

# DEPARTMENT OF HUMAN EXCELLENCE

SYLLABUS 2025-2028 BATCH

(Outcome – Based Education)

## BOARD OF STUDIES 2025



**NALLAMUTHU GOUNDER MAHALINGAM COLLEGE (AUTONOMOUS)**

**Accredited with A++ Grade by NAAC**

**AN ISO 9001-2015 Certified Institution**

**POLLACHI – 642 001**

## **Department of Human Excellence**

### **Vision**

To strive for Human Excellence by enhancing physical fitness, mental awareness, emotional stability and spiritual awakening. By conserving energy efficiently, to empower the youth to unlock their full potential. The goal is to attain contentment, realize life's purpose and foster world peace through individual harmony.

### **Mission**

To cultivate peace, prosperity and well-being through excellence in sharing knowledge, ethical integrity and social service. With self-discipline and dedication, to strive to uplift National pride, make meaningful life choices, and contribute to society, leading to fulfillment and harmony.

### **Program Educational Objectives:**

<b>PEO1</b>	Develop self-awareness, emotional stability, and ethical values to lead a balanced and fulfilling life.
<b>PEO2</b>	Foster love, respect, and responsibility in family and society while promoting harmony and inclusivity.
<b>PEO3</b>	Cultivate leadership, integrity, and time management skills to uphold ethical standards in professional life.
<b>PEO4</b>	Instill patriotism, cultural appreciation, and global consciousness to contribute to peace, sustainability, and human welfare.

## Program Outcomes:

<b>PO1</b>	<b>Life-long Learning:</b> To understand self realization through meditation practices and various family values like kindness, duty, moral values and to know the greatness of family relationship to develop love and compassion for all living beings.
<b>PO2</b>	<b>Professional Ethics :</b> To promote the professional ethics through moral principles and to change the mind-set of youth to render service for the development of the society.
<b>PO3</b>	<b>Integrated Value System :</b> To recognize the cultural ethical pride of the country and to maintain the unity beyond caste, race, language and culture and to attain the world peace.
<b>PO4</b>	<b>Physical and Mental Wellness :</b> To maintain physical fitness, emotional stability and character building through introspection practices for purification of thoughts and to neutralize the anger and to lead peaceful life.

## Mapping

<b>PEOs</b> <b>POs \ PSOs</b>	<b>PEO1</b>	<b>PEO2</b>	<b>PEO3</b>	<b>PEO4</b>
<b>PO1</b>	H	H	M	H
<b>PO2</b>	M	H	H	M
<b>PO3</b>	H	H	M	M
<b>PO4</b>	H	H	M	M

<u><b>B.Sc. / B.Com./B.A. – For Computer Science / Commerce Cluster</b></u>										
<u><b>(FOR THE CANDIDATES ADMITTED FROM THE ACADEMIC YEAR 2025 – 2026 ONWARDS)</b></u>										
<u><b>I to VI SEMESTERS</b></u>										
<u><b>SCHEME OF EXAMINATIONS</b></u>										
<b>SEMESTER – I</b>										
<b>Part</b>	<b>Subject Code</b>	<b>Title of the Paper</b>	<b>Hrs / Week</b>		<b>Hrs / Sem.</b>	<b>Exam Hrs.</b>	<b>Maximum Marks</b>		<b>Total Marks</b>	<b>Credits</b>
			<b>L *</b>	<b>P</b>	<b>T</b>		<b>Internal (Practical)</b>	<b>External</b>		
<b>SEMESTER – I</b>										
IV	25HEC101	Human Excellence - Personal Values & Indian Yoga Practice - I	* 2	-	30	2	20	30	50	1
<b>SEMESTER – II</b>										
IV	25HEC202	Human Excellence - Family Values & Indian Yoga Practice - II	* 2	-	30	2	20	30	50	1
<b>SEMESTER – III</b>										
IV	25HEC303	Human Excellence – Professional Values & Indian Yoga Practice - III	* 2	-	30	2	20	30	50	1
<b>SEMESTER – IV</b>										
IV	25HEC404	Human Excellence - Social Values & Indian Yoga Practice - IV	* 2	-	30	2	20	30	50	1
<b>SEMESTER – V</b>										
IV	25HEC505	Human Excellence - National Values & Indian Yoga Practice -V	* 2	-	30	2	20	30	50	1
	25VHE5VA	The Modalities of Yoga Therapy	30 Hrs							2**
<b>SEMESTER – VI</b>										
IV	25HEC606	Human Excellence - Global Values & Indian Yoga Practice – VI	* 2	-	30	2	20	30	50	1
	25VHE6VA	An Introduction to Acupuncture	30 Hrs							2**

