

HIMACHAL PRADESH UNIVERSITY
SUMMER HILL SHIMLA (H.P.)



M.A. YOGA
LESSON PLAN

SUBJECT: -

SUPERVISOR: -

PRESENTED BY: -

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M.A. YOGA: -

DEPARTMENT OF YOGA STUDIES
HIMACHAL PRADESH UNIVERSITY.
SUMMER HILL SHIMLA (H.P.)
SESSION.....



HIMACHAL PRADESH UNIVERSITY
SHIMLA (H.P.)

THE NOTES AND OBSERVATIONS OF YOGIC PRACTICE LESSON

DATE: -..... SERIAL NO.: -.....

LESSON: -.....

NAME OF THE PUPIL TEACHER: -.....

STANDARD: -..... TIME PERIOD: -.....

PREVIOUSLY INTRODUCED PRACTICE: -.....

PEACTICE TO BE INTRODUCED: -.....

AIM OF LESSON: -.....

OBJECTIVE OF LESSON: -.....

EQUIPMENTS: -.....

METHODS: -.....

1). STARTING OF THE LESSON: - TIME: -.....

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2). INTRODUCTION OF THE ACTIVITY: -

a). Introduction: -

TIME:

This image shows a full page of blank handwriting practice paper. It features multiple rows of horizontal lines. Each row consists of a solid top blue line, a dashed middle blue line, and a solid bottom blue line, providing a guide for letter height and placement. The background is white, and there are no margins or other markings on the page.

b). Technique: -

TIME: -.....

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- 2).....
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- 3).....
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- 4).....
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- 5).....
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- 6).....
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- 7).....
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- 8).....
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- 9).....
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c). Main Point: -

TIME: -.....

Do's

Don'ts

- | | |
|---------|---------|
| 1)..... | 1)..... |
| 2)..... | 2)..... |
| 3)..... | 3)..... |
| 4)..... | 4)..... |
| 5)..... | 5)..... |
| 6)..... | 6)..... |



d). Advantages: -

TIME: -.....

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e). Precaution: -

TIME: -.....

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3). (a). Individual Practice: -

TIME: -.....

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b). Detection and correction of mistakes: -

TIME: -.....

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4). Group Practices: -

TIME: -.....

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5). Question- answer: -

TIME: -.....

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6). End of the lesson: -

TIME: -.....

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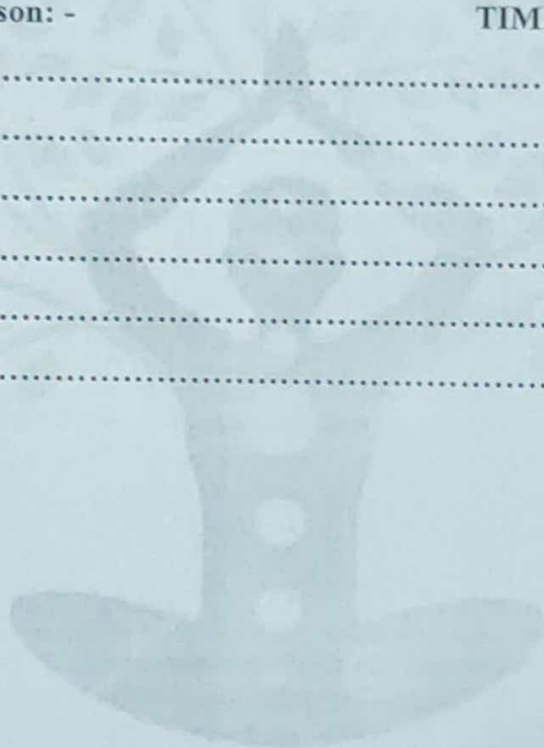
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OBSERVATIONS

1) Planning and preparation: -

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2). Presentation: -

a). Introduction and Teaching of practices (Demonstration, Analysis, Teaching, Detection and Correction of faults, Repetition etc.): -

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b). Technicalities (Instruction, Class arrangement, Teacher's position, Procedure etc.): -

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c). Teaching Aids Used: -

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d). Personality, class control etc.: -

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