

Programme : M.Sc (Yoga)

Programme Outcomes

Programme name	Programme Code	Programme Outcomes
Master of Science	M.Sc	<ul style="list-style-type: none">• The Students would be able to demonstrate yoga in scientific way to improve positive health.• After completing the program the students would be able to Specialized in Yoga Therapy.• After finishing the program the students would be able to get employment opportunity.• After successful completion of the program students would able to establish yoga therapy center's in the service of common man.• The students would be preserve and propagate ancient Indian concept of health.

Programme Specific Name	Programme Specific Code	Programme Specific Outcomes
M.Sc in Yoga	M.Sc-Y	<ul style="list-style-type: none"> • After finishing the program the students would be able to Have an integrated knowledge of the various disciplines in multidisciplinary field of yogic science. • At the end of the course the students will be able to understand traditional Indian yoga system the philosophy of the yoga systems and the new thought in yoga movement in the country. • Holistic living according to the percepts of Upanishads and Gita. • Develops clear understanding about the benefits and contraindications of yoga practices and train the students on preventive health and promotion of positive health through yoga and personality development. • Understand and apply the physical and psychological benefits of yoga • Recognize, understand and develop the therapeutic skill of yoga in handling various health issues • Develop their physical and mental coordination and confidence through multiple yogic practices. • Evaluate and incorporate the traditional and modern approaches in their yogic interventions. • Critically analytical and also can approach the facts from multiple perspectives through their interdisciplinary subjects. • Students are able to socially responsible as they are dealing with the modern and psychosomatic diseases through their yogic therapy

1st Semester

Course Code	Title of the Course	Course Outcomes
M.Sc-Y 101	An introduction to yoga	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Trace out the ancient roots of yoga from Indian wisdom. • Distinguish yogic insights from Indian philosophy. • Understand the influence of Yogic principles from lives of great yogis and gain the knowledge of modern applications of yoga.
M.Sc-Y 102	Philosophical foundations of yoga	<p>After completed the course students would be able to</p> <ul style="list-style-type: none"> • Recognize the concept of Chitta, Chitta Vrittis and eliminative methods, Iswara , the role of Iswara in self-realization and Samadhi and its types. • Understand the importance of kriya yoga to eliminate Kleshas and self-realization and fundamental principles and practices of Astanga yoga to achieve Samadhi. • Identify and get the knowledge of root cause and manifestation of disease.
M.Sc-Y 103	Foundations of hatha yoga - i	<p>After finishing the course, the student would be</p> <ul style="list-style-type: none"> • Aware of preventive aspects of yoga from ancient Hata Yoga modules. • Analyze the therapeutic concepts of yoga in management of stress born disorders. • Aware of theory, practice of meditation and their therapeutic application.
M.Sc-Y 104	Sanskrit- basics relevant to yoga	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Obtain the knowledge of Sanskrit to understand in-depth concepts of yoga. • Communicate in Sanskrit. • Acquired the mastery in Sanskrit language. • Translate Yogic text in to global languages.
M.Sc-Y 105	Yoga practical paper - 1	<p>After finishing the course, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas • Pranayama • Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>
M.Sc-Y 106	Yoga practical paper - 2	<p>After finishing the course, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas • Pranayama, Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>

