



Maratha Vidya Prasarak Samaj's
Karmaveer Shantarambapu Kondaji Wavare
Arts, Science and Commerce College, CIDCO, Nashik
Uttamnagar, Nashik- 422 008 (Maharashtra)

Affiliated to Savitribai Phule Pune University

Id. No. PU/NS/ASC/047/1993

AISHE C-42086

NAAC Re-accredited 'A' Grade (III Cycle 2017-22, CGPA 3.20)

Best College Award of Savitribai Phule Pune University Pune in 2009-10 and 2021-22

**Programme
Outcomes (PO's)**

Internal Quality Assurance Cell



**Programme
Specific Outcomes
(PSO's)**



**Course Outcomes
(CO's)**

Syllabus: 2019 Pattern





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**KARMAVEER SHANTARAMBAPU KONDAJI WAVARE
ARTS, SCIENCE AND COMMERCE COLLEGE, CIDCO**

Uttamnagar, Nashik- 422 008 (Maharashtra)

Principal

Prof. (Dr) S. K. Kushare

M.Sc., Ph. D.

Affiliated to Savitribai Phule Pune University

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Programme Outcome (PO's), Programme Specific Outcome (PSO's), Course Outcome (CO's)

B. Voc Yoga & Naturopathy

Sr. No.	Name of the Programme	Year of introduction of programme	Duration of introduction of Programme
1	Yoga And Naturopathy	Jun 2020	3 Years

Programme Specific Outcome (B.Voc. Yoga & Naturopathy)

Sr. No.	Programme Specific Outcome (B.Voc. Yoga & Naturopathy)
PSO 1	Demonstrate Comprehensive Knowledge & Understanding of the basis of Health & Disease & its management – Graduate should be able to assess the patients with the knowledge of basic medical sciences & correlate the physiological & pathological aspects of the disease & apply the knowledge & manage the disease by educating & making the concepts clear to Students.
PSO 2	Demonstrate Skill Competency & Training - Develop the skills in competencies, and training that are required to deliver Naturopathy and Yoga health care system to the masses. Demonstrate skills in documentation of individual case details as well as morbidity data relevant to the assigned situation. Organize and supervise the chosen/assigned health care services, demonstrate adequate managerial skills in the clinic/hospital or the field situation. Develop skills as a self-directed learner; recognize continuing educational needs, select and use appropriate learning resources
PSO 3	Work with Self-directed approach & Social Relevance -Recognize the health needs of the community become aware of the contemporary advances and developments in the discipline concerned to Healthcare through Naturopathy & Yoga. Thus become proficient in their profession by developing scientific temper and improve educational experience.
PSO 4	Treat with Empathy, Moral & Human Values- Plan and devise measures in Naturopathy and yoga for the prevention and rehabilitation of patients suffering from disease and disability. In doing so demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behavior in accordance with the societal norms and expectations
PSO 5	Research attitude with Evidence Based Practice & Life-long Learning Approach Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature. Acquire a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology
PSO 6	Behave ethically & in Tune with the Laws of the Land - Carry out professional obligations ethically and in keeping with the objectives of the national health policies and to fulfill the social and professional responsibilities as a Naturopathy and Yoga Physician through drugless therapies effectively and responsibly.
PSO 7	Be Environment friendly, Encourage Sustainability and have Individualized approach-Identify social, economic, environmental, biological and emotional determinants of health in a given case and take them into account while planning therapeutic, rehabilitative, and preventive and health promoting measures/strategies with sustainable approaches by educating the masses.

Course Specific Outcome (Diploma in Yoga)

Class	Subject code	Title	Cos: After successful completion of this course, student will be able to
Diploma in Yoga	DYP-114 DYP-115 DYP-116 DYP-111 DYP-112	-Yogabhyas Practical-I -Asanas Practical-I -Pranayamas Practical-I -Yogsidhant-I -Sharirshastra-I -Yogabhyas	CO 1: Understanding of the basis of Health & Disease & its management
			CO 2: Yoga can support the healing process and help the person experience symptoms
			CO 3: Improve strength, balance and flexibility
			CO 4: Recognize the health needs of the community become aware of the contemporary advances and developments in the discipline concerned to Healthcare through Naturopathy & Yoga.
			CO 5: Student learn yoga can mean more energy and birghtern moods
			CO 6: Student helps to manage stress
	DYP-214 DYP-215 DYP-216 DYP-111 DYP-212 DYP-213	-Yogabhyas Practical - II -Asansas Practical - II -Pranayamas Practical – II Physical Education Democracy, Election and Governance Yogasidhant - II Sharirshastra - II Yogabhyas - II	CO 1: Student learn the promotes better self-care
			CO 2: disease in yogic lore and role of stress in disease causation and management of the same with Yoga.
			CO 3: - Develop the skills in competencies, and training that are required to deliver Naturopathy and Yoga health care system to the masses.
			CO 4: Demonstrate usage of therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy
			CO 5: knowledge of basic medical sciences & correlate the physiological
			CO 6: Work with Self-directed approach

