

# TIKA RAM GIRLS COLLEGE SONEPAT

## Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR D.R. ALKA DAHYA  
 CLASS AND SECTION P.G.D. YOGA Science  
 SUBJECT NATUROPATHY

WEEK 1	DESCRIPTION
5-1-26	— Introduction —
6-1-26	— Do —
7-1-26	— History of Naturopathy —
8-1-26	— Do —
9-1-26	— Siddhant of Naturopathy —
10-1-26	— Do —
<b>WEEK 2</b>	
12-1-26	— Ubhar —
13-1-26	— Do —
14-1-26	— Revision —
15-1-26	— Reason of Rog —
16-1-26	— Jivan Rog —
17-1-26	— Do —
<b>WEEK 3</b>	
19-1-26	— Vihariya Vish —
20-1-26	— Do —
21-1-26	— Ubhar —
22-1-26	— Principle of Ubhar —
24-1-26	— Do —
<b>WEEK 4</b>	
27-1-26	— Unit -1 —
28-1-26	— Revision —
29-1-26	— Immunity —
30-1-26	— Jivani Shakti —
31-1-26	— Do —
<b>WEEK 5</b>	
2-2-26	— Water treatment —
3-2-26	— Water therapy —
4-2-26	— Do —
5-2-26	— Water treatment of Dig. temp —
6-2-26	— Do —
7-2-26	— Do —
<b>WEEK 6</b>	

9-2-26	— Different types of Water therapies —
10-2-26	— Do —
11-2-26	— Revision —
13-2-26	— Test —
14-2-26	— Do —
<b>WEEK 7</b>	
16-2-26	— Unit -2 —
17-2-26	— Sun therapy —
18-2-26	— Impact of Different Ray Colour
19-2-26	— rays of sun on body —
20-2-26	— Do —
21-2-26	— Do —
<b>WEEK 8</b>	
23-2-26	— Revision —
24-2-26	— Test —
25-2-26	— Importance of Agni tattva —
26-2-26	— Importance of Havan —
27-2-26	— Do —
28-2-26	— Test —
<b>WEEK 9</b>	
9-3-26	— Ushapan —
10-3-26	— Natural Bath —
11-3-26	— Gharshan Snan —
12-3-26	— Do —
13-3-26	— Kali Snan —
14-3-26	— Vashp Snan —
<b>WEEK 10</b>	
16-3-26	— Ridh Snan —
17-3-26	— Pada Snan —
18-3-26	— Full body gili patho —
19-3-26	— Do —
20-3-26	— Chest patho —
21-3-26	— Neck & Hand & leg patho —
<b>WEEK 11</b>	

24-3-26	— Unit -2 —
25-3-26	— Do —
27-3-26	— Importance of Air —
28-3-26	— Do —
<b>WEEK 12</b>	
30-3-26	— Impact of Air —
31-3-26	— Vayu Snan —
1-4-26	— Massage —
2-4-26	— Types & designation of Massage —
3-4-26	— Do —

4-4-26	— Unit - 3 —
<b>WEEK 13</b>	
6-4-26	— Do —
7-4-26	— Revision —
8-4-26	— Test —
9-4-26	— Adarsh Ahar —
10-4-26	— Do —
11-4-26	— Do —
<b>WEEK 14</b>	
13-4-26	— Pratik Ahar —
15-4-26	— Do —
16-4-26	— Revision —
17-4-26	— Test —
18-4-26	— Test —
<b>WEEK 15</b>	
20-4-26	— Balanced Diet —
21-4-26	— Proper Diet —
22-4-26	— Unit - 4 —
23-4-26	— Do —
24-4-26	— Revision —
25-4-26	— Test —
<b>WEEK 16</b>	
27-4-26	— Do —
28-4-26	— Unit - 3 —
29-4-26	— Do —
30-4-26	— Revision —
1-5-26	— Test —
2-5-26	— Do —

**WEEK 17**

4-5-26	— Unit - 4 —
5-5-26	— Unit - 3 —
6-5-26	— Unit - 2 —

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NAME OF ASSISTANT/ASSOCIATE PROFESSOR ..... DR. ALKA DAHIYA .....

