



DEVI AHILYA VISHWAVIDYALAYA, INDORE

School of Yoga

1.1.1

Program outcome and course outcome



YOGA CENTRE, DEVI AHILYA UNIVERSITY INDORE

Curricular Aspects

The Curricula developed at our P.G. Diploma in Yoga Therapy and Post Graduate (M.A.) in YOGA has great relevance to the local/regional/national and global developmental needs.

Subject Curricula contents in both programs and courses, duration with their relevance to meet following learning objectives:

Fundamentals of Yoga - Helps students aware of the genesis of Yoga, 8 (Ashtang) real science behind Yoga. Practically performing with demonstrations and detailed major and minor technical aspects of each Asanas and Kriyas.

Patanjali Yog Sutra - Greatly deals with the transformation of complete thought process and changes one internally towards being much better human during the course of time.

Yoga Counselling and Psycho Therapy - Understanding the patients core problem. Nurturing essential qualities of effective Counselor. Learning methods and techniques to effectively

Anatomy, Pathology and Physiology - Learning human body systems, diseases cure helps in applying group of Asanas with Yoga therapy to cure people from their pains and diseases with time. Scientific Analysis of Asanas and Pranayam's are deeply studied in our Post Graduate Program.

Ayurveda - Ancient Land's System of Cure

Eastern Philosophies Broader and deeper frame of mind with multi perception.

Gita - Great management lessons to teach today's generation to how to life effectively in all aspects of life.

The Final Outcomes of the Programs and Courses run by the Department are:

Employment Opportunities:


1. P.G diploma courses have opportunities in Schools, Central Government Departments, and Yoga Center.
2. The Post Graduates and Ph.D.'s are qualified to be appointed as Teachers and Yoga instructors in Universities, Colleges, health center and other health departments of Ayush ministry.

Entrepreneurship:

1. Apart from these academic opportunities they can open their own Yoga Studios, Hospitals, Corporate workshops.
2. Freelancers, Home Visits, Yoga Clinics.

Further Studies:

Students who wish to plunge into the field deeply and make strong foundation of the career by doing further studies like M.Phil, Ph.D. In the field of yoga education.


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Research:

There is a great scope of research on Yoga. Research has great scope in context to every aspect of Yoga and Medical Science and to solve complexities of modern life with Patanjali Yog Sutra and Gita understanding.

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Programme Outcome :-

P.G. DIPLOMA

- P.G. Diploma holder can get enough knowledge to commence his/her own business independently.
- He/she can work professionally in any institute to earn his/her bread & butter.
- Can teach & continue even learning through teaching.
- Can be eligible to get admission for master's degree.
- Can write & publish his papers in journals & go for research.

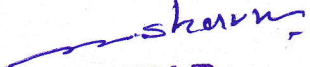
P.G. DIPLOMA in YOGA THERAPY YG3A

Eligibility:

- A candidate should hold graduate/post graduate degree in Any subjects with 50% marks from Devi Ahilya Vishwavidyalaya or any other university recognized by Devi Ahilya Vishwavidyalaya.
- 1 year Diploma in Yoga Education.
- 40 seats are being allotted for this Course.
- All Graduated from any discipline are eligible for perusing Diploma.

Programme Specific Outcome

- P.G. Diploma in Yoga Therapy holder can become Yoga therapist.
- They can treat & cure sick people with Yoga Therapy.
- Can run their own Yoga class for earning.
- Can become a Yoga Instructor in any school/institute.
- Can write & publish their research papers in Yoga Journals.
- Can enroll for master's degree in Yoga.


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M.A.

Programme Outcome

- Master degree holder can get enough knowledge to commence his/her own business independently.
- He/she can work professionally in any institute to earn his/her bread & butter.
- Can teach & continue even learning through teaching.
- Can be eligible for doing Ph.D.
- Can write & publish his papers in journals & go for research.


M.A. (YOGA) YG5A

Eligibility:

- Graduate in any discipline with 50% in aggregate.
- Course Duration 2 yrs.
- Total no of seats allotted are 50 seats.
- All students undergone 1 yr yoga diploma after graduation are eligible for this course where students are taught Yoga Therapy to cure the Various Diseases likes.. Blood Pressure, Diabetes , spondylitis, cervical any many more...

Programme Specific Outcome

- M.A. in Yoga degree holder can become Yoga therapist.
- They can treat & cure sick people with Yoga Therapy.
- Can run their own Yoga center for earning bread & butter.
- Can become a Yoga Instructor/ Yoga Teacher in any school/institute.
- Can write & publish their research papers in Yoga Journals.
- Can enroll for Ph.D. in Yoga.


