



Department of Yoga

Programme Offered

1. M.A. (Yoga)

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PROGRAMME OUTCOMES:

The PG programs in Yoga education aims to achieve a sound grounding in understanding the basic concepts of Yoga with sufficient content of topics from modern and contemporary areas of exciting developments in yoga philosophy to ignite the young minds. The curricula and syllabi designed in such a way that the basic connection between theory and practice and its importance in understanding yogic concept will be apparent to the students. The course is two-year duration spread over four semesters after the under-graduation level course.

PROGRAMME OBJECTIVES

- PO-1. Critical Thinking:** Identifying the assumptions that frame our actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.
- PO-2. Effective Communication:** Read, Write, Speak and listen clearly in English and Hindi (Bilingual).
- PO-3. Social Interaction:** Provide a social exchange between two or more individuals.
- PO-4. Effective Citizenship:** Demonstrate social concern and equity centered national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
- PO-5. Ethics:** Recognize different value and moral systems and correlate them with present system.
- PO-6. Environment & Sustainability:** To understand the responsibility to conserve natural resources and protect global ecosystems to support health & wellbeing.
- PO-7. Self-Directed & Life-long learning:** It focuses on the process by which students take control of their own learning, in particular how they set their own learning goals, locate appropriate resources, decide on which learning methods to use and evaluate their progress.

PROGRAMME SPECIFIC OUTCOMES:

- PSO-1.** Promotion of positive awareness for the healthy body and healthy mind.
- PSO-2.** To inculcate the teaching ability for conducting yoga sessions and offer various techniques to promote healthy living.
- PSO-3.** To create yoga professionals of high caliber who know the concepts, techniques and can do the needful for the social wellbeing.
- PSO-4.** To create yoga experts with in-depth knowledge based on yogic texts.

PAPER 1 FUNDAMENTALS OF YOGIC SCIENCE

Course outcomes

On completion of this course, the students will have:

- CO-1.** Critical understanding of the Evolution of Yoga based on the classical texts
- CO-2.** Understanding the basic theories and practices of Shad-Darshan.
- CO-3.** Knowledge of the concepts of Jnana, Bhakti and karma Yoga.
- CO-4.** Understanding of different Schools of Yoga.

PAPER 2 HUMAN CONSCIOUSNESSES AND YOGIC SCIENCE

Course outcomes

Following the completion of this course, students shall be able to

- CO-1.** understand the altered states of consciousness.
- CO-2.** know the science of behavior.
- CO-3.** can understand and develop a complete personality.
- CO-4.** can define various types of cognitive aspects.
- CO-5.** learn the management of common mental disorders.

PAPER 4 SKILL DEVELOPMENT

Course outcomes

- CO-1.** To equip the students with tools and techniques for handling socio political issues that affect them on individual / collective basis.
- CO-2.** Larger awareness of public issues and empathy with marginalised issues in society.
- CO-3.** Inculcate a sense of ethical responsibility and a vision to challenge the existing norms in need of change.

SEMESTER II

PAPER 1 FUNDAMENTALS OF HATHA YOGA

Course outcomes

On completion of this course, the students will have:

- CO-1.** Knowledge of various Traditional Hatha Yoga Texts.
- CO-2.** Understanding of the concept and practice of Shodhana Kriyas with specific principles.
- CO-3.** Conceptual and practical understanding of Asana with its benefits and contra-indications.
- CO-4.** Conceptual and practical understanding of Pranayama with its benefits and contra-indications.
- CO-5.** Conceptual and practical understanding of Mudra and Bandha.

PAPER 2 SCIENCE, SOCIETY AND YOGIC SCIENCE

Course outcomes

- CO-1.** Teach the yoga practices in a scientific interpretation.
- CO-2.** Help to build up a complete personality with physical health, mental well-being.
- CO-3.** Develop understanding of different yogic techniques.

PAPER 4 SKILL DEVELOPMENT

Course outcomes

This course is designed to make students philosophically competent about their own decisions, to achieve clarity, develop comprehension skills and reach precision in arguments with reasons. A spectrum of issues ranging from morality, environment, real life situations, moral dilemmas and ongoing philosophical examination of the crisis in the field of artificial intelligence are a part of this course curriculum.

SEMESTER III

PAPER 1 ANATOMY, PHYSIOLOGY AND HEALTH

Course outcomes

On completion of this course, the students will be able to:

- CO-1.** Understand of Human Anatomy and Physiology.
- CO-2.** Know different levels of structural complexity.
- CO-3.** Know the effect of yogic techniques on different systems in the human body.
- CO-4.** Develop the understanding of hormones.

PAPER 2 YOGA PSYCHOLOGY

Course outcomes

Following the completion of this course, students shall be able to

- CO-1.** understand the altered states of consciousness.
- CO-2.** know the science of behavior.
- CO-3.** can understand and develop a complete personality.
- CO-4.** can define various types of cognitive aspects.
- CO-5.** learn the management of common mental disorders.

SEMESTER IV

PAPER 1 YOGA IN ANCIENT LITERATURE

Course outcomes

Following the completion of this course, students shall be able to

- CO-1.** understand the different techniques of Dhyana practice.
- CO-2.** know the meaning and methods of Pranayama practice.
- CO-3.** understand different limbs of Yoga.
- CO-4.** define various branches of Yoga.
- CO-5.** learn the yogic management of life style to attain perfection in life.

PAPER 2 RESEARCH METHODOLOGY IN YOGIC SCIENCE

Course outcomes

Following the completion of this course, students shall be able to

- CO-1.** Understand the meaning and definition of Research.
- CO-2.** Know the nature and different types of Hypothesis.
- CO-3.** Understand the scientific methods of Observations and Experiments.
- CO-4.** Define nature of Variable and Sampling.