



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



Criterion: III – Research Innovation and Extension
3.3. Innovation Ecosystem. Year 2018-2023

3.3.1 :- Institution has created an ecosystem for innovations, Indian Knowledge System (IKS), including awareness about IPR, establishment of IPR cell, Incubation centre and other initiatives for the creation and transfer of knowledge/technology and the outcomes of the same are evident

➤ **Mastering Yoga and Meditation in Curriculum**

SEMESTER –III			
Ability Enhancement Course: Yoga and Meditation			
CourseCode:23UAYM41	Hrs/Week:1	Hrs/Semester:15	Credits:1

Objectives

This course aims at providing knowledge on

- self -awareness and concentration.
- yoga and benefits of yoga asanas.
- the power of positive attitude.

Course outcomes:

CO.No.	Upon completion of this course, students will be able to	Cognitive Level
CO-1	Acquire knowledge in Meditation, awareness, different types of yoga mindfulness and attitude to life.	K1
CO-2	Gain knowledge on Major types of meditation, self-awareness, basic asanas and three components of mindfulness, positive and negative attitude.	K2

CO-3	Explain health benefits of meditation, concentration, asanas for healthy life, mindfulness and Brainwave patterns, heartfulness	K3
CO-4	Understand better meditation, levels of concentration, surya namaskar, Myths about mindfulness, fear and its types.	K4
CO-5	Evaluate the psychological benefits of meditation, ways to develop Presence, asanas, Scientific Facts about Mindfulness and anger styles.	K5

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Unit I Meditation

Meditation — Major types of meditations: Zazen, Mindfulness, Vipasana, Yoga, Self-inquiry, Listening, – Health benefits of meditation: physical, psychological, spiritual–Tips for better meditation.

Exercises: Practicing Zazen meditation – Self-enquiry meditation exercises.

Unit II Self-Awareness

Awareness – Self-awareness – Importance of self-awareness –Difference between Awareness and Concentration – Power of concentration – Levels of concentration – How to increase concentration? – Ways to develop your presence.

Exercises: Body Scan exercise.

Unit III Yoga

Different types of yoga- Pranayama – Surya namaskara– Basic asanas for healthy life-Pranam asana, Hasta Uttan Asana- Pada Hasta Asana- Adhomukha Svanasana - Danda Asana -Vajra Asana, Padmasana, Parvat Asana, UtthitaPadasana, Navasana, Bujang Asana- Dhanur Asana- Savasana.

Exercises: Practicing basic Asanas – Doing Sun Salutation.

Unit IV Mindfulness

Definition of mindfulness – Three components of mindfulness– Mindfulness and Brainwave patterns – Myths about mindfulness – Scientific Facts about mindfulness – Formal and Informal methods method to practice mindfulness.

Exercises: Practice Mindful Walking –Practice Mindful Talking.

Unit V Heartfulness

Attitude to life – Power of positive attitude– Techniques to develop positive attitude– Positive vs negative people – Forms of negative attitude – Heartfulness – Managing fear: Basic 5 fears, way's to overcome fear–Handling anger: Anger styles, Tips to tame anger.

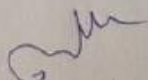
Exercises: Practice Loving-Kindness meditation– Doing compassionate actions.

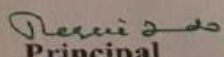
Text Book:

1. Thamburaj Francis. *Meditation and Yoga for Holistic Wellbeing*. Trichy:Grace Publication,2019.

➤ Books related to Yoga and Meditation

St. Mary's College (Autonomous),Thoothukudi			
Indian Knowledge System			
Samples of Books Related to Yoga & Meditations			
S.No.	Acc.No.	Author	Title
1	2172	Vallalhole	Chithra Yogaw
2	2192	Vallalhole	Madhyama Vyayogam
3	49839	Sulochana Sastri	Om Manthiramum, Thiyanamum
4	49840	Sulochana Sastri	Om Manthiramum, Thiyanamum
5	2244	N. Kumaran Asam	Raja Yogam
6	40346	Devaprasad(S)	Yoga
7	20779	Mascarenhas	Yoga and Christian Thought
8	19867	Mascarenhas(BCM)	Yoga and Christian Thought
9	17895	Jayadeva Yogendra	Yoga Today
10	40987	Vancoops	50 Spiritually Powerful Meditations
11	6135	Emile Guerri	God the Father-Mediational
12	22386	Alexander(FJ)	In the Hours of Meditation
13	8765	-	Meditation for Religions
14	42269	Osho	Meditations
15	8241	-	Meditations on the O.T.
16	6324	I. Stamlawer	My Daily Meditation on the Jesus Christ & His Gospels
17	6325	I. Stamlawer	My Daily Meditation on the Jesus Christ & His Gospels
18	3185	-	Selections from New Testament Practical Meditation


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