

**List of Courses having focus on Local, National, Regional and Global Developmental Needs offered
Department of Human Excellence**

Human Excellence						
Programme: Human Excellence					2021 Batch - V and VI Semesters 2022 Batch - III and IV Semesters 2023 Batch - I and II Semesters	
Course Code	Course Title	Need				Rationale
		Lo cal	Regio nal	Nati onal	Glo bal	
21HEC505	Human Excellence - National values & SKY Yoga Practice - V		✓	✓		Educating the fundamental rights and duties of citizens. Achieving national integration and peace through cooperation by following unity in diversity. Developing tolerance among religions and enhancing service motive for national benefit.
21HEC606	Human Excellence - Global values & SKY Yoga Practice - VI			✓	✓	Creating a new world without Racial discrimination, Terrorism and Economic marginalization. Utilizing natural resources and finding the solution for ecological imbalances. Creating a world with good political governance and improved culture.
22HEC303	Human Excellence - Professional Values-Ethics & SKY Yoga Practice – III	✓	✓			To develop personality development skills and leadership traits. Following professional ethics through cause and effect system. To achieve success in the work with passion for excellence by empowering the mind.
22HEC404	Human Excellence - Social values & SKY Yoga Practice - IV		✓	✓		Man is the integral part of the society which insists harmonious relationship between man and society. To create a drug addiction free society with morality through purity of mind. Realize the importance of central message of religions and eliminate the social upheavals through the moral education.

23HEC101	Human Excellence - Personal values & SKY Yoga Practice - I	✓	✓			To remember the significance of individual's character building, physical health, mental prosperity and nurturing the life-force. To understand the capabilities of elevating oneself through maintaining good physical and mental health. Regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection. Exploring the subjective and objective of the mind through Ashtanga Yoga. To analyze the thought, desire and without anger and worries enjoy peace in the mind.
23HEC202	Human Excellence - Family values & SKY Yoga Practice - II	✓	✓			To remember the fact that the blessing family members brings peace in the family. To understand the greatness of family with physical and mental health. To removes obstacles in yoga practice, for doing exercises, meditation and introspection. Enhances the quality of life in the family through physical and mental exercises. To realize the rights of women and respect the womanhood and follow the karma yoga.


Head & Assistant Professor,
Department of Human Excellence,
Nallamuthu Gounder Mahalingam College,
Pollachi.

BoS Chairman


Dr. R. MUTHUKUMARAN,
M.A.,M.Phil.,B.Ed.,Ph.D.,
PRINCIPAL
N.G.M. College, Pollachi - 642 001
Coimbatore District

Principal