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School of Naturopathy (KSVMCN&YS)

Bachelor of Naturopathy and Yogic Sciences (BNYS)

Program Outcomes, Program Specific Outcomes & Course Outcomes
(POs, PSOs & COs)

Program Outcomes

Program Outcome		Statement
PO 1	Fundamentals of Naturopathy	Educating students on the basic principles of naturopathy through interactive and engaging classes.
PO 2	Holistic Disease Understanding	Enabling students to comprehend diseases from a naturopathic and yogic perspective through clinical exposure.
PO 3	Case Study and Diagnosis	Training students in effective case-taking methods for accurate disease diagnosis.
PO 4	Personal & Professional Development	Enhancing students' communication skills and overall personal growth.
PO 5	Human Body Sciences	Providing in-depth knowledge of human anatomy, physiology, and biochemistry.
PO 6	Modern Medical Integration	Introducing fundamental concepts of modern medicine to complement naturopathic education.
PO 7	Medical and Scientific Foundation	Develop a strong understanding of basic medical sciences (Anatomy, Physiology, Pathology, etc.) integrated with naturopathic principles.
PO 8	Holistic Health Approach	Apply holistic approaches to patient care by addressing physical, mental, emotional, social, and environmental factors.
PO 9	Proficiency in Natural Therapies	Acquire skills in core naturopathic therapies such as Hydrotherapy, Mud Therapy, Fasting, Dietetics, Yoga, Massage, and Physiotherapy.
PO 10	Integrative Clinical Skills	Demonstrate clinical competence in diagnosing and managing acute and chronic conditions using naturopathic modalities.

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PO 11	Evidence-Based Practice	Employ research methodologies and evidence-based practices to support clinical decision-making and therapeutic planning.
PO 12	Lifelong Learning and Adaptability	Engage in continuous learning to adapt to advances in healthcare and naturopathy, including evolving scientific, technological, and traditional knowledge.

Program Specific Outcomes (PSOs)

Program Specific Outcome	Statement
PSO 1	Understanding of naturopathic principles and therapeutic modalities.
PSO 2	Knowledge of yogic sciences and their benefits.
PSO 3	Proficiency in diagnostic skills, including conventional and naturopathic methods.
PSO 4	Familiarity with various naturopathic treatment modalities.

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Course Outcomes (COs)
1st Year

Course: Anatomy-I

Course Outcomes	Statement
CO 1	CO-1 Understand Basic Anatomical Terminology- Define anatomical terms related to position, direction, planes, and movements. Identify body regions and surface landmarks.
CO 2	CO-2 Describe the Organization of the Human Body- Explain the levels of structural organization from cells to systems. Understand basic histology and the structure of tissues.
CO 3	CO-3 Explain the Skeletal System- Identify bones of the axial and append icular skeleton. Describe the structure and function of bones, joints, and cartilages.
CO 4	CO-4 Understand the Muscular System- Describe different types of muscles and their functions. Identify major muscles of the human body and their actions.
CO 5	CO-5 Explain the Nervous System- Describe the structure and function of the central and peripheral nervous system. Understand the basic organization of the brain, spinal cord, and nerves.
CO 6	CO-6 Describe the Cardiovascular System-Understand the structure of the heart, blood vessels, and circulation pathways. Explain the function of the circulatory system in transporting oxygen and nutrients.
CO 7	CO-7 Understand the Respiratory System- Describe the anatomy of the lungs, airways, and associated structures. Explain the mechanism of breathing and gas exchange.

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CO 8	CO-8 Describe the Urinary System- Identify the kidneys, ureters, bladder, and urethra. Explain the role of the urinary system in fluid balance and waste excretion.
CO 9	CO-9 Apply Anatomical Knowledge in Clinical Contexts- Relate anatomical structures to common diseases and disorders. Understand the relevance of anatomy in medical and allied health professions.

Course: Anatomy-II

Course Outcomes	Statement
CO 1	CO-1 Describe and Identify Neuroanatomy- Understand the structural and functional organization of the central and peripheral nervous system. Explain the anatomical features of the brain, spinal cord, cranial nerves, and their clinical significance.
CO 2	CO-2 Explain Head and Neck Anatomy- Identify the bones, muscles, blood supply, and nerve innervation of the head and neck region. Describe the functional and anatomical aspects of sensory organs (eye, ear, nose, and tongue).
CO 3	CO-3 Understand the Endocrine and Special Organ Systems- Explain the location, structure, and function of endocrine glands. Discuss the role of these glands in homeostasis and disease conditions
CO 4	CO-4 Apply Anatomical Knowledge to Clinical Cases- Correlate anatomical structures with common clinical conditions, such as strokes, cranial nerve disorders, and thyroid diseases. Use anatomical knowledge for interpreting imaging techniques (X-ray, MRI, CT scans).
CO 5	CO-5 Demonstrate Dissection Skills and Histological Analysis- Perform or assist in dissections of the brain, head, and neck. Identify microscopic structures of neural and endocrine tissues under a microscope.

