



## **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: HEALTH & YOGA**

**Program: Diploma in Yoga & Naturopathy**

**Semester: 1<sup>st</sup>**

**Course Code: YND-107-V**

**Credits: 3**

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

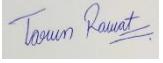
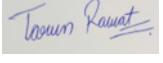
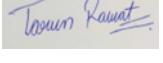
**Course Outcomes:** At the end of the course, the student shall be able to

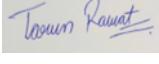
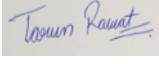
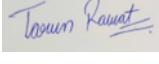
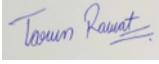
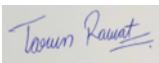
- CO1: Explain the yogic concept of health, daily routines (Dinacharya, Ratricharya), and seasonal wellness (Ritucharya).
- CO2: Describe the foundational principles of yogic physiology including Tridoshas, Saptdhatus, and Swasthya Vritta.
- CO3: Analyze the yogic understanding of disease and apply appropriate lifestyle and therapeutic practices for common conditions.
- CO4: Demonstrate knowledge of yogic interventions for chronic and lifestyle-related diseases such as hypertension, diabetes, thyroid, and obesity.
- CO5: Evaluate the role of diet and nutrition in yogic health, including food classification, meal timing, and fasting principles. Equipment required in Classroom/ Laboratory/ Workshop
  - i. LCD/Projector
  - ii. Whiteboard/ Black Marker

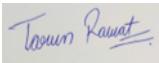
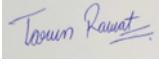
#### **Assessment Scheme**

<b>S.No.</b>	<b>Criteria</b>	<b>Marks</b>
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 Meaning and Definition of Health	Interactive lecture with whiteboard explanation	08/08/25	CO1	
2	Dinacharya – Ideal Yogic Daily Routine	Discussion and daily routine chart creation	14/08/25	CO1	
3	Ratricharya – Nighttime Discipline	Case-based discussion and reflective journaling	14/08/25	CO1	
4	Ritucharya – Seasonal Routines for Wellness	Seasonal routine mapping and group activity	22/08/25	CO1	
5	Pillars of Health – Diet (Sattvic principles), Sleep, Celibacy (Brahmacharya)	Concept mapping and dietary analysis	22/08/25	CO1	

6	Tridoshas – Vata, Pitta, Kapha overview	Diagram-based explanation and Q&A	28/08/25	CO2	
7	Saptdhatus & Swasthya Vritta – Yogic Tissue Health	Visual aids and tissue health comparison	04/09/25	CO2	
8	REVISION OF UNIT-1	Group revision and oral quiz	05/09/25	CO1, CO2	
9	UNIT-2; What is Disease – Yogic Perspective	Conceptual lecture with yogic philosophy references	05/09/25	CO3	
10	Root Causes – Dosha imbalance, habits	Root cause analysis through examples	11/09/25	CO3	
11	Constipation – Yogic Remedies	Demonstration of yogic remedies and practice	12/09/25	CO3	
12	Ulcer – Diet, Pranayama, and Asanas	Diet planning and guided pranayama session	12/09/25	CO3	
13	Backache – Alignment and Therapy	Posture correction and therapeutic demonstration	13/09/25	CO3	
14	Cold & Cough – Immune-boosting yoga	Immune-boosting yoga practice session	19/09/25	CO3	

15	Hypertension – Relaxation-based yoga	Relaxation techniques and guided meditation	19/09/25	CO4	
16	Low Blood Pressure – Energizing sequences	Energizing yoga sequence demonstration	03/10/25	CO4	
17	Asthma – Breathwork & Chest-opening asanas	Breathwork and chest-opening asana practice	03/10/25	CO4	
18	REVISION OF UNIT-2	Recap discussion and student-led review	04/10/25	CO3, CO4	
19	UNIT-3; Eye Problems – Trataka and eye care routines	Trataka demonstration and eye care routine practice	09/10/25	CO4	
20	Obesity – Fat reduction and Metabolic boost	Fat-burning yoga flow and lifestyle tips	11/10/25	CO4	
21	Heart Disease – Gentle cardiovascular yoga	Gentle cardiovascular yoga demonstration		CO4	
22	Thyroid – Neck-based postures and breathwork	Neck-based postures and breathwork practice		CO4	
23	Diabetes – Lifestyle and dietary integration	Lifestyle planning and dietary		CO4	

		integration workshop			
24	Stress – Restorative practices and mindfulness	Restorative yoga and mindfulness practice		CO4	
25	Depression – Yogic self-regulation techniques	Self-regulation techniques and guided journaling		CO4	
26	Anxiety – Mindful movement and breathing	Mindful movement and breathing session		CO4	
27	Wrap-up: Connecting Disease to Dosha balance	Concept integration and group discussion		CO3, CO4	
28	REVISION OF UNIT-3	Unit revision with peer teaching		CO3, CO4	
29	UNIT-4; Meaning and Purpose of Diet	Lecture with food philosophy and discussion		CO5	
30	Concept of Nutrition – Ojas and vitality	Nutrition chart creation and Ojas discussion		CO5	
31	Balanced Diet – Macronutrient awareness	Macronutrient breakdown and food label analysis		CO5	
32	Sattvic, Rajasic, Tamasic food qualities	Food classification		CO5	

		in activity and group debate			
33	Mitahar – Yogic concept of moderation	Moderation principles and role-play scenarios		CO5	
34	Ideal Meal Timings & Fasting guidelines, Foods for disease prevention	Meal timing planning and fasting guidelines workshop		CO5	
35	REVISION OF UNIT-4	Final revision with student presentations		CO5	

**BOOK:**

**1. Yoga Therapy: A Guide to the Therapeutic Use of Yoga and Ayurveda for Health and Fitness**

**Author: Dr. Dilip Sarkar**

**Details:** Focuses on disease-specific yoga therapy and lifestyle correction.

**2. Ayurveda and Panchakarma**

**Author: Dr. Sunil V. Joshi**

**Details:** Useful for understanding diet, detox, and seasonal routines (Ritucharya).

**Reference Books:**

**1. Yoga: The Path to Holistic Health**

**Author: B.K.S. Iyengar**

**Details:** Comprehensive guide to asanas, therapeutic sequences, and yogic philosophy.

**2. Light on Yoga**

**Author: B.K.S. Iyengar**

**Details:** Classic text covering yoga postures, pranayama, and sequencing.

**3. Asana Pranayama Mudra Bandha**

**Author: Swami Satyananda Saraswati**

**Publisher:** Bihar School of Yoga

**Details:** Authoritative manual on yogic techniques with therapeutic applications.

**4. A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya**

**Author:** Swami Satyananda Saraswati

**Details:** Deep dive into yogic cleansing, kriyas, and lifestyle integration.

**5. Yoga and Ayurveda: Self-Healing and Self-Realization**

**Author:** Dr. David Frawley

**Details:** Explores the connection between yogic practice and Ayurvedic healing.