

Nallamuthu Gounder Mahalingam College (Autonomous)

Pollachi

HUMAN EXCELLENCE

Programme Code:	-			Programme Title:	-	
Course Code:	23HEC101			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Personal values & SKY Yoga Practice - I	Semester:	I
					Credits:	1

Course Objective

- To realize the need for achieving Human excellence, aim of life, philosophy of life, Character enhancement, physical health, mental prosperity and nurturing life-force.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember the significance of individual's character building, physical health, mental prosperity and nurturing the life-force.	K1
CO2	To understand the capabilities of elevating oneself through maintaining good physical and mental health.	K2
CO3	regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection.	K3
CO4	Exploring the subjective and objective of the mind through Ashtanga Yoga	K4
CO5	To analyze the thought, desire and without anger and worries enjoy peace in the mind	K5

Units	Content	Hrs
Unit I	Human Excellence education - objectives- Purpose and philosophy of life - Ashtanga Yoga - Mind's subjective and objective conditions.	6
Unit II	Analysis of thought - Greatness of thought - Practice for analysis of thought - Moralization of desire - Six bad temperaments - Practice for moralization of desire.	6
Unit III	Neutralization of anger - Anger as a chain action - Practice for neutralization of anger - Eradication of worries - Reasons for worries - Practice for eradication of worries.	6
Unit IV	Self-realization - God Realization and blossom of love - Kayakalpa exercise - Sexual drive and Spiritual development - Anti ageing process - Practice and benefits of Kayakalpa exercise.	6
Unit V	Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Physical health development - Simplified Physical Exercises Part-I - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise.	6
	Total Contact Hrs	30

Programme Code:	-			Programme Title:	-	
Course Code:	23HEC202			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Family values & SKY Yoga Practice - II	Semester:	II
					Credits:	1

Course Objective

- To realize the greatness of the relationship of the family members.
- Creating a blissful marital life with love and compassion through blessing.
- Respect women and bring family peace to following the principles of karma yoga.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember the fact that the blessings family members brings peace in the family	K1
CO2	To understand the greatness of family with physical and mental health.	K2
CO3	To removes obstacles in yoga practice, for doing exercises, meditation and introspection.	K3
CO4	Enhances the quality of life in the family through physical and mental exercises.	K4
CO5	To realize the rights of women and respect the womanhood and follow the karma yoga.	K5

Units	Content	Hrs
Unit I	Mutual blessings for family peace - Benefits of blessing - Functions of energy waves - Ethical Values for life - Fivefold Culture	6
Unit II	Solutions to overcome impediments of yoga - Mindset - Gender equality system - women rights - Greatness of womanhood - Bharathi and development of Womanhood.	6
Unit III	Blissful marital life - Rules during adolescence - Thiruvalluvar's Concepts of Family values - Harmony in family - Joint family.	6
Unit IV	Love and compassion - The Greatness of Love - Food is Medicine - Food habits that cures deficiency - Karma Yoga - Greatness of gratitude.	6
Unit V	Meditation II - Thuriya meditation - Simplified Physical Exercises Part-II - Makarasana exercise part-I - Makarasana exercise part-II - Massage exercise - Acupressure exercise - Relaxation exercise - Revision (Kayakalpa exercise).	6

Programme Code:	-			Programme Title:	-	
Course Code:	23HEC303			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Professional values - Ethics & SKY Yoga Practice - III	Semester:	III
					Credits:	1

Course Objective

- Following professional ethics through cause and effect system
- To achieve success in the work with passion for excellence by empowering the mind

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To gain excel in the profession.	K1
CO2	To understand cause and effect system and time management and to develop passion for excellence.	K2
CO3	To develop the leadership qualities for the professional upliftment	K3
CO4	To develop the positive thought for lifestyle enhancement.	K4
CO5	The Practicing asana and meditation for the holistic development of the students.	K5

Units	Content	Hrs
Unit I	Professional ethics - honesty - trustworthiness - loyalty - respect for others - adherence to the law - Philosophy of Cause and effect - Activities for human welfare	6
Unit II	Time management - Time management for students - Time management for good health - Intelligence, Emotions and Spiritual quotients - Spirituality and Vallalar.	6
Unit III	Ethics in entrepreneurship - Respect - Integrity - Customer focus - Team work - risk-taking - passion - persistence - enthusiasm - enterprise - commitment - Leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam.	6
Unit IV	Lifestyle Enhancement - Methods to attain higher goal - Enrichment of Mind - Functions of mental frequency - Passion for excellence - Positive thoughts.	6
Unit V	Meditation III - Thuriyatheettha meditation - Surya namaskar (1.Piranamasana - 2.Hashta Uttanasana - 3.Patha Hasthasana - 4.Aswa Sanjalana asana - 5.Thuvipatha Aswasanjalana asana - 6.Astanga Namaskara - 7.Pujangasana - 8.Atha Muktha Savasana - 9.Aswa Sanjalana asana - 10.Patha Hasthasana - 11.Hashta Uttanasana - 12.Piranamasana) - Revision (Kayakalpa exercise - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise)	6
	Total Contact Hrs	30

Programme Code:	-			Programme Title:	-	
Course Code:	23HEC404			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Social values & SKY Yoga Practice - IV	Semester:	IV
					Credits:	1

