

LESSON PLAN.		Academic Session - 24-25		SEMESTER: 6th		
Teacher :- DR.SARITANJALI NAYAK		Subject :-YOGA & BODY PERFECTION-IV		Total Period :-50		
MONTH	Week	SUBJECT CODE:- THEORY-II		Theory :-05PER/WEEK		
		DAYS/DATE	Period	Syllabus to be covered		
FEBRUARY	1st week	07/02/25 - FRIDAY		YOGA ,STUDY ABOUT TYPE OF PAIN OR TAPA, STUDY ABOUT PLACE OF PRACTICE ,STUDY ABOUT CAUSES OF	Remark	
	2nd week	10/02/25 - MONDAY		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	coverd	
		14/02/25 - FRIDAY		SHATHARMA-SIX PURIFICATION TECHNIQUES ,DHAUTI,BASTI,NETI, TRATAKA,NAULI KAPABHATI FREEDOM FROM EXCESS DOSHAS THROUGH SHATKARMA	coverd	
		15/02/25 - SATURDAY		STUDY ABOUT HOW TO BEING ESTABLISHED IN ASANA,PRANAYAMA,SHOULD BE PRACTICED	coverd	
	3rd week	17/02/25 - MONDAY		1 STUDY ABOUT WHAT IS LIFE & DEATH THE FIVE FUNCTION OF VAYU	coverd	
		21/02/25 - FRIDAY		2 STUDY ABOUT INTERCONNECTION OF MIND & THEIR STEADYING THROUGH PRANAYAMA	coverd	
	4TH WEEK	24/02/25 - MONDAY		1 STUDY ABOUT WHAT IS LIFE & DEATH THE FIVE FUNCTION OF VAYU	coverd	
		28/02/25 - FRIDAY		2 STUDY ABOUT PURIFICATION OF THE NADIS & CHAKRAS FOR RETENTION OF PRANA	coverd	
	MARCH	1st WEEK	07/03/25 - FRIDAY		2 STUDY ABOUT NADISODHANA PRANAYAMA	coverd
		2nd WEEK	10/03/25 - MONDAY		1 STUDY ABOUT THE TIME & DURATION OF PRACTICE	coverd
3rd week		17/03/25 - MONDAY		1 SIGN OF PERFECT PRANAYAMA PRACTICE	coverd	
		21/03/25 - FRIDAY		2 SIGN OF PERFECT PRANAYAMA PRACTICE	coverd	
4TH WEEK		24/03/25 - MONDAY		1 STUDY ABOUT THE TEN MUDRAS DESTROY OLD AGE		
		28/03/25 - FRIDAY		2 STUDY ABOUT THE EIGHT MAJOR SIDDHIS OBTAINED BY MUDRA		
APRIL	1st WEEK	29/03/25 - SATURDAY		1 STUDY ABOUT THE POWER OF MAHA MUDRA		
		04/04/25 - FRIDAY		2 STUDY ABOUT THE CURATIVE EFFECTS OF MAHAMUDRA		
	2nd WEEK	05/04/25 - SATURDAY		1 STUDY ABOUT THE BENEFITS OF MAHAMEDHA MUDRA		
		07/04/25 - MONDAY		STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS)		
	3rd Week	11/04/25 - FRIDAY		STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS)		
		19/04/25 -SATURDAY		STUDY ABOUT KHECHERIMUDRA (ATTITUDE OF DWELLING IN SUPREME CONSCIOUSNESS)		
	4TH Week	21/04/25 - MONDAY		STUDY ABOUT THE TECHNIQUE OF KHECHARI MUDRA, THE CENTRE OF ETHER		
		25/04/25 - FRIDAY		STUDY ABOUT THE TECHNIQUE OF KHECHARI MUDRA, THE CENTRE OF ETHER		
MAY	1st WEEK	02/05/25 - FRIDAY		2 STUDY ABOUT THE BENEFITS OF UDDIYANBANDHA.		
