

Name: **Associate Professor Amrita Pritam**
 Class and Section: **B.Sc I – Phy. Ed., Health Ed. & Sports Sciences**
 Subject: **Theory of Games & Sports Paper VI Part (II) Yoga**

Week	Date	Topic
1	1-Jan-18	Meaning of Shat Karma
	2-Jan-18	Definition & Technique of Shat Karma
	3-Jan-18	Technique of Jal Neti
	4-Jan-18	
	5-Jan-18	
	6-Jan-18	
	7-Jan-18	Sunday
2	8-Jan-18	Technique Sutra Neti
	9-Jan-18	Technique Kapal Bhati
	10-Jan-18	Technique Nauli
	11-Jan-18	
	12-Jan-18	
	13-Jan-18	
	14-Jan-18	Sunday
3	15-Jan-18	Basti
	16-Jan-18	Tratak
	17-Jan-18	Importance of shat karma
	18-Jan-18	
	19-Jan-18	
	20-Jan-18	
	21-Jan-18	Sunday
4	22-Jan-18	Basant Panchami
	23-Jan-18	Asthang Yoga Meaning
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	
	26-Jan-18	Republic Day
	27-Jan-18	
	28-Jan-18	Sunday
5	29-Jan-18	Yama & its parts
	30-Jan-18	Niyama & its parts
	31-Jan-18	Revision of Previous Syllabus

Week	Date	Topic
1	1-Feb-18	
	2-Feb-18	
	3-Feb-18	
	4-Feb-18	Sunday
2	5-Feb-18	Test of Shat Karma
	6-Feb-18	Asavas Meaning & Types
	7-Feb-18	Pranayama Meaning
	8-Feb-18	
	9-Feb-18	
	10-Feb-18	Maharishi Dayanand Saraswati Jayanti

	11-Feb-18	Sunday
3	12-Feb-18	Anulom Vilom Pranayama
	13-Feb-18	Mahashivratri
	14-Feb-18	Vijayi Pranayama
	15-Feb-18	
	16-Feb-18	
	17-Feb-18	
	18-Feb-18	Sunday
4	19-Feb-18	Surya Bhedam Pranayama
	20-Feb-18	Bhastrika
	21-Feb-18	Sheetali & Shitkari Pranayama
	22-Feb-18	
	23-Feb-18	
	24-Feb-18	
	25-Feb-18	Sunday
5	26-Feb-18	Pallavani, Bharambari
	27-Feb-18	Moorcha
	28-Feb-18	University Holidays

Week	Date	Topic
1	1-Mar-18	University Holidays
	2-Mar-18	University Holidays
	3-Mar-18	University Holidays
	4-Mar-18	University Holidays/Sunday
2	5-Mar-18	Pratihara
	6-Mar-18	Dharana
	7-Mar-18	Dhyana & Samadhi
	8-Mar-18	
	9-Mar-18	
	10-Mar-18	
	11-Mar-18	Sunday
3	12-Mar-18	Test of Asthang Yoga
	13-Mar-18	Difference between yoga & Non-yogic system
	14-Mar-18	Importance of Asanas
	15-Mar-18	
	16-Mar-18	
	17-Mar-18	
	18-Mar-18	Sunday
4	19-Mar-18	Techniques & Benefits of Tadasana
	20-Mar-18	Techniques & Benefits of Vrikshasana
	21-Mar-18	Techniques & Benefits of viprit Karani
	22-Mar-18	
	23-Mar-18	Shahidi diwas of Bhagat Singh
	24-Mar-18	
	25-Mar-18	Sunday
5	26-Mar-18	Techniques & Benefits of Bakasana

	27-Mar-18	Techniques & Benefits of Ardmasterderana
	28-Mar-18	Techniques & Benefits of Matsyasana
	29-Mar-18	Mahavir Jayanti
	30-Mar-18	
	31-Mar-18	

Week	Date	Topic
	1-Apr-18	Sunday
1	2-Apr-18	Techniques & Benefits of Janisirasana
	3-Apr-18	Revision of the Techniques & Benefits of Asanas
	4-Apr-18	Test
	5-Apr-18	
	6-Apr-18	
	7-Apr-18	
	8-Apr-18	Sunday
2	9-Apr-18	Techniques & Benefits of Jalneti
	10-Apr-18	Techniques & Benefits of Sutraneti
	11-Apr-18	Techniques & Benefits of Kapal Bhati
	12-Apr-18	
	13-Apr-18	
	14-Apr-18	Dr. Amedkar Jayanti and Vaisakhi
	15-Apr-18	Sunday
3	16-Apr-18	Techniques & Benefits of Pranayama
	17-Apr-18	Revision
	18-Apr-18	Parshuram Jayanti
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	Sunday
4	23-Apr-18	Test
	24-Apr-18	Revision of Complete Syllabus
	25-Apr-18	Revision of Complete Syllabus
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	