CLASS AND SECTION ..... PhD Yoga Science .....

SUBJECT ..... PRACTICAL .....

WEEK 1	DESCRIPTION
5-1-26	———— Introduction ————
6-1-26	———— Do ————
7-1-26	———— Jal Neti ————
8-1-26	———— Do ————
9-1-26	———— Trutaka ————
10-1-26	———— Do ————
<b>WEEK 2</b>	
12-1-26	———— Vastu Dharti ————
13-1-26	———— Do ————
14-1-26	———— Nauhi ————
15-1-26	———— Do ————
16-1-26	———— Revision ————
17-1-26	———— Do ————
<b>WEEK 3</b>	
19-1-26	———— SHATKARMA ————
20-1-26	———— Do ————
21-1-26	———— Pranayama ————
22-1-26	———— Do ————
24-1-26	———— Bhasbika ————
<b>WEEK 4</b>	
27-1-26	———— Bharami ————
28-1-26	———— Do ————
29-1-26	———— Test ————
30-1-26	———— Revision ————
31-1-26	———— Do ————
<b>WEEK 5</b>	
2-2-26	———— Asanas ————
3-2-26	———— Bhadsasan ————
4-2-26	———— Bakasan ————
5-2-26	———— Badh Padmasan ————
6-2-26	———— Padangusthan ————
7-2-26	———— Do ————
<b>WEEK 6</b>	

9-2-26	— Padangusthasan —
10-2-26	— Do —
11-2-26	— Padam Bakasan —
13-2-26	— Do —
14-2-26	— Do —

**WEEK 7**

16-2-26	— Ekpadikandasana —
17-2-26	— Kukkutasana —
18-2-26	— Ardhamatsyendrasana —
19-2-26	— Do —
20-2-26	— Do —
21-2-26	— Do —

**WEEK 8**

23-2-26	— Garbhhasana —
24-2-26	— Matsya Asana —
25-2-26	— Halasana —
26-2-26	— Do —
27-2-26	— Do —
28-2-26	— Do —

**WEEK 9**

9-3-26	— Sinhasana —
10-3-26	— Chakrasana —
11-3-26	— Titibhasana —
12-3-26	— Do —
13-3-26	— Do —
14-3-26	— Do —

**WEEK 10**

16-3-26	— Shavasana —
17-3-26	— Halasana —
18-3-26	— Padam Bakasan —
19-3-26	— do —
20-3-26	— do —
21-3-26	— Do —

**WEEK 11**

24-3-26	— Chakrasana —
25-3-26	— Do —
27-3-26	— Halasana —
28-3-26	— Garbhhasana —

**WEEK 12**

30-3-26	— Do —
31-3-26	— Revision —
1-4-26	— Test —
2-4-26	— Sandh —
3-4-26	— Mahasandhi —

4-4-26	→ Kalpi Mudra —
<b>WEEK 13</b>	
6-4-26	— Shambhavi mudra —
7-4-26	— Vipreelkarni mudra —
8-4-26	— Yoga Mudra —
9-4-26	— Do —
10-4-26	— Do —
11-4-26	— Revision —
<b>WEEK 14</b>	
13-4-26	— Unit - Mudra —
15-4-26	— Asan —
16-4-26	— kriya —
17-4-26	— Pranayama —
18-4-26	— Do —
<b>WEEK 15</b>	
20-4-26	— Asan —
21-4-26	— Pranayama —
22-4-26	— kriya —
23-4-26	— Mudra —
24-4-26	— Bandh —
25-4-26	— Do —
<b>WEEK 16</b>	
27-4-26	— Do —
28-4-26	— Practical —
29-4-26	— Practical —
30-4-26	— Asanas + Pranayama —
1-5-26	— Do —
2-5-26	— Do —
<b>WEEK 17</b>	
4-5-26	— Asan —
5-5-26	— Bandh —
6-5-26	— Do —

