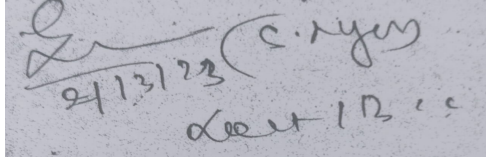


LESSON PLAN.		Academic Session :- 2022-2023	
		Subject :-YOGA & BODY PERFECTION-IV	
Teacher :- MRS.SARITANJALI NAYAK		SUBJECT CODE:- THEORY-II	
MONTH	Week	DAYS/DATE	Period
JANUARY	3rd WEEK	17/1/24 - WEDNESDAY	2
		18/1/24 - THURSDAY	2
	4TH WEEK	24/1/24 - WEDNESDAY	2
		25/1/24 - THURSDAY	2
		31/1/24 - WEDNESDAY	2
	FEBRUARY	1st WEEK	7/2/24 - WEDNESDAY
8/2/24 - THURSDAY			2
2nd week		15/2/24 - THURSDAY	2
3rd week		21/2/24 - WEDNESDAY	2
		22/2/24 - THURSDAY	2
4TH WEEK		28/2/24 - WEDNESDAY	2
		29/2/24 - THURSDAY	2
MARCH		1st WEEK	6/3/24 - WEDNESDAY
	7/3/24 - THURSDAY		2
	2nd WEEK	13/3/24 - WEDNESDAY	2
		14/3/24 - THURSDAY	2
	3rd WEEK	20/3/24 - WEDNESDAY	2
		21/3/24 - THURSDAY	2
	4TH WEEK	27/3/24 - WEDNESDAY	2
		28/3/24 - THURSDAY	2

APRIL	1st WEEK	3/4/24 - WEDNESDAY	2
		4/4/24 - THURSDAY	2
	2nd WEEK	10/4/24 - WEDNESDAY	2
	3rd WEEK	18/4/24 - THURSDAY	2
		24/4/24 WEDNESDAY	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 text '(C. Ryan)'. Below this, it says 'about 12:00'.

	SEMESTER:-4th
	Total Period :-
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
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, STUDY ABOUT THE FOOD WHICH IS CONDUCTIVE TO HATHA SADHANA	
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 WHAT IS LIFE & DEATH THE FIVE FUNCTION OF VAYU	
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	
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 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
JANUARY	3rd WEEK	18/1/24 - THURSDAY	2
		19/1/24 - FRIDAY	2
	4TH WEEK	25/1/24 - THURSDAY	2
FEBRUARY	1st WEEK	8/2/24 - THURSDAY	2
		9/2/24 - FRIDAY	2
	2nd WEEK	15/2/24 - THURSDAY	2
		16/2/24 - FRIDAY	2
	3rd WEEK	22/2/24 - THURSDAY	2
		23/2/24 - FRIDAY	2
	4TH WEEK	29/2/24 THURSDAY	2
	MARCH	1st WEEK	7/3/24 - THURSDAY
2nd WEEK		14/3/24 - THURSDAY	2
		15/3/24 - FRIDAY	2
3rd WEEK		21/3/24 - THURSDAY	2
		22/3/24 - FRIDAY	2
4TH WEEK		28/3/24 THURSDAY	2
APRIL	1st WEEK	4/4/24 - THURSDAY	2
		5/4/24 - FRIDAY	2
	2nd WEEK	12/4/24 - FRIDAY	2
	3rd WEEK	18/4/24 - THURSDAY	2
		19/4/24 - FRIDAY	2
	4TH WEEK	25/4/24 - THURSDAY	2
		26/4/24 - FRIDAY	2

Saritanjali Nayak
20/12/24

	SEMESTER:-4th
	Total Period :-
	Theory :-05PER/WEEK
Syllabus to be covered	Syllabus actually covered
PRACTICE OF VARIOUS ASANAS & ITS CURATIVE EFFECT- VASHISHTHA ASANA,	
OORMASANA,DHANURASANA,MAYURASANA, SHAVASANA	
PRACTICE OF VARIOUS SHATKARMA- DHAUTI,BASTI,NETI,TRATAKA,NAULI,KAPALBHATI	
PRACTICE OF NADISHODHANA STAGE-3 ALONG WITH BANDHA	
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	
KAPALABHATI ALONG WITH BANDHA AND MUDRA	
PRACTICE OF KHECHERI MUDRA	
VIPAREETIKARANI MUDRA	
MAHA MUDRA	
MAHABHEDA MUDRA	
ASHWINI MUDRA	
JALANDHARA BANDHA	
UDIYANA BANDHA	
PRACTICE OF ANAPANA FOR 10 MIN	
PRACTICE OF ANAPANA FOR 10 MIN	
PRACTICE OF ANAPANA FOR 30 MIN	
PRACTICE OF VIPASSANA	
PRACTICE OF VIPASSANA	
PRACTICE OF VIPASSANA	
REVISION	