



Khandesh College Education Society's  
**MOOLJI JAITHA COLLEGE, JALGAON**

NAAC Reaccredited Grade "A" (CGPA : 3.63) | ISO 9001 : 2008 Certified  
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## TEACHING PLAN

Name of Teacher : प्रा. अनंत महाजन Faculty : कला

Department : योगविभाग Academic Year : 2020-2021

Class : STBA Subject : यैगिक सायन्स (CBCS) Autonomous sem-III

Title of Paper : DSC-2C Yog-231 Fundamentals of Yoga & Naturopathy.

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट- १ १.१ ते १.४	१२	
September	युनिट- १ १.४ युनिट- २ २.१ ते २.३		
October	युनिट- २ २.४ युनिट- ३ ३.१ ते ३.३		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युगल - 3 3.४ युगल - ४ ४.१ ते ४.३		
December	युगल - ४ ४.४ केवाध्याय व शंकासंग्रहान		
January	परिसर		
February			
March			
April			

*Amichajin*  
Teacher

*[Signature]*  
H.O.D

Vice Principal



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## TEACHING PLAN

Name of Teacher : श्री. उमंग महजन Faculty : कच

Department : योगविभाग Academic Year : 2020-21

Class : SYBA Subject : योग (CBCS) Autonomous sem-III

Title of Paper : YOG-232- Practical -I (Yoga & Naturopathy)

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August			
September			
October	<u>अंगूठे र मिस्रीपत्तार प्राव्यहिक अभ्यास</u>	<u>०४</u>	

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - ४ सराव		
December	युनिट - ४ सराव		
January	परिक्षा		
February			
March			
April			

Amahajan  
Amahajan  
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## TEACHING PLAN

Name of Teacher : प्रा. पंकज खजवाड़े Faculty : कला

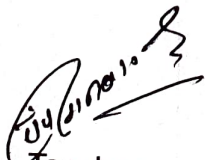
Department : योगविभाग Academic Year : 2020-21

Class : BSYBA Subject : योग (CBCS) Autonomous Sem-III

Title of Paper : योग .232- Practical -I (Yoga & Naturopathy)

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट - १ व २ सराव	०४	
September	युनिट - १ व २ सराव		
October	युनिट - ३ सराव		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - 3 सराव		
December	सराव		
January	परिक्षा		
February			
March			
April			

  
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## TEACHING PLAN

Name of Teacher : श्री अनंत महजन Faculty : कला

Department : योगविभाग Academic Year : 2020-21

Class : SYBA Subject : योग (CBCS) Auto Sem - III

Title of Paper : YOG. 230. SEC-I : Health & career through Yoga & Naturo

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट - १ व २ स्वाध्याय	०८	
September	युनिट - १ व २ स्वाध्याय		
October	युनिट - ३ <del>स्वाध्याय</del> स्वाध्याय		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - 3 व 4 स्वाध्याय		
December	युनिट - 4 स्वाध्याय		
January	परिक्षा		
February			
March			
April			

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## TEACHING PLAN

Name of Teacher : डॉ. देवानंद सोनार Faculty : कला

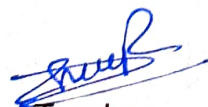
Department : योगविभाग Academic Year : 2020-21

Class : TYBA Subject : योग sem-IV (NMU)

Title of Paper : DSC-YOG-E-योग प्राथमिक तत्व.

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युक्ति- १	०४	
September	युक्ति- २ व १ व २	०४	
October	युक्ति- ३		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November			
December			
January			
February			
March			
April			

  
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## TEACHING PLAN

Name of Teacher : प्रा. पंकज स्वप्नबाणे Faculty : कला

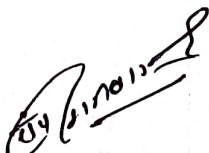
Department : योगविभाग Academic Year : 2020-21

Class : T.Y.B.A Subject : योग Sem-(V) (N110)

Title of Paper : DSC YOG-E योग प्राथमिक तत्व

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August			
September			
October	<u>युक्ति 2</u> <u>सराव</u>		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - २ व ३ सराव		
December	युनिट - ३ सराव		
January	परिशा		
February			
March			
April			

  
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## TEACHING PLAN

Name of Teacher : प्रा. सोमल महजन Faculty : कला

Department : योगविभाग Academic Year : 2020-21

Class : T.Y.B.A Subject : योग Sem(IV) N.M.U.

