

## 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.

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### Skill Enhancement Course

#### Paper – *Yoga In Practice*

Subtopics:

- Definition and types of Yoga
- Ashtanga Yoga
- Shat Chakras
- Asanas
- Pranayama

Upon completion of the paper *Yoga in Practice*, students will be able to:

- 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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### Value Added Course

#### Paper – *Yoga : Philosophy and Practice*

Subtopics:

- Introduction to Yoga: history, significance of Asana, Prāṇāyāma, and Dhyāna
- Patañjali's *Yogasūtra*: basic concepts and selected sutras and Chakras.
- Practical training in Asana, Prāṇāyāma, and Dhyāna

Upon completion of the paper *Yoga : Philosophy and Practice*, students will be able to:

- 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*

### Subtopics

- Concept of Panchakosha and Elements of Human Personality
- Annamaya and Pranamaya Kosha: Physical Health, Vital Energy, and Lifestyle
- Manomaya and Vijnanamaya Kosha: Mind, Intellect, and Decision Making
- Anandamaya Kosha: Happiness, Self-realisation, and Consciousness

Upon completion of the paper *Panchakosha: Holistic Development of Personality*, students will be able to:

- 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.
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## Ability Enhancement Course

### Paper – *Upanishad and Gita*

#### Subtopics:

- General introduction to Upanishadic philosophy
- Textual introduction to the *Iśopaniṣad*
- Introduction to the *Bhagavad Gītā*: background and purpose
- Jñāna Yoga
- Karma Yoga
- Bhakti Yoga

Upon completion of the paper *Upanishad and Gita*, students will be able to:

- 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 **Niṣkāṃ karmyog** (selfless action), the nature of the **Self**, and the **Sthita Prajñā** (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*

### **Subtopics**

- Essence of Indian Culture and Spirituality
- Indian Life Style and Ethical Values
- Social Conduct and Harmony in Indian Thought
- Indian Social Thinkers and Their Fundamental Ideas

Upon completion of the paper *Introduction to Culture and Society*, students will be able to:

- 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.