|  |  |
| --- | --- |
| **Class: BA yoga Semester-3rd sem.**  **Subject – yoga and naturopathy**  **Paper- introduction of hath yoga** | |
| **Sr. No.** | **Course Outcomes** |
| **1** | Students will be able to understand meaning of hath yoga& steps of hath yoga. |
| **2** | Students will be able to understand principles of practicing hath yoga. |
| **3** | Students will be able to understand benifits of asana, pranayama, and shudhi kriyas also understand effect of asana & pranayama. |
| **4** | Students will be able to understand meaning and types of chakras or kundlini also effects on different body part. |
|  |  |
|  |  |
|  |  |

|  |  |
| --- | --- |
| **Class: BA yoga Semester-4th sem.**  **Subject – yoga and naturopathy**  **Paper- basic of naturopathy** | |
| **Sr. No.** | **Course Outcomes** |
| **1** | Students will be able to understand meaning and importance of naturopathy |
| **2** | Students will be able to understand meaning & definition of hydrotherapy. Footbath, hipbath and steam bath. Also understand effect of naturopathy. |
| **3** | Students will be able to understand importance of mud therapy, mud bandages, also understand effect of mud therapy. |
| **4** | Students will be able to understand importance of fasting also effect of upvas. |
|  |  |
|  |  |
|  |  |

|  |  |
| --- | --- |
| **Class: BA yoga Semester – 3rd & 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. |