

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Dr. ANA DANIYA

Class and Section

P.G.D.Y.Sc.

Subject

Anatomy

Week 1	Description
15-07-25	— Introduction —
16-07-25	— Introduction to human Anatomy —
17-07-25	— do —
18-07-25	— Importance of Anatomy —
19-07-25	— Parts —
Week 2	
21-07-25	— Skeleton System —
22-07-25	— Impact of Yoga on Skeleton System —
23-07-25	— Functioning —
24-07-25	— Spinal Cord Bones —
25-07-25	— Upper & Lower Extremities —
26-07-25	— Do —
Week 3	
28-07-25	— Test —
29-07-25	— Muscular System —
30-07-25	— Importance of muscle system —
01-08-25	— Impact of Yoga on muscle system —
02-08-25	— Test —
Week 4	
04-08-25	— Impact of Yoga —
05-08-25	— Digestive System —
06-08-25	— do —
07-08-25	— Importance of Yoga in Digestive
08-08-25	— System —
Week 5	
11-08-25	— Metabolism Process —
12-08-25	— do —
13-08-25	— Test —

14-08-25	— DO —
Week 6	— Revision —
18-08-25	— Impact of Yogasana —
19-08-25	— Endocrine Glands —
20-08-25	— do —
21-08-25	— Impact of Yoga on E.C. —
22-08-25	— do —
23-08-25	—
Week 7	— Revision —
25-08-25	— Cardiovascular System —
26-08-25	— do —
27-08-25	— Test —
28-08-25	— Revision —
29-08-25	— Impact of Yoga on C.S. —
30-08-25	—
Week 8	—
01-09-25	— Heart —
02-09-25	— DO —
03-09-25	— Respiratory System —
04-09-25	— Excretory System —
06-09-25	— DO —
Week 9	—
08-09-25	— Test —
09-09-25	— Revision —
10-09-25	— Impact of Yoga on R.S. —
11-09-25	— do —
12-09-25	— Impact of Yoga on E.S. —
13-09-25	— DO —
Week 10	—
15-09-25	— Test —
16-09-25	— Revision —
17-09-25	— Urinary System —
18-09-25	— Impact of Yoga on U.S. —
19-09-25	— do —
20-09-25	— Test —

Week 11	
24-09-25	— Functioning of Urinary System —
25-09-25	— do —
26-09-25	— Nadi Sansthan —
27-09-25	— do —
Week 12	
29-09-25	— Gyenendriyan —
30-09-25	— do —
01-10-25	— Nervous System —
03-10-25	— do —
04-10-25	— Test —
Week 13	
06-10-25	— Revision —
08-10-25	— Functioning of Nervous System —
09-10-25	— do —
10-10-25	— Sushumna Nadi —
11-10-25	— do —
Week 14	
13-10-25	— Revision —
Week 15	
23-10-25	— Siroya Nadi —
24-10-25	— chandra Nadi —
25-10-25	— Impact of Yoga —
Week 16	
27-10-25	— Impact of Asana —
28-10-25	— Bandh —
29-10-25	— Mudra —
30-10-25	— shatkarma —
31-10-25	— pranayama —
01-11-25	— Dhyam —
Week 17	
03-11-25	— Physical Impact —
04-11-25	— Mental Impact —

06-11-25	← Spiritual	Impact →
07-11-25	— do —	
08-11-25	— Test —	
Week 18	Revision	
10-11-25	← Revision	
11-11-25	— do —	Unit - 1 —
12-11-25	← Revision	
13-11-25	— do —	Unit - 2 —
14-11-25	← do —	
15-11-25	— do —	
Week 19		
17-11-25	← Revision	Unit - 3 —
18-11-25	← do —	

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Dr. ALKA DAHIYA

Class and Section

Ph.D Yoga Science.

Subject

Practical

Week 1	Description
15-07-25	— Introduction —
16-07-25	— Yogic Kriyas —
17-07-25	— Jalhuti —
18-07-25	— Subhuti —
19-07-25	— Agnisara —
Week 2	
21-07-25	— Revision —
22-07-25	— Kapalabhati —
23-07-25	— Vattkarm & Vyutkarm —
24-07-25	— Nadi Shodhan —
25-07-25	— Do —
26-07-25	— Suryabhedan —
Week 3	
28-07-25	— Sheetal —
29-07-25	— Suryabhedan —
30-07-25	— Sheetal —
01-08-25	— Shukran —
02-08-25	— Ujjayi —
Week 4	
04-08-25	— Bahyaananti —
05-08-25	— Sankhanti —
06-08-25	— Abhyasananti —
07-08-25	— Surya Namaskara —
08-08-25	— Do —
Week 5	
11-08-25	— Revision —
12-08-25	— Test —
13-08-25	— Do —

