

## LESSON PLAN

Session: 2025-2026

Class: BA 1<sup>st</sup> Sem

Name of the faculty: Dr. Meenakshi Gupta

Paper code: B23-PED-101

Nomenclature of the paper: History and Foundation of Physical Education

Month	Week	Topics to be covered
July	22.07.25- 26.07.25	Introduction to Physical Education
	28.07.25-31.07.25	Meaning and Definition of Physical Education, relationship of Physical Education with General Education, Group discussion, Practical
August	01.08.25-02.08.25	Aim and objectives Physical Education, scope of Physical Education, Practical
	04.08.25-09.08.25	Need of Physical Education in modern society, misconceptions regarding Physical Education, Practical
	11.08.25-16.08.25	Physical Education as art or as Science, Physical Education during Indus valley Civilization, Physical Education during Vedic period, Practical
	18.08.25-23.08.25	Physical Education during Early Hindu period, Physical Education during later Hindu period, Practical , test
	25.08.25-30.08.25	Physical Education during Medieval period, Physical Education during British period, Practical
September	01.09.25-06.09.25	Physical Education during after Independence, Meaning of growth and development, Practical, Assignment
	08.09.25- 13.09.25	Meaning of Chronological age, Physiological age, Anatomical age and Mental age, Principles of growth and development, Class Test, Practical
	15.09.25-20.09.25	Difference between Growth and Development and Factors affecting growth and development, Practical
	22.09.25-27.09.25	Growth and development at various levels of Childhood:-Pre-Adolescence-Adolescence Adulthood, Practical
	29.09.25- 30.09.25	Revised Unit ,Test, Doubt Session, Group discussion
October	01.10.25- 04.10.25	Qualifications and responsibilities of Physical Education and Sports Professionals at various levels of educational institutions Group discussion, Practical
	06.10.25- 11.10.25	Qualifications and responsibilities as Coach, fitness Trainers, Yoga Instructors and others, Practical, Seminar
	13.10.25-18.10.25	Qualifications and responsibilities as Sports Event Managers, Technical Officials, Researchers and others, Test, Practical
	19.10.25-26.10.25	Diwali Vacations
	27.10.25-31.10.25	Qualifications and responsibilities in Health Clubs and fitness centers, Aerobics, Practical
November	01.11.25	Qualifications and responsibilities in Dance and Recreational clubs in

		Corporate Sectors and others. Practical
	03.11.25- 08.11.25	Qualifications and responsibilities, Sports Journalists, Commentators, sports photographers and video analysts, Practical
	10.11.25- 15.11.25	Career opportunities in various central Govt. State Govt. Private organizations and others, Group discussion, seminar, Practical preparations
	17.11.25- 22.11.25	Revision , Practical preparation, File Evaluation, mock viva-voce
	24.11.25	Revised Entire Syllabus
	25.11.25	Examination Onwards

