

COURSE, PROGRAM OUTCOMES & PROGRAM SPECIFIC OUTCOMES OF PG DIPLOMA

(Yoga and Alternative Therapies)

DIPLOMA IN YOGIC SCIENCES

Programme

- A. Introduction to Yoga and different types of Yogic Practices.
- B. Introduction to Patanjali Yoga Sutras and its use in human welfare.
- C. Mental health and Buddhi – Based on Yoga Education.
- D. Introduction to Human physical and mental health Systems, Yoga and Health
- E. Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika. applications of it.
- F. Prevention of different health ailments and promotion of positive health
- G. Mental health and stress management.

Courses (Practical)

- ✓ Different Yoga Asanas: Knowledge of selected postures and demonstrated ability to perform these postures – meditative and cultural (dynamic and static versions). Selected psychological, physical and conceptual Yoga techniques.
- ✓ Pranayamas: Knowledge on it, practicing of pranayams, teaching, and know how to select Pranayamas.
- ✓ Shat Karmas: Knowledge on shat karmas and benefits of practicing it.
- ✓ Surya Namaskara: complete demonstration of surya namaskara.

PROGRAMME OUTCOMES

After completion of the course the student will be able to:

- PO1-** Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- PO2-** Demonstrate the ability to perform yoga movements in various combination and forms.
- PO3-** Explain the concept of yoga, its different forms and different methodologies of yoga.

PO4- Demonstrate hath yoga and various ancient texts written on yoga, such as the Gita,

Hath pradeepika, Patanjali yoga shutra and Bhaktisagar etc.

PO5- Explain the concept of asanas, pranayama, mudra, Pratyahara, karma, dhyana. Samadhi and hath yoga pradipika.

PO6- Understand the concept of health and factors, effect of it – (dincharya, sandhyopasana, ratricharya, ritucharya) and balance diet etc.

PO7- Explain the effect of yoga therapy for physical illness, mental disorders, the concept of naturopathy & the effects of element therapy (ie. Earth, fire, air, sky and water) on human body. Concept of alternative therapy such as acupuncture, magnet therapy, life therapy, laughter therapy, aromatherapy etc.

SPECIAL PROGRAMME OUTCOMES

SPO1- Explained the concept of yoga (it's various forms & methodologies).

SPO2- Students are given practical knowledge of asanas and pranayams. They are taught “what truly yoga is, by going through various yogic texts like Patanjali yoga shutra, hath yoga pradeepika, bhakti sagar, gherande samhita etc.

SPO3- Various yogic therapies like naturopathy, (it's elements), alternative therapies, such as acupuncture, magnet therapies, jadi-buti chekitsha, voice therapy, laughter therapy, etc and their healing effect on human body.

SPO4- Students are trained to follow these limbs of yoga, practice religiously life to attain the position of samadhi gradually by eliminating all the wrong/ bad practices and to attain the best physical and mental health.

Course Outcomes (CO): DYS-101

CO-1- Give an introduction of yoga, its forms and importance & usage in today's world.

CO-2- Form of Yoga in different treatise:-Veda, Upanishad, Gita, YogaVarshistha, Shankhya, Narad Bhakti Sutra.

CO-3-Different methodologies of Yoga-Raj Yoga,GyanYoga,Bhakti& Yoga ,Karam Yoga ,Hath Yoga,Asthanga Yoga.

CO-4-Introduction to different saints (Yogic):-Maharishi Patanjali ,Gaurakshnath,Maharishi Dayanand ,Swami Vivekanand ,Shri Arvind ,Swami Shivananda ,Swami Kuvalyanand ,Tulsidas and Kabir Das,Surdas.

CO-5-Directing the foundation of yoga in different yogic texts –Patanjali Yoga Sutra ,Gita ,Hath Yoga Pradipika,Gheranda Samhita ,Bhakti Sagar

Course Outcomes (CO): DYS-102

CO-1-Introduction of hath yoga, Sadhak-Badhaktattua, symptoms of hath siddhi.

