

LESSION PLAN YOGA & BODY PERFECTION-I(th-2)		
DISCIPLINE:	SEMESTER:2ND	NAME OF FACULTY : CHINMAYEE NAYAK(BG)
Subject: Y & B-I(2ND SEM)	No. Of days / Per Week class allotted: 4	Semester From Date: 08/01/2026 To Date:08/05/2026
Week	Class/ Day	THEORY
2nd	2ND	Importance & aim of yoga
	4TH	different point to be remember while doing yoga
3rd	2ND	Dos & don't of Yoga
	4TH	dimension of personality
	6TH	Importance of diets in Yoga
4TH	2nd	different type of diet according to Yogasastra
	4TH	introduction to astanga Yoga
4th	2ND	Importance of different electrical & non electrical equipment & gadgets for good physique
	4TH	Standing Posture
	6TH	Meaning and defination of persanality
5th	2ND	Sitting posture
	4TH	Define good & poor posture
	6TH	Pronelying Posture
6TH	2nd	Supine Posture
	4TH	Explaining the posture while standing,sitting,walking
7TH	2nd	Relaxation Posture
	4TH	Learning about pranayam
8TH	2ND	Priliminary Practice
	4TH	Standing Posture
	6TH	Learning About Nadisodhana
9TH	1st	Standing Posture
	2nd	Meaning and defination of persanality
10TH	4TH	Sitting posture
	6TH	Define good & poor posture
11TH	2ND	Pronelying Posture
	4TH	Supine Posture
12TH	2ND	Explaining the posture while standing,sitting,walking
	4TH	Relaxation Posture
13TH	2ND	Learning about pranayam
	4TH	Priliminary Practice
14th	2ND	Standing Posture
	4TH	Standing Posture
15TH	4TH	Relaxation Posture
	6TH	Instrution to human body
16TH	4th	Natural construction &function of Human body
	6TH	Define good & poor posture

17TH	2nd	Methods for correction of poor posture
	4TH	REVISION
18TH	2ND	REVISION
	4TH	REVISION
19TH	2ND	REVISION
	4TH	REVISION

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LESSION PLAN YOGA & BODY PERFECTION-I(PR-2)		
DISCIPLINE:	SEMESTER: 2nd	NAME OF FACULTY : CHINMAYEE NAYAK(BC)
Subject: Y & B-I	No. Of days / Per Week class allotted: 6	Semester From Date: 08/01/2026 To Date:08/05/2026
Week	Class/ Day	practical
2nd	1st	Pawanmukta asana-Part-I
	2nd	Pawanmukta asana-Part-I
	5th	Pawanmukta asana-Part-II
3rd	1st	Pawanmukta asana-Part-II
	2nd	Pawanmukta asana-Part-II
	5th	Pawanmukta asana-Part-II
4th	1st	Pawanmukta asana-Part-III
	2nd	Pawanmukta asana-Part-III
5th	2nd	Pawanmukta asana-Part-III
	5th	Pawanmukta asana-Part-III
	6th	Pawanmukta asana-Part-III
6th	1st	Standing Posture
	2nd	Standing Posture
7th	1st	Standing Posture
	2nd	Standing Posture
	5th	practice standing posture
	6th	practice standing posture
8th	1st	practice standing posture
	2nd	practice standing posture
	5th	Sittting Posture
9th	5th	Sittting Posture
	6th	Sittting Posture
10th	1st	Sittting Posture
	2nd	Sittting Posture
	5th	Sittting Posture
11th	1st	Sittting Posture
	2nd	Sittting Posture
	5th	Sittting Posture
12th	1st	Sittting Posture
	2nd	practice sitting posture
12th	1st	practice sitting posture

13th	2nd	practice sitting posture
14th	1st	practice sitting posture
	2nd	practice sitting posture
	5th	Pronelying Posture
15th	1st	Showing different models & explaining their defects
	5th	Pronelying Posture
	6th	practice pawanamuktasana part-I
16th	1st	practice pawanamuktasana part-I
	5th	practice pawanamuktasana part-II
	6th	practice pawanamuktasana part-II
17th	1st	practice pawanamuktasana part-III
	2nd	Explaining with the help of model the constuction & function of human body
	5th	REVISION
18th		REVISION
		REVISION
		REVISION