## LESSON PLAN

Session: 2025-2026

Class : BA 3<sup>rd</sup> Sem

Name of the faculty: Dr. Meenakshi Gupta

Paper code: B23-PED-301

### Nomenclature of the paper: Exercise Physiology

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Introduction to Exercise Physiology, Anabolism, Catabolism and Metabolism. Importance of Exercise Physiology. Group Discussion, Practical
	28.07.25-31.07.25	Types of Muscle contraction, Isotonic, Isometric, Isokinetic. Practical
<b>August</b>	01.08.25-02.08.25	Meaning of Body Composition, Components of Body composition, Effect of Exercise on Body composition Practical
	04.08.25-09.08.25	Gross structure Skeleton Muscle. Functions of Muscular System, Properties of Slow Twitch and Fast Twitch Muscle fiber, Practical
	11.08.25-16.08.25	Meaning of Aerobic Activity, Anaerobic Activity, Muscle Tone, Muscle Hypertrophy and Atrophy, Practical
	18.08.25-23.08.25	Effect of Exercise and training on the Muscular System, Practical, test
	25.08.25-30.08.25	Meaning and Functions of Cardio Vascular System, Practical
<b>September</b>	01.09.25-06.09.25	Meaning of Stroke Volume, Cardiac Output, Heart Rate, Blood Pressure and Cardiac Hypertrophy, Conduction system of Heart, Practical, Assignment
	08.09.25- 13.09.25	Blood Circulation in Heart, Blood Supply to the Heart, Class Test, Practical
	15.09.25-20.09.25	Effect of Exercise and Training on Cardio Vascular System, Practical
	22.09.25-27.09.25	Revision of the Unit and Test, Practical
<b>October</b>	01.10.25-04.10.25	Meaning of Lung Volumes, Inspiratory Reserve Volume and Expiratory Reserve Volume, Tidal Volume and Residual Volume, Practical
	06.10.25- 11.10.25	Meaning of Lung Capacities, Total Lung Capacity, Inspiratory Capacity, Vital Capacity, and Functional Residual Capacity, Practical, Seminar
	13.10.25-18.10.25	Mechanism of Breathing, Test, Practical
	19.10.25-26.10.25	Diwali Vacation
	27.10.25-31.10.25	Diffusion of Gases, Exchange of Gases in Lungs and Exchange of Gases in Tissues, Practical
<b>November</b>	01.11.25	Effect of Exercise and training on Respiratory system, Practical
	03.11.25- 08.11.25	Revision Unit- I , II and practical preparations
	10.11.25- 15.11.25	Revision Unit – III, IV and Class Test
	17.11.25-22.11.25	Revision, Group discussion, seminar, Practical preparations Practical preparation, File Evaluation, mock viva-voce Revision unit wise, Doubt sessions, Oral Test
	24.11.25	Revision Entire Syllabus
	25.11.25	Examination onwards

## LESSON PLAN

**Session: 2025-2026**

**Class: BA 5th Sem**

**Name of the faculty: Meenakshi Gupta**

**Paper code: B23-PED-501**

**Nomenclature of the paper: Sports Training**

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Orientation of the Syllabus
	28.07.25-31.07.25	Introduction to Sports Training
<b>August</b>	01.08.25-02.08.25	Meaning , Definition of Sports Training Practical – Introduce Endurance and how to done Harvard step test
	04.08.25-09.08.25	Importance of Sports Training Aims and Objective of Sports Training Practical – PPT- Harvard Step Test , how to Measure Harvard step test
	11.08.25-16.08.25	Principles of sports Training Characteristics of Sports Training Practical – Practice of Harvard Step Test
	18.08.25-23.08.25	Revision of Unit – I , Group Discussion ,Practical
	25.08.25-30.08.25	Class Test , Doubt Sessions, Prepare Practical file
<b>September</b>	01.09.25-06.09.25	Meaning of Physical Fitness, Definition of Physical Education and Importance of Physical Fitness Practical - Assessment of Flexibility
	08.09.25- 13.09.25	Types Of Physical Fitness Practical – Introduce Bend and Reach Test
	15.09.25-20.09.25	Components of Physical Fitness Practical – Practice of Bend and Reach Test
	22.09.25-27.09.25	Revision of Unit –II and Group Discussion Practical – Practice of Bend and Reach Test
	29.09.25-30.09.25	Class Test , Doubt session, Prepare Practical file
<b>October</b>	01.10.25-04.10.25	Meaning and Definition of Training Load Importance of Training Load Practical – Assessment Explosive Strength
	06.10.25- 11.10.25	Types of Training Load Factors affecting of Training Load Practical – Introduce Standing Broad Jump
	13.10.25-18.10.25	Function of Training Load Revision Unit –III ,Group Discussion Practical – Practice of Standing Broad Jump
	19.10.25-26.10.25	Diwali Vacations
	27.10.25-31.10.25	Class Test, Doubt Session, Prepare Practical File
<b>November</b>	01.11.25	Meaning of Training Plans
	03.11.25-08.11.25	Types of Training Plans ( Macro, Meso, Micro and Training Session Plan ) Practical – Harvard step Test
	10.11.25-15.11.25	Principal of Formulation of Training Plan Factors affecting of Training Plans Practical – Bend and Reach Test
	17.11.25-22.11.25	Revision Unit – III , IV , Group Discussion , Doubts Session, Class Test , Practical Preparation
	24.11.25	Revision Entire Syllabus , Prepare Practical file , Viva – Voce
	25.11.25	Examination onwards

**Sports Activities: Annual**

Constitution and training of different teams of various Games for KUK Inter College Championship according to the University schedule

Accompany the college teams to participate in KUK Inter college Competitions as well District level championships etc.