Course: Physiology-I

Course Outcomes	Statement
CO 1	CO-1 Understand Basic Physiological Principles- Explain the fundamental concepts of human physiology, including homeostasis, cell physiology, and membrane transport mechanisms.

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CO 2	CO-2 Describe the Nervous System- Understand the organization and function of the nervous system, including neuronal communication, reflexes, and sensory and motor pathways.
CO 3	CO-3 Explain the Musculoskeletal System- Describe muscle physiology, types of muscle contraction, neuromuscular junctions, and the role of bones and joints in movement.
CO 4	CO-4 Understand Cardiovascular Physiology- Explain the structure and function of the heart, blood vessels, blood circulation, cardiac cycle, and regulation of blood pressure.
CO 5	CO-5 Describe the Respiratory System- Explain the mechanics of breathing, gas exchange, transport of gases, and regulation of respiration.
CO 6	CO-6 Understand Renal and Body Fluid Balance- Explain kidney function, urine formation, fluid and electrolyte balance, and acid-base homeostasis.
CO 7	CO-7 Explain Blood and Immunity- Understand blood composition, haematopoiesis, blood groups, clotting mechanisms, and immune responses.

Course: Physiology-II

Course Outcomes	Statement
CO 1	CO-1 Analyse Cardiovascular and Respiratory Physiology- Explain cardiac cycle, blood pressure regulation, and circulation. Describe the mechanisms of gas exchange, oxygen transport, and acid-base balance.
CO 2	CO-2 Describe Renal and Acid-Base Physiology- Explain kidney function, urine formation, and electrolyte balance. Analyse the role of the renal system in acid-base homeostasis.
CO 3	CO-3 Understand Digestive and Metabolic Physiology- Describe digestion, absorption, and metabolism of carbohydrates, proteins, and fats. Explain hormonal regulation of digestion and metabolism.
CO 4	CO-4 Explain Endocrine System and Hormonal Regulation- Describe major endocrine glands and their hormonal functions. Explain feedback mechanisms in hormonal regulation.

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CO 5	CO-5 Apply Knowledge to Clinical and Pathophysiological Conditions-Relate physiological principles to disease conditions like hypertension, diabetes, and respiratory disorders. Interpret laboratory findings in physiological assessments.

Course: Biochemistry

Course Outcomes	Statement
CO 1	CO-1 Understand Biomolecules – Describe the structure, function, and metabolism of biomolecules such as carbohydrates, lipids, proteins, nucleic acids, and enzymes.
CO 2	CO-2 Enzyme Mechanisms – Explain enzyme kinetics, mechanisms of action, inhibition, and regulation in biochemical processes.
CO 3	CO-3 Metabolic Pathways – Analyse major metabolic pathways, including glycolysis, the citric acid cycle, oxidative phosphorylation, and lipid and amino acid metabolism.
CO 4	CO-4 Bioenergetics- Apply principles of bioenergetics and thermodynamics to understand ATP synthesis and energy transfer in cells.
CO 5	CO-5 Molecular Biology – Explain the molecular basis of gene expression, DNA replication, transcription, and translation.
CO 6	CO-6 Cellular Biochemistry – Relate biochemical principles to cellular processes, including signal transduction, hormone regulation, and cell communication.
CO 7	CO-7 Clinical and Applied Biochemistry – Recognize the biochemical basis of diseases, diagnostic markers, and therapeutic interventions.

Course: Philosophy of Naturopathy

Course Outcomes	Statement
CO 1	CO-1 Understand the Principles of Naturopathy- Explain the foundational concepts of naturopathy, including vis medicatrix naturae (the healing power of nature), the role of vital force, and the body's innate ability to heal.

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CO 2	CO-2 Analyse the Philosophical Roots of Naturopathy- Explore the historical evolution and philosophical underpinnings of naturopathy, including its influences from traditional healing systems and modern holistic health approaches.
CO 3	CO-3 Differentiate Between Conventional and Naturopathic Medicine-Compare and contrast the holistic, preventive, and non-invasive approach of naturopathy with conventional allopathic medicine.
CO 4	CO-4 Apply Naturopathic Principles to Health and Wellness-Demonstrate knowledge of how lifestyle, nutrition, and natural therapies contribute to maintaining and restoring health in alignment with naturopathic philosophy.
CO 5	CO-5 Evaluate the Role of Nature in Healing- Assess the significance of environmental factors, detoxification, and natural remedies in promoting overall well-being.

Course: Principal of Yoga

Course Outcomes	Statement
CO 1	CO-1 Understand the Foundations of Yoga- Explain the historical evolution, philosophy, and origins of yoga, including classical texts like the Yoga Sutras of Patanjali, Bhagavad Gita, and Hatha Yoga Pradipika.
CO 2	CO-2 Comprehend Yogic Principles and Ethics- Analyse key yogic concepts such as the Eight Limbs of Yoga (Ashtanga Yoga), Yamas and Niyama's, and their application in daily life.
CO 3	CO-3 Explore Different Schools of Yoga- Differentiate between various yoga traditions, including Hatha Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, and Raja Yoga.
CO 4	CO-4 Understand the Science Behind Yoga- Describe the physiological and psychological benefits of yoga, including its impact on stress management, mental well-being, and holistic health.
CO 5	CO-5 Practice Fundamental Yoga Techniques- Demonstrate basic asanas (postures), pranayama (breath control), and meditation techniques for physical and mental well-being.

