



**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: Human Anatomy**

**Program: Diploma (Yoga and Naturopathy), Semester: Ist , Course Code:YND-103-V,  
Credits: 03**

**Course Objectives: The objective of studying this course is to acquire knowledge on the basis of Human body system, function of organs and how yogic kriya helps to prevent disease.**

**Course Outcomes:**

- CO1. Discussion of the concept of cells, tissues, skeletal system**
- CO2. Describe the structure and function of nervous system, respiratory system and the basic activities of the digestive process.**
- CO3. Describe the structure and function of heart and blood circulation, structure and function of kidney, list the function of hormones, different layers of skin and their functions.**
- CO4. Discuss anatomically and physiologically effect of selected yoga 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		CO1	
2	Explanation the structure of Human Cell.	Systemic		CO1	
3	Function of human Cell.	Systemic		CO1	
4	Types the structure of Tissues.	Systemic		CO1	
5	Function of different types of Tissues.	Systemic		CO1	
6	Structure of bone and function of Skeletal System.	Systemic		CO1	
7	Structure and function of Muscular System.	Systemic		CO1	
8	Name and total number of bones and muscles in our body.	Systemic		CO1	
9	Process of Blood Circulation,	Systemic		CO3	

10	Structure of Heart.	Systemic		CO3	
11	Function of Heart.	Systemic		CO3	
12	Blood group.	Systemic		CO3	
13	Define blood pressure.	Systemic		CO3	
14	Structure of Respiratory System	Systemic		CO2	
15	Function of Respiratory System	Systemic		CO2	
16	Nervous System.	Systemic		CO2	
17	Structure of Digestive System.	Systemic		CO2	
18	Explanation of digestion, assimilation and absorption.	Systemic		CO2	
19	Function of Digestive System.	Systemic		CO2	
20	Structure of Excretory System.	Systemic		CO3	
21	Function of Excretory System.	Systemic		CO3	
22	Types of Endocrine Gland.	Systemic		CO3	
23	Function of hormones.	Systemic		CO3	
24	Different layer of Skin.	Systemic		CO3	
25	Function of Skin.	Systemic		CO3	
26	Effect of different asanas on body system.	Foundational		CO4	
27	Effect of different Pranayam , bandh and mudras on body system.	Foundational		CO4	

<b>28</b>	Effect of shatkarmas on body system	<b>Foundational</b>		<b>CO4</b>	
<b>29</b>	Effect of Dhyan on body systems.	<b>Foundational</b>		<b>CO4</b>	

**Reference Books:**

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