CO-2-Different asan mention in hath yoga Pradipika, Pranayama& Shatkarma mention in Hath yoga pradipika& its benefits.

CO-3-Description of Various-Bandh, Mudra, Naadanusandhan, form of kundalini according to hath pradipika.

CO-4-Explanation of Sapsadhan andshatkarma mention in Gheranda Samhita and their benefits.

CO5-Concept of san,Pranayam,Mudra,Pratyahara,Dhyana,Samadhi mention in gheranda Samhita.

Course Outcomes (CO) :DYS-103

CO-1-Explain teaching and the factors affecting teaching.

CO-2-Understand the concept of yoga teaching and different aspects of it.

CO-3-Explain the concepts of teaching process, elements of teaching and teaching methods.

CO-4-Yoga education for kids, youth, adults and elderly people and personality development and (Yoga) importance of yoga.

CO-5- Teaching and explanation of yogickriyan-yam,Niyam,Asan,Pranayam ,Dhyan and Shatkaram.

Course Outcomes (CO): DYS-104

CO-1-Explain cell, bones and the function of their different components.

CO-2-Define muscular and digestive system and effects of yoga on it.

CO-3-Give introduction and explanation of respiratory system and nervous system and effects of yoga on them.

CO-4-Explain structure and work process of excretory system and circulatory system and yogic effects on these systems.

CO-5-Explain Endocrine system in details yogic effects on it.

Course Outcomes (CO): DYS-201

CO-1-Introduction of Patanjali Yoga sutra, Chitta, chittaVritti, remedies to control Chitta Vritti.

CO-2-Obstacles in yoga Chitta PrasadhanRemedies, Principle of Karma, Kriyayoga,Panchklesh.

CO-3-Eight limbs of yoga and fruits on get after accomplishing them,Asan and Pranayama.

CO4-Concept of Pratyahara,Dharana,Dhyana,Samadhi.

CO-5-Concept of Man nature and God .Explanation of Siddhiyan and Kevalya.

Course Outcomes (CO): DYS-202

CO-1-Explain the concept of health and factors affecting it-(Dincharya, sandhyancharya, Raatricharya, Ritucharya).

CO-2-Understand about balance diet and the factors affecting diet and its affects in day to day life.

CO-3-Explain the form of Chakra, Kundalin, Nadis and Mahabhuta, Panchkosh and panchparan.

CO-4-Causes symptoms and yoga therapy for physical illness-High BP, Diabetes, Jaundise, Asthama, Constipation, Indigestion, ulcer, cervical spondilities etc.

CO-5-Causes of mental disorder, symptoms and effects of yoga therapy-stress, over thinking, andinsomania.

Course Outcomes (CO): DYS-203

CO-1-Define the concept of naturopathy and its principles.

CO-2-Explain earth element therapy and its importance, precautions Water elements therapy with is benefits, importance and types of water therapy, Enema.

CO-3-Understand the fire element therapy-Benefits and affects of sun-rays in body. Technique of charging water and oil from sun, sun bath.

CO-4-Concept of air elements therapy importance of air and getting good health through air element.

CO-5-Sky element therapy and its concept, concept of fasting importance and precautions treatment of disease through prayer.

Course Outcomes (CO): DYS-204

CO-1-Concept of alternative therapy, Meaning and principle of acupressure and pressure points and benefits of it.

CO-2-Understanding about life therapy its history, principle, power source, its methods and importance color and chakras in Pran chikitsa (life therapy).

CO-3-Concept of magnet therapy, its principle, its method and its effects on different disorder.

CO-4-Jadibuti Chikitsa-Its introduction and usage

Brahmi, Shankhpushpi, Ashvagandha, Tulsi, Turmeric, Giloy, Harad, Baheda, Arjun, Nigundi, Saunth, Neem etc.

CO-5-Introduction of different alternative therapies such as food therapy, laughter therapy, Panchagavya therapy, voice therapy, Yogyatherapy, aromatherapy etc.

