASANA, MATSYENDRASANA,SWASTIKASANA, GOMUKHASANA,VEERASANA.	
KOORMASANA,KUKKUTASANA,UTTANKOORMASANA,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	
KAPALBHATI 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	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SPA & WELLNESS	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		15/2/23-WEDNESDAY	1
	4TH WEEK	20/2/23-MONDAY	1
		21/2/23-TUESDAY	1
		22/2/23-WEDNESDAY	1
		25/2/23-SATURDAY	1
MARCH	1st WEEK	1/3/23-WEDNESDAY	1
		4/3/23-SATURDAY	1
	2nd week	6/3/23-MONDAY	1
		11/3/23-SATURDAY	1
		13/3/23-MONDAY	1
	3rd week	14/3/23-TUESDAY	1
		15/3/23-WEDNESDAY	1
		18/3/23-SATURDAY	1
		20/3/23-MONDAY	1
	4TH WEEK	21/3/23-TUESDAY	1
		22/3/23-WEDNESDAY	1
		25/3/23-SATURDAY	1
	5th WEEK	27/3/23-MONDAY	1
		28/3/23-TUESDAY	1
		29/3/23-WEDNESDAY	1
APRIL		1st WEEK	3/4/23-MONDAY
	4/4/23-TUESDAY		1
	5/4/23-WEDNESDAY		1
	2nd WEEK	10/4/23-MONDAY	1
		11/4/23-TUESDAY	1
		12/4/23-WEDNESDAY	1
		15/4/23-SATURDAY	1
	3rd WEEK	17/4/23-MONDAY	1
		18/4/23-TUESDAY	1
		19/4/23-WEDNESDAY	1
	4TH WEEK	24/4/23-MONDAY	1
		25/4/23-TUESDAY	1
		26/4/23-WEDNESDAY	1
		29/4/23-SATURDAY	1
	1st WEEK	1/5/23-MONDAY	1
2/5/23-TUESDAY		1	
3/5/23-WEDNESDAY		1	
6/5/23-SATURDAY		1	

MAY	2nd WEEK	8/5/23-MONDAY	1
		9/5/23-TUESDAY	1
		10/5/23-WEDNESDAY	1
		13/5/23-SATURDAY	1
	3rd WEEK	15/5/23-MONDAY	1
		16/5/23-TUESDAY	1
		17/5/23-WEDNESDAY	1

Chinmayee  
Nayak

	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
<b>DEFINITION OF SPA</b>	
HISTORY OF SPA	
HISTORY OF SPA	
UNDERSTANDING SPA CONCEPT	
UNDERSTANDING SPA CONCEPT	
AREA OF SPA IN HUMAN BODY	
REQUIREMENT OF SPA	
METHODS OF SPA	
RECENT TECHNIQUES FOR SPA IN BEAUTY THERAPY	
RAW MATERIALS & EQUIPMENTS USED FOR VARIOUS SPA THERAPIES	
TYPES OF SPA	
BODY SPA	
METHODS & TECHNIQUES FOR BODY SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR BODY SPA	
ADVANTEGES OF BODY SPA	
SAFETY PRECAUTIONS FOR BODY SPA	
PEDI SPA	
METHODS & TECHNIQUES FOR PEDI SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR PEDI SPA	
ADVANTAGES OF PEDI SPA	
SAFETY PRECAUTIONS FOR PEDI SPA	
MANI SPA	
METHODS & TECHNIQUES FOR MANI SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR MANI SPA	
ADVANTAGES OF MANI SPA	
SAFETY PRECAUTIONS FOR MANI SPA	
HAIR SPA	
METHODS & TECHNIQUES FOR HAIR SPA	
MATERIALS & EQUIPMENTS REQUIRED FOR HAIR SPA	
ADVANTAGES OF HAIR SPA	
SAFETY PRECAUTIONS FOR HAIR SPA	
SPA TECHNIQUES IN FACIAL THERAPY	
ETHICS & RULES OF SPA THERAPY	
ADVANTAGES OF SPA THERAPY	
SAFETY PRECAUTIONS FOR SPA THERAPY	
DEFINITION & INTRODUCTION TO WELLNESS	
NECESSITY OF WELLNESS	
NECESSITY OF WELLNESS	
NECESSITY OF WELLNESS	

