

TIKA RAM GIRLS COLLEGE SONEPAT

Lesson Plan Format

NAME OF ASSISTANT/ASSOCIATE PROFESSOR D.R. ALIKA PAHIYA
 CLASS AND SECTION PLD YOGA SCIENCE
 SUBJECT YOGA PRACTICAL

WEEK 1	DESCRIPTION
1.01.24	— INTRODUCTION —
2.01.24	— SURSHAM KRIYAS —
3.01.24	— do —
4.01.24	— TRATAKA —
5.01.24	
6.01.24	— do —
WEEK 2	
8.01.24	— NAULI & BANDHAS —
9.01.24	— BASIC YOGA POSTURES —
10.01.24	— do —
11.01.24	— PRANAYAMAS —
12.01.24	
13.01.24	
WEEK 3	
15.01.24	— BHASTRIKA —
16.01.24	— BHARANGI —
18.01.24	— BHADRASAN —
19.01.24	
20.01.24	— BAKASAN —
WEEK 4	
22.01.24	— BADMA PADMASAN —
23.01.24	— PADANGUSTHASANA —
24.01.24	— PURAN BHUJANGASANA —
25.01.24	— do —
27.01.24	
WEEK 5	
29.01.24	— PADMA BAKASANA —
30.01.24	— EKPADSIKANDASANA —

31.01.24		
01.02.24		— MAYURASAN —
02.02.24		— DO —
03.02.24		
WEEK 6		
05.02.24		— SARWANGH A SAN —
06.02.24		— KUKUTASAN —
07.02.24		— ARDHMATSYEN DERASAN —
08.02.24		
09.02.24		
10.02.24		— GARBHASAN —
WEEK 7		
12.02.24		— MATSEYNDRASAN —
13.02.24		— HALASAN —
15.02.24		— SHALABHASAN —
16.02.24		— do —
17.02.24		
WEEK 8		
19.02.24		— SUPTAVAJRASANA —
20.02.24		— PASCHIMBTANABANA —
21.02.24		— GARUDASAN —
22.02.24		
23.02.24		— KURMASAN —
24.02.24		
WEEK 9		
26.02.24		— TITIBHASAN —
27.02.24		— ONKAPASAN —
28.02.24		— do —
29.02.24		— do —
01.03.24		
02.03.24		
WEEK 10		
04.03.24		— MATRAJASAN —
05.03.24		— do —
06.03.24		— CHAKRASAN —
07.03.24		— do —
09.03.24		
WEEK 11		

11.03.24	— SUPT VAIPASANA —
12.03.24	— UTTAN KURMASAN —
13.03.24	— SETUBANDHISARYANASAN —
14.03.24	— do —
15.03.24	— do —
16.03.24	— do —
WEEK 12	
18.03.24	— SUN SALUTATION —
19.03.24	— do —
20.03.24	— do —
21.03.24	— do —
22.03.24	— INTRODUCTION TO MUDRA —
WEEK 13	
	----- HOLI BREAK -----
WEEK 14	
01.04.24	— DEMONSTRATION OF BASIC POSTURES —
02.04.24	— do —
03.04.24	— do —
04.04.24	— BANDHAS —
05.04.24	— BANDHAS —
06.04.24	— MAUL BANDHA —
WEEK 15	
08.04.24	— MAHA BANDHA —
09.04.24	— JALANDHAR BANDHAS —
10.04.24	— UDDIYAN BANDHA —
12.04.24	— do —
13.04.24	— do —
WEEK 16	
15.04.24	— MAHA BANDHA —
16.04.24	— SUN SALUTATION —
18.04.24	— ADVANCE POSTURES —
19.04.24	— do —
20.04.24	— do —
WEEK 17	

22.04.24

23.04.24

24.04.24

25.04.24

26.04.24

27.04.24

— INTRODUCTION TO BASIC POSTURES —

— do —

— do —

— ob —

TIKA RAM GIRLS COLLEGE SONEPAT

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NAME OF ASSISTANT/ASSOCIATE PROFESSOR DR. ALKA DAHIYA

CLASS AND SECTION PH.D. YOGA SCIENCE

SUBJECT NATUROPATHY

WEEK 1	DESCRIPTION
1.01.24	— History of Naturopathy —
2.01.24	— do —
3.01.24	— Main components of Naturopathy —
4.01.24	— do —
5.01.24	
6.01.24	— Main reason of any disease —
WEEK 2	
8.01.24	— Test —
9.01.24	— Tivar & Jirn Rog —
10.01.24	— do —
11.01.24	— Vija tiya Vish —
12.01.24	— do —
13.01.24	
WEEK 3	
15.01.24	— Test —
16.01.24	— Ubhar —
18.01.24	— Immunity Power —
19.01.24	— do —
20.01.24	
WEEK 4	
22.01.24	— Test —
23.01.24	— Water treatment —
24.01.24	— Types & forms of Water treatment —
25.01.24	— do —
27.01.24	
WEEK 5	
29.01.24	— Test —
30.01.24	— Impact of water treatment —