Title of Paper : DSE-3-A Manaviya Sharir Olakh

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट - १ १.१ ते १.३		
September	युनिट - १ १.४ ते १.६		
October	युनिट - १ १.७		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - 2 प्रात्यक्षिक (Project)		
December	युनिट - 3 प्रात्यक्षिक (Project.)		
January	परिक्षा		
February			
March			
April			

*Amahajan*  
Teacher

*[Signature]*  
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Name of Teacher : डॉ. देवानंद सोनार Faculty : कला  
Department : योगविभाग Academic Year : 2020-21  
Class : T.F.B.A Subject : योग Sem-(V) NMO  
Title of Paper : DSE-4-A Yoga Parampara Prachin.

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट - १ १.१ ते १.२		
September	युनिट - १ १.३ ते १.४		
October	युनिट . १ १.५ ते १.६		

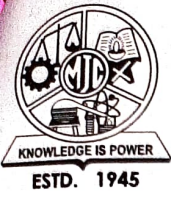
Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November			
December			
January			
February			
March			
April			

  
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## TEACHING PLAN

Name of Teacher : प्रा. पंकज राजवणे Faculty : कला


Department : योगविभाग Academic Year : 2020-21

Class : T.Y.B.A Subject : योग sem-IV - NMU.

Title of Paper : DSE-4-A Yoga Parampara Prachin.

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August			
September			
October	<u>युनिट - 2</u> <u>निबंध</u>		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - 2 व 3 Project		
December	युनिट - 3 Project		
January	परिक्षा		
February			
March			
April			

  
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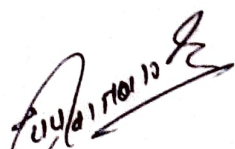
Department : योगविभाग Academic Year : 2020-21

Class : T.FBA Subject : योग sem-V (NMO)

Title of Paper : SEC-3 Yogasana Tatvik.

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
June			
July			
August	युनिट - १ १.१ ते १.३		
September	युनिट - १ १.३ ते १.५		
October	युनिट - १ १.५ ते १.७		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट - १ १-८ तात्त्विक अभ्यास		
December	युनिट - २ प्रात्यक्षिक अभ्यास		
January	परिष्ठा		
February			
March			
April			

  
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Name of Teacher : श्री. संजय राजभारे  
**TEACHING PLAN**


Department : योगशास्त्र Faculty : श्री. राज

Class : T-RGA Subject : योग sem-IV (NPTU) Academic Year : 2020-21

Title of Paper : GE-A Pragyakathi Yoga

Month	Topics to be Covered	No. of Lectures Required	Remarks
June			
July			
August	शुभित - १ १.१ ते १.३		
September	शुभित - १ १.४ ते १.६		
October	शुभित - १ १.७ ते १.८		

Month	Topic/s to be Covered	No. of Lectures Required	Remarks
November	युनिट 2 व 3 प्रात्यक्षिक		
December	युनिट - 2 व 3 प्रात्यक्षिक		
January	परिष्ठा		
February			
March			
April			

  
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## TEACHING PLAN

Name of Teacher : प्रा. पंकज राजवागे / प्रा. ज्योती वाघ Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-I Subject : CBCS Autonomous

Title of Paper : DSC YOG-101 Yoga Practical-1

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	युनिट - १ १.१ ते १.४  सराव	
September	युनिट - २ २.१ ते २.४  सराव	
October	युनिट - ३ ३.१ ते ३.४  सराव	

