**COURSE OUTCOMES (COs)**

**Department of Yoga and Naturopathy**

PGDYN

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| **S No** | **Class & Semester** | **Course & Course Code** | **Course Outcomes (COs)** |
| 01 | PGDYN I SEM | Fundamentals of Yoga PGDYN C101 | **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 | PGDYN I SEM | Human Anatomy PGDYN C102 | CO1: Advanced Understanding of Human Body Systems.  CO2: TO Understand function and structure of Muscular System .  CO3: Anatomy and Physiology of different parts of the body.  CO4: TO Understand function and structure of Respiratory System  CO5: TO Understand function and structure of Digestive System |
| 03 | PGDYN I SEM | Principles of Naturopathy PGDYN C103 | CO1: Understand the principles of Naturopathy.  CO2:Gain diagnostic skills using natural indicators like body features.  CO3: Understand how Naturopathy Can Promote Positive Mental health.  CO4: Understand the principles of Yoga and Ayurveda  CO5: Understand the role of naturopathy in managing chronic diseases |
| 04 | PGDYN I SEM | Study of Hatha Yoga PGDYN C104 | 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. |
| 05 | PGDYN I SEM | Yoga and Self-Management PGDYN C105 | **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. |
| 01 | PGDYN II | Introduction of Yoga sutra PGDYN C 201 | **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. |
| 02 | PGDYN II | Application of Naturopathy PGDYN C 202 | CO1: Understand the principles of Naturopathy.  CO2: Learn Five element based therapy.  CO3: Analyze and apply different type diagnostic procedures in Naturopathy.  CO4: Understand how naturopathy can promote positive mental health  CO5: Learn diagnostic skills using natural indicators like body features |
| 03 | PGDYN II | Yoga and Mental Health PGDYN C 203 | **CO1:** Understand philosophical, psychological, and yogic perspectives on mental health.  **CO2:** Develop a deeper a deeper awareness of the mind body relationship through yoga practices.  **CO3:** Learn yoga poses, breathing techniques and relaxation practices.  **CO4:** Understand how Yoga can help balance the sympathetic and parasympathetic Nervous system.  **CO5:** Learn how yoga offers a holistic approach the integrates physical mental and emotional wellbeing. |
| 04 | PGDYN II | Yoga Therapy PGDYN C 204 | **CO1:** Knowledge about yoga principles.  **CO2:** Knowledge about health and disease according to modern and ancient perspectives.  **CO3:** Learn the impact of Yogic practices on the human body and mind.  **CO4:** Techniques to develop Yoga therapy techniques.  **CO5:** Gain experience in applying yoga therapy in hospitals and rehabilitation centres. |
| 05 | PGDYN II | Hygiene and Diet Nutrition PGDYN E201 | CO1: Understand the Principles of Hygiene and Personal Health.  CO2: Understand the importance of dietary fiber in maintaining healthy Life.  CO3: Understand how diet influences mental clarity.  CO4: Learn to design diet plans.  CO5: Understand the Role of Nutrition in Epigenetics and Disease Prevention. |