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LESSION PLAN: BASIC AYURVEDA & NATUROPATHY		
DISCIPLINE:	SEMESTER:2ND	NAME OF FACULTY : CHINMAYEE NAYAK(BC)
Subject: B A N Y (4TH SEM)	No. Of days / Per Week class allotted: 4	Semester From Date: 24/12/2025 To Date:18/04/2026
Week	Class/ Day	PRACTICAL
2nd	2ND	Demonstration on Prakriti analysis using questionnaires Presentation on Tridosha balancing
	4TH	Identification and chart work of Srotas and Dhatus
3rd	2ND	Case simulation on Ama-related disorders
	4TH	Case simulation on Ama-related disorders
	6TH	Preparing a seasonal Ayurvedic diet plan
4TH	2nd	Preparing a seasonal Ayurvedic diet plan
	4TH	Fruit therapy demo
4th	2ND	Fruit therapy demo
	4TH	Demo: hydro-pack application
	6TH	Demo: hydro-pack application
5th	2ND	Demo: Abhyanga, Nasya, Basti (using dummies)
	4TH	Demo: Abhyanga, Nasya, Basti (using dummies)
	6TH	Yoga & Pranayama
6TH	2nd	Demo: Abhyanga, Nasya, Basti (using dummies)
	4TH	session
7TH	2nd	session
	4TH	Herbal kadha prep
8TH	2ND	Herbal kadha prep
	4TH	Daily routine charting
	6TH	Daily routine charting
9TH	1st	Role-play: Counseling for obesity & hypertension
	2nd	Role-play: Counseling for obesity & hypertension
10TH	4TH	Home remedy prep
	6TH	Home remedy prep
11TH	2ND	Hands-on: making Chyawanprash/herbal oils
	4TH	Hands-on: making Chyawanprash/herbal oils
12TH	2ND	Panchakarma simulation
	4TH	Panchakarma simulation
13TH	2ND	Live case discussion
	4TH	Live case discussion
14th	2ND	REVISION
	4th	REVISION
	4TH	REVISION
15TH	4TH	REVISION
	6TH	REVISION
16TH	4th	REVISION
	6TH	REVISION
17TH	2nd	REVISION
	4th	REVISION

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LESSION PLAN: BASIC AYURVEDA & NATUROPATHY		
DISCIPLINE:	SEMESTER:2ND	NAME OF FACULTY : CHINMAYEE NAYAK(BC)
Subject: B A N Y (4TH SEM)	No. Of days / Per Week class allotted: 4	Semester From Date: 24/12/2025 To Date:18/04/2026
Week	Class/ Day	THEORY
2nd	2ND	History and principles of Ayurveda
	4TH	Basics of Tridosha (Vata, Pitta, Kapha) theory
3rd	2ND	Panchamahabhuta (Five elements) and its significance
	4TH	Concept of Prakriti (Body Constitution)
	6TH	Ayurvedic Anatomy & Physiology
4TH	2nd	Ayurvedic Anatomy & Physiology
	4TH	Fundamental concepts of Ayurvedic body structure
4th	2ND	Concept of Dhatus (Tissues) and Malas (Excretory
	4TH	Srotas (Body channels) and their functions
	6TH	Role of Agni (Digestive fire) and Ama (Toxins) in health
5th	2ND	Ayurvedic Diet & Nutrition
	4TH	Ayurvedic food classification (Satvik, Rajasik, Tamasik)
6TH	2nd	Six tastes (Shadrasa) and their impact on health
	4TH	Seasonal diet variations (Ritucharya)
7TH	2nd	Role of herbal supplements in Ayurveda
	4TH	Fasting and detoxification principles in Ayurveda
8TH	2ND	
	4TH	Role of herbal supplements in Ayurveda
	6TH	Fasting and detoxification principles in Ayurveda
9TH	1st	Naturopathic Nutrition & Fasting Therapy
	2nd	Raw food and its benefits
10TH	4TH	Importance of plant-based diets in Naturopathy
	6TH	Role of fruit therapy in healing
11TH	2ND	Different types of fasting and their effects on health
	4TH	Hydrotherapy in Naturopathy
12TH	2ND	Panchakarma: Detoxification techniques (Vamana,
	4TH	Ayurvedic & Naturopathic Therapies
13TH	2ND	Panchakarma: Detoxification techniques (Vamana, Virechana, Basti, Nasya, Raktamokshana)
	4TH	Abhyanga (Ayurvedic massage) and its benefits
14th	2ND	Use of herbal medicines and decoctions (Kadhas)
	4th	Mud therapy, Sun therapy, and Magnet therapy in Naturopathy
	4TH	Importance of yoga and meditation in Ayurveda and Naturopathy
15TH	4TH	Practical training on self-diagnosis of Prakriti
	6TH	Preparation of Ayurvedic herbal formulations
16TH	4th	Demonstration of Ayurvedic therapies (Abhyanga, Nasya, Basti, etc.)
	6TH	Naturopathic detoxification techniques
17TH	2nd	revision
	4TH	revision