		03/05/25 -SATURDAY		1 REVISION		
	2nd WEEK	05/05/25 - MONDAY		1 REVISION		
		09/05/25 - FRIDAY		2 REVISION		
	3rd Week	16/05/25 - FRIDAY		2 REVISION		
		17/05/25 -SATURDAY		1 REVISION		

Saritanjali Nayak

IN PLAN.		Academic Session :- 2024-2025		SEMESTER:-6th	
Teacher :- MRS.SARITANJALI NAYAK		Subject :-YOGA & BODY PERFECTION-		Total Period :-56	
MONTH		SUBJECT CODE:- PRACTICAL-II		Theory :-04PER/WEEK	
Week	DAYS/DATE	Period	Syllabus to be covered	Remark	
FEBRUARY	1st WEEK	4/02/25-TUESDAY	1 PRACTICE OF VARIOUS ASANAS & ITS CURATIVE EFFECT- VASHISHTHA ASANA,	Coverd	
		5/02/25-WEDNESDAY	1 PRACTICE OF VARIOUS ASANAS & ITS CURATIVE EFFECT- VASHISHTHA ASANA,	Coverd	
		6/02/25-THURSEDAY	1 ORMASANA,DHANURASANA,MAYURASANA,	Coverd	
	2nd week	10/02/25 - MONDAY	1 PRACTICE OF VARIOUS SHATKARMA-DHAUTI,BASTI,NETI,TRATAKA,NAULI,KAPALBHATI	Coverd	
		11/02/25-TUESDAY	1 PRACTICE OF NADISHODHANA STAGE-3 ALONG WITH KUMBHAKA	Coverd	
		12/02/25-WEDNESDAY	1 PRACTICE OF NADISHODHANA STAGE-3 ALONG WITH BANDHA	Coverd	
		13/02/25-THURSEDAY	1 PRACTICE OF SURYABHEDA, UJJAYI ALONG WITH BANDHA AND MUDRA	Coverd	
	3rd week	17/02/25 - MONDAY	1 BHASTRIKA ALONG WITH BANDHA AND MUDRA	Coverd	
		18/02/25-TUESDAY	1 MOORCHA PRANAYAMA	Coverd	
		19/02/25-WEDNESDAY	1 KAPALABHATTI ALONG WITH BANDHA AND MUDRA	Coverd	
		20/02/25-THURSEDAY	1 PRACTICE OF KHECHERI MUDRA	Coverd	
	4TH WEEK	24/02/25 - MONDAY	1 SHANMUKI	Coverd	
		25/02/25-TUESDAY	1 VIPAREETIKARANI MUDRA	Coverd	
		27/02/25-THURSEDAY	1 PASCHINI MUDRA	Coverd	
	MARCH	1st WEEK	03/03/25 - MONDAY	1 MAHA MUDRA	
			04/03/25 - TUESDAY	1 MAHABHEDA MUDRA	
06/03/25-THURSEDAY			1 ASHWINI MUDRA		
2nd WEEK		10/03/25 - MONDAY	1 JALANDHARA BANDHA		
		11/03/25 - TUESDAY	1 UDIYANA BANDHA		
		12/03/25 - WEDNESDAY	1 MOOLABANDHA,MAHABANDHA		
		13/03/25-THURSEDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
3rd WEEK		17/03/25 - MONDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
		18/03/25 - TUESDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		19/03/25 - WEDNESDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		20/03/25-THURSEDAY	1 PRACTICE OF VIPASSANA		
4TH WEEK		17/03/25 - MONDAY	1 PRACTICE OF VIPASSANA		
		25/03/25 - TUESDAY	1 PRACTICE OF VIPASSANA		
		26/03/25 - WEDNESDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
		27/03/25-THURSEDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
		02/04/25 - WEDNESDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
APRIL	1ST WEEK	03/04/25-THURSEDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		07/04/25 - MONDAY	1 PRACTICE OF VIPASSANA		
	2nd WEEK	08/04/25 - TUESDAY	1 PRACTICE OF VIPASSANA		
		09/04/25 - WEDNESDAY	1 PRACTICE OF VIPASSANA		
		10/04/25-THURSEDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		15/04/25 - TUESDAY	1 PRACTICE OF VIPASSANA		
	3rd WEEK	16/04/25 - WEDNESDAY	1 PRACTICE OF VIPASSANA		
		17/04/25-THURSEDAY	1 PRACTICE OF VIPASSANA		
		21/04/25 - MONDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
	4TH WEEK	22/04/25 - TUESDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
		23/04/25 - WEDNESDAY	1 UDIYANA BANDHA		
