



**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**Criterion: I – Curricular Aspects**  
**1.1 – Curriculum Design and Development**  
**Year: 2018-2023**

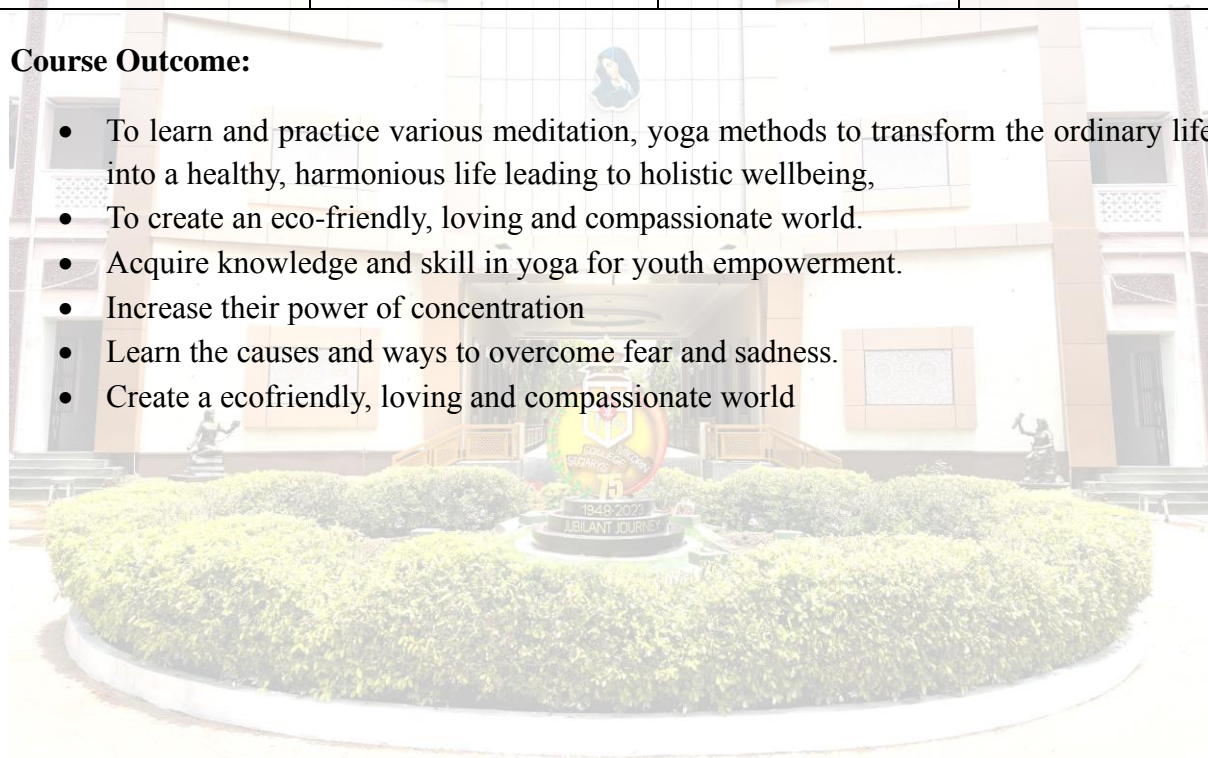


**Programme: B. Com**

SEMESTER- IV			
Ability Enhancement Course: Yoga and Meditation			
<b>Code: 18UAYM41</b>	<b>Hrs/Week : 2</b>	<b>Hrs/Semester : 30</b>	<b>Credits: 2</b>

**Course Outcome:**

- To learn and practice various meditation, yoga methods to transform the ordinary life into a healthy, harmonious life leading to holistic wellbeing,
- To create an eco-friendly, loving and compassionate world.
- Acquire knowledge and skill in yoga for youth empowerment.
- Increase their power of concentration
- Learn the causes and ways to overcome fear and sadness.
- Create a ecofriendly, loving and compassionate world



