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| **Class: BA yoga Semester-1,Odd**  **Subject – yoga and naturopathy**  **Paper- introduction of yoga** | |
| **Sr. No.** | **Course Outcomes** |
| **1** | Students will be able to understand and meaning & definition of yoga. |
| **2** | Students will be able to understand and asthanga yoga, different types of yoga effects of ashtanga yoga in mental health. |
| **3** | Students will be able to understand and life sketches of yogis. |
| **4** | Students will be able to understand introduction of yoga institutes in india. |
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| **Class: BA yoga Semester-2nd 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. |
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| **Class: BA yoga Semester-1st & 2nd 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. |
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