Siddhasan -

14-08-25

Week 6

18-08-25

19-08-25

20-08-25

21-08-25

22-08-25

23-08-25

Revision -

Test -

Pawanmuktasana -

Uttanpadi Asana -

Tadasan -

do -

Week 7

25-08-25

26-08-25

27-08-25

28-08-25

29-08-25

30-08-25

Vajrasana -

Do -

Valasana -

Bhujangasana -

do -

Kabichakrasana -

Week 8

01-09-25

02-09-25

03-09-25

04-09-25

06-09-25

Naukasana -

Viprit Karni -

Makarasana -

do -

Test -

Week 9

08-09-25

09-09-25

10-09-25

11-09-25

12-09-25

13-09-25

Revision -

Karasana -

Janushirasana -

Kandharasana -

Pykhehinotanasana -

do -

Week 10

15-09-25

16-09-25

17-09-25

18-09-25

19-09-25

20-09-25

Siddhasana -

Svastikasana -

Padmasana -

Marjariasana -

Kapotasana -

do -

Week 11	
24-09-25	— Gaumukhasan —
25-09-25	— Mandukasan —
26-09-25	— Ushbasan —
27-09-25	— Shashankasan —
Week 12	
29-09-25	— Dandasana —
30-09-25	— Viprasana —
01-10-25	— Triconasana —
03-10-25	— Srinhasana —
04-10-25	— do —
Week 13	
06-10-25	— Test —
08-10-25	— Revision —
09-10-25	— Do —
10-10-25	— Moolabandha —
11-10-25	— Do —
Week 14	
13-10-25	— Revision —
Week 15	
23-10-25	— Jalandharbandha —
24-10-25	— Uddiyanbandha —
25-10-25	— Do —
Week 16	
27-10-25	— Mahamudra —
28-10-25	— Mahavedh Mudra —
29-10-25	— do —
30-10-25	— do —
31-10-25	— Revision —
01-11-25	— Do —
Week 17	
03-11-25	— Revision Unit -4 —
04-11-25	— Do —

	Revision - Unit - 1 -
06-11-25	Do -
07-11-25	Test -
08-11-25	
Week 18	Revision Unit 2 -
10-11-25	do -
11-11-25	Test -
12-11-25	Revision Unit 3 -
13-11-25	Do -
14-11-25	Do -
15-11-25	
Week 19	Revision -
17-11-25	Revision -
18-11-25	

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Dr. ALKA DAHIYA

Class and Section

PhD Yoga science

Subject

Foundations of Yoga

Week 1	Description
15-07-25	— Introduction to syllabus —
16-07-25	— General text information —
17-07-25	— योग की अवधारणा एवं परिभाषा —
18-07-25	— do —
19-07-25	— Test —
Week 2	
21-07-25	— योग की परम्परा एवं इतिहास —
22-07-25	— योग का आधुनिक समय में महत्व —
23-07-25	— do —
24-07-25	— do —
25-07-25	— Revision —
26-07-25	— Test —
Week 3	
28-07-25	— योगाभ्यास के लिए उपयुक्त स्थान —
29-07-25	— do —
30-07-25	— समय —
01-08-25	— योगभूषा —
02-08-25	— Do —
Week 4	
04-08-25	— योगिक आहार —
05-08-25	— योग साधना के साधक तत्व —
06-08-25	— साधक तत्व —
07-08-25	— do —
08-08-25	— Revision —
Week 5	
11-08-25	— वेद —
12-08-25	— उपनिषद् —
13-08-25	— do —

14-08-25	— do —
Week 6	
18-08-25	— शीता —
19-08-25	— संसद योग —
20-08-25	— योग शिखर — स्व आश्विन —
21-08-25	— do —
22-08-25	— योग का स्वरूप —
23-08-25	— do —
Week 7	
25-08-25	— योग की मुख्य विशेषताएँ —
26-08-25	— do —
27-08-25	— Revision —
28-08-25	— Test —
29-08-25	— राजयोग —
30-08-25	— अष्टांग योग —
Week 8	
01-09-25	— 88 योग —
02-09-25	— शान योग —
03-09-25	— भक्ति योग —
04-09-25	— कर्म योग —
06-09-25	— do —
Week 9	
08-09-25	— Revision —
09-09-25	— Test Unit-3 —
10-09-25	— Test Unit-2 —
11-09-25	— Test Unit-1 —
12-09-25	— Revision —
13-09-25	— Test Evaluation —
Week 10	
15-09-25	— केवलमध्वन लोनावला —
16-09-25	— विहार योग भारती मुम्बई —
17-09-25	— do —
18-09-25	— do —
19-09-25	— Revision —
20-09-25	— Test —

