



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



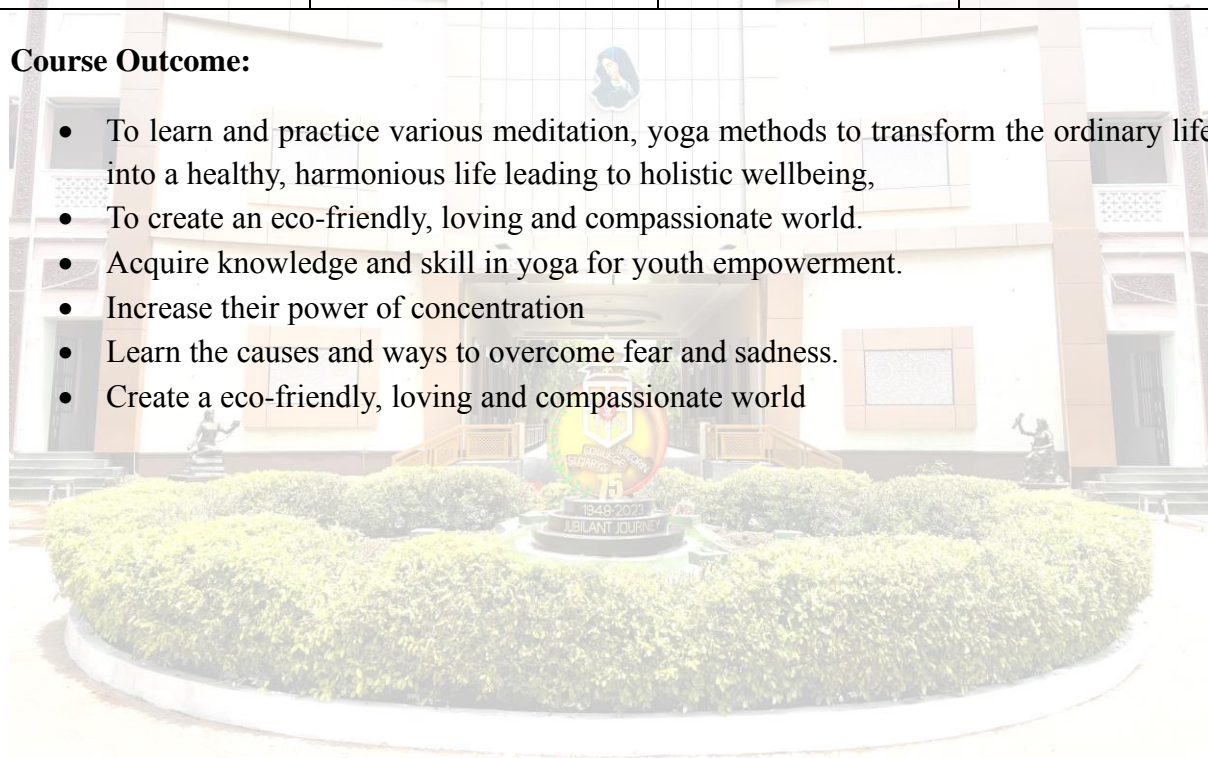
**Criterion: I – Curricular Aspects**  
**1.1 – Curriculum Design and Development**  
**Year: 2018-2023**

**Programme: B. Sc. Physics**

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 eco-friendly, loving and compassionate world



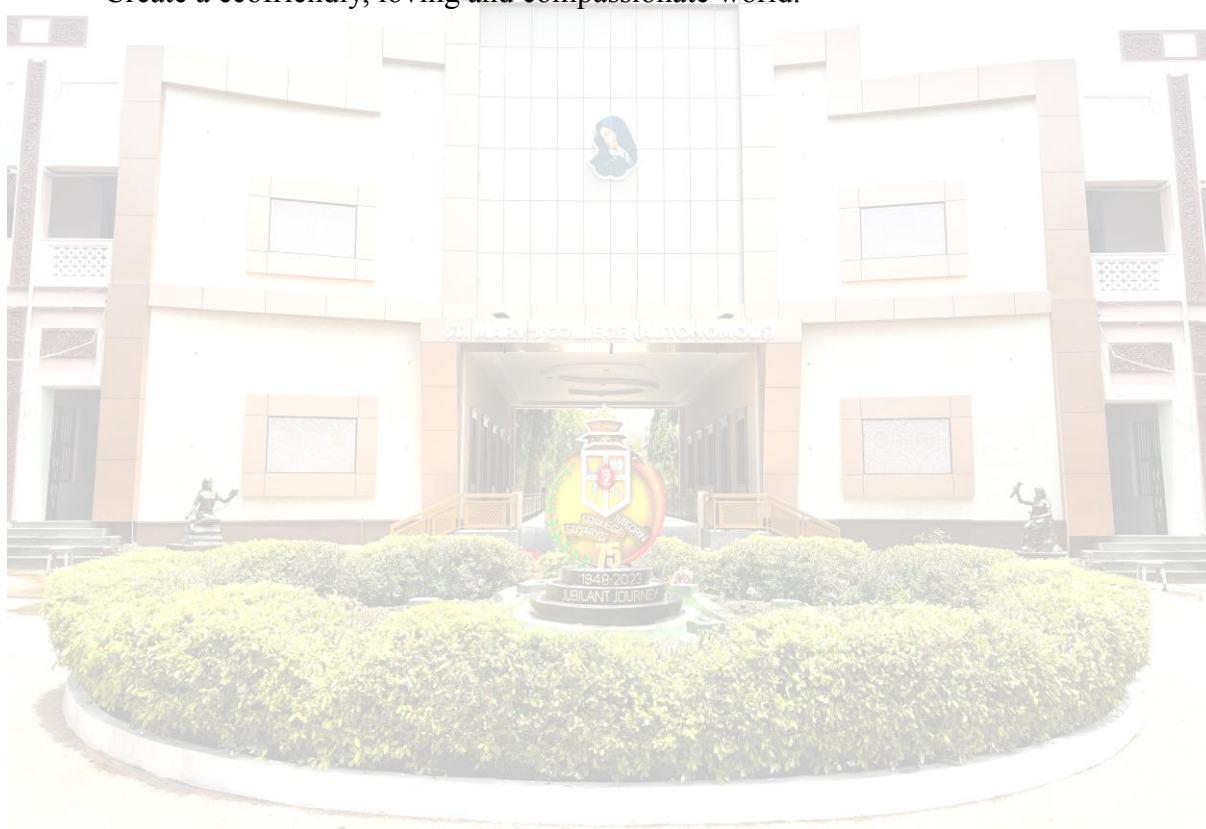
## SEMESTER- IV

### Ability Enhancement Course: Yoga and Meditation

Code: 21UAYM41	Hrs/Week : 2	Hrs/Semester : 30	Credits: 2
----------------	--------------	-------------------	------------

#### 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.



*Lina Rose*  
**Principal**  
St. Mary's College (Autonomous)  
Theothukudi-628 001.