

Govt. Digvijay PG Autonomous College,

Rajnandgaon

Department of Yoga

Course Outcome, Programme Outcome and Programme Specific

Outcome 2022-23

Programme Outcome:

1. The students will become master trainer in the areas of physical and mental fitness.
2. The programme will enhance students' employability as Yoga Teacher and trainer in the public sector. Apart from it, they will also get an opportunity for self employment.

Programme Specific Outcome

Programme will have specific outcome by providing bright career opportunity in this so far neglected, but now much demanding field not only in India, but also in foreign countries.

Course Outcome:

1. Educating the students in Theoretical and Applied aspects of Yoga.
2. Making the students aware with the Yoga Philosophy.
3. Training the students to carry out simple to hard Yoga-ashnaas.