

Govt. College, Chhattar
Lesson Plan (2025-26)
Even Semester

Name of Assistant Professor: Ankit
Class: B.A. 2nd Year (NEP-2020)
Semester: 4th (VAC-3) Course Type- VAC-3
Subject: Yoga and Meditation: Level-4 (B23-VAC-406)

Month	Topics
January 2026	
February 2026	Unit-1 Introduction of Yoga Meaning and definition of yoga Aims and objectives of yoga Traditional and Historical development of yoga
March 2026	The yoga Sutra- general consideration Need and importance of yoga in modern society Misconceptions about yoga Unit -2 Foundation of yoga The Ashtanga Yoga
April 2026	Yoga in the Bhagavad Gita- Karma Yoga, Raj yoga, Jnana Yoga, and Bhakti yoga Brief Introduction of bhakti yoga
May 2026	Unit-3 Meditation Introduction to meditation Basic principles of meditation Benefits of meditation and obstacles in meditation Relationship of concentration and meditation Meaning and techniques of trataka ,ujjayi and Om meditation

Ankit