

## M.A. Yoga Programme Outcomes

- PO1:** Skill development- To develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle, conceptualize and practice astanga yoga, various asanas, kriyas, bandha, mudras, meditation and pranayama and Yogic Therapies with reference to wellness.
- PO2:** Knowledge about Anatomy Physiology for Yogic Sciences- Students to understand the structural and functional aspect of human body and develop understanding about classification of Asanas, Kriya, Bandha Mudra, Pranayama and its mechanism on various system.
- PO3:** Understanding ability- Develop understanding about Teaching Method, importance of Teaching Method, Presentation technique, Teaching technique and style, teaching aids, lesson planning, teaching innovations and organization of tournament.
- PO4:** Develop the concept of Yoga and its verities. It aims to develop understanding about different ways to achieve Raj Yoga, According to Swarmaram Hatha Pradipika described Asanas, Pranayama, Krivas, Nadanusandhan, Concept of Indian Philosophy and super Natural Power.
- PO5:** Develop the concept of scientific research in Yoga. It aims to develop understanding about the need and importance of research in Yoga, research problem, Hypothesis, Variables, research design and sampling techniques.
- PO6:** Develop the concept of statistics, types of statistics, function of statistics, population, variable and data. It aims to develop understanding about the measures of dispersion and scale, probability distribution, graphical presentation and analyze the data.

**PO7:** Understand the basic concept and components of food nutrition. It aims to develop understanding about the objective of yogic nutrition Food groups and food metabolism.

**PO8:** Understand the concept of yoga etiology, diagnosis and therapy. It develop the knowledge of students about various treatment for relieve from musculo-skeletal disorders, Gastro intestinal and excretory disorder, management of cardio-pulmonary disorders and neurological and psychlatric disorders.

**PO9:** Develop skills and competencies for conducting rigorous, theoretically correct and practically relevant research in the field of Yogic Sciences.