



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: Hathayoga

Program: Diploma in Yoga & Naturopathy Semester: 1st Course Code: YND-105-V
Credits: 3

Course Objectives: The objective of studying this course is to acquire the theoretical knowledge of Asanas, Pranayam, Bandh and Shatkarma.

Course Outcomes: At the end of the course, the student shall be able to

- CO1: Describe the philosophy and principles of Hathayoga
- CO2: Recognize and demonstrate various Asanas
- CO3: Identify and practice different types of Pranayams
- CO4: Identify and apply Shatkarmas and their apparatus
- CO5: Integrate Hathayoga practices into daily routine for holistic well-being

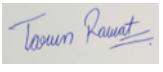
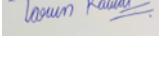
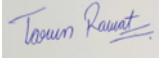
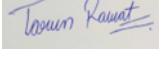
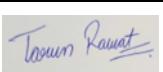
Equipment required in Classroom/ Laboratory/ Workshop

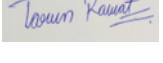
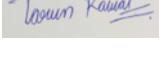
- i. LCD/Projector
- ii. Whiteboard/ Black Marker

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	UNIT-1; Introduction & Meaning of Hatha Yoga – origins, goals, symbolic significance	PPT	07/8/25	CO1	
2	Authority of Hatha Yoga – texts like Hatha Pradipika, Gheranda Samhita, Shiva Samhita	Lecture	08/8/25	CO1	
3	Suitable Time for Practice – sunrise, lunar cycles, seasonal considerations	Discussion	14/8/25	CO1	
4	Suitable Place for Practice – calm, clean, ventilated environment	Lecture	21/8/25	CO1	
5	Diet of a Hathayogi – sattvic principles, foods to avoid, hydration	Lecture	28/8/25	CO1	
6	Seeker Elements – discipline, faith, courage, wisdom, etc.	Interactive	30/8/25	CO1	
7	Obstructing Elements – laziness, doubt, overindulgence, ego, distraction	Discussion	4/9/25	CO1	
8	REVISION OF UNIT-1	Q&A	4/9/25	CO1	
9	UNIT-2; Introduction & Meaning of Asana – stability and ease	Lecture	11/9/25	CO2	
10	Formation of Asana in Hatha Pradipika – key postures like Padmasana, Siddhasana	PPT	11/9/25	CO2	
11	Formation of Asana in Gheranda Samhita – 84 postures and their progression	Lecture	18/9/25	CO2	

12	Types of Asana – seated, standing, balancing, inversion, and restorative	Demonstration	18/9/25	CO2	
13	Benefits of Asanas – physical alignment, digestion, immune function	Lecture	20/9/25	CO2	
14	Therapeutic Asanas – yoga for diabetes, hypertension, anxiety, etc.	Case Study	3/10/25	CO2	
15	Practical session – correct posture, breathing, alignment check	Practical	3/10/25	CO2, CO5	
16	REVISION OF UNIT-2	Q&A	4/10/25	CO2	
17	UNIT-3; Introduction & Meaning of Pranayama – breath control, prana regulation	Lecture	4/10/25	CO3	
18	Pranayama in Hatha Pradipika – NadiShodhana, Bhastrika, Kapalabhati	PPT	9/10/25	CO3	
19	Pranayama in Gheranda Samhita – stages of purification and retention	Lecture	9/10/25	CO3	
20	Types of Pranayama – cooling, energizing, calming, balancing	Demonstration		CO3	
21	Pranayama & Disease Management – asthma, insomnia, stress	Case Study		CO3	
22	Practice session – breath awareness, safe technique	Practical		CO3, CO5	
23	Reflections – journaling on personal experience of breathwork	Reflective Writing		CO3, CO5	
24	Introduction & Meaning of Pranayama – breath control, prana regulation	Lecture		CO3	
25	REVISION OF UNIT-3	Q&A		CO3	
26	UNIT-4; Introduction & Meaning of Shatkarma	Lecture		CO4	

27	Benefits of Shatkarma – physical and mental detox	Discussion		CO4	
28	Neti – nasal cleansing process, steps, benefits, caution	Demonstration		CO4	
29	Agnisar Kriya – abdominal stimulation technique, method, care	Demonstration		CO4	
30	Trataka – candle gazing, technique, benefits for focus and eyesight	Demonstration		CO4	
31	Review of all Shatkarmas – guided practice discussion	Practical		CO4	
32	Integrating Shatkarma into Weekly Routine – do's and don'ts	Discussion		CO4, CO5	
33	Sankhaprakshan – intestinal cleansing	Demonstration		CO4	
34	Kunjal Kriya (Vaman Dhauti) – induced vomiting	Demonstration		CO4	
35	REVISION OF UNIT-4	Q&A		CO4	

Reference Books:

- 1. Hatha Yoga Pradipika – Swami Annant Bharti**
- 2. Gheranda Samhita – Dr. Raghvendra Sharma Raghav**
- 3. Light on Yoga – B.K.S. Iyengar**