		24/04/25-THURSEDAY	1 MOOLABANDHA,MAHABANDHA		
		28/04/25 - MONDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
	5TH WEEK	29/04/25 - TUESDAY	1 PRACTICE OF ANAPANA FOR 10 MIN		
		30/04/25 - WEDNESDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		01/05/25-THURSEDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
may	1ST WEEK	05/05/25 - MONDAY	1 MOOLABANDHA,MAHABANDHA		
	2nd WEEK	06/05/25 - TUESDAY	1 PRACTICE OF ANAPANA FOR 30 MIN		
		07/05/25 - WEDNESDAY	1 REVISION		
		08/05/25-THURSEDAY	1 REVISION		
		13/05/25 - TUESDAY	1 REVISION		
	3rd WEEK	14/05/25 - WEDNESDAY	1 REVISION		
		15/05/25-THURSEDAY	1 REVISION		

Saritanjali Nayak

LESSON PLAN.		Academic Session :- 2024-2025		SEMESTER:-4th	
		Subject :- YOGA THERAPY		Total Period :- 60	
		SUBJECT CODE:- THEORY -I		Theory :- 04 PER/WEEK	
Teacher :- DR.SARITANJALI NAYAK				Syllabus to be covered	Remark
MONTH	Week	DAYS/DATE	Period		
FEBRUARY	1ST week	04/02/25 - TUESDAY	1	INTRODUCTION TO SKIN	covered
		05/02/25 - WEDNESDAY	1	SKIN DISORDERS	covered
		06/02/25 - THURSDAY	1	TYPES OF SKIN DISEASES, CAUSES BEHIND SKIN DISORDERS,	covered
		07/02/25 - FRIDAY	1	ABOUT THE DISORDERS OF HEADACHE & THYROID, KNOW	covered
			1	TYPES OF DISORDERS, CAUSES BEHIND THE DISORDERS,	covered
	2ND WEEK	10/02/25 - MONDAY	1	YOGIC APPROACH/MANAGEMENT FOR THE DISORDERS,,	covered
		11/02/25 - TUESDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS,,	covered
		12/02/25 - WEDNESDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
		13/02/25 - THURSDAY	1	STUDY ABOUT THE DISORDERS	covered
		14/02/25 - FRIDAY	1	STUDY ABOUT THE DISORDERS	covered
	3RD WEEK	15/02/25 - SATURDAY	1	CAUSES BEHIND THE DISORDERS,	covered
		17/02/25 - MONDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER,	covered
		18/02/25 - TUESDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
			1	CAUSES BEHIND THE DISORDERS, MODERN MEDICAL	covered
		19/02/25 - WEDNESDAY	1	TREATMENT	covered
	4TH WEEK	20/02/25 - THURSDAY	1	CAUSES BEHIND THE DISORDERS, MODERN MEDICAL	covered
		21/02/25 - FRIDAY	1	TREATMENT	covered
		22/02/25 - SATURDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		24/02/25 - MONDAY	1	STUDY ABOUT THE DISORDERS, STUDY ABOUT THE SYMPTOMS	covered
		25/02/25 - TUESDAY	1	TYPES OF DISORDERS, MODERN MEDICAL TREATMENT	covered
MARCH	1ST WEEK	27/02/25 - THURSDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
		28/02/25 - FRIDAY	1	CAUSES BEHIND THE DISORDERS, MODERN MEDICAL TREATMENT	covered
		03/03/25 - MONDAY	1	KNOW ABOUT THE DISORDER OF HEADACHE AND THYROID	covered
		04/03/25 - TUESDAY	1	KNOW ABOUT THE SYMPTOMS	covered
		06/03/25 - THURSDAY	1	TYPES OF DISORDERS	covered
	2ND WEEK	07/03/25 - FRIDAY	1	STUDY ABOUT THE DISORDERS	covered
		10/03/25 - MONDAY	1	CAUSES BEHIND THE DISORDERS,	covered
		11/03/25 - TUESDAY	1	CAUSES BEHIND THE DISORDERS, MODERN MEDICAL	covered
		12/03/25 - WEDNESDAY	1	TREATMENT	covered
		13/03/25 - THURSDAY	1	DETAIL ABOUT THE DISORDERS	covered
	3RD WEEK	17/03/25 - MONDAY	1	TYPES OF DISORDERS, MODERN MEDICAL TREATMENT	covered