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CO 6	CO-6 Cultivate a Yogic Lifestyle- Adopt yoga-based practices related to diet, daily routines, and positive mental attitudes for overall well-being.

Course Outcomes (COs)
2nd Year

Course: Pathology

Course Outcomes	Statement
CO 1	CO-1 Identify Disease Mechanisms – Describe the etiology, pathogenesis, morphological changes, and clinical manifestations of common diseases.
CO 2	CO-2 Interpret Laboratory Findings – Analyze and interpret laboratory tests and histopathological findings relevant to various diseases.
CO 3	CO-3 Correlate Clinical and Pathological Features – Relate pathological changes to clinical presentations for accurate diagnosis and management.
CO 4	CO-4 Demonstrate Microscopic and Gross Examination Skills – Recognize and describe normal and pathological specimens using microscopes and gross pathology techniques.
CO 5	CO-5 Knowledge to Clinical Practice – Integrate pathological concepts into clinical reasoning and decision-making in medicine.
CO 6	CO-6 Understand Disease Prevention – Explain the role of pathology in disease prevention, epidemiology, and public health.

Course: Microbiology

Course Outcomes	Statement
CO 1	CO-1 Fundamental Understanding of Microbes- Explain the characteristics, classification, and diversity of microorganisms, including bacteria, viruses, fungi, protozoa, and algae.

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CO 2	CO-2 Microbial Structure and Function- Describe microbial cell structure, metabolism, genetics, and growth requirements.
CO 3	CO-3 Microbial Techniques and Laboratory Skills- Perform aseptic techniques, microbial culturing, staining, and identification using microscopy and biochemical tests.
CO 4	CO-4 Microbial Genetics and Molecular Biology- Explain genetic variation, gene expression, and the role of plasmids, mutations, and genetic recombination in microbial evolution.
CO 5	CO-5 Host-Microbe Interactions and Pathogenesis- Analyse the mechanisms of microbial infections, host immune responses, and disease transmission.
CO 6	CO-6 Applied Microbiology- Explore the role of microorganisms in food, agriculture, industry, biotechnology, and environmental sustainability.
CO 7	CO-7 Immunology and Disease Prevention- Understand the immune system, vaccines, antimicrobial agents, and strategies for controlling infectious diseases.

Course: Community Medicine

Course Outcomes	Statement
CO 1	CO-1 Understand Public Health Concepts- Define and explain key public health concepts, including epidemiology, social determinants of health, and health promotion.
CO 2	CO-2 Apply Epidemiological Principles- Use epidemiological methods to study disease patterns, risk factors, and preventive measures in populations.
CO 3	CO-3 Assess Community Health Needs- Conduct community diagnosis through surveys and health assessments to identify health problems and needs.
CO 4	CO-4 Plan and Implement Public Health Programs- Develop, implement, and evaluate health programs for disease prevention and health promotion at the community level.

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CO 5	CO-5 Understand Health Systems & Policies- Analyse national and global health systems, policies, and programs, including primary health care and universal health coverage.
CO 6	CO-6 Manage and Prevent Communicable & Non-Communicable Diseases- Identify strategies for the control and prevention of infectious diseases (e.g., tuberculosis, malaria) and chronic diseases (e.g., diabetes, hypertension).
CO 7	CO-6 Promote Maternal & Child Health- Apply knowledge of reproductive, maternal, neonatal, and child health (RMNCH) programs and interventions.
CO 8	CO-7 Apply Biostatistics in Public Health- Interpret statistical data and research findings relevant to public health practice.
CO 9	CO-8 Engage in Health Education & Communication- Design and deliver effective health education and communication strategies to promote healthy behaviour's.
CO 10	CO-9 Understand Ethical & Legal Aspects of Public Health- Recognize ethical and legal responsibilities in medical practice, including patient rights, confidentiality, and health laws.