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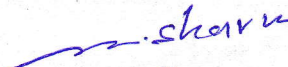
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Programme Name: **P.G. DIPLOMA in YOGA THERAPY**

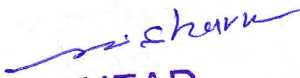
Programme Code: **YG3A**

COURSE OUTCOMES :-

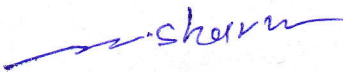
S.No.	COURSE CODE	COURSE NAME	COURSE OUTCOME
1	PG-101	Yoga Parichaya	<ul style="list-style-type: none">• To Introduce Etymology of Yoga, Definitions, Nature & Aim of Yoga• To know the origin, history & development of Yoga from Vedas, Upnishads• Brief Introduction to Four Paths of Yoga & different kinds of Yoga• Distinction between Raja Yoga (Ashtang Yoga) & Hatha Yoga with special reference to Classic Texts on Hatha Yoga• Objectives & Misconceptions about Yoga, Utility of Shat karma, Eight limbs of Yoga in Modern Era to correct life style
2	PG-102	Patanjal Yoga Sutra	<ul style="list-style-type: none">• Introduction to Maharshi Patanjali, his great contribution in Yoga• To be familiar with the purpose, effects & significance of Yoga sutra• To understand the Sutras by decoding them such as formula• To know the causes of sorrow & how to get rid of them• How to control the fluctuations/movements of mind to live life happily


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3	PG-103	Anatomy & Physiology	<ul style="list-style-type: none"> • To know human body scientifically • Introduction to eight systems of human body so the impact of Asana can be understood by the students • To be familiar to their functioning • Use of charts, diagrams & power point presentations to explain systems of the human body properly • To make the students aware about importance of correct life style
4	PG-104	Yoga, Counselling & Psycho Therapy	<ul style="list-style-type: none"> • To define stress & why it must be managed for healthy life • To make them aware about the role of Yoga in Stress management • To understand the relationship between Yoga & Counselling, its utility • To teach them how to get benefitted in normal & abnormal conditions through counselling • Distinction between Counsellor & Psychiatrist
5	PG-105	Yoga Practical	<ul style="list-style-type: none"> • How to perform Asana properly & scientifically • How to do Pranayama & the physiological, psychological benefits • To make them aware about the therapeutic benefits of Asana & how to utilise Asana as Yoga therapy • To learn selected & useful Shat Kriya & experience their benefits • To study the time duration & counter pose of each Asana
6	PG-201	Yoga & Mental Health	<ul style="list-style-type: none"> • To describe Psychology & psychological issues • To know about psychosomatic disorders & their role in diseases • To understand the importance of Mental Health & how to attain it through Yoga • To learn about Personality & role of Yoga in Personality development • To know the importance of prayers & Yogic Diet for mental health


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7	PG-202	Yoga Chikitsa	<ul style="list-style-type: none"> • Describe Yoga & how to use Yoga knowledge to treat patients • How to cure diseases related digestive system & excretory system • The proper treatment for diseases related Respiratory & blood circulatory systems • To get deep knowledge about muscular system & impact of Yogasana on Muscles • How to give therapy in the issues related to reproductive system
8	PG-203	Patanjal Yog Sutra	<ul style="list-style-type: none"> • To gain deep & intense knowledge about Yoga Darshan • Brief introduction of Sankhya Darshan • To be able to distinguish between Sankhya & Yoga Darshan • To practise Internal aspect of Yoga • How to attain the ultimate goal of Yoga
9	PG-204	Teaching Practice	<ul style="list-style-type: none"> • To know the teaching methodology • To understand the difference between Asana & Exercise • To prepare lesson plans before teaching • Study the difference between Yoga class & Yoga therapy class • Practical atmosphere of Yoga teaching before starting professionally
10	PG-205	Yoga Practical	<ul style="list-style-type: none"> • How to practise preparatory postures before Asana • How to do advanced asana • More practice for Pranayama & shat kriya • How to reach to final position to get maximum benefits from the Asana • How to increase time duration to hold the pose in final position


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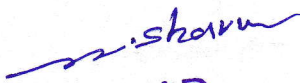
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Programme Name: M.A in Yoga

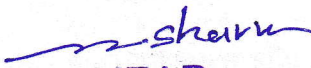
Programme Code: YG5A

COURSE OUTCOMES :-

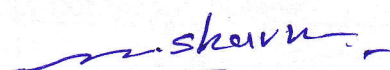
S.No.	COURSE CODE	COURSE NAME	COURSE OUTCOME
1	PG-101	Ancient study of yoga	<ul style="list-style-type: none">• study of philosophical and behavioural aspect• role of yoga in other communities such Jainism, Buddhism , islam, christianity.• types of yoga such as karma yoga , bhakti yoga etc• yoga in modern as such as art of living, vipashyna, sahaj yoga , osho meditation• introduction of different types of yogic who encourages traditionally, scientificaly encourages and promote yoga as well being
2	PG-102	Shrimad Bhagwat geeta	<ul style="list-style-type: none">• role of geeta in current scenario• What is the nature of gyan and moksha?• types of karmas• role of karma in geeta• What is the relation between bhakti and ishwar?


