



**Swargiya Chandra Singh Shahi Govt. P.G. College Kapkote Bageshwar)**

**B. A. V semester**

**Co-curricular Course (Meditation)**

**Course outcomes:**

By successfully completing this course, students will be able to:

- Demonstrate mindfulness of breathing.
- Demonstrate proper meditation postures.
- Describe health benefits of meditation.
- Summarize history of meditation.
- Summarize meditation and religion.
- Describe path to enlightenment.
- Demonstrate meditation techniques.
- Summarize meditation and yoga.
- Demonstrate mastery of lesson content at levels of 70% or higher.