

## **Program Outcomes (PO)**

The aim of this course is to train and prepare deserving candidates in the exoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. The students will also be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga. It is aimed to provide a basic understanding of Yoga, based on classical texts, with scientific orientation. Imparting skills to introduce Yoga for health & total personality development of general public & students respectively. It is also aimed to introduce the students to the fundamental principles of the Indian system of health sciences. To generate possible employment opportunities & establish Yoga center on their own. To establish peace & prosperity Internally & Externally.

## Program Specific Outcomes (PSO)

- Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- Integral approach of Yoga Therapy to common ailments.
- Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
- Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavors.
- To enable them to establish Yoga Therapy centers in the service of common man.

## Course outcome(CO's)

<b>CLASS</b>	<b>SUBJECT</b>	<b>OBJECTIVE</b>
PGD in Yoga Sem 1 <sup>st</sup> Paper I	Theoretical Yoga Vijyan	TO Promote the awareness for positive health and personality development.
PGD in Yoga Sem 1 <sup>st</sup> Paper II	Applied Yoga Vijnan	Yoga seek to provide people with way to cast off this ignorance and become aware of their true divine self
PGD in Yoga Sem 2 <sup>nd</sup> Paper I	Yoga Philosophy	The primary goal of yoga is to gain balance and control in one's life To provide a sense from the practice of Yogic.
PGD in Yoga Sem 2 <sup>nd</sup> Paper II	Hath Yoga	It focus on meditation full concentration of mind and body, vision and mental frenquility