Organization of District Yoga Championship

Celebration of National Sports Day

Organization of Self Defence Workshop & Yoga Workshops

Organization of College Annual athletic

meet Celebration of International Yoga

Day

## LESSON PLAN

**Session: 2025-2026**

**Class : B.A 1<sup>ST</sup> Sem**

**Name of the faculty: Ms .Priyanka Kapoor**

**Paper code: B23-YOG-101**

**Nomenclature of the paper: Fundamentals of Yoga**

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Basic introduction of yoga Practice of Basic Warm- up and Exercise
	28.07.25-31.07.25	Meaning and Definition of yoga
<b>August</b>	01.08.25-02.08.25	Aims and Objective of Yoga , Practice of Different Asans standing and sitting Practice of Specific Exercise
	04.08.25-09-08.25	Introduction of Yog Sutra Need and Improtance of Yoga in Modern Society Practice of Surya namaskar with mantras
	11.08.25-16.08.25	Misconceptions about Yoga Yoga in Vedas and geeta Practice of asans and pranayama
	18.08.25-23.08.25	Career Opportunities in Yoga Practice of sitting and lying asans
	25.08.25-30.08.25	Test and revision, practical of surya namasakar with mantras
<b>September</b>	01.09.25-06.09.25	Introduction of differents texts of yoga : Ved, Geeta, Upnishads. Assignment Topic : Asthang Yog and Introduction of Hath Yog and Raj Yog Parctice of siiting asanas
	08.09.25- 13.09.25	Introduction of Differents types of yoga Hath Yog and Jnana Yog
	15.09.25-20.09.25	Introduction of Asthang Yog Brief Introduction of Yam, Niyam, Asans , Pranayam, Pratyahar , Dharna, Dhyan and Smadhi
	22.09.25-27.09.25	Elements of Yoga in Jainism and Buddhism Brief introduction and Yogic contribution of Maharishi Dayananda saraswati , swami Vivekanandas , sri Aurobindo, Maharishi Raman and Swami Kuvalyananda Practice of Lying Asans
	29.09.25-30.09.25	Brief introduction and contribution for the development and promotion of Yoga by Sri Shyamcharan Lahiri, Sri T. Krishnamacharya, Swami Shivananda Saraswati and Maharishi Mahesh Yogi ,Practical of Five basic Asans in standing posture
<b>October</b>	01.10.25-04.10.25	Meaning , Definition and Various Dimensions Of Health ,Practical of Ten Basic Asans in standing posture
	06.10.25- 11.10.25	Relationship of Yoga and Health ,Practice of Surya namasakar with mantras
	13.10.25-18.10.25	International Day of Yoga : Brief History ,Resolution of United Nation General Assembly for International Day of Yoga ,Practice of sitting asans
	19.10.25-26.10.25	Diwali Vacations
	27.10.25-31.10.25	Common Yoga Protocol (CYP) for Conducting International Day of Yoga ,Revision and test ,Practice of Basic asana : standing and lying posture
<b>November</b>	01.11.25	Practice of Pranayama
	03.11.25-08.11.25	Significance of International Day of Yoga at National Day of Yoga ,Practice of Pranayama
	10.11.25-15.11.25	Practice of surya namaskar and standing postures ,Practical
	17.11.25-22.11.25	Revision Unit – I, II, Group Discussion, Doubts Sessions , Practical File Preparations
	24.11.25	Revision Entire Syllabus , Prepare Practical File , Viva – Voce
	25.11.25	Examination Onwards

