

LESSON PLAN.

SEMESTER:-5TH
Total Period :-55
Theory :-4p/week

Academic Session :- 2025-26
Subject :-YOGA AND BODY PERFECTION-III THEORY

Teacher :- DR.SARITANJALI NAYAK

MONTH	Week	DAYS/DATES	Period	Syllabus to be covered	Syllabus actually covered
JULY	3RD WEEK OF JULY 25	16.07.25 - WEDNESDAY	1	Study about necessity of abhyasa & vairagya	
				Study about necessity of discipline in yoga	
	3RD WEEK OF JULY 25	18.07.25 - FRIDAY	3	Study about obstacles in the path of yoga	
	4TH WEEK OF JULY 25	23.07.25 - WEDNESDAY	1	Study about necessity of master on asana & its result	
				Knowledge about meditation	
				Knowledge about meditation	
	4TH WEEK OF JULY 25	25.07.25 - FRIDAY	3	Intuitive perception	
	5TH WEEK OF JULY 25	30.07.25 - WEDNESDAY	1	Psychic power & obstacles	
				Necessity of discipline	
				Created mind	
AUG	5TH WEEK OF JULY 25	01.08.25 - FRIDAY	3	Perfection of the body	
	2ND WEEK OF AUG 25	06.08.25 - WEDNESDAY	1	Sources of success in yoga	
				Knowledge about klesh	
				Fundamental transformation	
				Instrumental cause	
	2ND WEEK OF AUG 25	08.08.25 - FRIDAY	3	Memory & impressions	
	3RD WEEK OF AUG 25	13.08.25 - WEDNESDAY	1	Memory & impressions	
	4TH WEEK OF AUG 25	20.08.25 - WEDNESDAY	1	Past & future exist	
				Essence of objects	
	4TH WEEK OF AUG 25	22.08.25 - FRIDAY	3	Theory of perception	
				Mind & object	
				Reflection & objects	
	5TH WEEK OF AUG 25	29.08.25 - FRIDAY	3	Tightening of sagged abdominal & bust muscles	
	1ST WEEK OF SEPT 25	03.09.25 - WEDNESDAY	1	Types of diets & exercise suggested in relation to age	
	2ND WEEK OF SEPT 25	10.09.25 - WEDNESDAY	1	Climate condition & body requirement	
				Science of isometric	
	2ND WEEK OF SEPT 25	12.09.25 - FRIDAY	3	Tightening of sagged abdominal & bust muscles	
	3RD WEEK OF SEPT 25	17.09.25 - WEDNESDAY	1	Causes of obesity	
				Remedy by using electric & non electric equipment	

SEPT	3RD WEEK OF SEPT 25	19.09.25 - FRIDAY	3	Power of steading	
	4TH WEEK OF SEPT 25	24.09.25 - WEDNESDAY	1	Intuitive knowledge	
				Knowledge about meditation	
				Intuitive perception	
OCT				Necessity of discipline	
				Intuitive knowledge	
	4TH WEEK OF SEPT 25	26.09.25 - FRIDAY	3	Knowledge about meditation	
	2ND WEEK OF OCT 25	08.10.25 - WEDNESDAY	1	Science of isometric	
				Tightening of sagged abdominal & bust muscles	
				Causes of obesity	
	2ND WEEK OF OCT 25	10.10.25 - FRIDAY	3	Intuitive knowledge	
	3RD WEEK OF OCT 25	15.10.25 - WEDNESDAY	1	Knowledge about meditation	
	3RD WEEK OF OCT 25	17.10.25 - FRIDAY	3	REVISION	
	4TH WEEK OF OCT 25	22.10.25 - WEDNESDAY	1	REVISION	
NOV	4TH WEEK OF OCT 25	24.10.25 - FRIDAY	3	REVISION	
	4TH WEEK OF OCT 25	29.10.25 - WEDNESDAY	1	REVISION	
	5TH WEEK OF OCT 25	31.10.25 - FRIDAY	3	REVISION	
	5TH WEEK OF OCT 25			REVISION	
	2ND WEEK OF NOV 25			REVISION	
	2ND WEEK OF NOV 25			REVISION	

LESSON PLAN.