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3	PG-103	Patanjal Yoga Sutra	<ul style="list-style-type: none"> • Introduction to Maharshi Patanjali, his great contribution in Yoga • To be familiar with the purpose, effects & significance of Yoga sutra • To understand the Sutras by decoding them such as formula • To know the causes of sorrow & how to get rid of them • How to control the fluctuations/movements of mind to live life happily
4	PG-104	Anatomy & Physiology	<ul style="list-style-type: none"> • To know human body scientifically • to know functioning of different types of edocrine and exocrine glands • impact of Asana over glands and how to improve proper functioning • study of different types of system and how it function and role of yoga over body • Impact of shutkarma over systems, glands, internal organs.
6	PG-105	Yoga Practical	<ul style="list-style-type: none"> • How to perform Asana properly & scientifically • How to do Pranayama & the physiological, psychological benefits • To make them aware about the therapeutic benefits of Asana & how to utilise Asana as Yoga therapy • To learn selected & useful Shat Kriya & experience their benefits • To study the time duration & counter pose of each Asana


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5	PG-201	Patanjal Yoga	<ul style="list-style-type: none"> • Introduction of bahirang yoga • Nature of ahimsa, satya, Santosh, tap, swadhyay • types of chitta parinama and their details • nature of kaivalya
7	PG-202	Hath yoga sadhna and siddhant	<ul style="list-style-type: none"> • Introduction of hathyoga • Introduction of asana, method, precaution and benefit • proper knowledge of bandh and mudra over body and mind • Intense knowledge of shutkarma, methods with their precaution and benefits
8	PG-203	Sankhya darshan	<ul style="list-style-type: none"> • Brief introduction of Sankhya Darshan • nature of dukhtray according to sankya philosophy • study of prakruti and vikasvadh • relation between prakruti and purush
9	PG-204	Swasthratt ahar and Yoga Chikitsa	<ul style="list-style-type: none"> • Introduction of swathvrat and tridosh • types of ahar such as dairy products, fruits, balance diet • yogic treatment for various types of diseases • role of swathvrat ahar and yogic practices over the body
10	PG-205	Yoga Practical	<ul style="list-style-type: none"> • How to practise preparatory postures before Asana • How to do advanced asana • More practice for Pranayama & shut kriya


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			<ul style="list-style-type: none"> • How to reach to final position to get maximum benefits from the Asana • How to increase time duration to hold the pose in final position
11	PG-301	Scientific study of yogasana	<ul style="list-style-type: none"> • difference between asana and exercise • scientific study of different types of asana such as meditative, cultural, relative asana and how it effect over body • deep scientific study of bandh and mudras
12	PG-302	Scinetific study of Pranayam	<ul style="list-style-type: none"> • Scientific study of various types of pranayama and how it effect over the body • effect of prana over panchkosh • Therapeutic role of pranayama over various respiratoy, cardiovascular, psychosomatic ,psychological diseases
13	PG-303	Hath yoga sadhna and siddhant	<ul style="list-style-type: none"> • Introduction of Hathyoga according to swami ghrenath in brief • Study of different types of shutkriya, asana , pranayama , mudra in detail according to gherand Samhita. • introduction of literature vashishta samhita • types of asana , pranayama according to vashitha samhita
14	PG-304	Indian Philosophy	<ul style="list-style-type: none"> • Introduction of indian Philosophy and their contribution • Importance of indian philosophy in society

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			<ul style="list-style-type: none"> • study of different types of philosopher such as charvahak, Jainism, Buddhism, sankhya darshan • relation between tatv mimansa and achar mimansa
15	PG-305	Yoga Practical	<ul style="list-style-type: none"> • How to practise preparatory postures before Asana • How to do advanced asana • More practice for Pranayama & shut kriya • How to reach to final position to get maximum benefits from the Asana • How to increase time duration to hold the pose in final position
16	PG-401	Yoga & Mental Health	<ul style="list-style-type: none"> • To know about psychosomatic disorders & their role in diseases • To understand the importance of Mental Health & how to attain it through Yoga • To describe Psychology & psychological issues • To learn about Personality & role of Yoga in Personality development • To know the importance of prayers & Yogic Diet for mental health
17	PG-402	Nutrition and Dietetics	<ul style="list-style-type: none"> • concept of food and nutrition • classification of Nutrition • detail study of carbohydrates, water, minerals, protein , vitamin • role of nutrition in metabolic diseases like- Diabetes, Obesity, PCOD and Thyriod

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18	PG-403	Research in yoga and statistical method	<ul style="list-style-type: none"> • Importance of research in yoga • study of different methods, measurement, analysis of data in research • study of correlation, regression, mean , median ,mode ,standard deviation
19	PG-404	Nibandh/Dissertation	<ul style="list-style-type: none"> • in Nibandh writing cover all the points such as introduction of topic, importance , components ,benefits • In dissertation they have to prepare a research project over any diseases in which they have go through following points introduction, which method they are using while doing research, statistical data
20	Pg-405	Yoga Practical	<ul style="list-style-type: none"> • How to practise preparatory postures before Asana • How to do advanced asana • More practice for Pranayama & shut kriya • How to reach to final position to get maximum benefits from the Asana • How to increase time duration to hold the pose in final position

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