|  |  |  |  |
| --- | --- | --- | --- |
| Name of Paper & Code | Allocation of Lectures | Month wise schedule followed by Department | Assignment/Test |
| Yogasutra of Patanjali 62136938 |
| 1.Basic principles of Yogasutra  | 12 lectures | July & August 2021 | 1.August- Chittavrittiyon ka Nirodh kaise karein |
| 2. Yogasutra of Patanjali: Samadhipad(Sutra:1-7) | 08 lectures | September 2021 | 2.September- Yoga ka Mahattva bataiye  |
| 3. Samadhipad(Sutra:8-15) | 05 lectures | October 2021 | 3.October- Practicals related to Yoga |
| 4.Samadhipad(Sutra:16-29) and revision | 04 lectures | November 2021 | 4. test &Revision |