

LEARNING OUTCOMES

Learning outcomes define the specific knowledge, skills, and abilities a student is expected to master by the end of a program. They serve as a clear roadmap, outlining the educational objectives that will be accomplished through the course of study. These statements clarify what a student should know and be able to do upon successful completion.

Skill Enhancement Course

Paper – **Yoga In Practice**

- Gain a clear understanding of the core concepts, philosophy, and scientific principles of yoga.
 - Acquire both theoretical and practical knowledge of various **Asanas** (postures) and **Pranayama** (breathing techniques).
 - Apply these yogic practices to foster physical health, mental clarity, and lead a more balanced life.
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Ability Enhancement Course

Paper – **Upanishad and Gita**

- Delve into the deep spiritual and intellectual wisdom of Indian seers.
- Learn the art of balancing materialism and spiritualism as taught in the Ishopanishad.
- Study profound concepts from the Bhagavad Gita, including **Niṣkāṁ karmyog** (selfless action), the nature of the **Self**, and the **Sthita Prajña** (ideal human), to achieve emotional and intellectual balance.
- Connect this ancient knowledge to contemporary issues and discover solutions for modern-day conflicts within the texts.
- Understand the spiritual aspects of Indian traditions as distinct from religious ones, gaining a more universal, philosophical perspective.

Paper – **Introduction to Culture and Society**

- Gain a comprehensive understanding of the foundational elements of Indian society.
- Critically evaluate key social structures, focusing on the institution of marriage, the historical status of women, and other significant Indian Social Institutions.
- Develop the necessary skills to conduct independent research in these areas.
- Gain a deeper and more nuanced understanding of the historical society that framed India.

Value Added Course

Paper – *Yoga : Philosophy and Practice*

- Understanding ways to harmonise the body and mind through Yoga.
- Disciplining the mind through practicing Yoga.
- Understanding of consciousness through practical training.

Paper – *Panchakosha: Holistic Development of Personality*

- Enhanced physical and mental health.
- The ability to cope with peer pressures and stress.
- Improved concentration, leading to better overall performance.
- The capacity to manage life situations through a balanced and mature approach.