Course Outcome Naturopathy

Class	Paper	Title	Cos: After successful completion of this course, student will be able to
FY B.Voc. Yoga & Naturopathy	YNP-114	-Yogabhyas	CO 1: Describe the physiological effects of various yogic practices like kriyas, asanas, pranayamas, mudras, bandhas, drishtis, Guided relaxation and Meditation.
	YNP-115	Practical-I	
	YNP-116	-Asanas Practical-I	
	YNT-111	-Pranayamas	CO 2: Define rules and regulations of Yoga to be followed.
	YNT-112	Practical-I	
	YNT-113	-Yogsidhant-I -Sharirshastra-I -Yogabhyas	

Class	Paper	Title	Cos: After successful completion of this course, student will be able to
			CO3: Understand the therapeutic aspects of Yoga as applied to different disease conditions.
	YNP-214 YNP-215 YNP-216 YNP-217 YNP-218 YNT-211 YNT-212 YNT-213	Yogabhyas Practical - Ii Asanas Practical - Ii -Pranayamas Practical - Ii -Physical Education -Democracy,Election And Governance Yogasidhant - Ii Sharirshastra - Ii Yogabhyas - Ii	CO 4: Illustrate the concept of health and CO 5: Analyze knowledge of Yoga therapy in managing various diseases; 6. Demonstrate usage of therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy
SY B.Voc. Yoga & Naturopathy	YNT-311 YNT-312 YNT-313 YNT-314 YNT-315 YNT-316	-Hatha Yoga - I -Hatha Yoga - Ii - Hatha Yoga - Iii -Yogabhyas Practical – Iii -Asanas Practical – Iii -Pranayamas Practical - Iii	CO 1: Understand the physiological effects of various yogic practices like pranayamas, drishtis, mudras, asanasa, Guided relaxation and meditation.
			CO 2: Students are do the aasnas.
			CO 3: Students understand the managing various disease from the Yoga therapy.
			CO 4: learn the concept of disease and health in yogic lore.
			CO 5: Student learn how to maintain the stress from the meditation and yoga.
	YNT-411 YNT-412 YNT-413 YNT-414 YNT-415 YNT-416 YNT-417	-Naturopathy : Principles & -Naturopathy : Theraphy -Naturopathy : Diet & Fasting -Naturopathy Practical - Iv -Asanas Practical - Iv -Pranayamas Practical - Iv -Enviorment Awareness	CO 1: Student learn positive thinking and stress from the naturopathy.
			CO 2: naturopathy work on a more personal level, spending more time covering individual needs.
			CO 3: Naturopathy understand the plans focus on education and prevention.
			CO 4: Student learn the various benefits like self-healing, underlying symptoms, Harmless treatment.
			CO 5: Naturopathic teach self-care.
	TYBA Yoga & Naturopathy	YNT511 YNT513 YNT514 YNT515	CO 1: Yoga reduces it can help lessen symptoms of anxiety and stress
			CO 2: Teaches mindfulness and positivity.

Class	Paper	Title	Cos: After successful completion of this course, student will be able to
	YNT616	Elementary Statistics -Yoga Darshan And Indian Culture -Yoga Therapy & Naturopathy -Practical- Asana, Pranayama, Kriya, Meditation -Practical –Teaching Ability of Asana, Pranayama, Mudra, Bandha , Yoga And Meditation	CO 3: Student learn sharpens thinking and focus.
			CO 4: Improve breathing and synchronizes breath with exercise.
			CO 5: Manages the production of melatonin and regulates the sleep schedule for longer, more restful sleep with fewer interruptions
	YNT611 YNT613 YNT614 YNT616	-Yoga Sutra -Patanjali's Yogasutra -Yoga & Ayurveda -Kriya, Yoga -Practical –Teaching Ability of Asana, Pranayama, Mudra	CO 1: Increases vital capacity.
			CO 2: Aids in alleviating symptoms of mild-to-moderate asthma
			CO 3: Relaxes the mind and develops body awareness.
			CO 4: Sharpens thinking and focus.


HOD,


IQAC Coordinator




Principal
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