**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 Yoga  CO5: 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 Naturopathy  BYS 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 Diseases  BYS SEC301 | CO1:Understanding the Concept of Alternate Therapies  CO2: Understand the ethical and professional considerations in providing alternative therapies for physical health  CO3: Gain practical experience in administering or guiding clients through certain alternate therapeutic practices  CO4: Exploring the Mind-Body Connection |
| 04 | BA YOGA IIISEMESTER | Yogic Research and statistics  BYS EG301 | CO1: Developing a Deep Understanding of Research Principles  CO2: Formulating Research Problems and Hypotheses  CO3: Mastering Data Collectionand Analysis Techniques  CO4: Designing Effective ResearchStudies  CO5: 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 Naturopathy  BYS 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 Diseases  BYS SEC401 | CO1:Understanding the Concept of Alternate Therapies  CO2: Understand the ethical and professional considerations in providing alternative therapies for mental health  CO3: Gain practical experience in administering or guiding clients through certain alternate therapeutic practices  CO4: Exploring the Mind-Body Connection  CO5: Gain specialized knowledge on how alternative therapies can be adapted for children and adolescents. |
| 04 | BA YOGA IV SEMESTER | General Psychology  BYS 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 Consciousness  CO2:Gain an understanding of the **subconscious** and **unconscious** mind  CO3:Understand how **emotional intelligence** (EQ) contributes to personality development,  CO4:Develop the ability to cultivate **mindfulness** in daily life  CO5: Understand core concepts of **psychology** |
| 02 | BA YOGA V SEMESTER | Pran and Pranayama  BYS 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 Aliments  BYS 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 Life  BYSC601 | CO1:Understand the principles of a yogic diet  CO2:Learn how different types of foods and eating habits affect the body’s energy levels  CO3: Understand the principles of detoxification, combining diet and yoga  CO4: Understanding the Role of Digestion (Agni) in Yogic Life  CO5: Understanding the Core Principles of Yogic Life |
| 02 | BA YOGA VI SEMESTER | Shatchakra Kundali and Mantra Yoga  BYSSEC602 | **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 Ayurveda  BYSEG601 | 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 Method  CO5: Understanding the Eight Limbs of Yoga (Ashtanga Yoga). |