

Class: MA yoga

Semester – 3rd sem.

Subject – introduction to 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 dieses.
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: MA yoga

Semester-3rd sem.

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.
5	Students will be able to understand purush prakriti ishwar pranidhan, abhyas vairagya.

Class: MA yoga

Semester-3rd sem.

Subject – complementary therapies

Paper- general introduction of complementary therapies

Sr. No.	Course Outcomes
1	Students will be able to understand panchkarama, common cold, asthma, thyroids, body pains joint pain, high & low BP, stress.
2	Students will be able to understand types of acupressure, knee joint pain, backache.
3	Students will be able to understand history of yoga pathy for respiratory system problem.
4	Students will be able to understand reiki, magnetic therapy, aroma & pranic healing, Physical mental and emotional problems.
5	Students will be able to understand spiritual therapy, need of spiritual therapy in this modern srea.

Class: MA yoga

Semester-3rd 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.

Class: MA yoga

Semester-4th sem.

Subject – yoga and mental health

Paper- yoga and mental health

Sr. No.	Course Outcomes
1	Students will be able to understand mental health crises and roll of yoga in mental health and importance of mental health.
2	Students will be able to understand mind and consciousness subconscious, unconscious and mind body relation.
3	Students will be able to understand mehrishi patanjali, panchklesh, karamphal & ashtanyoga.
4	Students will be able to understand pranayamas dhyana and smadhi.
5	Students will be able to understand mehrishi patanjali, shrimad bhagwad geeta, bhakti yoga, gyana yoga.

Class: MA yoga

Semester-4th sem.

Subject – human consciousness and human excellences

Paper - human consciousness and human excellences

Sr. No.	Course Outcomes
1	Students will be able to understand about veda upnishads, and our six system Indian philosophy, students also janama jeevan purushartha, karamphal .
2	Students will be able to understand physical aspects of human excellence and also know about mental aspects of human excellence .
3	Students will be able to understand about patanjali and hath yoga techniques for physical and mental excellence.
4	Students will be able to understand social excellence in yoga.
5	Students will be able to understand spiritual excellence in yoga.

Class: MA yoga

Semester-4th 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.
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.