

### **TMC111 - Principles and Parameters of Life (1 Unit)**

Exploration and definition of life, Life: purposes and pursuit, Defining Quality of life, Understanding the “good life, Visions and Dreams, Goal Setting, Potentials and Motivation. Steps to soaring, Anchors of life: Moral, ethical values and principles, Prescriptions for living right from biblical/cultural paradigms, Body Segment: Recreation.