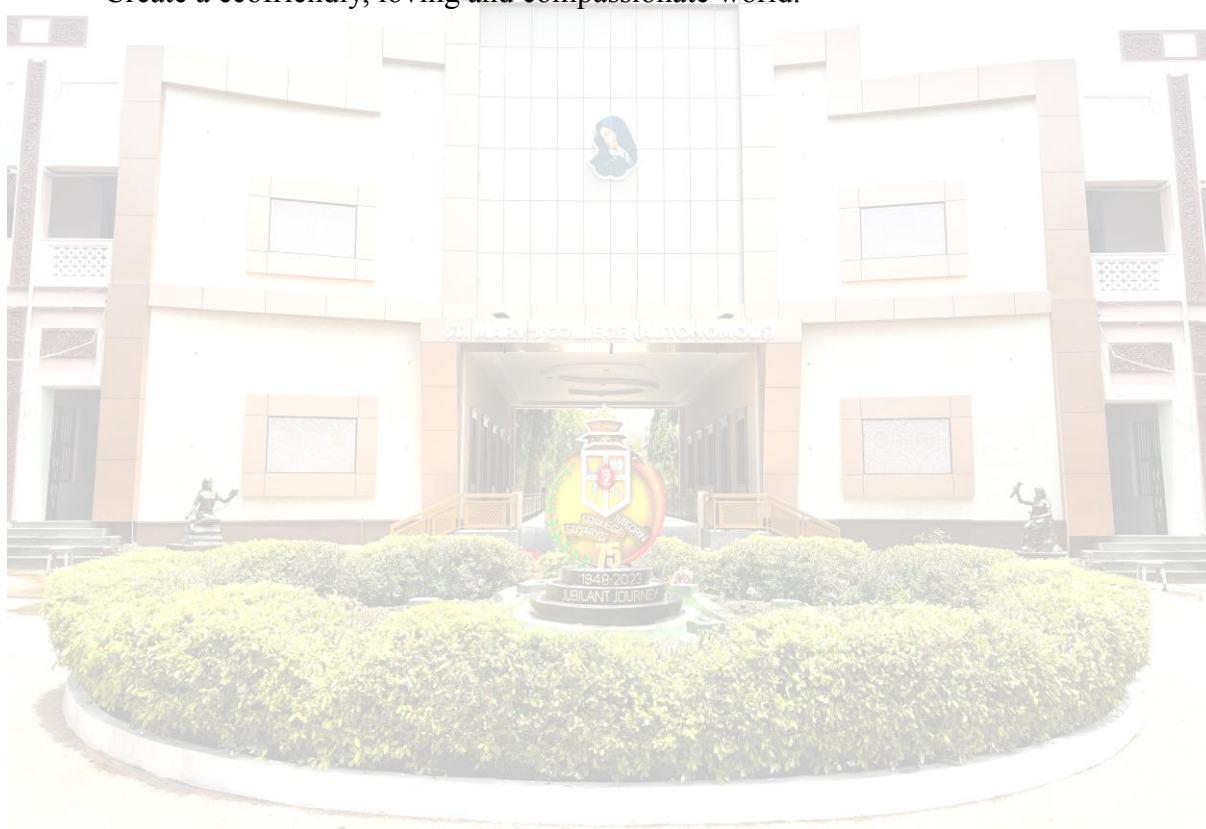
## SEMESTER- IV

### Ability Enhancement Course: Yoga and Meditation

Code: 21UAYM41	Hrs/Week : 2	Hrs/Semester : 30	Credits: 2
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#### Course Outcome:

- To learn and practice various meditation, yoga methods to transform the ordinary life into a healthy, harmonious life leading to holistic wellbeing,
- To create an eco-friendly, loving and compassionate world.
- Acquire knowledge and skill in yoga for youth empowerment.
- Increase their power of concentration
- Learn the causes and ways to overcome fear and sadness.
- Create a ecofriendly, loving and compassionate world.



**Semester – V**

**Core -VII ( Common Core) Human Resource Management**

**Course Code:21UMCC51**

**Hrs/Week: 6**

**Hrs/Sem: 90**

**Credit :3**

**Course Outcome:**

CO No.	Upon completion of this course. students will be able to:	PSO addressed	CL
CO - 1	gain knowledge on the basic concepts of planning human resource and help them to understand basic techniques of business.	1,2	Un
CO - 2	understand the basic selection process in HR.	1,2,3	Un
CO - 3	know the importance of training and development in HR.	2,3,4	Ap
CO -4	gain knowledge on compensation methods and transfer policies	3,4	An
CO -5	know about the significance and problems in performance appraisal.	3,4,5	Ap
CO - 6	know about the methods of performance appraisal	3,4,5	Ap



*Lena Rose*  
**Principal**  
St. Mary's College (Autonomous)  
Thoothukudi-628 001.