**BA/BSc YOGA PROGRAM OUTCOMES (POs)**

**PO1:** Holistic Understanding of Yoga and Naturopathy- Gain a comprehensive understanding of philosophy and practice of Yoga and Naturopathy.

**PO2:** Knowledge of Natural Healing System- Learn about natural therapies such as Hydropathy, Diet therapy, Acupunture, Mud Therapy. Herbal Mediciene and their application in promoting health.

**PO3:** Understanding of Anatomy and Physiology- Learn the impact of Yogic practices on the human body and mind.

**PO4:** Research Competence- Build skills to critically analyze evaluate, and conduct research in Yoga and Naturopathy contributing to evidence-based practices and innovations in the field.

**PO5:** Skill for Holistic Educators- Cultivate skills to serve as Yoga educators or Naturopathy trainers in academic community and corporate environments