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CLASS AND SECTION PGD/OURA Science

SUBJECT YOGA & HEALTH

WEEK 1	DESCRIPTION
5-1-26	← Introduction —
6-1-26	—— Definition of Health —
7-1-26	—— Swasthya Prayojan —
8-1-26	—— Do —
9-1-26	—— Misharak tatta —
10-1-26	—— do —
<b>WEEK 2</b>	
12-1-26	—— Swasthya vrit —
13-1-26	—— Do —
14-1-26	—— Dincharya —
15-1-26	—— Do —
16-1-26	—— Raticharya —
17-1-26	—— Do —
<b>WEEK 3</b>	
19-1-26	—— Ritucharya —
20-1-26	—— Do —
21-1-26	—— Do —
22-1-26	—— Do —
24-1-26	—— Do —
<b>WEEK 4</b>	
27-1-26	—— Ahar —
28-1-26	—— Definition —
29-1-26	—— Balanced diet —
30-1-26	—— Do —
31-1-26	—— Do —
<b>WEEK 5</b>	
2-2-26	—— Types of Vyayam —
3-2-26	—— Difference beth Yogaic &
4-2-26	—— A yogaic exercise —
5-2-26	—— Do —
6-2-26	—— Bath —
7-2-26	—— Bath types & Importance —
<b>WEEK 6</b>	

9-2-26	— Sandhya & Havan Importance —
10-2-26	— Do —
11-2-26	— Ahar - Defination —
13-2-26	— Do —
14-2-26	— Do —

**WEEK 7**

16-2-26	— Balanced Diet —
17-2-26	— Do —
18-2-26	— Mitakara —
19-2-26	— Do —
20-2-26	— Ahar Dhatak —
21-2-26	— Do —

**WEEK 8**

23-2-26	— Dravya —
24-2-26	— Do —
25-2-26	— Dravya Chhatak —
26-2-26	— Do —
27-2-26	— Do —
28-2-26	— Test —

**WEEK 9**

9-3-26	— Revision —
10-3-26	— Unit - 1 —
11-3-26	— Do —
12-3-26	— Unit - 2 —
13-3-26	— Do —
14-3-26	— Test —

**WEEK 10**

16-3-26	— Vyadhi —
17-3-26	— Do —
18-3-26	— Nashito Randarth —
19-3-26	— Do —
20-3-26	— Revision —
21-3-26	— Do —

**WEEK 11**

24-3-26	— Vyadhi Ardham —
25-3-26	— Do —
27-3-26	— Yogic chikitsa - Ardham —
28-3-26	— Do —

**WEEK 12**

30-3-26	— Aardhi & Vyadhi —
31-3-26	— Causes of diseases —
1-4-26	— types of diseases —
2-4-26	— Symptoms —
3-4-26	— Do —

4-4-26		
WEEK 13		— Revision —
6-4-26		
7-4-26		— Acidity —
8-4-26		— Constipation —
9-4-26		— Cold & Cough —
10-4-26		— Do —
11-4-26		— Do —
WEEK 14		— Do —
13-4-26		
15-4-26		— Revision —
16-4-26		— Unit - 3 —
17-4-26		— Asthma —
18-4-26		— High Bp —
		— Do —
WEEK 15		
20-4-26		
21-4-26		— Obesity —
22-4-26		— Do —
23-4-26		— Diabetes —
24-4-26		— Arthritis —
25-4-26		— Neck Pain —
		— Shoulder Pain —
WEEK 16		
27-4-26		
28-4-26		— Stress —
29-4-26		— Tension —
30-4-26		— Anxiety —
1-5-26		— Do —
2-5-26		— Depression —
		— Do —
WEEK 17		
4-5-26		— Revision —
5-5-26		— Unit - 4 —
6-5-26		— Do —