\* **Note:** As per the college time table out of one hour is scheduled within the time table and one hour is scheduled outside the time table.

\*\*Extra Credits - VAC-Department Specific Value Added Course

## Question Paper Pattern

### (Based on Bloom's Taxonomy)

**K1**-Remember; **K2**- Understanding; **K3**- Apply; **K4**-Analyze; **K5**- Evaluate

#### Theory Examinations: 50 Marks (Part IV)

Knowledge Level	Section	Marks	Description	Total
K1 & K2 (Q 1 -10)	A (Q 1 – 5 MCQ) (Q 6–10 Define / Short Answer)	10 x 1 = 10	MCQ Define	<b>50</b> (Converted to 30 for ESE)
K3, K4 & K5 (Q 11-15)	B (Either or pattern)	5 x 8 = 40	Short Answers	

Note: \* In theory ESE, students will write Examination maximum marks as 50 and it will be converted to 30 for Total Mark calculation. Value education is offered in the name of Human Excellence.

### Components of Continuous Assessment

#### THEORY

**Maximum Marks: 50; CIA Marks: 20**

Components	Calculation	CIA Total
Observation note & Record Skill Assessment	5 + 15	20

CIA (Practical) 20 marks + Theory 30 marks = 50 Marks

- Title of the Paper includes both Theory and Practical. End Semester Practical Examination will be conducted for 20 marks. Hence the cumulative total mark of the paper would be 50. Overall Minimum pass mark will be 20; Submission of record note book is mandatory. Candidates appearing for practical examination should submit bonafide record note books prescribed for practical examinations. Otherwise the candidates will not be permitted to appear for the practical examination.

<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC101			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - Personal values & Indian Yoga Practice - I	<b>Semester:</b>	I
					<b>Credits:</b>	1

### Course Objective

Develop physical, mental, and spiritual well-being through physical exercise, meditation, kayakalpa and Ayurveda. Accordingly, practice self-discipline, self-inquiry and balanced lifestyle for holistic development.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember human excellence education, life's purpose and philosophy, and the origin and evolution of yoga for holistic development.	K1
CO2	To understand Ashtanga Yoga and the introspection of thoughts and desires for self-awareness.	K2
CO3	To apply Agna and Shanthi meditation, spinal clearance techniques, simplified physical exercises, and health practices for overall well-being	K3
CO4	To analyze the basic concepts of Ayurveda and the effectiveness of yoga practices in managing lifestyle disorders for better well-being.	K4
CO5	To evaluate the purpose of knowledge in India, the significance of Para and Apra Vidya and the benefits of Kayakalpa exercise.	K5

Units	Content	Hrs
<b>Unit I</b>	Human Excellence education - objectives- Purpose and philosophy of life - Origin and Evaluation of Yoga - Classical Yoga - Modern Yoga.	6
<b>Unit II</b>	Ashtanga Yoga - Mind's subjective and objective conditions – Introspection of Thought and Desire – Methods and Practice.	6
<b>Unit III</b>	Basic concepts of Ayurveda - The Three Gunas and Three Doshas - Yoga practice for life style disorder - Obesity - Diabetics - Blood Pressure.	6
<b>Unit IV</b>	The Purpose of Knowledge in India – Para vidya (Higher Knowledge) – Apra vidya (Lower Knowledge) - Kayakalpa exercise - Sexual drive and Spiritual development - Anti ageing process - Practice and benefits of Kayakalpa exercise.	6
<b>Unit V</b>	Meditation I - Agna meditation - Shanthi meditation - Spinal card clearance - Physical health development - Simplified Physical Exercises Part-I - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalopathy exercise.	6
	<b>Total Contact Hrs</b>	<b>30</b>