Course: Yoga Philosophy

Course Outcomes	Statement
CO 1	CO-1 Understand the Foundations of Yoga- Explain the historical development and philosophical foundations of Yoga, including key texts such as the Yoga Sutras of Patanjali, Bhagavad Gita, and Upanishads.
CO 2	CO-2 Analyse the Eight Limbs of Yoga- Demonstrate an in-depth understanding of the Ashtanga Yoga (Eightfold Path) as outlined by Patanjali, including ethical principles, postures, breath control, and meditation.
CO 3	CO-3 Compare Different Yoga Traditions- Differentiate between various schools of Yoga, including Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, and Hatha Yoga, and their philosophical significance.
CO 4	CO-4 Apply Yoga Philosophy in Daily Life- Integrate key Yoga principles such as mindfulness, detachment (Vairagya), and self-

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	discipline (Tapas) into personal and professional life for holistic well-being.
CO 5	CO-5 Explore the Mind-Body Connection- Examine the role of Yoga in mental and physical health, emphasizing its impact on stress reduction, emotional balance, and overall well-being.
CO 6	CO-6 Develop a Spiritual Perspective- Reflect on the deeper aspects of Yoga philosophy, including concepts of self-realization (Atman and Brahman), liberation (Moksha), and the interconnectedness of all beings.
CO 7	CO-7 Critically Evaluate Yoga's Relevance in Modern Times- Assess the role of Yoga philosophy in contemporary society, including its applications in therapy, education, and wellness industries.

Course: Colour Therapy & Magneto Therapy

Course Outcomes	Statement
CO 1	CO-1 Understanding the Fundamentals- Explain the principles and history of Colour Therapy and Magneto Therapy. Understand the scientific basis and holistic approach of these therapies. Identify the benefits and limitations of each therapy.
CO 2	CO-2 Colour Therapy Applications- Analyse the effects of different colours on physical, emotional, and mental well-being. Utilize colour therapy techniques for healing, including chromotherapy and aura balancing. Apply colour-based healing methods in practical scenarios.
CO 3	CO-3 Magneto Therapy Applications- Understand the role of magnetic fields in health and healing. Identify various types of magnets and their therapeutic uses. Apply magneto therapy techniques to relieve pain, improve circulation, and enhance well-being.
CO 4	CO-4 Diagnosis and Treatment Approaches- Assess imbalances in the body using colour and magnetic therapy techniques. Design personalized healing plans using a combination of Colour and Magneto Therapy. Integrate these therapies with other holistic healing modalities.

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CO 5	CO-5 Ethical and Professional Considerations- Understand the ethical guidelines for practising Colour and Magneto Therapy. Develop the skills needed for a professional practice in alternative healing. Learn safety precautions and contraindications for both therapies.

Course: Basic Pharmacology

Course Outcomes	Statement
CO 1	CO-1 Understand Fundamental Concepts- Explain the basic principles of pharmacology, including pharmacokinetics (absorption, distribution, metabolism, and excretion) and pharmacodynamics (mechanism of action, drug-receptor interactions).
CO 2	CO-2 Classify and Describe Drugs- Identify and classify drugs based on their therapeutic uses, mechanisms of action, and chemical nature. Understand the differences between prescription, over-the-counter (OTC), and controlled substances.
CO 3	CO-3 Explain Drug Actions and Effects- Describe the effects of drugs on different organ systems (e.g., cardiovascular, nervous, respiratory). Recognize the therapeutic and adverse effects of common drugs.
CO 4	CO-4 Understand Drug Administration and Dosage Forms- Demonstrate knowledge of different routes of drug administration (oral, intravenous, intramuscular, topical, etc.). Understand factors affecting drug absorption and bioavailability.
CO 5	CO-5 Recognize Drug Interactions and Safety Considerations- Identify potential drug-drug, drug-food, and drug-disease interactions. Explain the importance of dose adjustment in special populations (e.g., paediatrics, geriatrics, pregnant women).
CO 6	CO-6 Understand Legal and Ethical Aspects of Pharmacology- Discuss regulatory agencies (e.g., FDA, WHO) and their role in drug approval and safety monitoring. Understand ethical considerations in drug use, including informed consent and drug abuse prevention.

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Course: Forensic Medicine & Toxicology

Course Outcomes	Statement
CO 1	CO-1 Understand the Legal Aspects of Medicine- Explain the role of forensic medicine in the legal system. Understand medico-legal responsibilities of medical practitioners. Interpret legal provisions related to medical practice, such as medical negligence, informed consent, and medical ethics.
CO 2	CO-2 Conduct Medico-Legal Investigations- Identify and classify different types of injuries and causes of death. Perform medico-legal autopsies and interpret post-mortem findings. Recognize the signs of death and post-mortem changes.
CO 3	CO-3 Analyse Causes of Death- Differentiate between natural and unnatural causes of death. Understand the medico-legal aspects of asphyxia deaths (e.g., hanging, drowning, strangulation). Examine firearm, explosive, and blunt/sharp force injuries.
CO 4	CO-4 Understand Toxicology and Poisoning Management- Classify different poisons and their effects on the human body. Diagnose and manage cases of poisoning (e.g., snake bites, drug overdose, chemical poisoning). Learn about forensic toxicology and poison detection techniques.
CO 5	CO-5 Examine Sexual Offenses & Identification of Individuals- Understand medico-legal aspects of sexual assault, rape, and child abuse. Conduct forensic examinations in cases of sexual violence. Apply principles of forensic anthropology and DNA analysis for personal identification.
CO 6	CO-6 Apply Forensic Science in Crime Investigation- Utilize forensic evidence such as blood stains, fingerprints, and trace elements in crime detection. Understand ballistics, forensic odontology, and forensic psychiatry. Assist law enforcement agencies in criminal investigations through medico-legal expertise.
CO 7	CO-7 Develop Ethical and Professional Competence- Maintain professional ethics while handling forensic cases. Ensure confidentiality and accuracy in medico-legal documentation. Develop report writing skills for medico-legal cases.