## LESSON PLAN

Session:2025-2026

Class : B.A 3<sup>rd</sup> Sem

Name of the faculty: MsPriyanka Kapoor

Paper code: B23-YOG- 301

Nomenclature of the paper : Patanjali Yog Darshan

Month	Week	Topics to be covered
July	22.07.25- 26.07.25	Introduction to Yog Darshan of Patanjali
	28.07.25-31.07.25	Basic Introduction of Chitt
August	01.08.25-02.08.25	Concept of Chitt , Bhoomis ,Practical of General Exercise
	04.08.25-09.08.25	Introduction and Concept of Chitt Vrittis, Chitt Vrittis Nirothopaya Practical of Chandara namaskar
	11.08.25-16.08.25	Concept of Ishwar and Ishwar paridhan ,Qualities of Ishwar Practical of Chandara namaskar
	18.08.25-23.08.25	Chitt Viksheps ( Antarayas) Concept of Chitt Prasadnam Introduction of Meditative Asans
	25.08.25-30.08.25	Relevance of Chitt Prasadnam in Yog sadhana ,Practical of five Meditative Asans Test and Revision
September	01.09.25-06.09.25	Meaning of Samadhi ,Type of Samadhi ( samprajnath and asamprajnath) Practical of basic knowledge of Pranayam
	08.09.25- 13.09.25	Type of samprajnath Samadhi ( Vitarka, Vichara , Anand & Ashmita) Practical of five Pranayam
	15.09.25-20.09.25	Concept of Samapatti & kind of Samapatti ( Savitaraka & Nirvitaraka, Savichara and Nirvichara ) ,Practical of five Pranayam
	22.09.25-27.09.25	Type of Asamprajnath Samadhi Practical of Asans and pranayam Assignment on Smadhi
	29.09.25-30.09.25	Test And Revision ,Concept of Kriya Yog of Patanjali
October	01.10.25-04.10.25	Theory of Kleshes ( Avidhya, Ashmita, Rag , Devesh, abhinevesh ) Concept of Dukhavada ( Heya , Hetu, Hana ) ,Practical of chandara namaskar
	06.10.25- 11.10.25	Hanopaya , Yogantaraya and their Associates ,Concept of Asan & Pranayam Introduction of Dharna , Dhyana and Samadhi, Test and Revision
	13.10.25-18.10.25	Five types of Siddhis ,Four types of karmas Introduction of Dharmmegh Samadhi ,Results of Dharmmegh Samadhi ,Practical of Asans
	19.10.25-26.10.25	Diwali Vacations
	27.10.25-31.10.25	Test and Revision , Group Discussions, PPT
November	01.11.25	Practical of Chandar Namaskar
	03.11.25- 08.11.25	Practical of Asana and Pranayama Test
	10.11.25-15.11.25	Revision Unit –I, II ,Prepare Practical files
	17.11.25-22.11.25	Revision Unit – III, IV ,Prepare Practical files , Group Discussions , Doubts Sessions , Preparation of Practical , Viva- Voce
	24.11.25	Revised Entire Syllabus
	25.11.25	Examination Onwards

## LESSON PLAN

**Session: 2025-2026**

**Class : B.A 5<sup>th</sup> Sem**

**Name of the faculty: Ms Priyanka Kapoor**

**Paper code: B23- YOG- 501**

### **Nomenclature of the paper: Fundamentals of Naturopathy**

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Orientation of the Syllabus ,Meaning of Naturopathy
	28.07.25-31.07.25	Objective and Importance of Naturopathy
<b>August</b>	01.08.25-02.08.25	Definitions and Fundamental , principles of Naturopathy , Practical :- Practice of Prazya Yoga
	04.08.25-09-08.25	Laws of Nature – Panch Mahabhuta ,History of Naturopathy in India ,Practical - Practice of Steam Bath
	11.08.25-16.08.25	History of Naturopathy in Foreign Countries ,Practical – Practice of Sauna Bath
	18.08.25-23.08.25	Revision Unit –I and Group Discussion, Doubts Sessions ,Practical – Hot and Cold Water Bath ( Water Pack – Cold )
	25.08.25-30.08.25	Class Test ,Contribution in Naturopathy in Father Sebastian Kenp. Practical – Hot and Cold Water Bath ( Water Pack – Hot )
<b>September</b>	01.09.25-06.09.25	Contribution In Naturopathy -Mahatma Gandhi , Vinoba Bhave Practical – Practice of Prazya Yoga
	08.09.25- 13.09.25	Contribution in Naturopathy- National Institute of Naturopathy (NIN) Moraji Desai National Institute of Yoga ( MDNIY ) Delhi ,Practical - Practice of Steam Bath
	15.09.25-20.09.25	Revision Unit – II , Group discussion , Doubts sessions, Oral Test Practical Of Steam Bath and Sauna Bath
	22.09.25-27.09.25	Introduction of Mud Therapy ,General Principles of Mud Therapy Practical- Hot And Cold Water Bath ( Water Pack- Cold and Hot )
	29.09.25- 30.09.25	Types Of Mud Therapy , Practical -Prepare Practical File
<b>October</b>	01.10.25-04.10.25	Mud Bath : Dry and Wet Bath ,Practical – Practice of Prazya Yoga and Steam Bath
	06.10.25- 11.10.25	Topic of Mud Bandages ,Practical – practice of Sauna Bath and Hot And Cold Water Bath ( Water Pack – Cold and Hot )
	13.10.25-18.10.25	Therapeutic action and Use of Mud Practical – Prepare Practical File
	19.10.25-26.10.25	Diwali Vacations
	27.10.25-31.10.25	Revision Unit – III , Group Discussion and doubts Sessions , Class Test ,PPT ,Prepare Practical File
<b>November</b>	01.11.25	Importance of Water, Properties of water ,Practical
	03.11.25-08.11.25	Properties of water ,Principles of water, Principles of Hydrotherapy ,Prepare Practical File
	10.11.25-15.11.25	Methods of Using Water in Hydrotherapy, Different Bath and Bandages using in Hydrotherapy
	17.11.25- 22.11.25	Revision unit- I,II Test Oral Test, Group discussions , doubts sessions, Practical File , Viva – Voce
	24.11.25	Revision Unit – III, IV
	25.11.25	Examination Onwards



