

COURSE SPECIFIC OUTCOME ANALYSIS

DEPARTMENT OF YOGA SCIENCE

1. M.A YOGA SCIENCE (MAYS)

During the M.A Yoga Science course the students will develop the understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle, conceptualize and practice of Astanga yoga, various Asanas, kriyas, bandha, mudras, meditation and pranayama and Yogic Therapies with reference to wellness. In addition, the students will acquire the knowledge of Anatomy Physiology and will get the concept of Asanas, Kriya, Bandha Mudra, Pranayama and its mechanism on various system. Furthermore, they will also develop the understanding about Teaching Method, teaching aids, lesson planning and teaching innovations. The students will learn the different ways to achieve Raj Yoga, according to Swarmaram Hatha Pradipika described Asanas, Pranayama, Krivas, Nadanusandhan, Concept of Indian Philosophy and super Natural Power.

2. M.Sc YOGA SCIENCE (MSYS)

In this course the students will go through the concept of yoga therapy, its principles and practices of yoga for prevention of various lifestyles, non-communicable and psychosomatic disorders. Promotion of positive health and to prepare them for giving talks and offer techniques to promote healthy yogic lifestyle. To create professional therapists of high caliber who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases. Students will learn the application of Hatha Yoga and Patanjali Yoga related principles and practices in biopsychosocial contexts. In addition, he will also learn the yogic anatomy, physiology and Importance of biomechanics in yogic practices. Moreover, they will also learn the Yogic etiopathogenesis and management of stress from the perspective of Srimadbhagwadgeeta. They learn the use of yogic principle and practice covered in Yoga Vasistha for managing stress and personality development. Further they will develop the concept of diet and the medical value of nutrition and appropriate diet to different age groups as well as the benefits and caloric value of various food groups.

3. B.A. (WITH YOGA SCIENCE) (BAYS)



A handwritten signature in green ink, appearing to read "V.K. Katiyar".

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During this course the students will be taught the yogic concepts which will lead towards developing their skills, in self-realization and setting goals in life. It will also help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will develop leadership qualities in the students along with their personality development. In addition, the students will develop the concept of different hatha yogic techniques and will acquire perfection to perform different yogic practices. They further well verse with practical application of shatkarma mentioned in the classical hatha yogic. Students will get the expertise about the various Vibhuti, Sanyama, Parinamas, and methods for achieving Kaivalya. The student will further learn the concept of human anatomy & physiology of Cell structure including treatment of various diseases of human systems using yoga Asnas and shatkarma techniques. In addition students will also learn the Yoga modules of PP Swami Ramdev Ji.

4. B. Sc. YOGA SCIENCE (BSYS)

The student can explain about the theory and practice of Yoga and its nature, scope, Development of yoga through the ages, various types of School like Karma Yoga, Bhakti Yoga, Jnana Yoga, Raja yoga, Hatha yoga and Mantra Yoga, Meditation and Its nature and scope, Different types of meditation, the concepts Hatha Yoga Pradipika and Gheranda Samhitha, Chakras theory and relevance to the modern life. The student will further learn the concept of human anatomy & physiology of Cell structure, Nutrition and dietetics as per Yogic Texts and development of Indian philosophy systems like Vedic thought, Nyaya Philosophy, Vaisesika Philosophy, Samkya Philosophy Patanjali Yoga Darsana and Mimamsa Darsana, Jainism, Buddhism. The student will also learn about various methods of psychological sciences and can demonstrate the Kriyas, Asanas, Mudras, Bandas, Pranayama and meditative postures. Furthermore, Students will also learn the Yoga modules of PP Swami Ramdev Ji.

5. POST GRADUATE DIPLOMA IN YOGA SCIENCE (PGDYS)

During the PGD Yoga Science course the students will develop the understanding about importance of yoga as well as various aspect of Astanga yoga, Asanas, kriyas, bandha, mudras, meditation and pranayama and Yogic Therapies with reference to wellness. In addition, the students will acquire the knowledge of Anatomy Physiology. Furthermore, they will also



develop the understanding about Bhagwadgita, Upanisad & concept of Vaidic Yoga. Students will also learn the Yoga modules of PP Swami Ramdev Ji.