COURSE, PROGRAM OUTCOMES & PROGRAM SPECIFIC OUTCOMES OF MA YOGA

M.A IN YOGIC SCIENCE

After completion of the course the student will be able to:

PO1- Explain the concept of yoga, its forms and different methodologies of yoga.

PO2- Explain or describe (demonstrate) hath yoga and various other texts written on yoga, such as the Shiv Samhita, Yoga beej, Narad bhakti sutra, Shrimad bhagwat geeta and Parini yoga Samhita.

PO3- Students used to understand the whole concept of Patanjali yoga shutra, 8-limbs of yoga and concept of accomplishment of asanas, pranayama, karma, dhyana and samadhi.

PO4- Most importantly how yoga can heal the body and mind & its effects on diseases. Most importantly, how yoga leads towards moksha.

SPECIAL PROGRAMME OUTCOMES

PSO1- Understand the concept of yoga and various shatkarmas ie. Dhauti, Vasti, Neti, Nauli, Tratak, Kapalbhathi, for purification of body.

PSO2- Students are trained to practices, knowledge of asanas and pranayams. As well as the deep understanding of yoga or by going through various texts like Gita, Upanishad, Patanjali yoga shutra etc.

PSO3- Students are taught about various physical and mental health problems and the different yogic therapeutics to treat the ailments.

PSO4- Most importantly the path of moksha is used to explain as per the different hindu texts and tried to brief on how yoga can help to attain the greatest target of moksha using asanas, pranayams, dhyana, and samadhi.

COURSE OUTCOMES (CO): MAY-101

CO-1-Give an introduction of yoga, its forms and importance and usage in today's life.

CO-2- Form of Yoga in different treatise-veda, Upanishad, gita,yogaVashistha,Shankhya,Narad Bhakti sutra.

CO-3-Different methodologies of yoga-Raj yoga, gyanyoga, bhaktiyoga,karmayoga,hath yoga ,asthanga yoga.

CO-4-Introduction to different saints (yogis):-Maharishi Patanjali, Gaurkshnath, MaharishiDayanand,Swami Vivekananda ,Shri Arvind ,Swami Shivananda,SwamiKuvalyanand,etc ,Tulsidas ,Kabir das,Surdas.

CO-5-Directing the foundation of yoga in different yogic texts.

COURSE OUTCOMES (CO): MAY-102

Upon successful completion of course a student will be able to-

CO-1-Introduction of hath yoga, sadhakbadhaktattva,symptoms of both siddhi.

CO-2- Different asan mention in hath pradipika,pranayamandshatkarma mention in hath yoga pradipika.

CO-3- Description of Bandh,Mudra,Naadanusandhan ,Form of Kundalini according to hath Pradipika.

CO-4-Describe as mention in Gheranda Samhita- Shatkarma,Asan,Pranayama,Mudra,PratyaharDhyana,Samadhi.

CO-5- Give an introduction of-Shiv Sanhita,YogaBeej,SiddhaSidhantPadati,HathRatnawali,Goraksh Sanhita.

COURSE OUTCOMES (CO): MAY-103

Upon successful completion of course a student will be able to-

CO-1- Explain cell, bones and the function of their different components.

CO-2- Define muscular and digestive system and effects of yoga on it.

CO-3-Give introduction and explanation of respiratory system and nervous system and effect of yoga on them.

CO-4-Explain structure and work process of excretory system and circulatory system and yogic effects on these systems.

CO-5-Explain Endocrine system and yogic effect on it.

MAY-104 (Bases of Psychology and Yoga)

Upon successful completion of the course a student will be able to:-

CO-1-Introduction of Psychology, its history, scientific method.

CO-2-Explain learning, its types, nature of learning, Principle of learning, Explain memory.

CO-3-Thinking –its cause, solution, decision making its principle, emotions.

CO-4-Describe intelligence and its nature, intelligent, Quotation, Felling, stress.

CO-5-Dreams-Idea and its principles.

