

LESSON PLAN- YOGA & BODY PERFECTION-II(1h-3)		
DISCIPLINE	SEMESTER-3RD	NAME OF FACULTY: CHINMAYEE NAYAK(BG)
Subject: YOGA & BODY PERFECTION-II	No. Of days / Per Week class allotted: 4	Semester From Date: 14/07/2025 To Date:15/11/2025
Week	Class/ Day	THEORY
1st	1st	Meaning, definition and scope of yoga
	2nd	Benefits of yoga for various sector of society /Importance and aim of yoga for overall development of the students
	3rd	Misconception about yoga and the demerits of doing yoga in a wrong manner.
	4th	branches of yoga
2nd	1st	Surya namaskar
	2nd	Surya namaskar with mantra
	3rd	Surya namaskar with breathing
	4th	Misconception about yoga and the demerits of doing yoga in a wrong manner.
3rd	1st	Surya namaskar contraindication and benefits.
	2nd	sanchalana,Parvatasana,Astanga namaskar,Bhujangasana
	3rd	Surya namaskar:bija mantra
	4th	astanga yoga
4th	1st	Concept of preliminary idea of yoga
	2nd	branches of yoga
	3rd	Preliminary Asanas:-Greeva sanchalana, Skandha chakrasa, Utthana Padasana,Supta pawanmuktasana
	4th	Angustasana.
5th	1st	Backward bending asanas:- Bhujangasana,Poorna Bhungasana,Poorna Dhanurasana,Chakrasana
	2nd	Bajrasana series asanas:- Bhadrasana, Simhagarjanasana, Ustrasana, Shashankasana
	3rd	Inverted asanas:- Vipareeta karani Asana,Halasana,Druta halasan, Sarvangasana
	4th	Balancing asanas:- Ekapada pranamasana, Eka Padasana,Vrikshyasana,Natarajasana.
6th	1st	Time of practice.
	2nd	Preparation and positions of Pranamasana, Hasta Utthanasana, Padahastasana.
	3rd	Ashwa sanchalana, Parvatasana,Astanga Namaskara,Bhugasana
	4th	Definition of Pranayama/Aspects of pranayama
7th	1st	Pranic body, Breathing and life style / Key points for the practice of pranayama
	2nd	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
	3rd	Meditation : Definition , brief description & benefits
	4th	Medical history of the client:- B.P, Pulse, Height, Weight, Age , Family & Diseases.
8th	1st	Planning for client treatment of Body perfection
	2nd	disease & disorder, their cure by Yoga
	3rd	Yogic balance diet :- Tamsik, Rajsik, Satvik
	4th	Electrical equipments and gadgets for figure correction / Name of the equipments / Working principles of such equipments/ gadget
9th	1st	Benefits of such equipments/ gadgets
	2nd	Idea of different yogic asanas
	3rd	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description.
	4th	Surya namaskar
10th	1st	Bija mantra.
	2nd	Contra-indications
	3rd	General benefits and precautions of Suryanamaskara.
	4th	Exercise for reduction of bulging belly
11th	1st	Exercise for body perfection :-Daily exercise programme
	2nd	Definition of Pranayama/Aspects of pranayama
	3rd	Pranic body, Breathing and life style / Key points for the practice of pranayama
	4th	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
12th	1st	Planning for client treatment of Body perfection
	2nd	disease & disorder, their cure by Yoga
	3rd	Bhavasudhi & meditation
	4th	Exercise for body perfection :-Daily exercise programme
13th	1st	Causes of Obesity
	2nd	Causes of Obesity & Its remedies using electric and non electric equipment
	3rd	Exercise for reduction of bulging belly
	4th	Exercise for body perfection :-Daily exercise programme
14th	1st	Types of Pranayams : Bhramari, Sitali, Sitakari, Ujjai/ Bhavasudhi: Definition, Concept & brief description
	2nd	Bhavasudhi & meditation
	3rd	Exercise for reduction of bulging belly
	4th	Concept & preliminary idea of yoga.
15th	1st	suryanamaskar,mantra,benefits ,breathing pattern & contraindication
	2nd	REVISION
	3rd	REVISION
	4th	REVISION

CHINMAYEE NAYAK (PTGF)
GPBBSR

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LESSON PLAN :HAIR DRESSING-III(th-3)