31.01.24	- Water treatment techniques -
01.02.24	- Ushapan -
02.02.24	- Natural Bath -
03.02.24	
WEEK 6	
05.02.24	- Normal Bath -
06.02.24	- Iced Snan -
07.02.24	- Water Puffs -
08.02.24	- do -
09.02.24	- do -
10.02.24	- do -
WEEK 7	
12.02.24	- Test -
13.02.24	- Spung -
15.02.24	- Anima -
16.02.24	- do -
17.02.24	
WEEK 8	
19.02.24	- Test -
20.02.24	- Soil Introduction -
21.02.24	- Soil treatment -
22.02.24	- do -
23.02.24	- Air treatment -
24.02.24	- do -
WEEK 9	
26.02.24	- Test -
27.02.24	- Types & Importance of different Soils -
28.02.24	- Soil treatment -
29.02.24	- Mud Bath -
01.03.24	- do -
02.03.24	
WEEK 10	
04.03.24	- Test -
05.03.24	- Importance of Sun Rays -
06.03.24	- Solar SWD treatment -
07.03.24	- do -
09.03.24	
WEEK 11	

11.03.24	
12.03.24	- Importance of different colours of Sun -
13.03.24	- Sun Bath -
14.03.24	- Air treatment -
15.03.24	- ABHYANGA (MASSAGE)
16.03.24	- MASSAGE TECHNIQUES -
WEEK 12	
18.03.24	- Massage types -
19.03.24	- Upwas
20.03.24	- Upwas for different diseases -
21.03.24	
22.03.24	- Different types of Upwas -
WEEK 13	
	----- HOLI BREAK-----
WEEK 14	
01.04.24	- Revision -
02.04.24	- Short & Long Upwas -
03.04.24	
04.04.24	- Jaloupwas & Rasoupwas -
05.04.24	
06.04.24	- Faloupwas -
WEEK 15	
08.04.24	- Ananupwas -
09.04.24	- Natural Diet -
10.04.24	- do -
12.04.24	
13.04.24	- Proper diet for particular disease -
WEEK 16	
15.04.24	- Test -
16.04.24	- Revision -
18.04.24	- Ideal Diet -
19.04.24	- Difference b/w balanced Diet &
20.04.24	Ideal Diet -
WEEK 17	

22.04.24	— Revision of UNIT-4 —
23.04.24	— Revision of UNIT-3 —
24.04.24	— Revision of UNIT-2 —
25.04.24	— Revision of UNIT-1 —
26.04.24	— do —
27.04.24	

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NAME OF ASSISTANT/ASSOCIATE PROFESSOR Dr. ALKA DAHIYA

CLASS AND SECTION Ph.D. YOGA SCIENCE

SUBJECT YOGA & HEALTH

WEEK 1	DESCRIPTION
1.01.24	- Introduction to Yoga & Health -
2.01.24	- do -
3.01.24	- Definition of Health ->
4.01.24	- Purpose of Health -
5.01.24	- do -
6.01.24	- do -
WEEK 2	
8.01.24	- Test -
9.01.24	- Swasthya Vrit -
10.01.24	- do -
11.01.24	- Dincharya -
12.01.24	- Jyran -
13.01.24	- do -
WEEK 3	
15.01.24	- Test -
16.01.24	- Dant dhawan -
18.01.24	- mukh sodhan -
19.01.24	- do -
20.01.24	- do -
WEEK 4	
22.01.24	- Test -
23.01.24	- revision -
24.01.24	- Netra Pratikshalan -
25.01.24	- do -
27.01.24	- do -
WEEK 5	
29.01.24	- Test -
30.01.24	- do -

31.01.24	
01.02.24	— Bharamcharya —
02.02.24	— Ritu charya —
03.02.24	— do —
WEEK 6	
05.02.24	
06.02.24	— Test —
07.02.24	— Exercise —
08.02.24	— Types & Importance of Exercise —
09.02.24	— do —
10.02.24	— do —
WEEK 7	
12.02.24	
13.02.24	— Test —
15.02.24	— Diff. B/w Yogic & Ayogic exercises —
16.02.24	— do —
17.02.24	— do —
WEEK 8	
19.02.24	— Test —
20.02.24	— Revision —
21.02.24	— Bath & Techniques —
22.02.24	
23.02.24	— do —
24.02.24	
WEEK 9	
26.02.24	— Havan & Sandhya Importance —
27.02.24	— do —
28.02.24	— Diet - Definition —
29.02.24	— Balanced Diet —
01.03.24	— Mitahara —
02.03.24	
WEEK 10	
04.03.24	— Components of Balanced Diet —
05.03.24	— do —
06.03.24	— Liquids & their information —
07.03.24	— do —
09.03.24	
WEEK 11	
	— Test —