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Course Outcomes (COs)
3rd Year

Course: Manipulative Therapies

Course Outcomes	Statement
CO 1	CO-1 Understanding of Anatomy & Physiology- Demonstrate a deep understanding of human musculoskeletal anatomy, nervous system function, and biomechanics relevant to manual therapies.
CO 2	CO-2 Assessment & Diagnosis- Perform comprehensive patient assessments, including postural analysis, range of motion testing, and palpation techniques to identify dysfunctions.
CO 3	CO-3 Application of Manipulative Techniques- Apply various manual therapy techniques safely and effectively, including joint mobilizations, soft tissue manipulations, and stretching techniques.
CO 4	CO-4 Therapeutic Effects & Contraindications- Explain the physiological effects, benefits, and contraindications of manipulative therapies to ensure patient safety.
CO 5	CO-5 Hands-on Clinical Experience- Gain practical experience in performing manipulative therapy techniques under supervision in a clinical or simulated environment.
CO 6	CO-6 Pain Management & Rehabilitation- Utilize manual therapy techniques as part of a holistic approach to pain relief, injury rehabilitation, and patient well-being.

Course: Acupuncture & Acupressure

Course Outcomes	Statement
CO 1	CO-1 Understand the Fundamentals – Explain the principles, history, and philosophy of Traditional Chinese Medicine (TCM), including meridians, acupoints, and the concept of Qi (energy flow).
CO 2	CO-2 Identify Acupoints & Meridians – Locate and describe key acupuncture and acupressure points, along with their therapeutic effects on various body systems.

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CO 3	CO-3 Apply Treatment Techniques – Demonstrate proper needle insertion techniques (for acupuncture) and pressure application (for acupressure) to treat pain, stress, and other ailments.
CO 4	CO-4 Diagnose and Assess Patients – Perform patient assessments using TCM diagnostic methods, such as pulse reading, tongue analysis, and body constitution evaluation.
CO 5	CO-5 Manage Pain & Disorders – Utilize acupuncture and acupressure techniques to relieve chronic pain, stress, headaches, digestive issues, and other health conditions.
CO 6	CO-6 Understand Safety & Ethics – Follow hygiene, sterilization, and safety protocols, along with ethical guidelines and professional conduct in acupuncture and acupressure practice.
CO 7	CO-7 Integrate with Modern Medicine – Explain the role of acupuncture and acupressure as complementary therapies in conjunction with conventional medical treatments.
CO 8	CO-8 Demonstrate Practical Proficiency – Develop hands-on skills through supervised clinical practice, improving confidence in real-world applications.
CO 9	CO-9 Promote Holistic Wellness – Educate patients on lifestyle modifications, diet, and exercises (such as Tai Chi or Qi Gong) that enhance treatment outcomes.

Course: Yoga & its Application

Course Outcomes	Statement
CO 1	CO-1 Understand the Fundamentals of Yoga- Explain the historical background, philosophy, and principles of yoga. Describe different schools and traditions of yoga, such as Hatha Yoga, Ashtanga Yoga, and Raja Yoga.
CO 2	CO-2 Practice and Demonstrate Yogic Techniques- Perform basic asanas (postures) with correct alignment and breathing techniques. Demonstrate pranayama (breathing exercises) for enhancing mental and physical well-being. Practice meditation and relaxation techniques for stress management.
CO 3	CO-3 Apply Yoga for Health and Wellness- Understand the role of yoga in promoting physical, mental, and emotional well-being.

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	Apply yogic principles in daily life to improve flexibility, strength, and concentration. Use yoga as a tool for stress reduction, pain management, and lifestyle improvement.
CO 4	CO-4 Explore the Therapeutic Applications of Yoga- Discuss how yoga can aid in the prevention and management of common ailments like hypertension, diabetes, and anxiety. Understand the integration of yoga with modern healthcare and its therapeutic benefits.
CO 5	CO-5 Develop a Holistic Approach to Life through Yoga- Cultivate self-awareness, discipline, and mindfulness in everyday life. Implement yogic ethics (Yamas and Niyama's) for personal and social well-being. Encourage a balanced lifestyle through proper diet, exercise, and meditation.

