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| **Class: BA yoga Semester-5th sem.****Subject – yoga and naturopathy****Paper- anatomical & physiological aspect of yoga** |
| **Sr. No.** | **Course Outcomes** |
| **1** | Students will be able to understand muscular system, gross structure of skeleton muscle effect of assanas & pranayama on muscular system. |
| **2** | Students will be able to understand the organs of respiratory system, structure and function of respiratory system, effect of asanas & pranayama on reespirotary system. |
| **3** | Students will be able to understand the organs of circulatory system, structure and functions of heart, effect of asanas & pranayama on circulatory system. |
| **4** | Students will be able to understand the organs of nervous system, classification of nervous system, effect of asanas & pranayama on nervous system. |
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| **Class: BA yoga Semester-6th sem.****Subject – yoga and naturopathy****Paper – yoga therapy and common problem** |
| **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. |
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| **Class: BA yoga Semester-5th & 6th 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. |