6. PG DIPLOMA YOGSANA SPORTS COACHING

This course will strengthen the basic concept of yoga as a sports will lead towards developing their skills and setting goals in life. The students will well verse with practical application of yaga and various yogic postures mentioned in the classical literatures. Students will get the expertise about the various Vibhutis, Sanyama, Paranamas, and other related yogic methods. The student will further learn the concept of human anatomy & physiology of Cell structure including treatment of various diseases of human systems using yoga Asnas and shatkarma teniques. In addition, students will also learn the Yoga modules of PP Swami Ramdev Ji.

DEPARTMENT OF TOURISM AND TRAVEL

7. M. A. IN TOURISM & TRAVEL MANAGEMENT (MTTM)

This course will augment students with a comprehensive theoretical and practical understanding of conceptual and applied issues relevant to hospitality and tourism management. Students shall lead to develop and enhance the skills and abilities to manage and promote the overall growth and development of the industry across the globe. The research guidance during the programme will help students furthermore to develop projects and dissertation work and that could be applicable to industry as well as academia. The programme will encompasses the mentorship and working-in-real-situation experiences for the students to maximize learning.

8. POST GRAGUATE DIPLOMA IN YOGA, HEALTH & CULTURAL TOURISM (PGDYH & CT)

This course deals in Tourism & Yoga with the specific purpose of experiencing Health Tourism, Spiritual Tourism, Wellness & Peace Tourism. It will clarify the students the preliminary concepts of Yoga with the basic asana & therapies that further may jointly be taken with Tourism at different destinations in India & World in various ashrams, resorts and at other related places.

DEPARTMENT OF PSYCHOLOGY



9. MA PSYCHOLOGY WITH SPECIALIZATION IN CLINICAL PSYCHOLOGY (MAP)

During the course of MA psychology, the student will learn the basic principles of psychological process through scientific experiments. Students will develop an appreciation of the biological, social impact on personality and learn about the biological foundations of behavior, physiology and importance of brain functions, Neuro- biological Perspective of Psychology, human behavior is related to it in a scientific way, understanding of psychological knowledge within yoga and meditation linking with the idea of mental health and well-being, practice of yoga and meditation systems and linking to applications in various contexts. Students learn efficiently about the administration and interpretation of tests in the related and Adjustment, Clinical, Guidance and Health. They will also be exposed and trained in the respective domain specific areas.

DEPARTMENT OF APPLIED AND ALLIED SCIENCES

10. B.SC. HONS. BIOLOGICAL SCIENCES (BSHB)

In this course the students acquire the complete knowledge of disciplinary and allied areas of biological sciences. The B.Sc. Honors program in Biological Science covers a wide range of basic and applied aspects of cell biology, biophysics, chemistry, biodiversity, microbiology, molecular biology, genetics, neurobiology and other applied courses. In addition, the students will also learn the practical aspect of all these courses. The core courses that are a part of the program are designed to build sound knowledge in the student, and furthermore, acquaints the students with the applied aspects of this fascinating discipline as well. The student is thus equipped to pursue higher studies in an institution of her/his choice, and to apply the skills learnt in this course to solving practical biological problems.

11. POST-GRADUATION DIPLOMA IN YOGA AND AYURVEDA (PGDYA)

The students will be introduced to the essential elements of a yogic life style, the concept of health and disease and their remedies through yoga practice. They will also learn the overview of the five sheath human existence. They will learn yoga in Smiritis and puranas and how it was practiced in ancient, medieval and presently popularized by Swami Ramdev Ji. In addition, students will also learn the various concept of Astanga Ayurveda, Pancamahabhuta,



Tridosha and various other concept of Ayurveda. Furthermore, they will also understand about various disease related to human systems and learn their treatment using yoga and Ayurveda.

DEPARTMENT OF MUSIC

12. DIPLOMA HINDUSTANI (BHARTIYE) MUSIC (DHM)

Music Diploma Course are being Conveyed to Student's about the Basic & Advanced Structure of Vocal & Instrumental by Grasping different form of Music. It Escort to more Significant brains development, Concentration as well as Memory Level's to Demonstrate the Understanding & use of knowledge as a means for creating Cultural Awareness & Can also able to Create, Analyze & Synthesize Music as a means of Supporting Developing Carrier's in music by Teaching & Performances.

