

Programme Name	
Course Code	
Course Title	
Semester	

Course Outcomes:

After completion of the Course, the student should be able to –

CO1: Demonstrate basic meditation, breathing, mindfulness, and relaxation techniques to promote holistic health and well-being.

CO2: Apply meditation-based self-awareness and stress management techniques to improve concentration, emotional stability, and mental resilience in daily life.

CO3: Exhibit positive life management skills, self-discipline, mindfulness, and a balanced lifestyle through regular meditation practice.

Course Contents

Module 1 : Foundations of Meditation and Holistic Well-being (12 hr)

- Introduction to meditation: meaning, purpose, forms of meditation and the role of regular practice.
- Preparation for meditation: posture, comfortable sitting, environment, session discipline and basic relaxation.
- Breath awareness and natural breathing as an anchor for attention.
- Foundational practices: breath-focused meditation, body awareness and guided relaxation.
- Mindfulness of present-moment experience: observing thoughts, feelings and sensations without immediate reaction.
- Experiential practice and reflection: establishing a short, safe and consistent personal meditation routine.

Module 2: Self-Awareness, Introspection and Stress Management (12 hr)

- Observation of thoughts, emotions and bodily sensations; distinguishing observation from reaction.
- Mindfulness practices for attention and concentration: focused attention and open monitoring at a beginner level.
- Recognising common sources of academic and everyday stress and observing personal responses.
- Meditation and relaxation techniques for stress management, emotional balance and mental resilience.
- Loving-kindness (Metta) and compassion practices for positive emotional orientation and interpersonal well-being.
- Experiential sessions with guided practice, self-reflection and simple progress tracking.

Module 3: Mindfulness, Self-Discipline and Life Management Skills (12 hr)

- Building consistency: establishing a daily meditation schedule and overcoming common practice barriers.
- Mindful daily living: applying awareness to study, communication, eating, movement, rest and digital habits.
- Self-discipline and emotional regulation: pause–observe–respond approach in routine situations.
- Life management through prioritisation, time awareness, balanced routines and reflective decision-making.
- Developing a personal well-being plan integrating meditation, relaxation, healthy habits and self-care.
- Practical demonstration, guided reflection and preparation of an individual 15–20 minute meditation routine.

Recommended Reading:

1. AICTE, *Model Curriculum for Mandatory Courses & Activities*.
2. NCCIH/NIH, *Meditation and Mindfulness: Effectiveness and Safety*.
3. NCCIH/NIH, *Stress: Meditation and Mindfulness Practices*.

4. NCERT/CIET, *Effect of Meditation on Attention Regulation and Academic Performance*.
5. Goyal et al., *Meditation Programs for Psychological Stress and Well-Being*, NCBI Bookshelf.

Evaluation Scheme:

Evaluation Component	Assignment / Activity	Marks
Attendance & Participation	Regular attendance and active participation in scheduled Sessions, workshops, competition and club activities	10
Assignments & Continuous Activities	Mandatory assignments, experiential activities, presentations, and activities demonstrating independent thoughts. Total 3 Assignments and 2 quiz to be conducted. (Assignments will be based on the modules of syllabus and the COs)	50
Final Exam	One paper will be conducted. (Format is Subject to change)	40
Total		100

Faculty Advisor:

Dr. Sreyashrao S. Surapreddi