## Pedagogy

Direct Instruction, Digital Presentation, Flipped Class

## Assessment Methods:

Test, Seminar, Assignments, Group Task






25HEC101

## Text Book

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	S.Jeyalakshmi & Dr. S. Maheswari et al.,	Personal values	NGM College (Tamil version)\ 13 <sup>th</sup> edition	2024

## Reference Books

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	P.V. Sharma	Charaka Samhita	Chaukhambha Orientalia	1998
2	Hansaji J. Yogendra	Yoga for all	Ruba publication	2018
3	B.S. Acharya	Pathanjali Yoga Sutra	Narmadha publications	2009
4	Vethathiri Maharishi	Manavalakalai part-I	Vethathiri publication/50 <sup>th</sup> Edition	2017

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
S.Jeyalakshmi D.Gnanasoundari	Name: S.Jeyalakshmi	Name: Mr.K. Srinivasan	Name: Mr.K. Srinivasan
 			
Signature:	Signature:	Signature:	Signature:

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<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC202			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - Family values & Indian Yoga Practice - II	<b>Semester:</b>	II
					<b>Credits:</b>	1

### Course Objective

Explaining family harmony, gratitude and gender equality through Karma Yoga. Understanding Vedic traditions, balanced nutrition, meditation and physical exercises for holistic well-being.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember mutual blessings for family peace and the significance of Indian religious Sampradayas in fostering harmony and spiritual growth.	K1
CO2	To understand Karma Yoga, the greatness of gratitude and the importance of gender equality for a balanced and just society.	K2
CO3	To apply Thuriya meditation and simplified physical exercises for enhanced mental clarity, physical health and overall well-being.	K3
CO4	To analyze anger and worry management techniques, practical methods and their role in fostering harmony within the family.	K4
CO5	To evaluate the Vedic corpus, Itihasas, Puranas, and the impact of yogic diet and nutrition on health and well-being.	K5

Units	Content	Hrs
<b>Unit I</b>	Mutual blessings for family peace - Benefits of blessing - Functions of energy waves – Indian Religious Sampradayas – Vedic Period to Bakthi Traditions.	6
<b>Unit II</b>	Karma Yoga - Greatness of gratitude - Gender equality system - women rights - Greatness of womanhood - Bharathi and development of Womanhood.	6
<b>Unit III</b>	Management of anger and worries – Methods of Practice - Harmony in family - Joint family - Thiruvalluvar's Concepts of Family values.	6
<b>Unit IV</b>	The Vedic corpus – Itihasas and Puranas - Yogic diet and Nutrition - Balanced diet - Natural food.	6
<b>Unit V</b>	Meditation II - Thuriya Meditation - Benefits - Simplified Physical Exercises Part-II - Makarasana exercise part-I - Makarasana exercise part-II - Massage exercise - Acupressure exercise - Relaxation exercise.	6
	<b>Total Contact Hrs</b>	<b>30</b>



## Pedagogy

Direct Instruction, Digital Presentation, Flipped Class

## Assessment Methods:

Test, Seminar, Assignments, Group Task





25HEC202

## Text Book

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Panneerselvam.N & D.Yashotha et al.,	Family values	NGM College (Tamil Version) \ 11 <sup>th</sup> edition	2024

## Reference Books:

S. NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Vethathiri Maharishi	Manavalakalai part-II	Vethathiri publication (tamil version)\ 28 <sup>th</sup> edition	2016
2	Charles Eisenstein	The Yoga of Eating: Transcending Diets and Dogma to Nourish the Natural Self	New Trends Publishing	2003
3	Satya Prakash Singh	Vedic Ideals and Their Continuity in the Epics and Puranas	D.K. Printworld	2021
4	Rabin Sharma	Family Wisdom	Jai Co Public house	2009

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature N.Panneerselvam K.Santhi  Signature:	Name and Signature Name: S.Jeyalakshmi  Signature:	Name and Signature Name: Mr.K. Srinivasan  Signature:	Name and Signature Name: Mr.K. Srinivasan  Signature:

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<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC303			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - Professional values & Indian Yoga Practice - III	<b>Semester:</b>	III
					<b>Credits:</b>	1

### Course Objective

Develop professionalism, leadership qualities and time management. Understand Indian knowledge systems, de-addiction, pranayama, surya namaskar and meditation for holistic well-being and personal growth.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember professional ethics, entrepreneurial values and the philosophy of cause and effect for ethical decision-making and responsible leadership.	K1
CO2	To understand leadership traits and the concepts of knowledge, perception and inference in the Indian knowledge system for informed decision-making.	K2
CO3	To apply Thuriyatheetha meditation and Surya Namaskar for enhanced physical health, mental clarity and spiritual upliftment.	K3
CO4	To analyze de-addiction methods and the role of Indian education in fostering awareness, discipline and a value-based lifestyle.	K4
CO5	To evaluate time management techniques, Pranayama, and Bandha practices for improved focus, productivity and overall well-being.	K5

Units	Content	Hrs
<b>Unit I</b>	Professional ethics - trustworthiness - loyalty - Ethics in entrepreneurship - Customer focus - Team work - Philosophy of Cause and effect - Activities for human welfare - Spirituality and Vallalar.	6
<b>Unit II</b>	Leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam - The concepts of Knowledge, Perception and Inference in Indian Knowledge System – The Importance of Pratyaksha and Agama in relation to Anumana.	6
<b>Unit III</b>	De addiction -Technology addiction and solution - Indian Education – Preservation of culture, tradition and Dharma through education.	6
<b>Unit IV</b>	Time Management – Time management for students – Time management for good health - Pranayama and Bandha – Nadisudhi – Ujjayi – Sitkari – Sitali – Kapalapathi- Moola Bandha – Udiyana Bandha – Jalandhra Bandha.	6
<b>Unit V</b>	Meditation III - Thuriyatheetha 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).	6
	<b>Total Contact Hrs</b>	<b>30</b>

**Pedagogy**

Direct Instruction, Digital Presentation, Flipped Class

**Assessment Methods:**





Test, Seminar, Assignments, Group Task

**25HEC303****Text Book**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	D. Gnanasoundari & N. Panneerselvam et al.	Professional values	NGM College\ 9 <sup>th</sup> edition (Tamil version)	2022

**Reference Books:**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Dr. A.P.J. Abdul Kalam	Wings of Fire	University Press	2023
2	Dharampal	The Beautiful Tree: Indian Indigenous Deucation in the Eighteenth Century	Dharampal classics Series, Rashtrathana Sahitya, Bengaluru	2021
3	R.S Naagarazan	Professional Ethics and Human Values	New Age International (P) Limited	2006
4	WCSC - Vision for wisdom (compilation)	Yogasanas	NGM College	2020

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
Dr.P.Veerasithi Vinayagan Dr.S.Jagadambal  S Jagadambal	Name: S.Jeyalakshmi 	Name: Mr.K. Srinivasan 	Name: Mr.K. Srinivasan 
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<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC404			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - Social values & Indian Yoga Practice - IV	<b>Semester:</b>	IV
					<b>Credits:</b>	1

### Course Objective

Exploring human evolution, emotional maturity and social inequalities. Understanding holistic well-being and spiritual growth through the practice of Indian philosophies, Meditation and Yogasanas.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember human evolution and the importance of emotional maturity in building strong interpersonal relationships.	K1
CO2	To understand human disparities and the role of a pure mind in achieving social welfare and harmony.	K2
CO3	To apply ancient celestial knowledge, Panchabootha Navagraha meditation and Yogasanas for physical, mental, and spiritual well-being.	K3
CO4	To analyze social discriminations, their solutions, and the principles of Sangya philosophy for a just and harmonious society.	K4
CO5	To evaluate fundamental Indian philosophical texts and their role in enriching the mind for wisdom and self-realization.	K5