Course: Nutrition & Medicinal Herbs

Course Outcomes	Statement
CO 1	CO-1 Understand the Fundamentals of Nutrition- Explain the role of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals) in human health. Analyse dietary requirements for different age groups and health conditions.
CO 2	CO-2 Recognize the Therapeutic Use of Medicinal Herbs- Identify common medicinal herbs and their traditional uses. Describe the bioactive compounds in herbs and their effects on health.
CO 3	CO-3 Apply Herbal and Nutritional Knowledge to Wellness- Recommend dietary changes and herbal remedies for common ailments. Develop meal plans incorporating nutrient-dense foods and medicinal herbs.
CO 4	CO-4 Evaluate the Safety and Efficacy of Herbal Remedies- Assess potential interactions between medicinal herbs and pharmaceutical drugs. Discuss ethical and safety considerations in herbal medicine.
CO 5	CO-5 Explore the Scientific and Cultural Aspects of Herbal Medicine-Compare traditional healing practices with modern scientific research. Understand the historical significance of herbal medicine in different cultures.

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Course: Diagnostic Methods (Naturopathy)-I

Course Outcomes	Statement
CO 1	CO-1 Understand the Principles of Naturopathic Diagnosis – Explain the fundamental concepts and philosophy behind naturopathic diagnostic methods.
CO 2	CO-2 Perform Clinical Examination – Conduct basic physical examinations, including inspection, palpation, percussion, and auscultation, relevant to naturopathy.
CO 3	CO-3 Analyze Vital Signs – Assess and interpret vital parameters such as pulse, respiration, temperature, and blood pressure in a naturopathic context.
CO 4	CO-4 Apply Traditional Diagnostic Techniques – Utilize techniques like tongue diagnosis, pulse diagnosis, and iridology for assessing health conditions.
CO 5	CO-5 Integrate Naturopathic Principles with Modern Techniques – Correlate naturopathic diagnostic methods with conventional medical investigations where applicable.
CO 6	CO-6 Develop Critical Thinking in Diagnosis – Enhance problem-solving skills to analyze symptoms and determine the root cause of ailments based on naturopathic principles.

Course: Diagnostic Methods-II

Course Outcomes	Statement
CO 1	CO-1 Understand Advanced Diagnostic Techniques- Explain the principles and applications of advanced diagnostic tools and imaging modalities.
CO 2	CO-2 Interpret Diagnostic Data- Analyse and interpret diagnostic test results to identify pathological or technical issues.
CO 3	CO-3 Apply Laboratory and Imaging Techniques- Demonstrate proficiency in laboratory diagnostics, including biochemical, microbiological, and haematological tests.

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CO 4	CO-4 Utilize Modern Imaging Systems- Understand the working principles of CT, MRI, PET, and ultrasound imaging for clinical diagnosis.
CO 5	CO-5 Evaluate Diagnostic Accuracy and Limitations- Assess the sensitivity, specificity, and limitations of different diagnostic methods.
CO 6	CO-6 Integrate Diagnostic Approaches in Case Studies- Apply a combination of diagnostic methods to real-world case studies for effective problem-solving.

Course: Psychology & Basic Psychiatry

Course Outcomes	Statement
CO 1	CO-1 Understand Fundamental Psychological Concepts- Define key psychological theories and principles. Explain human behaviour, cognition, and emotions from various psychological perspectives.
CO 2	CO-2 Recognize the Basics of Psychiatry- Understand the classification of mental disorders based on DSM/ICD criteria. Identify common psychiatric conditions such as depression, anxiety disorders, schizophrenia, and personality disorders.
CO 3	CO-3 Analyse Human Development and Behaviour- Explain the stages of human development from infancy to old age. Understand how biological, social, and environmental factors influence behaviour.
CO 4	CO-4 Apply Psychological Principles in Mental Health- Understand the role of psychological assessment in diagnosing mental health conditions. Recognize early signs and symptoms of mental health issues.
CO 5	CO-5 Develop Basic Counselling and Communication Skills- Learn essential therapeutic communication techniques. Understand the principles of counselling and patient interaction in mental health settings.
CO 6	CO-6 Understand the Role of Psychopharmacology and Therapy- Gain a basic understanding of common psychiatric medications and their effects. Learn about different therapeutic approaches, including cognitive-behavioural therapy (CBT) and psychotherapy.

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CO 7	CO-7 Address Ethical and Legal Aspects of Psychiatry- Understand the ethical principles in psychiatric practice. Learn about patient rights, confidentiality, and mental health laws.

Course Outcomes (COs)
4th Year

Course: Fasting Therapy & Dietetics

Course Outcomes	Statement
CO 1	CO-1 Understand the Principles of Fasting Therapy- Explain the physiological and biochemical effects of fasting on the human body. Identify different types of fasting (e.g., intermittent fasting, prolonged fasting, therapeutic fasting) and their benefits.
CO 2	CO-2 Apply Fasting as a Therapeutic Approach- Assess the indications and contraindications of fasting for various health conditions. Design fasting protocols based on individual needs and health goals.
CO 3	CO-3 Integrate Dietetics in Fasting Practices- Understand the role of nutrition before, during, and after fasting. Recommend appropriate dietary plans to support fasting and overall well-being.
CO 4	CO-4 Manage Health Conditions through Fasting & Dietetics- Demonstrate knowledge of how fasting can aid in managing conditions like obesity, diabetes, metabolic disorders, and digestive health. Provide dietary counselling and nutritional support for individuals undergoing fasting therapy.
CO 5	CO-5 Ensure Safety and Ethical Considerations- Recognize potential risks and complications associated with fasting and how to mitigate them. Adhere to ethical and professional guidelines in fasting therapy and nutritional counselling.
CO 6	CO-6 Develop Research & Practical Skills- Critically analyse scientific literature on fasting and dietetics. Conduct case studies or practical sessions on fasting interventions for health and wellness.