DEPARTMENT OF ENGLISH

13. M.A. IN ENGLISH (MAE)

The course will introduce the students with the idea of English literature to acquaint with the broader genres of literature in general, and will introduce the basic forms of literature, as well as will develop the liking of reading and evaluating the Literature. It will inspire students to develop their creative ability. Consequently, the course will develop reading skill and creative and expressive ability of the students.

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

14. BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

This course will enable the students in understanding the concepts, theories, functions, structures, terminology and skills of physical education and sports sciences. Moreover, they will get the in-depth knowledge of this ancient Indian language and its literature. Describing the concept, need and importance of anatomy and physiology in physical education. Classifying the different committees and schemes in the field of physical education. Comparing the General news reporting and sports reporting. To promote healthy living and to facilitate prevention early detection and Management of disease. Reflect critically on their roles, responsibilities, and identities as citizens, consumers and environmental actors in a complex, interconnected world. Estimating the role of resistance in sports.



15. CERTIFICATE COURSE IN BHARTTIYE VYAYAM PADHATTI

After completion of the certificate course, the students will be able to attain the knowledge on the concepts of playing the specific Games and the event. Acquire the knowledge of Rules involved in the specified activities. Play the Games and throwing event by knowing the Fouls and the punishments for infringing the rules. Acquire knowledge of Techniques and Practice of Yogasanas. They will also acquire the knowledge of Linear Kinematics and Angular Kinematics and technical and Tactical Preparation as well as the training Plans.

DEPARTMENT OF SANSKRIT

16. MA SANSKRIT LITERATURE (MS)

After learning the courses of MA Sanskrit Sahitya, the students will be able to clarify the different aspects of Sanskrit language like pronunciation, script, etc. Describe various Sanskrit texts and apply the concepts in their life. Translate and Rewrite the contents of various Sanskrit works. Analyse the Sanskrit Grammatical aspects in popular Sanskrit literatures.

17. MA SANSKRIT VYAKARAN (MV)

After learning the courses of MA Sanskrit Vyakaran, the students will be able to teach and relay the knowledge of Sanskrit grammar and Sanskrit literature, being fully aware of all the principles related to Sanskrit language. Realize the ancient civilization and human ideals and establishing harmony of the diverse past with present condition works for cultural protection and promotion. Carry advance research and studies in the area of Sanskrit Vyakarana.

18. BA SANSKRIT SAHITYA (BS)

After learning the courses of BA Sanskrit Sahitya, the students will be able to recite the Sanskrit verses with proper pronunciation. Explain the importance of learning Sanskrit Language and its literature. Identify the basic elements of Sanskrit language, such as Root-word, Suffix, Conjunction, Compound and so. Read and explain the basic Sanskrit literature. Speak the Sanskrit language fluently. Continue their further studies in the area of Sanskrit.

19. BA HONORS SANSKRIT VYAKARAN (BV)

After learning the courses of BA Sanskrit Vyakaran, the students will be able to progress smoothly in the Sanskrit language understanding the principles of grammar and meanings of sutras their examples etc. Read and understand the entire Sanskrit literature internalising the



knowledge of Sanskrit language. Understand the basic principles of Vedic texts such as Gita, Upanishads, Vedas etc. Effortlessly speak the Sanskrit language without allowing any imperfections related to the usage of words.

20. BRIDGE COURSE SANSKRIT (BC)

After learning the courses of Bridge Course, the students will be able to learn the Sanskrit grammar after becoming familiar with the basic principles of grammar. Excellent himself and makes contribution to the society by imbibing the excellent values of human life. Speak and write the Sanskrit Language. Explain the preliminary aspects of Sanskrit language and its grammar.

DEPT. OF PHILOSOPHY

21. MA DARSHAN (MD)

After learning the courses of MA Darshan, the students will be able to leading the world to a collective welfare which occurs by the emergence of self-vision in him. Philosophy provides divine vision to the student, by which, by gaining knowledge of all the components of the universe with the emergence of self-vision in all human beings, the human becomes oriented towards welfare. Behave according to this approach, a divine super mind conscious person, by incorporating moral values and spiritual values in himself and in the society gets ready to build society and nation. By learning the Vedic philosophical principles, the student becomes capable of differentiating between the principles and values of doing truth and welfare and eradicating hypocrisy and superstition and do welfare and make welfare by others. Through the understanding of Panchavayav style of ancient justice, the development of intelligence in the student to differentiate between eternal moral points and unethical inhuman misdeeds. By pursuing the course presented, spiritual attitude develops in the student, due to which he gets oriented towards good knowledge, goodwill, virtue and good deeds.