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NAME OF ASSISTANT/ASSOCIATE PROFESSOR DR. ALKA DAHIA

CLASS AND SECTION P.G.D. Yoga Science

SUBJECT Patanjali Yog Sutra

WEEK 1	DESCRIPTION
5-1-26	— Introduction —
6-1-26	— Patanjali Yog Sutra —
7-1-26	— Maharshi Patanjali —
8-1-26	— Yog sutra —
9-1-26	— do —
10-1-26	— do —
<b>WEEK 2</b>	
12-1-26	— Definition of Yoga —
13-1-26	— chitt —
14-1-26	— chitt Bhumiyan —
15-1-26	— do —
16-1-26	— do —
17-1-26	— do —
<b>WEEK 3</b>	
19-1-26	— chitt Vrutti —
20-1-26	— chitt vnuti nirodh Upayay —
21-1-26	— do —
22-1-26	— do —
24-1-26	— do —
<b>WEEK 4</b>	
27-1-26	— Test —
28-1-26	— Revision —
29-1-26	— Yog Antaraya —
30-1-26	— do —
31-1-26	— do —
<b>WEEK 5</b>	
2-2-26	— chitt Prasadan Upay —
3-2-26	— do —
4-2-26	— karm Siddhant —
5-2-26	— do —
6-2-26	— Test —
7-2-26	— Revision —
<b>WEEK 6</b>	

9-2-26	— Kriya Yog —
10-2-26	— do —
11-2-26	— Panch kalesh —
13-2-26	— do —
14-2-26	— do —

### WEEK 7

16-2-26	— Parman —
17-2-26	— Asthaya Yog —
18-2-26	— Yam, Niyam —
19-2-26	— Yam, Niyam Swaroop —
20-2-26	— do —
21-2-26	— do —

### WEEK 8

23-2-26	— Test —
24-2-26	— Revision —
25-2-26	— Unit-1 Revision —
26-2-26	— Do —
27-2-26	— Do —
28-2-26	— Do —

### WEEK 9

9-3-26	— Test —
10-3-26	— Yam, Niyam, Siddhi jal —
11-3-26	— do —
12-3-26	— Asana definition —
13-3-26	— do —
14-3-26	— do —

### WEEK 10

16-3-26	— Test —
17-3-26	— Pranayama —
18-3-26	— do —
19-3-26	— Types & Importance of
20-3-26	Pranayama —
21-3-26	— do —

### WEEK 11

24-3-26	— Pratyahara —
25-3-26	— Definition —
27-3-26	— Importance of Pratyahara —
28-3-26	— do —

### WEEK 12

30-3-26	— Dharma —
31-3-26	— Importance of Dharma —
1-4-26	— Dhyana —
2-4-26	— do —
3-4-26	— Test —

4-4-26	— Revision —
<b>WEEK 13</b>	
6-4-26	— Dhyani & Samadhi —
7-4-26	— Samadhi Awakasha —
8-4-26	— Types of Samadhi —
9-4-26	— do —
10-4-26	— do —
11-4-26	— Revision —
<b>WEEK 14</b>	
13-4-26	— Test —
15-4-26	— Unit - 3 Revision —
16-4-26	— Do —
17-4-26	— Test —
18-4-26	— Test —
<b>WEEK 15</b>	
20-4-26	— Unit - 4 Revision —
21-4-26	— Do —
22-4-26	— Do —
23-4-26	— Test —
24-4-26	— Unit - 2 Revision —
25-4-26	— Do —
<b>WEEK 16</b>	
27-4-26	— Test —
28-4-26	— Revision —
29-4-26	— Do —
30-4-26	— Do —
1-5-26	— Test —
2-5-26	— Revision —
<b>WEEK 17</b>	
4-5-26	Revision Unit - 1, & Unit - 2
5-5-26	— Do —
6-5-26	— Do —