

FCAULTY OF NATUROPATHY AND YOGA

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Program Outcomes (POs) for BNYS (Bachelors in Naturopathy and Yogic Sciences)

PO1: Foundational Knowledge: Apply principles from naturopathy, yogic sciences, and relevant disciplines to address complex health and wellness issues.

PO2: Problem Analysis: Identify, review literature, and analyze multifaceted health problems, drawing conclusions rooted in foundational principles and evidence-based practices.

PO3: Design Solutions: Devise effective holistic health solutions and therapeutic interventions considering public health, safety, cultural sensitivities, and environmental sustainability.

PO4: Conduct Complex Investigations: Utilize research methodologies to address nuanced health challenges, accounting for diverse constraints and uncertainties inherent in natural healing processes.

PO5: Utilization of Tools: Employ appropriate techniques and contemporary tools, including traditional and modern healing modalities, to optimize health outcomes while acknowledging their limitations.

PO6: Societal Impact: Assess the societal, ethical, and cultural implications of naturopathic and yogic interventions, and uphold professional responsibilities in promoting health and well-being.

PO7: Environmental Awareness: Understand the ecological impact of health practices and advocate for sustainable approaches in naturopathic and yogic healthcare delivery. **PO8: Ethical Practice:** Adhere to ethical principles and demonstrate integrity in delivering naturopathic and yogic healthcare services.

PO9: Collaboration and Leadership: Engage effectively in interdisciplinary teams, demonstrating leadership and teamwork skills essential for holistic patient care.

PO10: Communication Proficiency: Communicate proficiently with diverse stakeholders, conveying complex health concepts and treatment plans clearly and effectively.

PO11: Project Management: Apply management principles to effectively organize and execute health promotion initiatives and wellness programs.

PO12: Lifelong Learning: Recognize the evolving nature of healthcare and commit to continuous professional development and lifelong learning in naturopathic and yogic sciences.

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Program Educational Objectives (PEOs) for BNYS (Bachelors in Naturopathy and Yogic Sciences)

PEO1: Demonstrate comprehensive understanding and proficiency in naturopathic and yogic principles, enabling the development and implementation of effective holistic healthcare practices.

PEO2: Exhibit the capability to undertake research projects, entrepreneurial ventures, and collaborative initiatives in the field of naturopathy and yogic sciences, fostering innovation and professional growth.

PEO3: Cultivate a lifelong learning mindset, continuously updating knowledge and skills to stay abreast of advancements in naturopathic and yogic therapies, ensuring relevance and adaptability in evolving healthcare landscapes.

PROGRAM SPECIFIC OUTCOMES (PSOs)

Program Specific Outcomes (PSOs) for BNYS (Bachelors in Naturopathy and Yogic Sciences)

PSO1: Design and implement holistic health and wellness programs integrating principles of naturopathy and yogic sciences to address diverse health conditions and promote overall well-being.

PSO2: Conduct research and development initiatives in naturopathic and yogic therapies, exploring innovative approaches and techniques to enhance health outcomes in modern healthcare settings.

Course Outcomes (COs) for Subjects of BNYS (Bachelors in Naturopathy and Yogic Sciences)

Year I

BNYS 101 & 102 – Anatomy I & II

- CO1: Identify and describe the structure and function of human anatomical systems.
- CO2: Correlate anatomical features with clinical conditions.
- CO3: Interpret imaging techniques such as MRI and CT scans.
- CO4: Demonstrate anatomical dissections and tissue identification.

BNYS 103 & 104 – Physiology I & II

- CO1: Explain physiological functions and homeostasis.

- CO2: Analyze lab data to distinguish between normal and pathological states.
- CO3: Demonstrate physiological tests (e.g., blood pressure, reflexes).
- CO4: Correlate body systems with clinical implications.

BNYS 105 – Biochemistry

- CO1: Understand biomolecular structures and metabolism.
- CO2: Interpret biochemical tests for clinical application.
- CO3: Apply biochemical principles in disease assessment.

BNYS 106 & 107 – Philosophy of Nature Cure I & II

- CO1: Understand naturopathy fundamentals.
- CO2: Explain drugless healing principles.
- CO3: Integrate natural therapies into treatment protocols.

BNYS 108 – Basic Principles of Yoga

- CO1: Understand yogic philosophy and practices.
- CO2: Apply basic asanas and pranayama.
- CO3: Describe yogic effects on health.

BNYS 109 – Sanskrit

- CO1: Interpret classical yogic and naturopathic texts.
- CO2: Develop medical Sanskrit vocabulary.

Year II

BNYS 201 – Pathology

- CO1: Recognize pathological changes in diseases.
- CO2: Analyze lab test results for diagnosis.

BNYS 202 – Microbiology

- CO1: Understand pathogens and disease mechanisms.
- CO2: Apply aseptic techniques in lab and clinical settings.