COURSE OUTCOMES(CO)-MAY-201

Upon successful completion of the course a student will be able to:-

CO-1-Introduction of Patanjali Yoga Sutra, Chitta, Chiita Vritti ,remedy to control chittavritti.

CO-2-Obstacles in yoga ,chittaPrasadhanremedy,Principle of Karma,KriyaYoga,Panchklesh.

CO-3-Eight limbs of yoga and fruits of accomplishment Asan,Pranayama.

CO4-Concept and importance of Pratyahara,Dharana,Dhyan,Samadhi.

CO-5- AshtaSiddhiyan,concept of (Man,Nature,God) and Kevalya.

COURSE OUTCOMES (CO)-MAY-202

Upon successful completion of the course a student will be able to:-

CO-1-Explain mental health and its concept,and the factors affecting mental health.

CO-2- Describe personality, elements that describe personality.

CO-3-Abnormal Behavior, normal and abnormal behavior.

CO-4-Neurological disorder, psychosis-factors and yoga remedies.

CO-5-Stress-its factors and effect and stress management via yoga.

COURSE OUTCOMES (CO)-MAY-203

Upon successful completion of the course a student will be able to:-

CO-1- Concept of alternative therapy-Acupressure, life therapy.

CO-2-Concept of Magnet therapy, SuryaChikitsa or colour therapy, Urine therapy.

CO-3- Voice therapy, Yogya Therapy and its effect in different diseases.

CO-4-Explaining the concept of Abhyang (oil) therapy, laughing therapy, GhareluAusadhi therapy.

CO-5-Vanausadhi therapy, aromatherapy, panchgavya therapy and its principle.

COURSE OUTCOMES (CO)-MAY-204

Upon successful completion of the course a student will be able to:-

CO-1-Define the essence of Upanishad, the concept of Ishavasyopanishad, Kathopanishad, Kenopanishad.

CO-2-Explain the principle of –Prashnopanishad, Taittiriya Upanishad, Mandukya Upanishad.

CO-3-Introduction of shvetashvatra Upanishad, Dhyan Bindu Upanishad.

CO-4-Explain main Upanishads-Naadbindu Upanishad, Yogkundalyupanishad, Yoga Chudamanyupanishad

CO-5-Yog Tattvopanishad, Yog-Rajopnishad, Trishikhibhrahmadaopnishad.

COURSE OUTCOMES (CO)-MAY-301

Upon successful completion of the course a student will be able to:-

CO-1-Define research on yogic science.

CO-2-Explain the concept of research methodologies and design.

CO-3-Classify the useful statistical concepts.

CO-4-Evaluate statistical values and correlation coefficient.

CO-5-Able to understand same probability curve.

COURSE OUTCOMES (CO)-MAY-302

Upon successful completion of the course a student will be able to:-

CO-1-Define the concept of naturopathy and its principles.

CO-2-Define earth element therapy and its importance.

CO-3-Understand water element therapy with its types and uses.

CO-4-Apply the fire elements therapy and Air element therapy and getting benefits from them.

CO-5-Sky element therapy and its concept, the concept of fast, importance and precautions.
Treatment of diseases through prayer.

COURSE OUTCOMES (CO)-MAY-303

- Yoga in Shad-Darsanas (six schools of philosophy)
- Historical background of yoga.
- Different types of yoga.
- Utility of yoga in today's time.
- Health promotion via Hath Yoga.
- Subject matter of hath yoga and Gheranda Samhita.
- Effects of Yoga on Human body systems.
- Different models of personality
- Different research on Yoga.
- Yoga and mental health.
- Introduction of yoga sutras.
- Ashtang Yoga
- Yoga therapy
- Yoga and Health
- Alternative medicine of different diseases.
- Panchmahabhut Therapy
- Natural therapy and its principle

- Ayurvedic therapy.

COURSE OUTCOMES (CO)-MAY-304

Upon successful completion of the course a student will be able to:-

CO-1-Explain the idea of Yoga and personality development and personality development via yoga.