		18/03/25 - TUESDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		19/03/25 - WEDNESDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		20/03/25 - THURSDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
		21/03/25 - FRIDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
	4TH WEEK	24/03/25 - MONDAY	1	STUDY ABOUT THE DISORDERS	covered
		25/03/25 - TUESDAY	1	STUDY ABOUT RESPIRATORY DISORDERS	covered
		27/03/25 - THURSDAY	1	CAUSES BEHIND THE DISORDERS,	covered
		28/03/25 - FRIDAY	1	BRONCHITIS, EOSINOPHIL, TONSILLITIS	covered
		29/03/25 - SATURDAY	1	KNOW ABOUT THE SYMPTOMS	covered
APRIL	1ST WEEK	02/04/25 - WEDNESDAY	1	TYPES OF DISORDERS	covered
		03/04/25 - THURSDAY	1	CAUSES BEHIND THE DISORDERS,	covered
		04/04/25 - FRIDAY	1	TYPES OF DISORDERS, MODERN MEDICAL TREATMENT	covered
		05/04/25 - SATURDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
			1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
	2ND WEEK	07/04/25 - MONDAY	1	STUDY ABOUT CLOTIS, ACUTE GASTROENTERITIS AND	covered
		08/04/25 - TUESDAY	1	HEPATITIS	covered
		09/04/25 - WEDNESDAY	1	DETAILS ABOUT CHEMICAL SPONDYLITIS, BACK PAIN	covered
		10/04/25 - THURSDAY	1	DETAILS ABOUT SLIPPED DISK AND SCIATICA	covered
		11/04/25 - FRIDAY	1	KNOW ABOUT THE SYMPTOMS	covered
	3RD WEEK	15/04/25 - TUESDAY	1	TYPES OF DISORDERS, CAUSES BEHIND THE DISORDERS	covered
		16/04/25 - WEDNESDAY	1	TYPES OF DISORDERS, MODERN MEDICAL TREATMENT	covered
		17/04/25 - THURSDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		18/04/25 - FRIDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		19/04/25 - SATURDAY	1	DETAILS ABOUT FEMALE DISORDER	covered
	4TH WEEK	21/04/25 - MONDAY	1	LEUCORRHOEA AND VAGINAL INFECTION IN FEMALE	covered
		22/04/25 - TUESDAY	1	STUDY ABOUT THE DISORDERS	covered
		23/04/25 - WEDNESDAY	1	KNOW ABOUT THE SYMPTOMS TYPES OF DISORDERS	covered
		24/04/25 - THURSDAY	1	CAUSES BEHIND THE DISORDERS,	covered
		25/04/25 - FRIDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
MAY	1ST WEEK	28/04/25 - MONDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
		29/04/25 - TUESDAY	1	URINARY TRACT INFECTION & KIDNEY STONE, SKIN DISEASES	covered
		30/04/25 - WEDNESDAY	1	TYPES OF DISORDERS, CAUSES BEHIND THE DISORDERS	covered
		01/05/25 - THURSDAY	1	TYPES OF DISORDERS, MODERN MEDICAL TREATMENT	covered
		02/05/25 - FRIDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
	2ND WEEK	03/05/25 - SATURDAY	1	DETAIL PROJECT REPORT ABOUT THE DISORDERS	covered
		05/05/25 - MONDAY	1	STRESS, DEPRESSION AND ANXIETY	covered
		06/05/25 - TUESDAY	1	STUDY ABOUT THE DISORDERS	covered
		07/05/25 - WEDNESDAY	1	KNOW ABOUT THE SYMPTOMS TYPES OF DISORDERS	covered
		08/05/25 - THURSDAY	1	CAUSES BEHIND THE DISORDERS,	covered
	3RD WEEK	09/05/25 - FRIDAY	1	STUDY ABOUT STRESS, DEPRESSION AND ANXIETY	covered
		13/05/25 - TUESDAY	1	STUDY ABOUT STRESS, DEPRESSION AND ANXIETY	covered
		14/05/25 - WEDNESDAY	1	YOGIC APPROACH/MANAGEMENT FOR DISORDER	covered
		15/05/25 - THURSDAY	1	REVISION	covered
		16/05/25 - FRIDAY	1	REVISION	covered
		17/05/25 - SATURDAY	1	REVISION	covered

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