VARIOUS DIMENSION OF WELLNESS	
VARIOUS DIMENSION OF WELLNESS	
VARIOUS DIMENSION OF WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
VARIOUS TECHNIQUES FOR WELLNESS	
REVISION	

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LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SPA & WELLNESS	
Teacher :- MRS.CHINMAYEE NAYAK		SUBJECT CODE:- PRACTICAL-I	
MONTH	Week	DAYS/DATE	Period
	3rd WEEK	17/2/23-FRIDAY	1
		20/2/23-MONDAY	2
	4TH WEEK	23/2/23-THURSDAY	1
		24/2/23-FRIDAY	1
MARCH	1st WEEK	2/3/23-THURSDAY	1
		3/3/23-FRIDAY	1
	2nd week	6/3/23-MONDAY	2
		9/3/23-THURSDAY	1
		10/3/23-FRIDAY	1
	3rd week	13/3/23-MONDAY	2
		16/3/23-THURSDAY	1
		17/3/23-FRIDAY	1
	4TH WEEK	20/3/23-MONDAY	2
		23/3/23-THURSDAY	1
		24/3/23-FRIDAY	1
	5th WEEK	27/3/23-MONDAY	2
		31/3/23-FRIDAY	1
	APRIL	1st WEEK	3/4/23-MONDAY
6/4/23-THURSDAY			1
2nd WEEK		10/4/23-MONDAY	2
		13/4/23-THURSDAY	1
3rd WEEK		17/4/23-MONDAY	2
		20/4/23-THURSDAY	1
		21/4/23-FRIDAY	1
4TH WEEK		24/4/23-MONDAY	2
		27/4/23-THURSDAY	1
		28/4/23-FRIDAY	1
	1st WEEK	1/5/23-MONDAY	2

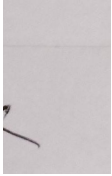


MAY	1st WEEK	4/5/23-THURSDAY	1
	2nd WEEK	8/5/23-MONDAY	2
		11/5/23-THURSDAY	1
		12/5/23-FRIDAY	1
	3rd WEEK	15/5/23-MONDAY	2
		18/5/23-THURSDAY	1

Chinmayee  
Nayak

	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
<b>INTRODUCTION</b>	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL BODY SPA TECHNIQUES	
BODY POLISHING THROUGH SPA TECHNIQUES	
BODY LIGHTENING TECHNIQUES THROUGH SPA	
PRACTICE BODY SPA TO OVERCOME VARIOUS PHYSICALAILMENTS	
PEDI SPA	
PEDI SPA	
PEDI SPA	
PEDI SPA	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL PEDI SPA TECHNIQUES	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
MANI SPA	
MANI SPA	
MANI SPA	
MANI SPA	
PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL MANI SPA TECHNIQUES	
PRACTICE OF GENERAL MANI SPA TECHNIQUES	
PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG	
HAIR SPA	

PREPARATION OF SPA ROOM	
PREPARATION OF THE TROLLEY	
PRACTICE OF GENERAL HAIR SPA TECHNIQUES	
PRACTICE OF HAIR SPA TO CURE VARIOUS AILMENTS RELATED TO SCALP & HAIR	
REVISION	
REVISION	



LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SALOON MANAGEMENT	
Teacher :- MISS. SUNIDHI SATRUSALYA		SUBJECT CODE:- THEORY	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	14/2/23-TUESDAY	1
		16/2/23-THURSDAY	1
		<b>17/2/23-FRIDAY</b>	1
		18/2/23-SATURDAY	1
		20/2/23-MONDAY	1
	4TH WEEK	21/2/23-TUESDAY	1
		23/2/23-THURSDAY	1
		24/2/23-FRIDAY	1
		25/2/23-SATURDAY	1
MARCH	1st WEEK	2/3/23-THURSDAY	1
		3/3/23-FRIDAY	1
		4/3/23-SATURDAY	1
	2nd week	6/3/23-MONDAY	1
		9/3/23-THURSDAY	1
		10/3/23-FRIDAY	1
		11/3/23-SATURDAY	1
	3rd week	13/3/23-MONDAY	1
		14/3/23-TUESDAY	1
		16/3/23-THURSDAY	1
		17/3/23-FRIDAY	1
		18/3/23-SATURDAY	1
	4TH WEEK	20/3/23-MONDAY	1
		21/3/23-TUESDAY	1
		23/3/23-THURSDAY	1
		24/3/23-FRIDAY	1
		25/3/23-SATURDAY	1
	5th WEEK	27/3/23-MONDAY	1
		28/3/23-TUESDAY	1
		31/3/23-FRIDAY	1
1st WEEK	3/4/23-MONDAY	1	
	4/4/23-TUESDAY	1	
	6/4/23-THURSDAY	1	