Units	Content	Hrs
<b>Unit I</b>	Evolution of Man – Characteristics of Divine – Evolution of Universe - Evolution of Living being - Emotional maturity for interpersonal relationship – Greatness of relationship – Techniques of managing emotional moods.	6
<b>Unit II</b>	Disparities among human beings – Seven values of human beings – Sixteen reasons for disparities - Social welfare through purity of mind - Greatness of mind – Significance of Genetic centre.	6
<b>Unit III</b>	Fundamental texts of Indian Philosophies – Jainism - Buddhism - Enrichment of Mind – Functions of mental frequency.	6
<b>Unit IV</b>	Social discriminations and solutions – Genocide and war crime - Vision of Arutselvar - Sangya philosophy - Structure and functions of three bodies.	6
<b>Unit V</b>	Meditation IV – Ancient Records of celestial bodies – Panchabootha Navagraha Meditation – Benefits - 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)	6
	<b>Total Contact Hrs</b>	<b>30</b>

**Pedagogy**

Direct Instruction, Digital Presentation, Flipped Class

**Assessment Methods:**






Test, Seminar, Assignments, Group Task

**25HEC404****Text Book**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Veerasithi Vinayagan. P. & Santhi. K. et al.,	Social values	NGM College\ 9 <sup>th</sup> edition (Tamil version)	2023

**Reference Books:**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	K.T.S. Sarao and Jeffery D. Long	Buddhism and Jainism	Springer	2017
2	Subramanyamu A	The Concept of Mind with Special Reference to Samkhya Yoga	Hydhubfaraz	2022
3	Vethathiri Maharishi	Social inequality and solutions	Vethathiri publication	2013
4	WCSC - Vision for wisdom (compilation)	Yoga for Holistic Development	Vethathiri Publications	2023

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
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<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC505			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - National values & Indian Yoga Practice - V	<b>Semester:</b>	V
					<b>Credits:</b>	1

### Course Objective

To educate on constitutional values, patriotism, and India's challenges. To promote Hatha Yoga, unity, world peace, Indian philosophy, Chakra meditation, and yogasanas for holistic well-being.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember constitutional values, justice, patriotism, India's progress and challenges in its journey to becoming a global superpower.	K1
CO2	To understand Hatha Yoga, Bharatavarsha, the uniqueness of Indian culture and the significance of Fivefold Culture in holistic living.	K2
CO3	To apply Chakra Meditation techniques and Yogasanas for enhancing physical health, mental clarity and spiritual well-being.	K3
CO4	To analyze India's role in global peace, its philosophical contributions and its message of harmony and non-violence to the world.	K4
CO5	To evaluate Unity in Diversity, Gandhian principles, national integration, ancient water bodies and the impact of interlinking rivers in India.	K5

Units	Content	Hrs
<b>Unit I</b>	Constitutional values and Justice – Fundamental values – Patriotism - Nehru's perspective view of India – Emerging India – Challenges of India to become a super power.	6
<b>Unit II</b>	Hatha Yoga - Importance and practices of hatha yoga - Bharatavarsha - A land of rare natural endowments - The uniqueness of Indian culture – Fivefold Culture.	6
<b>Unit III</b>	India and peace - Individual peace to world peace - World peace plans - India's message to the world - Indian philosophy known to the world.	6
<b>Unit IV</b>	Unity in Diversity – Goal of unity – Gandhian principles and National Integration - Major Water Bodies of the Ancient India – The interlinking of rivers in India.	6
<b>Unit V</b>	Meditation V - Chakra Meditation – Benefits - Yogasanas Part-II (1.Mandukasana - 2.Matsyasana - 3.Navasana - 4.Pavannmuktasana - 5.Uthana padhasana - 6.Bhujangasana - 7.Dhanurasana - 8.Navukasana - 9.Salabasana - 10.Makkarasana)	6
	<b>Total Contact Hrs</b>	<b>30</b>



**Pedagogy**

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**Assessment Methods:**






Test, Seminar, Assignments, Group Task

**25HEC505****Text Book**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Shanmugavadivu.S & S. Jagadambal et al.,	National values	NGM College \ 7 <sup>th</sup> edition	2024