DISCIPLINE:	SEMESTER:5TH	NAME OF FACULTY :CHINMAYEE NAYAK(BC)
Subject: HAIR DRESSING-III	No. Of days / Per Week class allotted: 4	Semester From Date: 06/08/2025 To Date: 05/12/2025
Week	Class/ Day	THEORY
1st	1st	History of permanent waving
	2nd	Perming theory , chemistry of cold waving
	3rd	Principle actions in cold waving
	4th	Different types of rod used for waving
2nd	1st	WAVE PATTERN formation,neutraliser , advantages& disadvantages
	2nd	SAFety precautions for permanent waving
	3rd	Bleaching or hair lightning
	4th	Effect of lightner
3rd	1st	material and implements
	2nd	hair frosting , tipping & streaking
	3rd	Problems including hair bleaching & precaution to be taken
	4th	Advance hair cuttings
4th	1st	Defferent types of hair cutting techniques
	2nd	Hair cutting techniques, Tapering, Layering
	3rd	Under cutting, Slithering, Thinning
	4th	Asymmetrical bob,Notching, Slicing
5th	1st	Zigzag,Thinning,Chopping
	2nd	Advance hair styling by changing the texture form & color of the hair
	3rd	Hair style by using mousse
	4th	Safety precautions for permanent waving
6th	1st	Zigzag,Thinning,Chopping
	2nd	Hair style by using mousse
	3rd	Hair style by using working spray
	4th	Hair style by using styling spray
7th	1st	Hair style by using shining spray
	2nd	Hair style by using setting spray
	3rd	hair styling by using various types of hair gel
	4th	Advance hair styling by changing the texture form & color of the hair
8th	1st	Advantages & Disadvantages of various hair products
	2nd	Precautions for using of various hair product & electrical gadgets
	3rd	Introduction to light & heat
	4th	Heat energy from one object to another
9th	1st	Affects of heat on body
	2nd	Light & radiant energy
	3rd	Effect of lightness ,types of lighteners, materials & implements
	4th	Physical effects of lights
10th	1st	Effect of lightness ,types of lighteners, materials & implements
	2nd	Physical effects of lights
	3rd	Devices that produce light,precaution for using various heat
	4th	Advantages & Disadvantages of various hair products
11th	1st	Effect of lightner
	2nd	material and implements
	3rd	hair frosting , tipping & streaking
	4th	Problems including hair bleaching & precaution to be taken
12th	1st	Advance hair cuttings
	2nd	Hair style by using mousse
	3rd	Hair style by using working spray
	4th	Hair style by using styling spray
13th	1st	Hair style by using shining spray
	2nd	Light & radiant energy
14th	1st	Physical effects of lights
	2nd	Effect of lightness ,types of lighteners, materials & implements
	3rd	Physical effects of lights
	4th	Devices that produce light,precaution for using various heat
15th	1st	Revision
	2nd	Revision
	3rd	Revision
	4th	Revision

