



**J.C. BOSE UNIVERSITY OF SCIENCE AND
TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)**

A State Government University (Accredited 'A++' Grade by NAAC)

(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)

SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

Community College of Skill Development

Lesson Plan: Anatomy and Physiology

Program: PG Diploma (Yoga Science and Naturopathy), Semester: 1st

Course Code: YNP-103-V, Credits: 03

Course Objectives: The course objective is to provide a comprehensive look at the human body's structure and function.

Course Outcomes: CO1. Student will describe how specific organ and system work.
CO2. Student will use their understanding of anatomy to identify which body parts are involved in common activities.

CO3. Evaluate the impact of anatomical and physiological knowledge of healthcare practices.

Equipment required in Classroom/ Laboratory/ Workshop

- i. LCD/Projector
- ii. Whiteboard/ Black Marker

Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5

2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	Introduction of human body structure and function.	Systemic		CO 1, CO 2	
2	Explanation the structure of Human Cell.	Systemic		CO 1, CO 2	
3	Function of human Cell.	Systemic		CO 1, CO 2	
4	Types the structure of Tissues.	Systemic		CO 1, CO 2	
5	Function of different types of Tissues.	Systemic		CO 1, CO 2	
6	Structure Skeletal System.	Systemic		CO 1, CO 2	
7	Function of Skeletal System	Systemic		CO 1, CO 2	
8	Structure and function of Muscular System	Systemic		CO 1, CO 2	
9	Name and total number of bones and muscles in our body.	Systemic		CO 1, CO 2	
10	Process of Blood Circulation,	Systemic		CO 1, CO 2	

11	Structure of Heart.	Systemic		CO 1, CO 2	
12	Function of Heart.	Systemic		CO 1, CO 2	
13	Blood group.	Systemic		CO 1, CO 2	
14	Define blood pressure.	Systemic		CO 1, CO 2	
15	Structure of Respiratory System	Systemic		CO 1, CO 2	
16	Function of Respiratory System	Systemic		CO 1, CO 2	
17	Nervous System.	Systemic		CO 1, CO 2	
18	Structure of Digestive System.	Systemic		CO 1, CO 2	
19	Explanation of digestion, assimilation and absorption.	Systemic		CO 1, CO 2	
20	Function of Digestive System.	Systemic		CO 1, CO 2	
21	Structure of Excretory System.	Systemic		CO 1, CO 2	
22	Function of Excretory System.	Systemic		CO 1, CO 2	
23	Types of Endocrine Gland.	Systemic		CO 1, CO 2	
24	Function of hormones.	Systemic		CO 1, CO 2	
25	Different layer of Skin.	Systemic		CO 1, CO 2	
26	Function of Skin.	Foundational		CO 1, CO 2	
27	Effect of different asanas on body system.	Foundational		CO 3	
28	Effect of different Pranayam , bandh and mudras on body system.	Foundational		CO 3	

29	Effect of shatkarmas on body system	Foundational		CO 3	
30	Effect of Dhyan on body systems.	Foundational		CO3	

Reference Books:

- 1. Yoga Therapy – Swami Shivananda**
- 2. Human Anatomy and Physiology – Dr. Anant Prakash Gupta**
- 3. Rog our Yog – Bihar School of Yoga**