2nd Semester

Course Code	Title of the Course	Course Outcomes
M.Sc-Y 201	Ancient healing foundations of yoga	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Apprise the therapeutic concepts of yoga from principle and Yogopanishads • Obtain the knowledge of (Pancha kosha)human exitance as a principle of yoga therapy. • Interpret the ancient Yogic technique of jejunation and experiment the on bio-medical tools. • Understand the application of ancient Yogic technique to solve the modern problems and pregnant issues in women.
M.Sc-Y 202	Foundations of hatha yoga - ii	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Summarize the therapeutic explorations from popular ancient yogic text. • Investigate andin-depth understanding of subtle physiological changes during the advanced yogic practices. • Determine the in-depth physiological changes by both Shat Kriya and Pranayama.
M.Sc-Y 203	Human biology	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Achieve the ideas of various physiological changes by practices of yoga. • Illustrate the location and inter-relation of different parts of the body. • Equipped with the knowledge of muscles and nerve fibers stretched, compressed during various yogic practices. • Capture the in-depth understanding of neuro psychological locks in mudras and bandhas.
M.Sc-Y 204	Yoga and allied sciences	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Acquire the fundamental understanding of inter relation of different medicinal approaches to health and ill health. • Recognizes the basic principles and practices of Ayurveda and naturopathy. • Applied the idea of holistic approach in offering health solutions. <p>Aware of appropriate period, day, practical regime suitable to the nature of body and mind according to Jyotisha.</p>
M.Sc-Y 205	Yoga practical paper - 1	<p>After finishing thecourse, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas • Pranayama, Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>
M.Sc-Y 206	Yoga practical paper - 2	<p>After finishing thecourse, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas • Pranayama, Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>

3rd Semester

Course Code	Title of the Course	Course Outcomes
M.Sc-Y 301	Morden management of health	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Independently take up, examine and prepare a case sheet of the patient. • Analyze the causes of the disease basing on the investigation reports. • Identifies and offers appropriate yoga therapy modules based on scientific lines. • Explore the importance of non-pharmacological approach of yoga towards healing of modern diseases.
M.Sc-Y 302	Basis and principles of yoga therapy	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Acquire the knowledge about Principles of yoga therapy. • Develop their abilities in therapeutic knowledge of various yogic practices and their importance of Health Management. • Identify Yogic modules for different health problems. • rescribe appropriate yogic diet schedule for speedy healing. <p>Able to take up counselling sessions to patients on proper lifestyle for stress free life.</p>
M.Sc-Y 303	Health management and yoga	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Achieve the ideas of various physiological changes by practices of yoga. • Identifies and offers appropriate yoga therapy modules based on scientific lines. • Develop their abilities in therapeutic knowledge of various yogic practices and their importance of Health Management. • Identify Yogic modules for different health problems.
M.Sc-Y 304	Methods of research and statistics	<p>After completed the course learners would be able to</p> <ul style="list-style-type: none"> • Understand the role and importance of research in yoga. • Analyze different methodical observations for successful research in applied yoga. • Buildup research aptitude especially in therapeutic concepts of yoga for various diseases or health problems. • Evaluate and asses the out comes by using scientific methods in research. <p>Equipped in preparation and designing research projects for financial assistance.</p>
M.Sc-Y 305	Yoga practical paper - 1	<p>After finishing thecourse, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas, Pranayama, Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>
M.Sc-Y 306	Yoga practical paper - 2	<p>After finishing thecourse, the student would be able to gain thorough knowledge of</p> <ul style="list-style-type: none"> • Asanas, Pranayama, Kriyas • Basics of Bandha and their application. <p>Learner would be able to attain Physical, mental and emotional wellbeing.</p>

4th Semester

Course Code	Title of the Course	Course Outcomes
M.Sc-Y 401	Evidence based yoga therapy	After completed the course learners would be able to <ul style="list-style-type: none"> • Discover the yogic concepts of disease and remedial measures. • Employ ancient yogic technique in balancing the neuro- endocrinal apparatus Demonstrate yoga Therapy as unique drugless approach to modern psychosomatic disease.
M.Sc-Y 402	Field training and project work	After completed the course learners would be able to Procure practical experience and exposure in the technique of group teaching and training.
M.Sc-Y 403	Internship	After completed the course learners would be able to <ul style="list-style-type: none"> • Exhibit professionalism in the field of yoga therapy. Confidently take up independent research program, design, collect, synthesis and prepare the thesis on scientific lines.
M.Sc-Y 404	Project work	After successfully completing this course, students will be able to: <ul style="list-style-type: none"> • Acquire skills to develop the Yoga project. • Understand the Yoga Practice life cycle.
M.Sc-Y 405	Desertation	<ul style="list-style-type: none"> • The aim of the course is to evaluate and asses the involvement , caliber and knowledge of the student in program.
M.Sc-Y 406	Viva voce	<ul style="list-style-type: none"> • Self Confidants Development to all.