Month	Topic/s to be Covered	Lectures Required
November	युनिट - ४ ४.१ ते ४.४ सराव	
December		
January		
February		
March		
April		



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## TEACHING PLAN

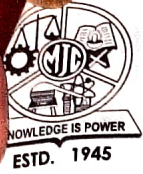
Name of Teacher : \_\_\_\_\_ Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-I Subject : \_\_\_\_\_

Title of Paper : DSC YOG 102 Yoga Practical- II Practical Notebook

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	प्रात्यक्षिक नौदवही मागदिशिन	
September	- 11 -	
October	- 11 -	



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## TEACHING PLAN

Name of Teacher : Dr. Devanand Sonar Faculty : Arts.


Department : Yoga Academic Year : 2020-21

Class : MA-IT SEM-III Subject : \_\_\_\_\_

Title of Paper : DSE YOG 305 Research Methodology.

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	युनिर - १ १.१ ते १.४	
September	युनिर - २ २.१ ते २.४	
October	युनिर - ३ ३.१ ते ३.४	

Month	Topic/s to be Covered	No. of Lectures Required
November	युक्ति. ४ ४.९ ते ४.४	
December	शंका समाधान	
January		
February		
March		
April		

  
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## TEACHING PLAN

Name of Teacher : श्री पंकज खजबरे / श्री ज्योती वाघ Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-II SEM-IV Subject : \_\_\_\_\_

Title of Paper : DSC YOG 401 - Yoga Practical - VII

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	<p>युनिट - १  संभतेनुसार करावयाची आसेने  ११ ते १४</p>	
February	<p>युनिट - २  - दीर्घकाव्यवहीची आसेने  २-१ ते २-३  युनिट - ३ प्राणायाम आणि शुद्धिक्रिया  १-१</p>	
March	<p>३-२ व ३-३  युनिट - ४  ४-१</p>	
April	<p>५-१/१</p>	

  
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## TEACHING PLAN

Name of Teacher : Dr. Devanand Sonar. Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-II SEM IV Subject : \_\_\_\_\_

Title of Paper : DSC YOG. 402 Practical - VIII A) Dissertation

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	संशोधन अहवाल मार्गदर्शन	
February	वधुशोध <del>नि</del> संशोधन अहवाल मार्गदर्शन	
March	- 11 -	
April	- 11 -	

  
Teacher

  
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**TEACHING PLAN**

Name of Teacher : Dr. Anilraj Jaithe Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA III SEM IV Subject : \_\_\_\_\_

Title of Paper : DSC) DG. 402. Practical VIII B) Analytical study & Reviews

Month	Topics to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		



Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	ग्रंथ समीक्षा व व्याख्यान लेखन मांगदिशि	
February	— 11 —	
March	— 11 —	
April	— 11 —	

KBhangale

Teacher

[Signature]  
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## TEACHING PLAN

Name of Teacher : Dr. Devanand Sonar Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-II SEM-IV Subject : \_\_\_\_\_

Title of Paper : DSC - YOG: 403 Principle of Yoga-II

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४.	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४	

  
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## TEACHING PLAN

Name of Teacher : प्रा. त्रितांजली भंगारे Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-II SEM-IV Subject : \_\_\_\_\_

Title of Paper : GE-YOG 404- Yoga & Mental Health.

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४	

KBhangale

Teacher

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## TEACHING PLAN

Name of Teacher : श्री. सोनल महाजन Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA-II SEM-IV Subject : \_\_\_\_\_

Title of Paper : DSC: YOG: 405 Health Alternative Therapies

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४	

*S. Mahajan*

Teacher

*[Signature]*

H.O.D

Vice Principal

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January		
February		
March		
April		

  
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## TEACHING PLAN

Name of Teacher : Dr. Pooja Sankar

Faculty : Asst.