22. BA DARSHAN (HONOURS)

After learning the courses of BA Darshan, the students will be able to build a divine personality and divine character by attaining the right understanding of the scriptures such as philosophy, political science, social science, Gita Upanishad, etc. Avoid (retire from) ignorance, mistrust and bad deeds, and gets engaged in good deeds and self-religion by being equipped with good knowledge and goodwill with the theoretical understanding of Vedic Philosophical schools. Become skilled and proficient in his overall physical, mental,



intellectual and spiritual development while being equal in all dialectical situations with the knowledge and faith described in Shrimad Bhagvad Gita. Realise the Brahmavidya described in Upanishads and strong detachment from worldly attractions and complete loyalty and faith towards Guru and God. Destroy all the diseases and troubles present in himself and the society with the understanding of the science behind Yoga and Yagya.

23. POST GRADUATE DIPLOMA IN VAIDIK DARSHAN

After learning the courses of PGD Vaidik Darshan, the students will be able to explain the spiritual secrets of the Vedas and different Shastras and demonstrate the right action to the society. After knowing the fundamental principles of yoga and sankhya, the student would develop the ability to inspect the human and inhuman instincts that run in mind so that he could retire from bad thoughts, maliciousness and misdeeds and develop good thoughts. Perform his Dharma remaining in his self-form with bravery and enthusiasm even in adverse circumstances by imbibing the knowledge of karma yoga of Shrimad Bhagawad Gita. Develop the unity in all beings with due understanding of Yoga and Spirituality of Upanishads and retiring from attachment and grief would get engaged in the welfare of all living beings.

DEPT. OF NATUROPATHY

24. BACHELOR OF NATUROPATHY AND YOGIC SCIENCES (B.N.Y.S.)

The main objective of this course is to blend Indian culture, heritage, traditional knowledge of Naturopathy, Yoga Philosophy & Practices with an integrated approach in medical science. First BNYS is divided into 2 parts BNYS 1stA of 6 months consists of Physics, Chemistry, Biology and Sanskrit & BNYS 1stB 1 ½ year duration, and consists of pre-clinical subjects that describe about Yoga and Naturopathy principles, Human Anatomy, Physiology, Biochemistry, Philosophy of Nature cure, Fundamental principles of integrated system of medicine, Philosophy and Practice of Yoga and Sanskrit. Second BNYS is one-year duration consisting Para-clinical subjects like – Pathology, Microbiology, Community Medicine, Basic Pharmacology, Yoga and Physical Culture-I, Diagnostic Method in Yoga & Naturopathy and Modern Diagnostic Methods. Third BNYS is of one-year duration and consists of Para-clinical and Yoga – Naturopathy clinical subjects include Forensic Medicine and Toxicology, Manipulative Therapy, Community Medicine, Yoga & Physical Culture II, Nutrition & Herbology, Psychology & Basic Psychiatry and Obstetrics & Gynecology. Final or 4th BNYS



is of one-year duration, and consists of intense clinical subjects like Yoga Therapy, Hydrotherapy & Claytherapy, Fasting & Diet therapy, Chronotherapy & Magnetotherapy, Physiotherapy, Acupuncture, Acupressure, Reflexology Pranic healing & Reiki, Minor Surgery, First aid and Emergency Medicine and Hospital Management

25. DIPLOMA IN NATUROPATHY & YOGATHERAPY(DNYT)

Naturopathy & Yoga in like “Two wheels of a Cart”. A holistic approach to health & well-being. Naturopathy & Yoga in essentially lifestyle and spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between body & mind, thought & action and restrains & fulfillment. DNYT Program with the vision to prepare highly skilled, trained competent and dedicated Naturopathy & Yoga Therapists. DNYT is one year course which is divided into two semesters. First semester is of six months consist of subjects Biology, Sanskrit, Philosophy of Nature Cure & Yoga Philosophy for provider’s specific knowledge. Second semester includes therapeutic knowledge and different modalities use for treatment of patients consists of Human Physiology, Naturopathy therapies, Holistic Therapies & Yoga Therapy.




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