

## **I Physical Education**

### **Programme Outcome**

Students will develop practical, theoretical skills in Physical Education. 3. Students will be prepared to acquire a range of general skills, to specific skills to communicate with society effectively and learn independently.

## **II Yoga & Meditation**

### **Programme Outcome**

PO1: To combine philosophical understanding of Spirituality with the modern scientific advancement to unearth the science behind Indian traditional practices and performances, directed towards research and application. Students will attain theoretical knowledge in the fields of Yoga and Spirituality.

PO2: Students will be able to develop and be able to demonstrate a comprehensive understanding of Indian traditional practices and philosophies underlying the concept of Yoga.

PO3: Students will be able to demonstrate the Yoga practices in correct and authentic forms.

PO4: While reviving the ancient Indian Education system, the philosophy and practice of Yoga is carried forward by the student through Guru Parampara, establishing harmony between human beings and nature through eco-friendly life.

PO5: Students should develop proficiency in teaching skills of Yoga, being spiritually rooted.

PO6: Students will be trained to be Spiritually rooted, Socially productive, Intellectually Creative, Emotionally Balanced, Mentally Sound, and Physically Strong.