Course Objective

- 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

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember that human evolution has occurred through transformation and manifestation of the Almighty, to create a balanced society.	K1
CO2	To understand the reasons for disparity among human beings to strengthen the unity in the society.	K2
CO3	To realize that Sangya philosophy enhances the concept of meditation.	K3
CO4	Maintaining the social welfare through Physical health and purity of mind.	K4
CO5	To realise the social responsibility and to develop the service to the society	K5

Units	Content	Hrs
Unit I	Evolution of Man - Characteristics of Divine - Evolution of Universe - Evolution of Living beings - Man is the part of society - The perspective of Bharathidasan in human society	6
Unit II	Disparities among human beings - Seven values of human beings - Sixteen disparities - Social welfare through purity of mind - Greatness of mind – Significance of Genetic centre	6
Unit III	Education and society - Social awareness - Significance of education for social growth - De addiction -Technology addiction and solution.	6
Unit IV	Social discriminations and solutions – Genocide and war crime - Vision of Arutselvar - Sangya philosophy - Structure and functions of three bodies - Central message of religions - Massage from Sages.	6
Unit V	Meditation IV – Pancha bootha navagraha Meditation - Yogasanas Part-I (1.Viruchasana - 2.Chakrasana (side wise) - 3.Padmasana - 4.Vajrasana - 5.Yoga mudra - 6.Pachi mothasana. 7.Ustrasana - 8.Vakkrasana - 9.Sidhasana - 10.Gomukhasana) - Revision (Kayakalpa exercise - Maharasana Part-I & II exercises - Massage exercise - Acupressure exercise - Relaxation exercise)	6
	Total Contact Hrs	30

Programme Code:	-			Programme Title:	-	
Course Code:	23HEC505			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - National values & SKY Yoga Practice - V	Semester:	V
					Credits:	1

Course Objective

- 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

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember one's fundamental rights and duties for national integration and peace	K1
CO2	To understand the importance and practices of Hatha Yoga	K2
CO3	To apply improving physical health and mental prosperity render service and sacrifice for national security	K3
CO4	To analyse developing tolerance among religions through spiritual growth for achieving national integration	K4
CO5	To execute world peace through individual peace following values in life.	K5

Units	Content	Hrs
Unit I	Enlightened Citizenship - Fundamental rights - Fundamental duties - Nehru's perspective view of India - Emerging India - Challenges of India to become a super power	6
Unit II	Hatha Yoga - Importance and practices of hatha yoga - The greatness of Indian culture - Amazing technology.	6
Unit III	India and peace - Individual peace to world peace - World peace plans - India's message to the world - Indian philosophy known to the world.	6
Unit IV	Service and sacrifice - Service of Mother Theresa - Unity in Diversity - Goal of unity - Gandhian principles and National Integration - India and spirituality - Spiritual development - Six religious sects.	6
Unit V	Meditation V - Nine Centre meditation - Yogasanas Part-II (1.Mandukasana - 2.Matsyasana - 3.Navasana -4.Pavannmuktasana - 5.Uthana padhasana - 6.Bhujangasana - 7.Dhanurasana - 8.Navukasana - 9.Salabasana - 10.Makkarasana) - Revision (Kayakalpa exercise - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise).	6
	Total Contact Hrs	30

Programme Code:	B.Sc./B.A./B.Com.			Programme Title:	B.A., B.Sc., B.Com.,	
Course Code:	23HEC606			Title	Batch:	2023 - 2026
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Global values & SKY Yoga Practice - VI	Semester:	VI
					Credits:	1

Course Objective

- The decisions we make every day are a reflection of our values.
- Utilizing natural resources and finding the solution for ecological imbalances.
- Creating a world with good political governance and improved culture.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember that man is the responsible for preservation and destruction of nature.	K1
CO2	To understand the truth that the absence of spiritual knowledge is the reason for racial discrimination and cultural degradation.	K2
CO3	Creating a world without economic imbalance through physical and mental health.	K3
CO4	Creating a new world without racial discrimination and terrorisms through spiritual development.	K4
CO5	To execute individual peace to world peace through to follow values in life	K5

Units	Content	Hrs
Unit I	Racial discrimination and solutions - Racial Discrimination in epic period – Solutions - Ecological imbalance and Solutions - Factors for Global warming - various pollutions - E-Wastages - solutions.	6
Unit II	Political upheavals and solutions - Pillars of democracy - Solutions - Global terrorism and solutions - Present state of terrorism and solutions.	6
Unit III	Cultural degradation and solutions - Emergence of monoculture and solutions - Principles of Vivekanandar - Economic marginalisation and solutions - Communalization of Industries - Solution.	6
Unit IV	Crisis of natural resources and solution – Food, water and fuel scarcity - solution - Man is the cause and man is the solution - Moral values for students.	6
Unit V	Meditation VI - Panchendriya Meditation - Mudras (1.Sin mudra - 2.Vayu mudra - 3.Suriya mudra - 4.Sooniya mudra - 5.Prithivi mudra - 6.Prana mudra - 7.Abana mudra - 8.Abanavayu mudra - 9.Varuna mudra - 10.Linga mudra) - Revision (Kayakalpa exercise – Maharasana Part - I & II exercises - Massage exercise - Acupressure exercise - Relaxation exercise).	6
	Total Contact Hrs	30