11.03.24	— Drawbacks of Narcotics —
12.03.24	— do —
13.03.24	— Vyadhi —
14.03.24	— Yogic treatment —
15.03.24	— do —
16.03.24	— do —
WEEK 12	
18.03.24	— Test —
19.03.24	— Acidity —
20.03.24	— Constipation —
21.03.24	— do —
22.03.24	— do —
WEEK 13	
----- HOLI BREAK-----	
WEEK 14	
01.04.24	— Revision —
02.04.24	— Asthma, Nausea —
03.04.24	— do —
04.04.24	— do —
05.04.24	— do —
06.04.24	— High B.P —
WEEK 15	
08.04.24	— Test —
09.04.24	— Low B.P —
10.04.24	— Obesity —
12.04.24	— Diabetes —
13.04.24	— do —
WEEK 16	
15.04.24	— Arthritis —
16.04.24	— Back ache & Cervical —
18.04.24	— Tension —
19.04.24	— Stress —
20.04.24	— Depression —
WEEK 17	

22.04.24	— Revision UNIT-4 —
23.04.24	— Revision UNIT-3 —
24.04.24	— Revision UNIT-2 —
25.04.24	— Revision UNIT-1 —
26.04.24	— do —
27.04.24	

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NAME OF ASSISTANT/ASSOCIATE PROFESSOR Dr. ALKA DAHIYA
 CLASS AND SECTION P.G.D. YOGA SCIENCE
 SUBJECT PATANJAL YOGA SUTRA

WEEK 1	DESCRIPTION
1.01.24	Introduction to Patanjali Yoga Sutra Definition of Yoga
2.01.24	
3.01.24	
4.01.24	Introduction to chitt Chitt Bhunija
5.01.24	
6.01.24	
WEEK 2	
8.01.24	- Test -
9.01.24	- chitt Vruttiya -
10.01.24	- do -
11.01.24	- chitt vruti Nirodh Upaya -
12.01.24	
13.01.24	
WEEK 3	
15.01.24	- Test -
16.01.24	- Test -
18.01.24	- Yog Antaraya -
19.01.24	- do -
20.01.24	
WEEK 4	
22.01.24	- Test -
23.01.24	- chitt Prasadana Upaya -
24.01.24	- do -
25.01.24	- do -
27.01.24	
WEEK 5	
29.01.24	- Test -
30.01.24	- karm Sidhant -

31.01.24	- Karm Siddhant -
01.02.24	
02.02.24	- do -
03.02.24	
WEEK 6	
05.02.24	- Test -
06.02.24	- Revision -
07.02.24	
08.02.24	- kriya Yog -
09.02.24	
10.02.24	- do -
WEEK 7	
12.02.24	- Test -
13.02.24	- Panchkalesh -
15.02.24	- do -
16.02.24	
17.02.24	- Pasmans -
WEEK 8	
19.02.24	- Test -
20.02.24	- Revision -
21.02.24	- Asthang Yoga -
22.02.24	
23.02.24	- Do -
24.02.24	
WEEK 9	
26.02.24	- Test -
27.02.24	- Yam - Niyam Samasroop -
28.02.24	- Yam - Niyam Faal -
29.02.24	
01.03.24	- do -
02.03.24	
WEEK 10	
04.03.24	- Test -
05.03.24	- Asana -
06.03.24	- Asana Importance -
07.03.24	- do -
09.03.24	
WEEK 11	

11.03.24	- Pranayama -
12.03.24	- Pranayama Types -
13.03.24	- Pranayama Importance -
14.03.24	- do -
15.03.24	- do -
16.03.24	- do -
WEEK 12	
18.03.24	- Test -
19.03.24	- Pratyahara -
20.03.24	- Pratyahara Importance -
21.03.24	- do -
22.03.24	- do -
WEEK 13	
----- HOLI BREAK-----	
WEEK 14	
01.04.24	- Test -
02.04.24	- Revision -
03.04.24	- Dharana -
04.04.24	- Dharana Importance -
05.04.24	- do -
06.04.24	- do -
WEEK 15	
08.04.24	- Test -
09.04.24	- Dhyana -
10.04.24	- Dhyana Importance -
12.04.24	- do -
13.04.24	- do -
WEEK 16	
15.04.24	- Test -
16.04.24	- Samadhi -
18.04.24	- Types of Samadhi -
19.04.24	- Importance of Samadhi -
20.04.24	- do -
WEEK 17	
	- do -

22.04.24

23.04.24

24.04.24

25.04.24

26.04.24

27.04.24

- UNIT-4 Revision -

- do -

- UNIT-3 Revision -

- UNIT-2 Revision -

- UNIT-1 Revision -

- do -