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LESSON PLAN: HAIR DRESSING-I(TH -III)		
DISCIPLINE: BEAUTY CULTURE	SEMESTER:1ST	NAME OF FACULTY: CHINMAYEE NAYAK (BEAUTY CULTURE)PTGF
Subject: HAIR DRESSING	No. Of days / Per Week class allotted: 4	Semester From Date: 06/08/2025 To Date:04/12/2025
Week	Class/ Day	Theory
1st	1st	INTRODUCTION,STRUCTURE OF HAIR
	2nd	CHEMICAL COMPOSITION OF HAIR,DIVISION OF HAIR
	3rd	INTRODUCTION,STRUCTURE OF HAIR
	4th	CHEMICAL COMPOSITION OF HAIR,DIVISION OF HAIR
2nd	1st	GROWTH&HAIR DISTRIBUTION,IMPORTANCE OF SHAMPOO
	2nd	PURPOSE & FUNCTION OF SHAMPOO,VARIOUS TYPE OF SHAMPOO
	3rd	RIENSE
	4th	DIFFERENT TYPES OF RIENSE USES
3rd	1st	SAFETY PRECAUTION IN SHAMPOOING & RIENSE
	2nd	DEFINE AND EXPLAIN THE STUDYOF PROFILE DIFFERENT TYPES OF
	3rd	PETRISAGE ,EFFLURAGE ,TAPTEMENT, FRICTION,VIBRATION
	4th	HAIR
4th	1st	PETRISAGE ,EFFLURAGE ,TAPTEMENT, FRICTION,VIBRATION
	2nd	MATERIALS REQUIRED & PROCEDURE
	3rd	PETRISAGE ,EFFLURAGE ,TAPTEMENT, FRICTION,VIBRATION
	4th	MATERIALS REQUIRED & PROCEDURE
5th	1st	KNOW THE USE OF HAIR SHAPING & CUTTING IMPLEMENTS
	2nd	PERFORM DIFFERENT TYPES OF SECTIONING & PATTERN MAKING
	3rd	STATE & EXPLAIN THE ROLLER SETTING
	4th	STUDY OF HAIR & ITS LENGTH FOR USING DIFFERENT SIZES OF ROLLER
6th	1st	KNOWS THE USE OF EQUIPMENT,IMPLEMENTS & COSMETICS REQUIRED IN HAIR SETTING
	2nd	KNOWS THE USE OF DIFFERENT METHOD OF HAIR DRYING
	3rd	KNOWS THE USE OF DIFFERENT METHOD OF HAIR DRYING
	4th	STATE & EXPLAIN DIFFERENTS TYPES OF HAIR STYLES TO SUIT SATURE AGE,OCCASION,FACIAL SHAPES,FEATURES ,SHAPE OF THE HEAD
7th	1st	TRADITIONAL HAIR STYLE
	2nd	CONTEMPORARY
	3rd	STATE & EXPLAIN DIFFERENTS TYPES OF HAIR STYLES TO SUIT SATURE AGE,OCCASION,FACIAL SHAPES,FEATURES ,SHAPE OF THE HEAD
	4th	DESCRIBE THE COMB OUT TECHNIQUE : BACK COMBLACING,SMOOTHING,BACK BRUSHING
8th	1st	IMPLEMENTS USES ,SELECTION OF COSMETICS
	2nd	TRIMMING,LAYER CUTTING,BLUNT CUT,TAPERING CUT
	3rd	HAIR
	4th	DEFINE & EXPLAION ABOUT TH EDIFFERENTS TYPES OF HAIR CUT
9th	1st	TRIMMING,LAYER CUTTING,BLUNT CUT,TAPERING CUT
	2nd	LAYER CUT
	3rd	BLUNT CUT
	4th	TAPERING CUT
10th	1st	KNOW THE USE OF HAIR SHAPING AND CUTTING
	2nd	DESCRIBE THE COMB OUT TECHNIQUE : BACK COMBLACING,SMOOTHING,BACK BRUSHING
	3rd	STATE EXPLAIN DIFFERENT TYPES OF HAIR STYLES SUITABLE AGE ,OCCASION FACIAL SHAPES FEATURES SHAPE OF HEADE, HAIR TEXTURE
	4th	SUIT DIFFERENT HAIR CUT IN TEXTURE,FINE HAIR,WAVY HAIR,COARSE
11th	1st	EQUIPEMENT IMPLEMENTS & COSMETICS USED IN HAIR STYLING
	2nd	ARTIFICIAL AIDS
	3rd	KNOW THE HISTORY OF WIGS ,SWITCHES AND HAIR PIECES,
	4th	ITS MATERIAL HUMAN HAIR , SYNHETIC HAIR AND ANIMAL HAIR
12th	1st	STATE ABOUT TYPES OF HAIR PIECES
	2nd	WIG LETS
	3rd	CASCADE
	4th	FALLS
13th	1st	DEMY WIGS
	2nd	SWITCHES
	3rd	DESCRIBE THE SELECTION OF HAIR PIECES, EQUIPMENT,TOOLS.AND MATERIALS USED
	4th	DESCRIBE THE PROCEDURE OF CLEANING ,AND DRYING OF HAIR PIECES
14th	1st	DESCRIBE THE PROCEDURE OF STYLING OF DIFFERENT TYPES OF HAIR PIECES
	2nd	PIECES
	3rd	REVISION
	4th	REVISION
15th	1st	REVISION
	2nd	REVISION
	3rd	REVISION
	4th	REVISION

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