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Course: Obstetrics & Gynecology

Course Outcomes	Statement
CO 1	CO-1 Antenatal Care: Conduct comprehensive antenatal care, including risk assessment, screening, and management of normal and high-risk pregnancies.
CO 2	CO-2 Labor and Delivery Management: Identify and manage normal and complicated labor, including fetal monitoring, assisted deliveries, and cesarean sections.
CO 3	CO-3 Postpartum Care: Manage common postpartum complications such as hemorrhage, infections, and lactation issues.
CO 4	CO-4 Neonatal Care: Recognize and manage immediate newborn care, including resuscitation and common neonatal conditions.
CO 5	CO-5 Emergency Obstetrics: Identify and provide first-line management for obstetric emergencies like eclampsia, antepartum hemorrhage, and uterine rupture.
CO 6	CO-6 Menstrual Disorders: Diagnose and manage menstrual abnormalities such as amenorrhea, dysmenorrhea, and abnormal uterine bleeding.
CO 7	CO-7 Reproductive Health: Address contraception, infertility, menopause, and hormone replacement therapy.
CO 8	CO-8 Pelvic Infections & STIs: Diagnose and manage pelvic inflammatory disease (PID) and sexually transmitted infections (STIs).
CO 9	CO-9 Gynecological Cancers: Recognize symptoms, investigate, and outline management plans for gynecological malignancies like cervical, ovarian, and endometrial cancers.

Course: Yoga Therapy

Course Outcomes	Statement
CO 1	CO-1 Understand the Foundations of Yoga Therapy- Explain the principles and philosophy of yoga therapy based on traditional texts like Patanjali's Yoga Sutras, Hatha Yoga Pradipika, and Bhagavad

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	Gita. Understand the therapeutic applications of asanas, pranayama, meditation, and relaxation techniques.
CO 2	CO-2 Assess Individual Health Conditions- Identify common health issues that can be managed with yoga therapy, such as stress, anxiety, hypertension, diabetes, back pain, and respiratory disorders. Conduct assessments to analyse physical, mental, and emotional health conditions using yogic and modern diagnostic tools.
CO 3	CO-3 Design and Implement Therapeutic Yoga Programs- Develop personalized yoga therapy plans based on specific health conditions and individual needs. Modify asanas, pranayama, and meditation techniques for different age groups and medical conditions.
CO 4	CO-4 Apply Yoga for Lifestyle Management and Disease Prevention- Use yoga therapy techniques to promote overall well-being and prevent lifestyle-related diseases.
CO 5	CO-5 Integrate Yoga Therapy with Modern Healthcare- Understand the scientific basis of yoga therapy and its integration with modern medical approaches. Collaborate with healthcare professionals to support patients with chronic illnesses.
CO 6	CO-6 Enhance Emotional and Mental Well-being- Utilize yoga techniques for managing mental health conditions such as depression, anxiety, and PTSD. Apply meditation, mindfulness, and relaxation techniques to improve emotional resilience and cognitive function.
CO 7	CO-7 Practice Ethical and Professional Yoga Therapy- Follow ethical guidelines and professional standards in the practice of yoga therapy. Maintain a compassionate and patient-centred approach in yoga therapy sessions.

Course: Hydrotherapy & Mud Therapy

Course Outcomes	Statement
CO 1	CO-1 Understand the Fundamentals of Hydrotherapy & Mud Therapy- Explain the principles, history, and significance of hydrotherapy and mud therapy in naturopathy and wellness. Identify the physiological and therapeutic effects of water and mud on the human body.

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CO 2	CO-2 Demonstrate Practical Knowledge of Hydrotherapy Techniques-Describe various hydrotherapy treatments, including baths, compresses, packs, enemas, and underwater exercises. Perform and apply hydrotherapy treatments effectively for different health conditions.
CO 3	CO-3 Apply Mud Therapy in Healing and Detoxification-Understand the properties of different types of mud used in therapy. Demonstrate the correct techniques for applying mud packs and mud baths for therapeutic benefits.
CO 4	CO-4 Analyse the Effects of Hydrotherapy & Mud Therapy on the Body Systems- Explain how these therapies influence the circulatory, nervous, muscular, and digestive systems. Assess the benefits and contraindications of hydrotherapy and mud therapy for various diseases.
CO 5	CO-5 Develop Treatment Plans Based on Hydrotherapy & Mud Therapy-Formulate individualized treatment protocols for different ailments using hydrotherapy and mud therapy. Integrate these therapies with other naturopathic treatments for holistic healing.
CO 6	CO-6 Ensure Safety, Hygiene, and Ethical Practices- Follow safety guidelines, hygiene standards, and ethical considerations while administering treatments. Recognize potential risks and contraindications and take necessary precautions.
CO 7	CO-7 Promote Hydrotherapy & Mud Therapy in Wellness and Rehabilitation- Advocate for the role of hydrotherapy and mud therapy in preventive healthcare and rehabilitation. Educate patients/clients on the benefits and applications of these therapies for overall well-being.