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LESSON PLAN SPA & WELLNESS(TH-1)		
DISCIPLINE:	SEMESTER:2ND	NAME OF FACULTY : CHINMAYEE NAYAK(BC)
Subject: spa & wellness (6th SEM)	No. Of days / Per Week class allotted: 4	Semester From Date: 24/12/2025 To Date:18/04/2026
Week	Class/ Day	theory
2nd	2ND	DEFINITION OF SPA
	4TH	HISTORY OF SPA
3rd	2ND	HISTORY OF SPA
	4TH	UNDERSTANDING SPA CONCEPT
	6TH	REQUIREMENT OF SPA
4TH	2nd	METHODS OF SPA
	4TH	RECENT TECHNIQUES FOR SPA IN BEAUTY THERAPY
4th	2ND	RECENT TECHNIQUES FOR SPA IN BEAUTY THERAPY
	4TH	RAW MATERIALS & EQUIPMENTS USED FOR VARIOUS SPA THERAPIES
	6TH	METHODS OF SPA
5th	2ND	TYPES OF SPA
	4TH	BODY SPA
	6TH	METHODS & TECHNIQUES FOR BODY SPA
6TH	2nd	ADVANTAGES OF BODY SPA
	4TH	SAFETY PRECAUTIONS FOR BODY SPA
7TH	2nd	MANI SPA
	4TH	ADVANTAGES OF MANI SPA
8TH	2ND	SAFETY PRECAUTIONS FOR MANI SPA
	4TH	HAIR SPA
	6TH	MATERIALS & EQUIPMENTS REQUIRED FOR HAIR SPA
9TH	1st	ADVANTAGES OF HAIR SPA
	2nd	SAFETY PRECAUTIONS FOR HAIR SPA
10TH	4TH	DEFINITION & INTRODUCTION TO WELLNESS
	6TH	NECESSITY OF WELLNESS
11TH	2ND	VARIOUS DIMENSION OF WELLNESS
	4TH	VARIOUS DIMENSION OF WELLNESS
12TH	2ND	VARIOUS DIMENSION OF WELLNESS
	4TH	VARIOUS TECHNIQUES FOR WELLNESS
13TH	2ND	VARIOUS TECHNIQUES FOR WELLNESS
	4TH	SAFETY PRECAUTIONS FOR HAIR SPA
14th	2ND	Revision
	4th	revision
	4TH	PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT
15TH	4TH	HAIR SPA
	6TH	PRACTICE OF GENERAL HAIR SPA TECHNIQUES
16TH	4th	PRACTICE OF HAIR SPA TO CURE VARIOUS AILMENTS RELATED TO SCALP & HAIR
	6TH	REVISION
17TH	2nd	REVISION
	4TH	REVISION

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LESSION PLAN SPA & WELLNESS(PR-1)		
DISCIPLINE:	SEMESTER:2ND	NAME OF FACULTY : CHINMAYEE NAYAK(BC)
Subject: spa & wellness (6th SEM)	No. Of days / Per Week class allotted: 4	Semester From Date: 24/12/2025 To Date:18/04/2026
Week	Class/ Day	practical
2nd	2ND	INTRODUCTION OF SPA
	4TH	PREPARATION OF SPA ROOM
3rd	2ND	PREPARATION OF THE TROLLEY
	4TH	PRACTICE OF GENERAL BODY SPA TECHNIQUES
	6TH	BODY POLISHING THROUGH SPA TECHNIQUES
4TH	2nd	BODY LIGHTENING TECHNIQUES THROUGH SPA
	4TH	PRACTICE BODY SPA TO OVERCOME VARIOUS PHYSICALAILMENTS
4th	2ND	PEDI SPA
	4TH	PREPARATION OF SPA ROOM
	6TH	PREPARATION OF THE TROLLEY
5th	2ND	PRACTICE OF GENERAL PEDI SPA TECHNIQUES
	4TH	PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG
	6TH	PREPARATION OF SPA ROOM
6TH	2nd	PREPARATION OF THE TROLLEY
	4TH	PRACTICE OF GENERAL MANI SPA TECHNIQUES
7TH	2nd	PRACTICE OF GENERAL MANI SPA TECHNIQUES
	4TH	& LEG
8TH	2ND	PREPARATION OF THE TROLLEY
	4TH	facial treatments double chin
	6TH	Anti aging treatment with light therapy
9TH	1st	PEDI SPA
	2nd	PREPARATION OF SPA ROOM
10TH	4TH	PREPARATION OF THE TROLLEY
	6TH	PRACTICE OF GENERAL PEDI SPA TECHNIQUES
11TH	2ND	PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG
	4TH	PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG
12TH	2ND	PRACTICE OF PEDI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG
13TH	2ND	PREPARATION OF SPA ROOM
	4TH	PREPARATION OF THE TROLLEY
14th	2ND	PRACTICE OF GENERAL MANI SPA TECHNIQUES
	4th	PRACTICE OF GENERAL MANI SPA TECHNIQUES
	4TH	PRACTICE OF MANI SPA TO CURE VARIOUS ALIMENTS AT FOOT & LEG
15TH	4TH	HAIR SPA
	6TH	PRACTICE OF GENERAL HAIR SPA TECHNIQUES
16TH	4th	PRACTICE OF HAIR SPA TO CURE VARIOUS AILMENTS RELATED TO SCALP & HAIR
	6TH	REVISION
17TH	2nd	REVISION
	4TH	REVISION

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