**Reference Books:**

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	M.K. Gandhi	An Autobiography	Rupa Publications India Pvt. Ltd.	2016
2	William Dalrymple	The Golden Road: How Ancient India Transformed the World	Bloomsbury Publishing	2024
3	WCSC - Vision for wisdom (compilation)	Yogasanas	NGM College \ 2 <sup>nd</sup> edition (tamil version)	2020
4	Swami Saradananda	Chakra meditation	Watkins publishing	2017

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
V.Settu A.Srikavitha  	Name: S.Jeyalakshmi 	Name: Mr.K. Srinivasan 	Name: Mr.K. Srinivasan 
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<b>Programme Code:</b>	-			<b>Programme Title:</b>	-	
<b>Course Code:</b>	25HEC606			<b>Title</b>	<b>Batch:</b>	2025 - 2028
<b>Lecture Hrs./Week or Practical Hrs./Week</b>	2	<b>Tutorial Hrs./Sem.</b>	30	Human Excellence - Global values & Indian Yoga Practice - VI	<b>Semester:</b>	VI
					<b>Credits:</b>	1

### Course Objective

Educate on racial discrimination, ecological imbalance, global terrorism, and Indian polity. To promote physical and mental well-being through Ayurveda, yoga kriyas, immunity-boosting techniques, Panchendriya meditation and mudras.

### Course Outcomes

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

CO Number	CO Statement	Knowledge Level
CO1	To remember racial discrimination, ecological imbalance, global warming factors, various pollutions and e-waste issues along with their solutions.	K1
CO2	To understand global terrorism and solutions, the outreach of the Indian Knowledge System and the worldwide influence of Ayurveda and Yoga.	K2
CO3	To apply Panchendriya Meditation and Mudras for enhancing sensory awareness, energy balance and overall physical, mental, and spiritual well-being.	K3
CO4	To analyze Indian polity, the king's role in protecting dharma, economic marginalization, industrial communalization and their possible solutions.	K4
CO5	To evaluate six types of Kriyas, yoga techniques for enhancing immunity, their benefits and remedial yoga practices for various diseases.	K5

Units	Content	Hrs
<b>Unit I</b>	Racial discrimination and solutions - Racial Discrimination in epic period - Ecological imbalance and Solutions - Factors for Global warming - various pollutions - E-Wastages.	6
<b>Unit II</b>	Global Terrorism and solutions – Present state of terrorism and solutions - The Outreach of Indian Knowledge System – Global outreach of Ayurveda and Yoga	6
<b>Unit III</b>	Indian Polity – King as the protection of dharma – Economic marginalization and solutions – Communalization of Industries – Solution.	6
<b>Unit IV</b>	Six types of Kriyas – Kapalabhati – Nauli – Trataka – Dhauti – Neti - Basti Yoga - Practicing of Enhancing Immunity power – Benefits – Remedial Yoga practices for diseases.	6
<b>Unit V</b>	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)	6
	<b>Total Contact Hrs</b>	<b>30</b>



## Pedagogy

Direct Instruction, Digital Presentation, Flipped Class

## Assessment Methods:

Test, Seminar, Assignments, Group Task





25HEC606

## Text Book:

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	V. Settu S. Jeyalakshmi et al.,	Global values	NGM College\ 8 <sup>th</sup> edition (Tamil version)	2024

## Reference Books:

S.NO	AUTHOR	TITLE OF THE BOOK	PUBLISHERS\ EDITION	YEAR OF PUBLICATION
1	Swami Nityananda Giri	Kriya yoga vijnan	Swami shuddhananda kriya yoga ashram	2018
2	Swami bodhasarananda	The Complete works of Swami Vivekananda	Mayavati Memorial Edition	2012
3	M. Laxmikanth	Indian Polity	McGraw Hill Education	2023
4	WCSC - Vision for wisdom (compilation)	Yogasanas	NGM College \ 2 <sup>nd</sup> edition (tamil version)	2020

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
Dr.S.Maheswari S.Jeyalakshmi	Name: S.Jeyalakshmi	Name: Mr.K. Srinivasan	Name: Mr.K. Srinivasan
 			
Signature:	Signature:	Signature:	Signature:

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**Certificate course**  
**Department of Human excellence**  
**The Modalities of Yoga Therapy (25VHE5VA)**

Course Title: Modalities of Yoga Therapy	Course code : 25VHE5VA
Total Hours : 30	Credits : 2

**Course Objective:**

- To face health challenges at any level.
- Empower the students to progress towards greater health and improve the academic performance.
- Enhance wellbeing in body, mind, feelings, thought and spirit.