CO-2-Understand the concept of personality factors that helps in development of personality.

CO-3-Explain the possible causes of personality disorders.

CO-4-Define the methods of measurement of personality.

CO-5-Understand the contribution of yoga in personality development.

COURSE OUTCOMES (CO)-MAY-305

Upon successful completion of the course a student will be able to:-

CO-1-Define the concept of self management.

CO-2-Develop self confidence and ideas of building it developing courier, work plan and yoga.

CO-3-Expansion of desire and imagination, development of thinking and memory capacity and yoga in relation.

CO-4-Explain the impact of yoga –need and internal world management and on human health.

CO-5-Understand yoga in relation with expressions, decisions and their execution.

COURSE OUTCOMES (CO)-MAY-306

Upon successful completion of the course a student will be able to:-

CO-1-Explain the concept of health and factors affecting Tridosha, Trigun.

CO-2-Understand about balance diet and the factors affecting diet and its affects in day to day life.

CO-3-Explain the form of Kundalini, Chakra and Nadis and Mahabhuta, Panchtatva and Panchkosh.

CO-4-Causes symptoms and yoga therapy for physical illness ,High BP,Diabities,Jaundice ,Athama,Constipation ,Ulcer, Cervical Spondolitis etc.

CO-5-Causes of mental illness and effects of Yoga therapy over it –Stress, over thinking and Insomania.

COURSE OUTCOMES (CO)-MAY-401

Upon successful completion of the course a student will be able to

CO-1-Explain yoga therapy and its principle.

CO-2-Understand the effects of yoga on different part of the body.

CO-3-Explain the effect of yoga on body mechanism (different system of body)

CO-4-Understand the effects of yogic therapy on mental disorders.

CO-5-Explain various diseases their causes and effect of yogic therapy on them.

COURSE OUTCOMES (CO)-MAY-402

Upon successful completion of the course a student will be able to

CO-1-Explain teaching and the factors affecting teaching.

CO-2-Understand the concept of Yoga teaching and different aspects of it.

CO-3-Explain the process concept of teaching process, elements of teaching and teaching methods.

CO-4-Yoga education for kids, youth adults and elderly people and personality development and importance of yoga.

CO-5-Teaching and explanation of yogic kriyan-Yam, Niyam, Asan, Pranayama, Dhyan and Shatkaram.

COURSE OUTCOMES (CO)-MAY-403

Upon successful completion of the course a student will be able to

CO-1-Explain Vedic medical science and Marma therapy.

CO-2-Explain Marma Numerical consideration and perimeter of Marma.

CO-3-Description of all the Marma differently.

CO-4-Yoga and Marma therapy (science) and their explanation.

CO-5-Understand the method of idea of Marma Therapy and effects or Marma therapy in lifestyle disorder.

COURSE OUTCOMES (CO)-MAY-404

Upon successful completion of the course a student will be able to

CO-1-Understand the concept of Ayurveda and its principle.

CO-2-Idea of Dincharya, Raatricharya and Ritucharya.

CO-3-Explain sources, senses and fire (Agni, Prana & Prananyama, Nature body (Dheh), naturemanas (mind) nature.

Co-4-Explain the concept of Panchkarma-Purvakarma, Paschat Karma and Pradhan Karma.

CO-5-Principle Karma and their explanationbasti ,Raktamokshan method and uses.

COURSE OUTCOMES (CO)-MAY-405

Upon successful completion of the course a student will be able to

CO-1-Understand the concept of Pragmatic yoga and its usage

CO-2-Explain the pragmatic yoga and health concept usage/importance of yoga at primary health centre hospital etc .Usage of Ayurvedic, Allopathic, Homeopathic medicines.

CO-3-Benefits of Yoga for industrial, commercial employees and management of stress with the help of yoga on various employee.

CO-4-Usefulness of yoga sports and physical fitness and how yoga can help people with physical and mental disabilities.

CO-5-Explain the concept of Yogic tourism and its development, Possibilities of Yoga at Uttarakhand tourism.