Department : Yoga


Academic Year : 2020-21

Class : M.A-I SEM-I Subject : \_\_\_\_\_

Title of Paper : DSC YOG 103 Fundamentals of Yoga-I

Month	Topics to be Covered	No. of Lectures Required
June		
July		
August	शुद्धि - 9 9.9 ते 9.२	
September	शुद्धि - 2 2.9 ते 2.२	
October	शुद्धि - 3 3.9 ते 3.२	

Month	Topic/s to be Covered	No. of Lectures Required
November	<p>23 नोव - 8</p> <p>8 9 ते 8-8</p>	
December		
January		
February		
March		
April		

  
Teacher

  
H.O.D

Vice Principal



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## TEACHING PLAN

Name of Teacher : प्रा. गितांजली भंगोळे Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-I Subject : \_\_\_\_\_

Title of Paper : SEC - YOG-104 Diet & Health

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	युनिट - १ १.१ ते १.४	
September	युनिट - २ २.१ ते २.४	
October	युनिट - ३ ३.१ ते ३.४	

Month	Topic/s to be Covered	No. of Lectures Required
November	युनिट - ४ ४.१ ते ४.४	
December		
January		
February		
March		
April		

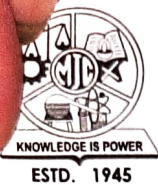
K Bhangale

Teacher

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## TEACHING PLAN

Name of Teacher : Prof. Anant S. Mahajan Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-I Subject : \_\_\_\_\_

Title of Paper : DSE - YOG- 10.5 Anatomy & Physiology.

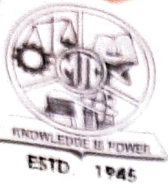
Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	मुक्ति - १ १.१ ते १.४	
September	मुक्ति - २ २.१ ते २.४	
October	मुक्ति - ३ ३.१ ते ३.४	

Month	Topic/s to be Covered	No. of Lectures Required
November	युगिद- ४ ४.७ ते ४.४	
December		
January		
February		
March		
April		

*Amahyan*  
Teacher

*[Signature]*  
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## TEACHING PLAN

Name of Teacher : श्री. ज्योती वाघ Faculty : Arts

Department : Yoga. Academic Year : 2020-21

Class : MA-I SEM-II Subject : \_\_\_\_\_

Title of Paper : DSC - YOG - 201 Yoga Practical - III

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४ व क्षराव	



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## TEACHING PLAN

Name of Teacher : श्री. गितांजली भैगडे Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-II Subject : \_\_\_\_\_

Title of Paper : DSC-YOG-202 Yoga Practical-IV (Yoga Education)

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ पाठ नियोजन मार्गदर्शन	
February	युनिट - २ योग अभ्यास प्रकल्प अहवाल मार्गदर्शन	
March	— १ —	
April	— १ —	

K. Bhangale

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## TEACHING PLAN

Name of Teacher : श. पंज खजबागे Faculty : Arts.


Department : Yoga. Academic Year : 2020-21

Class : MA-I SEM-II Subject : \_\_\_\_\_

Title of Paper : DSC-YOG-203 Fundamentals of Yoga-II

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४	

  
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## TEACHING PLAN

Name of Teacher : प्रा. गितांजली भेंबळे Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-II Subject : \_\_\_\_\_

Title of Paper : GE - YOG. 204 Yoga Education

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ १.१ ते १.४	
February	युनिट - २ २.१ ते २.४	
March	युनिट - ३ ३.१ ते ३.४	
April	युनिट - ४ ४.१ ते ४.४	

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## TEACHING PLAN

Name of Teacher : श्री. अश्विनी महलगा Faculty : Arts

Department : Yoga Academic Year : 2020-21

Class : MA-I SEM-II Subject : \_\_\_\_\_

Title of Paper : DSE - YOC- 205 Yoga Therapy.

