**Yoga and Naturopathy Department**

**PGDYN YOGA PROGRAM OUTCOMES (POs)**

**PO1:** Knowledge of Yoga philosophy and History- Student will gain a deep understanding of the origin principles and evolution of yoga.

**PO2:** Proficiency in Yogic Practices- Mastery of Asanas Pranayama Shatkarma, Mudra and Bandh.

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

**PO4:** Holistic Health and Wellness Expertise- Promote physical, Mental, and Emotional well-being through Yogic techniques.

**PO5:** Ethical and Professional Conduct- Practice Yoga with integrity and respect for its cultural and spiritual roots.