



**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**

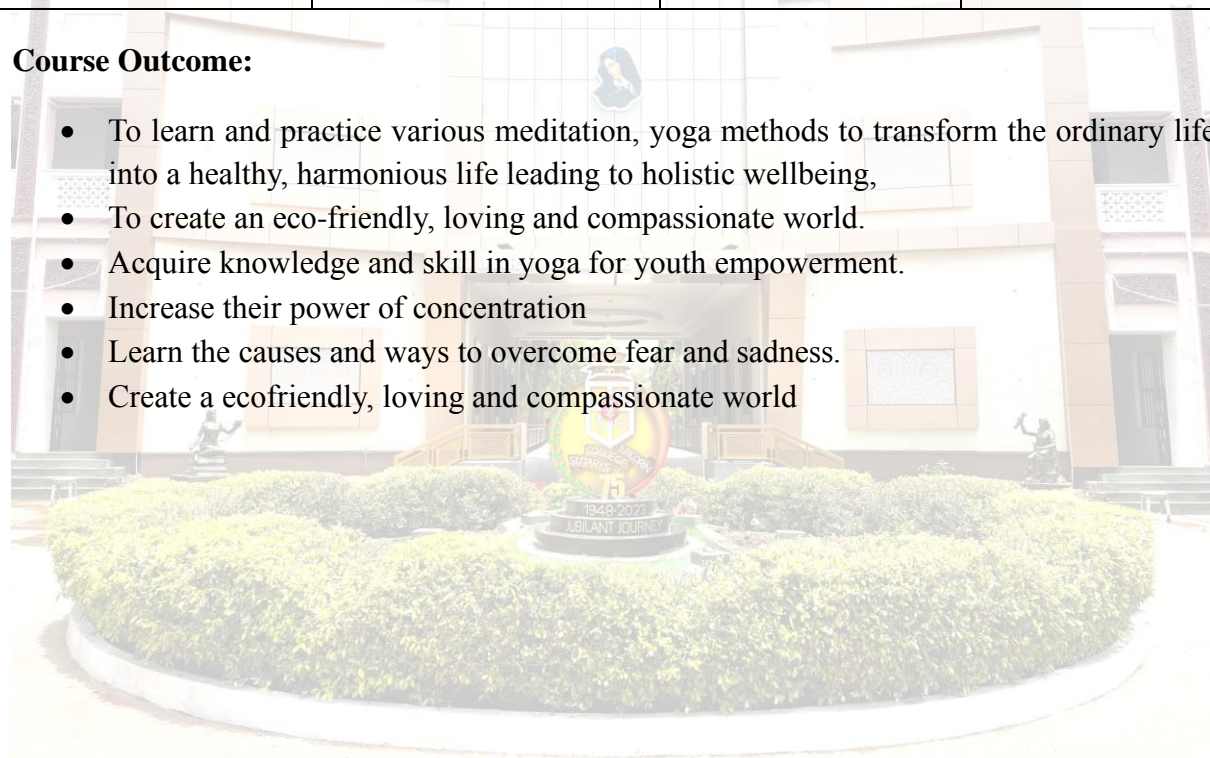


**Programme: B. Sc. Psychology**

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



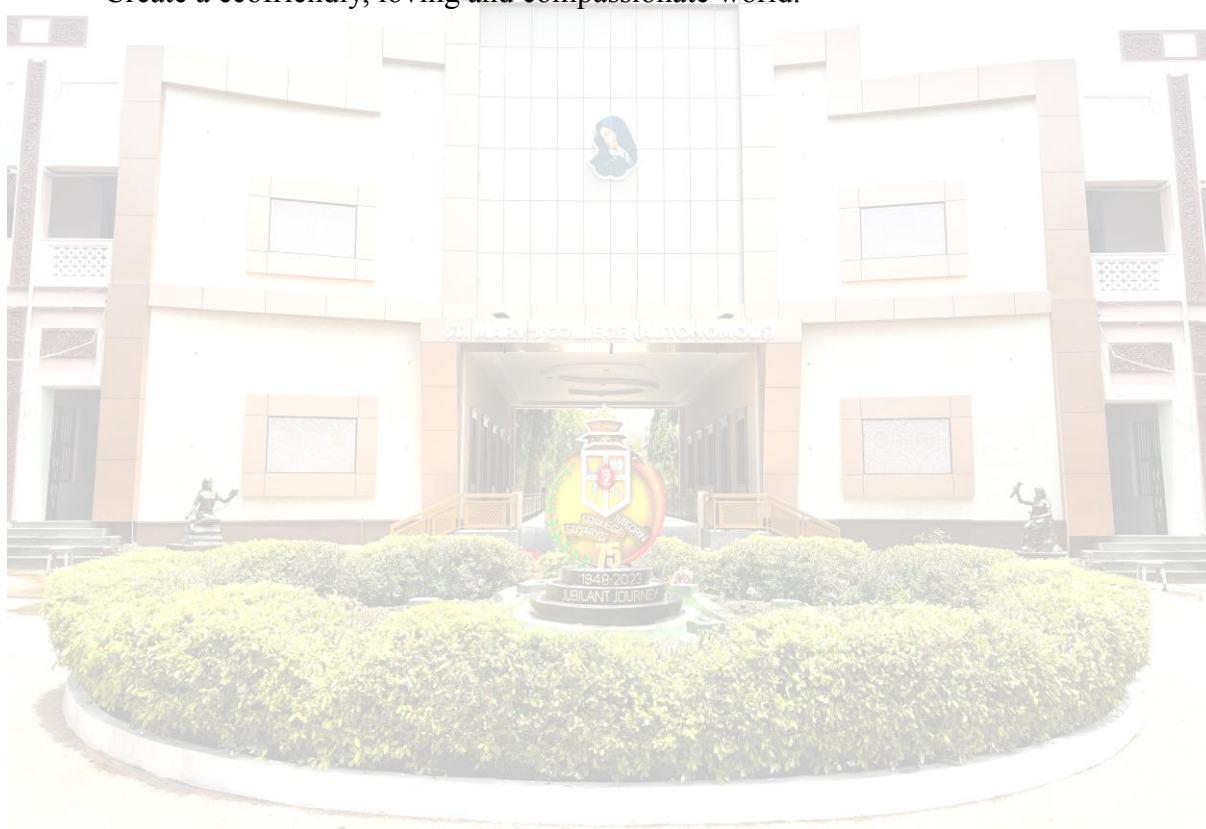
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- Acquire knowledge and skill in yoga for youth empowerment.
- Increase their power of concentration
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## SEMESTER – VI

**Core X**

**Health Psychology**

**Course Code : 21UPSC62**

**Hrs/week : 4**

**Hrs/Sem : 60**

**Credit : 4**

### Course Outcome:

CO. No	Upon completion of this course, students will be able to	PSO addressed	CL
CO-1	introduce students to the various field of health psychology.	1, 4	Re
CO-2	know the various health beliefs and health promotions.	4, 5	Un
CO-3	analyze the various theoretical contributions to stress.	7	An
CO-4	evaluate the pain and coping outcomes.	4, 5	Ev
CO-5	create a knowledge about behavioural factors in chronic disease.	4, 5	Cr
CO-6	understand the problems of living with chronic illness.	5	Cr



*Louis Rose*

**Principal**

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Thoothukudi-628 001.**