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August		
September		
October		

Month	Topic/s to be Covered	No. of Lectures Required
November		
December		
January	युनिट - १ ११ ते १४	
February	युनिट - २ २१ ते २४	
March	युनिट - ३ ३१ ते ३४	
April	युनिट - ४ ४१ ते ४४	

*Ahmadhajan*  
Teacher

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## TEACHING PLAN

Name of Teacher : प्रा. ज्योती वाघ / प्रा. पंकज खाजगे Faculty : Arts.

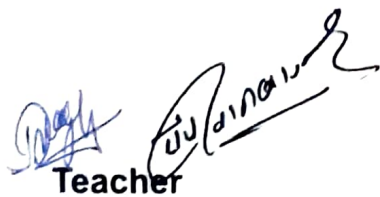
Department : Yoga Academic Year : 2020-21

Class : MA-II Sem-III Subject : CBCS Autonomous

Title of Paper : DSC-YOG-301 Yoga Practical -V

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	युनिट-१ क्षमतेनुसार करावण्याची आसणे १.१ शयनस्थिती १.२ विपरितशयनस्थिती	
September	युनिट-१ १.१ ते १.२ सराव १.३ बैठकस्थिती १.४ दंडस्थिती	
October	युनिट १ सराव. युनिट-२ दीर्घकालावधीची आसणे २.१ शयनस्थिती २.२ विपरितशयनस्थिती २.३ बैठकस्थिती	

Month	Topic/s to be Covered	No. of Lectures Required
November	<p>युनिट - 3 त्रिकोणयुक्त प्राणायाम आणि शुद्धिक्रिया</p> <p>3.1 . प्राणायाम</p> <p>3.2 शुद्धिक्रिया</p> <p>युनिट - 4 मुद्रा धारणा, ध्यान.</p>	
December	सराव .	
January		
February		
March		
April		

  
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## TEACHING PLAN

Name of Teacher : डॉ. देवानंद सोनार Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-II Sem-II Subject : \_\_\_\_\_

Title of Paper : Dsc YOG-302 Yoga Practical VI (Antaranga Yoga)

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	युनिट - 9 Practical book discussion.	
September	युनिट - 2 अंतरंग योग 2.9 ते 2.8	
October	युनिट - 9 व युनिट - 2 यांच्या सराव	

Month	Topics to be Covered	No. of Lectures Required
November	AN 19	
December	AK 19	
January		
February		
March		
April		

  
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**TEACHING PLAN**

Name of Teacher : डॉ. दशरथ मोनार Faculty : Ph.D.

Department : Yoga Academic Year : 2020-21

Class : MA II Sem-III Subject : \_\_\_\_\_

Title of Paper : DSC Yog-303 Principle of Yoga-I

Month	Topics to be Covered	No. of Lectures Required
June		
July		
August	शुनिर-9 9.9 ते 9.9 शुनिर-2 2.9	
September	शुनिर-2 2.2 ते 2.2 शुनिर-3 3.9 ते 3.2	
October	शुनिर-3 3.2 ते 3.2 शुनिर-2 2.9	

Month	Topic/s to be Covered	No. of Lectures Required
November	युनिट - ४ ४.२ ते ४.४	
December	श्रीका संभाषण	
January		
February		
March		
April		

  
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## TEACHING PLAN

Name of Teacher : श्री. सोनल महाजन Faculty : Arts.

Department : Yoga Academic Year : 2020-21

Class : MA-III SEM-III Subject : \_\_\_\_\_

Title of Paper : SEC YOG-304 Fundamentals of Naturopathy.

Month	Topic/s to be Covered	No. of Lectures Required
June		
July		
August	<u>युनिट - १</u> <u>१.१ ते १.४</u>	
September	<u>युनिट - २</u> <u>२.१ ते २.४</u>	
October	<u>युनिट - ३</u> <u>३.१ ते ३.४</u>	

Month	Topic/s to be Covered	No. of Lectures Required
November	युनिट - ४ ४.७ ते ४.४.	
December	शंका समाधान	
January		
February		
March		
April		

5Amahajan  
Teacher

  
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Vice Principal