

Class: PG diploma in yoga therapy

1 year

Subject – foundation of yoga

Paper– foundation of yoga

Sr. No.	Course Outcomes
1	Students will be able to know about various schools of yoga by text books.
2	Students will be able to understand application of yoga and misconceptions about yoga.
3	Students will be know about different types of yoga by text books.
4	Students will be able to understand introduce of famous yogis.
5	Students know about different school and institutes in india.

Class: PG diploma in yoga therapy **1 year**

Subject - anatomy

Paper-anatomical and physiological aspects of yoga

Sr. No.	Course Outcomes
1	Students will be able to understand meaning and importance of anatomy and physiology, also understand about cels, tissue, and skeletal system.
2	Students will be able to understand muscles, muscles contraction, and muscles tone, also understand effect of yogic practices on muscular system.
3	Students will have to understand about digestive parts, its physiology and effects yogic practise on digestive system.
4	Students will be able to understandabout structur, physiology of respiratory system, student also understand effecet of yogic practices on respiratory system.

Class: PG diploma in yoga therapy 1year

Subject –naturopathy

Paper- naturopathy

Sr. No.	Course Outcomes
1	Students will be able to understand meaning, need of yoga therapy effects of yoga therapy on different body parts.
2	Students will be able to understand understand meaning and definition of health , effects of yoga in cure of different diseases.
3	Students will be able to understand causes and symptoms of different diseases and effects of yogic treatment.
4	Students will be able to understand the different disease like obesity, stress, depression, blood pressure and its treatment with yoga.
5	Students will be able to understand mudclay therapy, importance of air bath sun bath, different colour of sun rays.
6	Students will be able to understand massage therapy.

Class: PG diploma in yoga therapy 1 year

Subject – principles of health and diet and yoga therapy

Paper- principles of health and diet and yoga therapy

Sr. No.	Course Outcomes
1	Students will be able to understand the concept of swastha vrata, meaning definition of health effect of yogic practices on different body parts.
2	Students will be able to understand balanced diet components of balance diet.
3	Students will be able to understand meaning of therapy, principles of yogic therapy, scope and effects of yogic therapy on different body parts.
4	Students will be able to understand the different type of diseases, backache, gastric acidity, peptic ulcer, effect of yogic treatment on different type of disease.

Class: PG diploma in yoga therapy 1 year

Subject – yoga practical

Paper - practical

Sr. No.	Course Outcomes
1	Students will be able to understand the meaning of mantra and effect of mantras on mind & chakras.
2	Students will be able to understand the meaning of suryanamsakar and effect of surya namskar on different body parts.
3	Students will be able to understand the meaning of meditative asanas like swastika asana, sidhasana, vajrasana, effect of meditative asana on different body parts..
4	Students will be able to understand the relaxation asanas and effects of relaxation of asanas on different body parts.
5	Students will be able to understand the pranayama & effects of pranayama on our mind & chakras.
6	Students will be able to understand the shatkarmas and effect of shatkarmas on our intranal body parts.
7	Students will be able to understand the suksham vyama, and effects of suksham vayam on our joints.
8	Students will be able to understand asanas, pranayamas, shatkarmas , mudra and bandha.
9	Students will be able to understand dieses and will be cured by pranayamas.