Week 11	
24-09-25	— गौरीरानी देसाई राष्ट्रीय योग संस्थान —
25-09-25	— do —
26-09-25	— Revision —
27-09-25	— Test —
Week 12	
29-09-25	— स्वामी विवेकानंद योग अनुसन्धान, वाराणसी —
30-09-25	— do —
01-10-25	— महर्षि पतंजलि —
03-10-25	— do —
04-10-25	— Revision —
Week 13	
06-10-25	— गौरीरवनाथ —
08-10-25	— do —
09-10-25	— महर्षि यशानन्द सरस्वती —
10-10-25	— do —
11-10-25	— Revision —
Week 14	
13-10-25	— Test —
Week 15	
23-10-25	— Revision of Syllabus —
24-10-25	— स्वामी विवेकानन्द का जीवन परिचय —
25-10-25	— do —
Week 16	
27-10-25	— Revision —
28-10-25	— Revision Unit-1 —
29-10-25	— Do —
30-10-25	— Revision Unit-2 —
31-10-25	— do —
01-11-25	— Revision Unit-3 —
Week 17	
03-11-25	— Do —
04-11-25	— Do —

06-11-25	— महर्षि दयानन्द संस्कृती जीवन परिचय —
07-11-25	— do —
08-11-25	— Test —
Week 18	
10-11-25	— ए० योग, वी० योग —
11-11-25	— do —
12-11-25	— १ भाषा योग —
13-11-25	— do —
14-11-25	— Revision —
15-11-25	— Test —
Week 19	
17-11-25	— Revision of Complete Syllabus —
18-11-25	— do —

TIKA RAM GIRLS COLLEGE SONIPAT

Lesson Plan Format

Name of Assistant/Associate Professor

Dr. ALKA

DANIYA

Class and Section

PuYoga Science

Subject

Hath Yoga

Week 1	Description
15-07-25	— Introduction of Syllabus —
16-07-25	— Definitions of Hath Yoga —
17-07-25	— Ex Accurate place for Yoga —
18-07-25	— Time —
19-07-25	— Revision —
Week 2	
21-07-25	— Exact time 4 days to start Yog —
22-07-25	— Instructions for Yogis —
23-07-25	— do —
24-07-25	— Sadhak Tattva —
25-07-25	— do —
26-07-25	— Revision —
Week 3	
28-07-25	— Sadhak Tattvas —
29-07-25	— do —
30-07-25	— Hath Sidhi Laksanas —
01-08-25	— do —
02-08-25	— Revision —
Week 4	
04-08-25	— Importance of Hath Yoga —
05-08-25	— Do —
06-08-25	— Do —
07-08-25	— Revision —
08-08-25	— Test —
Week 5	
11-08-25	— Important Asanas in Hath Yoga —
12-08-25	— Do —
13-08-25	— Do —

14-08-25	- Importance & Benefits of Asanas -
Week 6	
18-08-25	- Revision -
19-08-25	- Definition of Pranayamas -
20-08-25	- Asth kumbhakas -
21-08-25	- Importance of Pranayamas -
22-08-25	- Shatkarmanas -
23-08-25	- Revision -
Week 7	
25-08-25	- Dhauti -
26-08-25	- Basti -
27-08-25	- Neli -
28-08-25	- Nauli -
29-08-25	- Tratala -
30-08-25	- Kapalabhati -
Week 8	
01-09-25	- Importance & Benefits of Shatkarmanas -
02-09-25	- do -
03-09-25	- Revision -
04-09-25	- Test -
06-09-25	- do -
Week 9	
08-09-25	- Yogic Bandhas -
09-09-25	- Mulbandha -
10-09-25	- Uddiyani Bandh -
11-09-25	- Jaladhar Bandh -
12-09-25	- Mahabandh -
13-09-25	- do -
Week 10	
15-09-25	- Revision -
16-09-25	- Test -
17-09-25	- All Hath Yoga Mudras -
18-09-25	- Maha Bandh Mudra -
19-09-25	- Mahavedh -
20-09-25	- Ichechani -

Week 11	
24-09-25	— Vipreelkarni —
25-09-25	— Shaktichalini —
26-09-25	— Samadhi —
27-09-25	— do —
Week 12	
29-09-25	— Revision —
30-09-25	— Nadanusandhan —
01-10-25	— Kundalini Swaroop —
03-10-25	— Kundalini Jagaran Upay —
04-10-25	— do —
Week 13	
06-10-25	— Revision —
08-10-25	— Test of All 10 Mudras —
09-10-25	— Test of All 4 Bandhas —
10-10-25	— Test Evaluation —
11-10-25	— do —
Week 14	
13-10-25	— Revision —
Week 15	
23-10-25	— Gherand Samhita Introduction —
24-10-25	— do —
25-10-25	— Supt Sadhan —
Week 16	
27-10-25	— do —
28-10-25	— Revision —
29-10-25	— Test —
30-10-25	— Asanas of Gherand Samhita —
31-10-25	— do —
01-11-25	— Mudras of Gherand Samhita —
Week 17	
03-11-25	— Revision —
04-11-25	— do —

06-11-25	— Halk Pseedipika —
07-11-25	— Chetand Samhita —
08-11-25	— Revision —
Week 18	— Test —
10-11-25	— Halk Sidhi Lakhana —
11-11-25	— do —
12-11-25	— Revision Unit - 1 —
13-11-25	— do —
14-11-25	— Test —
15-11-25	
Week 19	
17-11-25	— Revision Unit - 1 —
18-11-25	— Do —