Academic Session :- 2025-2026
Subject :-YOGA AND BODY PERFECTION-II THEORY

SEMESTER:-3RD

Total Period :-48

Theory :- 4p/week

Teacher :-DR. SARITANJALI NAYAK

MONTH	Week	DAYS/PERIOD	Period	Syllabus to be covered	Syllabus actually covered
JULY	3RD WEEK OF JULY 25	17.07.25 -THURSDAY	3	Benefits of yoga for various sector of society./importance and aim of yoga for overall development of the students	
				Misconception about yoga and the demerits of doing yoga in a wrong manner, Meaning, definition and scope of yoga	
				branches of yoga	
				introduction of astanga yoga. Concept of astanga yoga	
	4TH WEEK OF JULY 25	24.07.25 -THURSDAY	3	classification of astanga yoga /Bahiranga yoga yama niyama , asana , pranayama , pratyahara	
				five yamas:ahimsa, satya, asteya , brahmacharya and aparigraha. Fave niyamas:saucha, santosha, tapasa, swadhyaya, iswara - pranidhana	
				Misconception about yoga and the demerits of doing yoga in a wrong manner.	
				introduction of astanga yoga. Concept of astanga yoga	
	5TH WEEK OF JULY 25	31.07.25 -THURSDAY	3	five yamas:ahimsa, satya, asteya , brahmacharya and aparigraha. Fave niyamas:saucha, santosha, tapasa, swadhyaya, iswara - pranidhana	
				Bija mantra.	
AUG				Misconception about yoga and the demerits of doing yoga in a wrong manner.	
	2ND WEEK OF AUG 25	07.08.25 - THURSDAY	3	Misconception about yoga and the demerits of doing yoga in a wrong manner.	
				Misconception about yoga and the demerits of doing yoga in a wrong manner.	
	3RD WEEK OF AUG 25	14.08.25 - THURSDAY	3	Preliminary Asanas:-Greeva sanchalana, Skandha chakrasa, Utthana Padasana, Supta pawanmuktasana	
				Forward bending asanas:-Saithiyasana, Paschimottasana, Janu sirshasana, Hasta Pada Angustasana.	

4TH WEEK OF AUG 25	21.08.25 - THURSDAY	3	Backward bending asanas:- Bhujangasana, Poorna Bhungasana, Poorna Dhanurasana, Chakrasana
			Balrasana series asanas:- Bhadrasana, Simhagarjanasana, Ustrasana, Shashankasana
			Sarvangasana
5TH WEEK OF AUG 25	28.08.25 - THURSDAY	3	Balancing asanas:- Ekapada pranamasana, Eka Padasana, Vrksishyasana, Natarajasana.
			Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
			Preparation and positions of Pranamasana, Hasta Utthanasana, Padahastanasana.
1ST WEEK OF SEP 25	04.09.25 - THURSDAY	3	Ashwa sanchalana, Parvatasana, Astanga Namaskara, Bhungasana
			Definition of Pranayama/Aspects of pranayama
			Pranic body, Breathing and life style / Key points for the practice of pranayama
2ND WEEK OF SEP 25	11.09.25 - THURSDAY	3	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
			Meditation : Definition , brief description & benefits
			Medical history of the client.: B.P, Pulse, Height, Weight, Age , Family & Diseases.
3RD WEEK OF SEP 25	18.09.25 - THURSDAY	3	Planning for client treatment of Body perfection
			disease & disorder, their cure by Yoga
			Yogic balance diet :- Tamsik, Rajsik, Satvik
4TH WEEK OF SEP 25	25.09.25 - THURSDAY	3	Electrical equipments and gadgets for figure correction / Name of the equipments / Working principles of such equipments/ gadget
			Benefits of such equipments/ gadgets
			Idea of different yogic asanas
2ND WEEK OF OCT 25	09.10.25 - THURSDAY	3	antaranga yadga: dharana, dhayana, samadhi
			General benefits and precautions of Suryanamskara.

SEPT

OCT	3RD WEEK OF OCT 25	16.10.25 - THURSDAY	3	Planning for client treatment of Body perfection	
				Exercise for body perfection - Daily exercise programme	
	4TH WEEK OF OCT 25	23.10.25 - THURSDAY	3	REVISION	
				REVISION	
NOV	5TH WEEK OF OCT 25	30.10.25 - THURSDAY	3	REVISION	
				REVISION	
	2ND WEEK OF NOV 25	06.11.25 - THURSDAY	3	REVISION	
				REVISION	