## LESSON PLAN

Session: 2025-2026

Class :B.A B.ED 3<sup>rd</sup>sem

Name of the faculty: Ms. Preeti Sharma

Paper code: EPYH 201

Nomenclature of the paper: **YOGA , HEALTH AND WELL BEING**

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Concept of health , importance and dimensions, determinants of health
	28.07.25-31.07.25	
<b>August</b>	01.08.25- 02.08.25	Health needs of children and adolescents including differently abled Children, Understanding of the body system : skeleton ,muscular in relation to health .
	04.08.25-09.08.25	Understanding of the body system : respiratory , circulatory and digestive in relation to health
	11.08.25- 16.08.25	Common health, problems and diseases causes , prevention and cure , immunization and first aid Food and nutrition , Food habits , nutrients and their functions
	18.08.25-23.08.25	Preservation of food value during cooking , indigenous and modern ways of preserving food Practices related to food hygiene , malnutrition , obesity , food and waterborne and deficiency diseases and prevention
	25.08.25- 30.08.25	Safety and security – Disasters in and outside school , ways of prevention Test and Revision
<b>September</b>	01.09.25-06.09.25	Safety from snake and dog bites , Animal attacks , prevention and Treatments
	08.09.25-13.09.25	Physical Fitness , strength , Endurances and flexibility , its components , sports skills and self – defence Activities
	15.09.25- 20.09.25	Athletics – General Physical fitness Exercises
	22.09.25- 27.09.25	Games – Lead up games, Relays and major Games
	29-09.25-30.09.25	Rhythmic activities , Gymnastics and their impact on health Test and Revision
<b>October</b>	01.10.25- 04.10.25	Yogic Practices – Importance of yoga , yoga asans
	06.10.25- 11.10.25	Yogic practices- importance of yoga , Pranayamas
	13.10.25- 18.10.25	Role of Institutions in Developing healthy individuals – Family , School and Sports
	19.10.25- 26.10.25	Diwali Vacations
	27.10.25- 31.10.25	Health Services , policies and health and Physical Education related programmes ,
<b>November</b>	01.11.25	Blood banks and role of Media
	03.11.25-08.11.25	Test and Revision
	10.11.25- 15.11.25	PPT, Group Discussion Test and Revision
	17.11.25-22.11.25	Revision Unit – I, II
	24.11.25	Revision Entire Syllabus Unit wise
	25.11.25	Examination Onwards