**Course Outcomes**

CO Number	CO Statement	Knowledge Level
CO1	Understand the Yoga Therapy is an effort to integrate traditional yogic concepts and technique with medical and psychological knowledge.	K1
CO2	Promote all around positive health as well as particular medical conditions	K2
CO3	Application of Yogic principles to achieve Physiological, Psychological and spiritual goal	K3
CO4	Using ancient yogic practices in modern context to deeper presence and awareness, able to get self-realization	K4

**Syllabus**

**Unit 1**

Yoga therapy – Etymology –definition – Scope –Need and Importance of Yoga Therapy

**Unit 2**

Principles of Yoga therapy - Difference between yoga and Yoga Therapy - Eight limbs of Patanjali Yoga sutra - Diet and nutrition - Types of food - Sattvic, Rajas and Tamas.

**Unit 3**

Health and Disease according to Ayurveda - Tridoshas - Stress, Blood pressure, Diabetes Mellitus, Obesity, PCOD and Menstrual Disorders – Methods and types of asana – Therapeutic view of asana and pranayama - Relaxation techniques

**Reference:**





1. Principles and Methods of Yoga Therapy, Dr. Ananda Balayogi Bhavani, International centre for Yoga education & Research.
2. Fundamentals of Yoga Therapy, IAYT compilations

**You tube links:**

<https://youtu.be/kFfrGmKdA0o>

<https://youtu.be/9R9U8WD4RBA>

<https://youtu.be/0LBmDs93N2M>

Course Designed by	Head of the Department	Curriculum Development Cell	Controller of Examination
Name and Signature	Name and Signature	Name and Signature	Name and Signature
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**சான்றிதழ் கல்வி**  
**மனிதவள மாண்புத்துறை**  
**அக்குபஞ்சர் ஓர் அறிமுகம் (25VHE6VA)**

Course Title : அக்குபஞ்சர் ஓர் அறிமுகம்	Course code : 25VHE6VA
Total Hours : 30	Credits : 2

**Course Objective**

- சித்தர்கள் அளித்த இந்த அக்குபஞ்சர் சிகிச்சைமூலம் நோய்கள் வரும்முன் அறிந்து தீர்வு காணலாம்.
- மாணவர்கள் உடல்நலம், மனவளம், இறையுணர்வு ஆகியவற்றை இந்தப் பயிற்சியின் மூலம் பெறலாம்.
- மாணவர்கள் இந்த அடிப்படை பயிற்சியை கற்றுக் கொள்வதன்மூலம் தனக்கும் தன்னைச் சார்ந்தவர்களுக்கும் சிகிச்சையளித்து நோயை குணப்படுத்தலாம்.

**Course Outcomes**

CO Number	CO Statement	Knowledge Level
CO1	அக்குபங்சரை மாணவர்கள் முறையாக பின்பற்றுவதன்மூலம் கிடைக்கும் ஆரோக்கியமான வாழ்வு குறித்து அறிதல்.	K1
CO2	ஞாபகசக்தியை மிகுதியாக்குவதன் மூலம் நன்மைகளை புரிந்து கொள்ளுதல்.	K2
CO3	தீர்க்க முடியாத நோயிலிருந்து குணமடைதலை ஆரய்ந்து உணர்தல்.	K3
CO4	அக்குபங்சர் சிகிச்சையாளரின் உடல் மன உணர்வுகளின் தெளிவான தன்மை மற்றும் செயல்பாட்டினை பொருத்து நோயாளியின் குணமடைதலை உறுதிபடுத்துதல்.	K4
CO5	மனித உடலின் உயிர்ச்சக்தியை மையமாகக் கொண்டு இயங்குதல்.	K5

**பாடத்திட்டம்**

**அலகு-1**

அக்குபