**COURSE OUTCOMES (COs)**

**Department of Yoga and Naturopathy**

**BA/BSC YOGA**

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| **S No** | **Class & Semester** | **Course & Course Code** | **Course Outcomes (COs)** |
| 01 | BA YOGA I SEMESTER | Fundamentals of Yoga BYS5101T | **CO1:** Know about meaning and definition of Yoga**CO2**: Familiar with an authentic foundation of Yogic practices.**CO3**: Understand Key Yoga Principles.**CO4** Learn about the spiritual legacies of contemporary**CO5** Understand the importance of selfless services (Seva) in Daily life |
| 02 | BA YOGA I SEMESTER | Indian Philosophy BYS102T | **CO1:** Understand the general characteristics of Indian philosophy.**CO2:** Learn the structure of Indian logic (Nyaya) and its contribution to philosophical argumentation and debate traditions.**CO3:** Understand the ethical framework of Dharma and its variations in Indian, Buddhist, and Jain philosophy.**CO4:** Understand how the principle of Dharma can guide ethical choices in personal and professional life.**CO5:** Explore how Indian philosophical ideas contribute to psychological well-being, mindfulness, and therapy. |
| 03 | BA YOGA I SEMESTER | Yoga and Self-Management BYS5105E | **CO1: U**nderstand the importance of self-respect and self-confidence, and identify strategies to overcome obstacles in self-management.**CO2: G**ain insight into the principles of spirituality and develop their extrasensory perception to enhance learning abilities and spiritual awareness.**CO3: D**evelop emotional resilience, creative thinking, and a strong sense of determination.**CO4: L**earn techniques for fostering family and social adjustments while developing leadership abilities.**CO5: M**astery yogic techniques for time management and stress management. |

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| 01 | BA YOGA IISEMESTER | Shrimad Bhagwad Geeta BYS5202T | CO1: Develop a foundational understanding of Bhagavad Gita.CO2: Understanding the types of Karma and Sadhana Methods promotes disciplined and purposeful living.CO3: Learn the techniques of self-discipline and Meditation for achieving higher levels of Mental and spiritual wellbeing.CO4: Understand different paths to liberation (Nishkamkarma Yoga, Bhakti Yoga, Jana Yoga.CO5:Develop a deeper understanding of metaphysical concepts (Kshetra, Kshetrajna) and the qualities that lead to self-realization |
| 02 | BA YOGA II SEMESTER | Upnishad BYS5205E | CO1: Understand about teaching of Upnishad.CO2: Understand different Limbs of Yoga.CO3: Knowledge of the self.CO4: Critical thinking and Analytical Skills.CO5: Integration of Ethical and Moral Values. |
| 03 | BA YOGA I ISEMESTER | Fundamentals of Hath Yoga BYS5201T | CO1: Understand the fundamental principles of Hatha Yoga.CO2: Know the sequence of Hatha Yoga Practices.CO3: To learn purification techniques Shatkarma. CO4: Differentiate between Chaturanga Yoga and Saptanga YogaCO5: Students will explore how Hatha Yoga can be used for therapeutic purposes. |

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| 01 | BA YOGA III SEMESTER | Human anatomy and Physiology BYS C301 | CO1: Advanced Understanding of Human Body Systems.CO2: Explain the impact of Yogic practices on body systems.CO3: Anatomy and Physiology of different parts of the body.CO4:TO Learn effect of Yoga on the Nervous system.CO5: TO Understand effect of Yoga on the Digestive System |
| 02 | BA YOGA III SEMESTER | Introduction of NaturopathyBYS C302 | **CO1**: Understand the fundamental principles of Naturopathy.**CO2**: Understand the fundamental principles of Yoga and Ayurveda.**CO3**: Develop a holistic understanding of the interconnection between physical ,mental and spiritual health**CO4**: To Learn role of prana energy and immunity maintaining health**CO5**: Gain diagnostic skills using natural indicators like body features |
| 03 | BA YOGA IIISEMESTER | Alternative Therapies of physical DiseasesBYS SEC301 | CO1:Understanding the Concept of Alternate TherapiesCO2: Understand the ethical and professional considerations in providing alternative therapies for physical healthCO3: Gain practical experience in administering or guiding clients through certain alternate therapeutic practicesCO4: Exploring the Mind-Body Connection |
| 04 | BA YOGA IIISEMESTER | Yogic Research and statisticsBYS EG301 | CO1: Developing a Deep Understanding of Research PrinciplesCO2: Formulating Research Problems and HypothesesCO3: Mastering Data Collectionand Analysis TechniquesCO4: Designing Effective ResearchStudiesCO5: Presenting and Communicating ResearchFindings**.** |

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| 01 | BA YOGA IV SEMESTER | Patanjali Yoga Sutra BYS C401 | **CO1:** Know mental fluctuations and methods of control them**CO2:** Understand the nature and significance of Kriya Yoga.**CO3:** Learn how to integrate the principles of Ashtanga Yoga.**CO4:** Use the teaching of Patanjali in daily life.**CO5:** Learn the historical and philosophical context of the Yoga sutras in relation to Vedanta, Buddhism and Samkhya philosophy**.** |
| 02 | BA YOGA IV SEMESTER | Application of NaturopathyBYS C402 | CO1: Understand the principles of Naturopathy.CO2: Learn Five element based therapy.CO3: Analyze and apply different type diagnostic procedures in Naturopathy.CO4: Learn detoxification techniques.CO5: Learn diagnostic skills using natural indicators like body features |
| 03 | BA YOGA IV SEMESTER | Alternative Therapies of Mental DiseasesBYS SEC401 | CO1:Understanding the Concept of Alternate TherapiesCO2: Understand the ethical and professional considerations in providing alternative therapies for mental healthCO3: Gain practical experience in administering or guiding clients through certain alternate therapeutic practicesCO4: Exploring the Mind-Body ConnectionCO5: Gain specialized knowledge on how alternative therapies can be adapted for children and adolescents.  |
| 04 | BA YOGA IV SEMESTER | General PsychologyBYS EG401 | CO1:Understand core concepts of **psychology****CO2: Understanding concept, types and theory of Motivation.****CO3: Learning about concept, classification and theories of intelligence.****CO4: Understand about the definition methods and branches of psychology.****CO5: Learning about nature and theories of emotion** |

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| 01 | BA YOGA V SEMESTER | Human Consciousness BYS C501 | CO1:Understanding the Nature of Human ConsciousnessCO2:Gain an understanding of the **subconscious** and **unconscious** mindCO3:Understand how **emotional intelligence** (EQ) contributes to personality development,CO4:Develop the ability to cultivate **mindfulness** in daily lifeCO5: Understand core concepts of **psychology** |
| 02 | BA YOGA V SEMESTER | Pran and PranayamaBYS SEC 501 | **CO1:** Understand the significance of Prana in Yogic practices.**CO2:** Gain proficiency in Pranayama techniques.**CO3:** Understand how Pranayama techniques can be integrated with meditation**CO4 :** Understand how Pranayama can be a powerful tool for self-exploration and self-awareness**CO5 :** Learn how Pranayama practices strengthen the **autonomic nervous system** |
| 03 | BA YOGA V SEMESTER | Yoga Therapy Common AlimentsBYS EG501 | **CO1:** Understand the principles, scope, and limitations of Yogic Therapy.**CO2:** Learn skills to assess the individual needs of clients with specific health concerns**CO3:** Understand how specific yoga practices can support digestive health and detoxification**CO4:** Gain knowledge of yogic therapies for diseases.**CO5:** Gain specialized skills in using yoga therapy |

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| 01 | BA YOGA VI SEMESTER | Diet ,Nutrition and Yogic LifeBYSC601 | CO1:Understand the principles of a yogic dietCO2:Learn how different types of foods and eating habits affect the body’s energy levelsCO3: Understand the principles of detoxification, combining diet and yogaCO4: Understanding the Role of Digestion (Agni) in Yogic LifeCO5: Understanding the Core Principles of Yogic Life |
| 02 | BA YOGA VI SEMESTER | Shatchakra Kundali and Mantra YogaBYSSEC602 | **CO1:** Develop a Deep Understanding of Shatchakra and its Applications.**CO2:** knowledge of the six main chakras, their role in physical and spiritual well-being.**CO3:** Knowledge of Kundalini Energy.**CO4:** Understanding of the Psychological and Spiritual Benefits of Kundalini**CO5:** Understanding of Mantras and Their Spiritual Significance. |
| 03 | BA YOGA VI SEMESTER | Yoga and AyurvedaBYSEG601 | CO1: Gain a deep understanding of the principles and practices of Yoga.CO2: Understand the philosophical foundations of Yoga.CO3: Acquire skills to guide others in yoga practices, conduct Ayurvedic consultations, and recommend lifestyle to promote holistic health.CO4:Understand and apply Ayurvedic detoxification MethodCO5: Understanding the Eight Limbs of Yoga (Ashtanga Yoga). |