Course: First Aid & Emergency Medicine

Course Outcomes	Statement
CO 1	CO-1 Understand the fundamental principles of first aid and emergency medicine.
CO 2	CO-2 Recognize common medical emergencies, including cardiac arrest, stroke, seizures, and trauma.

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CO 3	CO-3 Identify basic anatomy and physiology relevant to first aid and emergency care.
CO 4	CO-4 Learn about CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) usage.
CO 5	CO-5 Gain knowledge of wound care, burns, fractures, and bleeding control techniques.

Course: Clinical Naturopathy

Course Outcomes	Statement
CO 1	CO-1 Understand Naturopathic Principles – Demonstrate a deep understanding of the foundational principles of naturopathy, including the healing power of nature, holistic health, and prevention-focused care.
CO 2	CO-2 Apply Naturopathic Diagnostic Techniques – Utilize various naturopathic diagnostic tools, including physical examinations, patient history analysis, and holistic assessment methods to determine health imbalances.
CO 3	CO-3 Integrate Evidence-Based Naturopathic Treatments – Develop treatment plans incorporating natural therapies such as herbal medicine, nutritional interventions, hydrotherapy, physical therapies, and lifestyle modifications.
CO 4	CO-4 Utilize Complementary Modalities – Apply complementary approaches such as acupuncture, homeopathy, aromatherapy, and mind-body medicine in clinical practice.
CO 5	CO-5 Develop Patient-Centered Treatment Plans – Create individualized and comprehensive naturopathic treatment strategies that align with a patient's health goals, medical history, and lifestyle.
CO 6	CO-6 Analyze Clinical Case Studies – Assess and manage real-life clinical cases by applying naturopathic diagnostic and treatment approaches.
CO 7	CO-7 Demonstrate Ethical & Professional Practice – Adhere to ethical guidelines, professional boundaries, and regulatory frameworks governing naturopathic practice.

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Course: Physical Medicine & Rehabilitation

Course Outcomes	Statement
CO 1	CO-1 Understand the Principles of PM&R- Define the role and scope of Physical Medicine & Rehabilitation in healthcare. Explain the interdisciplinary approach to rehabilitation.
CO 2	CO-2 Assess Functional Impairments- Conduct comprehensive patient assessments, including history-taking and physical examination. Identify common disabilities and functional limitations affecting mobility, communication, and daily activities.
CO 3	CO-3 Apply Therapeutic Interventions- Develop treatment plans using physical therapy, occupational therapy, and assistive technologies. Understand the role of pharmacological and non-pharmacological interventions in rehabilitation.
CO 4	CO-4 Manage Neurological & Musculoskeletal Disorders- Diagnose and treat conditions like stroke, spinal cord injury, traumatic brain injury, and musculoskeletal disorders. Utilize rehabilitation techniques for conditions such as cerebral palsy, arthritis, and amputations.
CO 5	CO-5 Enhance Patient Mobility & Independence- Recommend appropriate assistive devices and prosthetics. Implement gait training and mobility-enhancing strategies.
CO 6	CO-6 Incorporate Pain Management Strategies- Explain different pain management techniques, including medications, physical therapy, and alternative approaches. Address chronic pain conditions effectively.
CO 7	CO-7 Promote Community-Based Rehabilitation- Develop rehabilitation programs for community integration and vocational training. Address psychosocial aspects of disability, including mental health and social inclusion.

Course: Research Methodology & Recent Advances

Course Outcomes	Statement
CO 1	CO-1 Understand Research Fundamentals- Explain the fundamental concepts of research, including objectives, types, and methodologies.

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CO 2	CO-2 Develop Research Problem-Solving Skills- Identify and formulate research problems, hypotheses, and objectives.
CO 3	CO-3 Apply Research Design and Methods- Choose appropriate research designs, data collection techniques, and analysis methods.
CO 4	CO-4 Analyse and Interpret Data- Use statistical and qualitative tools to analyse and interpret research findings.
CO 5	CO-5 Explore Recent Advances in Research- Examine emerging trends, technologies, and innovations in the field of research.
CO 6	CO-6 Use Ethical and Professional Research Practices- Apply ethical principles and guidelines in research, including plagiarism prevention.
CO 7	CO-7 Develop Scientific Writing and Presentation Skills- Prepare well-structured research reports, articles, and presentations.
CO 8	CO-8 Integrate Multidisciplinary Research Approaches- Evaluate how interdisciplinary research contributes to scientific and technological advancements.