## LESSON PLAN

**Session: 2025-2026**

**Class: B.Com/BBA/BCA/B.SC 1<sup>st</sup> Year**

**Name of the faculty: Ms Preeti Sharma**

**Paper code: B23-PED-104**

**Nomenclature of the paper: Fundamentals of Physical Education**

Month	Week	Topics to be covered
<b>July</b>	22.07.25- 26.07.25	Introduction to Physical Education
	28.07.25-31.07.25	
<b>August</b>	01.08.25- 02.08.25	Introduction to Physical Education, Meaning and definition of Physical Education and relationship, Physical Education with Health and General Education
	04.08.25-09.08.25	Aim and objectives of Physical Education and Professional courses in physical education and Sports
	11.08.25- 16.08.25	Need of Physical Education in modern society and scope of Physical Education
	18.08.25- 23.08.25	Misconceptions regarding Physical Education, Physical Education as an Art or as a Science
	25.08.25-30.08.25	Test and revision,
<b>September</b>	01.09.25-06.09.25	practical of kho-kho, Practical of Badminton ,Meaning of Growth and Development,
	08.09.25-13.09.25	meaning of chronological age, Physiological age, physical age and mental age Practical
	15.09.25-20.09.25	Principals of Growth and Development and difference between Growth and Development , Practical
	22.09.25- 27.09.25	Factors affecting Growth and Development, Growth and Development on various levels of Life
	29-09.25-30.09.25	Test and Revision Practical of kho-kho and Badminton
<b>October</b>	01.10.25 – 04.10.25	Qualifications and responsibilities of Physical Education and Sports Professionals on various levels of Educational Institutions , Practical
	06.10.25- 11.10.25	Qualifications and responsibilities as Coach, fitness trainers, Yoga Instructors and others, Entrepreneur opportunities in physical education and Sports , Practical
	13.10.25- 18.10.25	Qualifications and responsibilities in Health Clubs and fitness centers, Aerobics, Dance and Recreational clubs in Corporate Sectors and others , Practical
	19.10.25- 26.10.25	Diwali Vacations
	27.10.25-31.10.25	Qualifications and responsibilities of sports Journalists, Commentators, sports photographers and video Analyst Revision and testsRevision and test
<b>November</b>	01.11.25	Practical and Measurement of kho – kho
	03.11.25- 08.11.25	Practical and Measurement of Badminton
	10.11.25- 15.11.25	Revised Unit – I, II, Prepare Practical file
	17.11.25- 22.11.25	Test, PPT, Group Discussions, Doubts Sessions, Oral Test Prepare Practical file , Viva – Voce
	24.11.25	Revision Entire Syllabus
	25.11.25	Examinations Onwards

## LESSON PLAN

**Session: 2025-2026**

**Class : B.Com/BBA/BCA/3<sup>rd</sup> sem**

**Name of the faculty: Ms Preeti Sharma**

**Paper code: B23-PED-303**

**Nomenclature of the paper: Basis of Naturopathy**

Month	Week	Topics to be covered
<b>July</b>	22.07.25-26.07.25	Orientation of the syllabus
	28.07.25-31.07.25	Meaning and Definition of Naturopathy
<b>August</b>	01.08.25-02.08.25	Meaning and Definition of Naturopathy ,Philosophy of Naturopathy ,Practical
	04.08.25-09.08.25	Principal of Naturopathy ,Practical
	11.08.25-16.08.25	Misconceptions about Naturopathy , Practical
	18.08.25- 23.08.25	Relationship of Naturopathy with Yoga
	25.08.25-30.08.25	Test and revision, practical of Surya Namaskar
<b>September</b>	01.09.25-06.09.25	Meaning and Definition of Prithvi Tatva
	08.09.25- 13.09.25	Principal of Mudtherapy ,Importance of Prithvi Tatva
	15.09.25-20.09.25	Different Technique of Mud therapy and their benefits
	22.09.25- 27.09.25	Uses of Mud therapy in different illness
	29.09.25- 30.09.25	Practical of Asans, Test and Revision
<b>October</b>	15.09.25-20.09.25	Different Technique of Mud therapy and their benefits
	22.09.25- 27.09.25	Uses of Mud therapy in different illness
	29.09.25- 30.09.25	Practical of Asans, Test and Revision
	01.10.25-04.10.25	Meaning and Definition of Jal Tatva
	06.10.25-11.10.25	General Principal of Hydro – therapy,Importance of Jal Tatva
<b>November</b>	13.10.25- 18.10.25	Different techniques of Hydrotherapy and their benefits
	19.10.25-26.10.25	Examination onwards
	27.10.25-31.10.25	Uses of Hydrotherapy in different illness, Practical of Shatkarmas, Rubber Neti and Jal Neti Test and Revision
	01.11.25	Practical of Rubber Neti
	03.11.25- 08.11.25	Practical of Jal Neti
<b>November</b>	17.11.25-22.11.25	Revision Entire syllabus, Group Discussion , doubts sessions, oral test Prepare practical file and Viva – Voce
	24.11.25	Revision Entire syllabus Unit wise
	25.11.24.25	Examination Onwards