APRIL	2nd WEEK	10/4/23-MONDAY	1
		11/4/23-TUESDAY	1
		13/4/23-THURSDAY	1
		15/3/23-SATURDAY	1
	3rd WEEK	17/4/23-MONDAY	1
		18/4/23-TUESDAY	1
		20/4/23-THURSDAY	1
		21/4/23-FRIDAY	1
		22/4/23-SATURDAY	1
	4TH WEEK	24/4/23-MONDAY	1
		25/4/23-TUESDAY	1
		27/4/23-THURSDAY	1
28/4/23-FRIDAY		1	
29/4/23-SATURDAY	1		
MAY	1st WEEK	1/5/23-MONDAY	1
		2/5/23-TUESDAY	1
		4/5/23-THURSDAY	1
		6/5/23-SATURDAY	1
	2nd WEEK	8/5/23-MONDAY	1
		9/5/23-TUESDAY	1
		11/5/23-THURSDAY	1
		12/5/23-FRIDAY	1
		13/5/23-SATURDAY	1
	3rd WEEK	15/5/23-MONDAY	1
		16/5/23-TUESDAY	1
		18/5/23-THURSDAY	1
20/5/23-SATURDAY		1	

Scenidhi  
Sakrusaha

	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-05PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
<b>INTRODUCTION</b>	
<b>INTRODUCTION</b>	
WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON	
WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON	
WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON	
WHAT YOU SHOULD KNOW ABOUT OPENING A SALOON	
STUDY OF LOCATION	
STUDY OF LOCATION	
STUDY OF LOCATION	
PARKING FACILITIES	
PARKING FACILITIES	
PROPER ELECTRICAL & WATER SUPPLY	
PROPER ELECTRICAL & WATER SUPPLY	
PROPER ELECTRICAL & WATER SUPPLY	
WASH ROOM FACILITY	
WASH ROOM FACILITY	
WRITTEN AGGREEMENTS	
WRITTEN AGGREEMENTS	
LOCATION OF OTHER SALOONS IN THAT AREA	
LOCATION OF OTHER SALOONS IN THAT AREA	
HEALTH CARE CENTRE IN NEARBY LOCALITY	
HEALTH CARE CENTRE IN NEARBY LOCALITY	
PLANNING THE PHYSICAL LAYOUT	
PLANNING THE PHYSICAL LAYOUT	
MAIN ENTRANCE	
MAIN ENTRANCE	
PARKING FACILITIES	
PARKING FACILITIES	
THE RECEPTION AREA	
THE RECEPTION AREA	
LOBBY	
THERAPY AREA	

THERAPY AREA	
WASHROOM	
BUSINESS OPERATION & PERSONNEL MANAGEMENT	
BUSINESS OPERATION & PERSONNEL MANAGEMENT	
CREATE GOODWILL	
CREATE GOODWILL	
BE A LEADER OF BEAUTY FASHION	
BE A LEADER OF BEAUTY FASHION	
ALLOCATION OF FUND	
ALLOCATION OF FUND	
BOOKING APPOINTMENTS	
BOOKING APPOINTMENTS	
IMPORTANT DAILY RECORDS	
IMPORTANT DAILY RECORDS	
APPOINTMENT RECORDS	
APPOINTMENT RECORDS	
KEEPING SERVICE RECORDS	
KEEPING SERVICE RECORDS	
GRIEVANCE RECORD	
GRIEVANCE RECORD	
SELLING IN THE BEAUTY SALOON	
SELLING IN THE BEAUTY SALOON	
SELLING PRINCIPLES	
SELLING PRINCIPLES	
TYPES OF PATRONS & WAYS OF HANDLING THEM	
TYPES OF PATRONS & WAYS OF HANDLING THEM	
REVISION	

LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-SALOON MANAGEMENT	
Teacher :- MISS. SUNIDHI SATRUSALYA		SUBJECT CODE:- PRACTICAL	
MONTH	Week	DAYS/DATE	Period
FEBRUARY	3rd WEEK	15/2/23-WEDNESDAY	1
		16/2/23-THURSDAY	2
	4TH WEEK	20/2/23-MONDAY	1
		22/2/23-WEDNESDAY	1
		23/2/23-THURSDAY	2
MARCH	1st WEEK	1/3/23-WEDNESDAY	1
		2/3/23-THURSDAY	2
	2nd week	6/3/23-MONDAY	1
		9/3/23-THURSDAY	2
	3rd week	13/3/23-MONDAY	1
		15/3/23-WEDNESDAY	1
		16/3/23-THURSDAY	2
	4TH WEEK	20/3/23-MONDAY	1
		22/3/23-WEDNESDAY	1
		23/3/23-THURSDAY	2
5th WEEK	27/3/23-MONDAY	1	
	29/3/23-WEDNESDAY	1	
APRIL	1st WEEK	3/4/23-MONDAY	1
		5/4/23-WEDNESDAY	1
		6/4/23-THURSDAY	2
	2nd WEEK	10/4/23-MONDAY	1
		12/3/23-WEDNESDAY	1
		13/4/23-THURSDAY	2
	3rd WEEK	17/4/23-MONDAY	1
		19/4/23-WEDNESDAY	1
		20/4/23-THURSDAY	2
	4TH WEEK	24/4/23-MONDAY	1
		26/4/23-WEDNESDAY	1
		27/4/23-THURSDAY	2
1st WEEK	1/5/23-MONDAY	1	
	3/5/23-WEDNESDAY	1	
	4/5/23-THURSDAY	2	



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

	<b>SEMESTER:-4th</b>
	<b>Total Period :-</b>
	<b>Theory :-04PER/WEEK</b>
<b>Syllabus to be covered</b>	<b>Syllabus actually covered</b>
<b>PRACTICE OF COMMUNICATION WITH THE PARTRONS IN THE SALOON</b>	
<b>PRACTICE OF COMMUNICATION WITH THE PARTRONS IN THE SALOON</b>	
<b>PRACTICE OF COMMUNICATION WITH THE PARTRONS IN THE SALOON</b>	
<b>PRACTICE OF COMMUNICATION WITH THE PARTRONS IN THE SALOON</b>	
PRACTICE IN GREETING THE PATRONS	
PRACTICE IN GREETING THE PATRONS	
PRACTICE IN GREETING THE PATRONS	
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PRACTICE IN HANDLING PROSPECTIVE PATRONS	
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PRACTICE IN HANDLING PROSPECTIVE PATRONS	
PRACTICE IN HANDLING A REGULAR PATRON	
PRACTICE IN HANDLING A REGULAR PATRON	
PRACTICE IN HANDLING A REGULAR PATRON	
PRACTICE IN HANDLING A REGULAR PATRON	
PRACTICE IN HANDLING DIFFERENT TYPES OF PATRONS	
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PRACTICE IN HANDLING DIFFERENT TYPES OF PATRONS	
PRACTICE IN KEEPING APPOINTMENT RECORDS	
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PRACTICE IN KEEPING APPOINTMENT RECORDS	
PRACTICE IN KEEPING APPOINTMENT RECORDS	
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PRACTICE IN KEEPING SERVICE RECORDS	
PRACTICE IN KEEPING SERVICE RECORDS	
PRACTICE IN KEEPING SERVICE RECORDS	
PRACTICE IN KEEPING DAILY RECORDS	
PRACTICE IN KEEPING DAILY RECORDS	

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PRACTICE IN KEEPING DAILY RECORDS	
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