BNYS 203 – Community Health & Medicine

- CO1: Identify public health problems.
- CO2: Implement health promotion and preventive medicine.

BNYS 204 – Chromo and Magneto Therapy

- CO1: Understand principles of color and magnetic therapy.
- CO2: Apply therapeutic interventions for clinical cases.

BNYS 205 – Yoga Philosophy

- CO1: Analyze major yogic texts and principles.
- CO2: Apply spiritual concepts in therapy.

BNYS 206–207 – Basic Pharmacology & Pharmacognosy I & II

- CO1: Describe drug actions and sources.
- CO2: Apply pharmacological knowledge in treatment planning.

Year III

BNYS 301 – Yoga & Its Applications

- CO1: Demonstrate advanced asanas and pranayama.
- CO2: Integrate yoga into therapeutic programs.

BNYS 302–303 – Clinical Diagnosis and First Aid I & II

- CO1: Conduct basic diagnostic procedures.
- CO2: Provide emergency care using naturopathic methods.

BNYS 304 – Manipulative Therapy

- CO1: Perform manual therapy techniques.
- CO2: Assess musculoskeletal dysfunctions.

BNYS 305 – Acupuncture Therapy

- CO1: Describe acupuncture points and meridians.
- CO2: Administer acupuncture safely and effectively.

BNYS 306 – Forensic Medicine & Toxicology

- CO1: Understand medico-legal aspects of healthcare.
- CO2: Interpret toxicological cases.

BNYS 307 – Fasting Therapy, Nutrition & Dietetics

- CO1: Plan therapeutic diets and fasting protocols.
- CO2: Assess nutritional deficiencies and interventions.

Year IV

BNYS 401 – Clinical Naturopathy

- CO1: Apply naturopathic diagnostics and therapies.
- CO2: Treat chronic conditions using integrated methods.

BNYS 402 – Obstetrics & Gynecology

- CO1: Understand female reproductive health.
- CO2: Manage prenatal and postnatal cases naturopathically.

BNYS 403 – Yoga Therapy

- CO1: Customize yoga therapy for specific diseases.
- CO2: Monitor and evaluate patient progress.

BNYS 404–405 – Hydrotherapy & Mud Therapy I & II

- CO1: Administer hydro and mud therapies.
- CO2: Evaluate therapeutic outcomes.

BNYS 406 – Physical Medicine & Rehabilitation

- CO1: Apply physical rehabilitation strategies.
- CO2: Develop long-term recovery plans.

BNYS 407 – Hospital Management, Research Methodology & Medical Statistics

- CO1: Manage naturopathic healthcare units.
- CO2: Conduct and analyze clinical research.

BNYS 408 – Psychology & Basic Psychiatry

- CO1: Understand psychological disorders.
- CO2: Apply counseling and naturopathic mental health support.

**Program Outcomes (POs) for
PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
(one-year postgraduate diploma)**

- PO 1:** Apply holistic principles to address health concerns effectively.
- PO 2:** Evaluate and apply evidence-based practices for intervention strategies.
- PO 3:** Design tailored health plans considering cultural and environmental factors.
- PO 4:** Utilize research methodologies to adapt healing processes to constraints.
- PO 5:** Employ a range of healing modalities while recognizing limitations.
- PO 6:** Uphold ethical standards and promote community well-being.
- PO 7:** Advocate for sustainable healthcare practices.
- PO 8:** Demonstrate leadership and teamwork skills for holistic patient care.
- PO 9:** Communicate health concepts clearly to diverse stakeholders.
- PO 10:** Efficiently manage health promotion initiatives and wellness programs.
- PO 11:** To adapt healthcare practices in yoga and naturopathy.
- PO 12:** Commit to lifelong learning for continuous professional development.

**Course Outcomes (COs) for Subjects of
PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
(one-year postgraduate diploma)**

PGDYN 101 – Yoga: History & Philosophy

- CO1: Trace historical evolution of yoga.
- CO2: Analyze philosophical texts and yogic concepts.

PGDYN 102 & 102P – Yoga Practice & Therapy

- CO1: Demonstrate classical yoga practices.
- CO2: Design therapy sessions for physical and mental well-being.

PGDYN 103 – Naturopathy: History, Philosophy & Principles

- CO1: Understand core naturopathic principles.
- CO2: Apply naturopathy as a drugless healing system.

PGDYN 104 & 104P – Natural Therapeutics

- CO1: Administer basic natural therapies (hydro, mud, massage).
- CO2: Analyze patient responses and modify therapy.

PGDYN 105 & 105P – Management of Diseases Through Yoga & Nature Cure

- CO1: Correlate yogic and naturopathic techniques with disease management.

- CO2: Create customized protocols for lifestyle diseases.

PGDYED 106 & 106P – Human Anatomy & Physiology / Yoga & Vedic Sharir

- CO1: Describe anatomical structures and physiological mechanisms.
- CO2: Relate structure-function correlation in yoga therapy.