

Class: MA yoga		Semester-1,Odd
Subject – fundamental of yoga		
Paper– fundamental 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: MA yoga		Semester-1,Odd
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: MA yoga

Semester-1,Odd

Subject – patanjali yoga sutra

Paper-yoga sutra

Sr. No.	Course Outcomes
1	Students will be able to understand historical background of patanjali yoga sutra and physical and mental & social excellence in yoga sutra.
2	Students will be able to understand samadhipada and yogantray ishwar swaroop and vivek khyati
3	Students will have to understand about sadhanpad and vibhutipad, asatanyog, yama niyam, asan, pranayam.
4	Students will be able to understand about kaivalyapada dharamegh Samadhi, karmas, & karamaphal siddhanta and kaivalya.

Class: MA yoga

Semester-1st sem.

Subject – yoga practical

Paper - practical

Sr. No.	Course Outcomes
1	Students will be able to understand suksham vayam and effects of suksham vayam on our joints.
2	Students will be able to understand the knowledge of different types of asana & effect of different type of asanas on different parts of body.
3	Students will be able to understand pranayama effects of our body.
4	Students will be able to understand shatkarma they are cleansing our internal body parts.
6	Students will be able to understand asana benefits and precautions.
7	Students will be able to perform the pranayamas.
8	Students will be able to perform asanas and apply in all life.

Class: MA yoga

Semester-2nd sem.

Subject – fundamental of hathyoga pardipika

Paper-hath yoga

Sr. No.	Course Outcomes
1	Students will be able to understand defines of hath yoga time and place, dress code and environment of hath yoga practices.
2	Students will be able to understand types of kumbhaka precautions and benefits, chakras kundlini and nadis.
3	Students will be able to understand dhauti, basti, neti, trataka, nauli, kpaalbhati.
4	Students will be able to understand pranayamas dhyana and smadhi.

Class: MA yoga

Semester-2nd sem.

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 understand about structur, physiology of respiratory system, student also understand effecet of yogic practices on respiratory system.
5	Students will be able to understand about endocrine system hormones, glands female reproductive organs and physiology of formation of urine and effect of yogic practices on it.

Class: MA yoga

Semester-2nd sem.

Subject – health aspects of yoga

Paper- health aspects of yoga

Sr. No.	Course Outcomes
1	Students will be able to understand concepts of health and diseases in Indian system of ayurveda.
2	Students will be able to understand health services and guidance in personal hygiene .
3	Students will be able to understand role of yoga in preventing health care.
4	Students will be able to understand asana pranayama & shatkarmas in health care.
5	Students will be able to understand mental disorder prevents through yoga.

Class: MA yoga

Semester-2nd sem.

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.

