

Name : Dr. Amrita Pritam
 Class and Section : B.Sc. Ist year , IInd sem,Phy.Edu. Health Ed. & Sports Science
 Subject : Theory of Games & Sports Paper VI Part-II , Yoga

Week	Date	Topic
1	1-Jan-19	Meaning of shat karma
	2-Jan-19	Definition & Techniques of shat karma
	3-Jan-19	JalNeti & its technique
	4-Jan-19	
	5-Jan-19	
	6-Jan-19	Sunday
	2	7-Jan-19
8-Jan-19		Kapal bhati
9-Jan-19		Nauli
10-Jan-19		
11-Jan-19		
12-Jan-19		
13-Jan-19		Sunday
3	14-Jan-19	Basti
	15-Jan-19	Tratak
	16-Jan-19	Importance of shat karma
	17-Jan-19	
	18-Jan-19	
	19-Jan-19	
	20-Jan-19	Sunday
4	21-Jan-19	Asthang Yoga Meaning
	22-Jan-19	Yama & its parts
	23-Jan-19	Niyama & its parts
	24-Jan-19	
	25-Jan-19	Sir Chhotu Ram Jayanti
	26-Jan-19	Republic Day
	27-Jan-19	Sunday
5	28-Jan-19	Revision

	29-Jan-19	Test shat karma
	30-Jan-19	Asauas meaning & types
	31-Jan-19	

Week	Date	Topic
1	1-Feb-19	
	2-Feb-19	
	3-Feb-19	Sunday
2	4-Feb-19	Pranayama meaning
	5-Feb-19	Anulom Vilom Pranayama
	6-Feb-19	Ujjayi Pranayama
	7-Feb-19	
	8-Feb-19	
	9-Feb-19	
	10-Feb-19	VasantPanchami / Sunday
3	11-Feb-19	Surya Bhedan Pranayama
	12-Feb-19	Bhastrika
	13-Feb-19	Sheetali Pranayama
	14-Feb-19	
	15-Feb-19	
	16-Feb-19	
	17-Feb-19	Sunday
4	18-Feb-19	Shitkari Pranayama
	19-Feb-19	Guru Ravi Dass Birthday
	20-Feb-19	Pallavani , Bharambari

	21-Feb-19	
	22-Feb-19	
	23-Feb-19	
	24-Feb-19	Sunday
5	25-Feb-19	Moorcha
	26-Feb-19	Pratihara
	27-Feb-19	Dharana
	28-Feb-19	

Week	Date	Topic
1	1-Mar-19	MahaShivratri
	2-Mar-19	
	3-Mar-19	Sunday
2	4-Mar-19	Dhyana
	5-Mar-19	Samadhi
	6-Mar-19	Revision of Asthang Yoga
	7-Mar-19	
	8-Mar-19	
	9-Mar-19	
	10-Mar-19	Sunday
3	11-Mar-19	Test of Asthang Yoga
	12-Mar-19	Difference between Yogic & Non-Yogic system
	13-Mar-19	Importance of Asanas
	14-Mar-19	
	15-Mar-19	
	16-Mar-19	
	17-Mar-19	Sunday

4	18-Mar-19	University Holidays
	19-Mar-19	University Holidays
	20-Mar-19	University Holidays
	21-Mar-19	University Holidays
	22-Mar-19	University Holidays
	23-Mar-19	University Holidays
	24-Mar-19	Sunday
5	25-Mar-19	Techniques & benefits of Tadasava
	26-Mar-19	Techniques & benefits of Vrikshasana
	27-Mar-19	Vipritkarani
	28-Mar-19	
	29-Mar-19	
	30-Mar-19	
	31-Mar-19	Sunday

Week	Date	Topic
1	1-Apr-19	Techniques & benefits of Bakasana
	2-Apr-19	Techniques & benefits of Ardhmastenderasana
	3-Apr-19	Techniques & benefits of Matsyasana
	4-Apr-19	
	5-Apr-19	
	6-Apr-19	
	7-Apr-19	Sunday
2	8-Apr-19	Techniques & benefits of Janusirasana
	9-Apr-19	Revision of the Techniques & benefits of Asanas
	10-Apr-19	Test
	11-Apr-19	
	12-Apr-19	
	13-Apr-19	

	14-Apr-19	Vaisakhi / AmbedkarJyanti / Sunday
3	15-Apr-19	Techniques & benefits of JalNeti
	16-Apr-19	Techniques & benefits of Sutraneti
	17-Apr-19	MahavirJayanti
	18-Apr-19	
	19-Apr-19	
	20-Apr-19	
	21-Apr-19	Sunday
	4	22-Apr-19
23-Apr-19		Techniques & benefits of Pranayama
24-Apr-19		Revision
25-Apr-19		
26-Apr-19		
27-Apr-19		
28-Apr-19		Sunday
5	29-Apr-19	Revision
	30-Apr-19	Revision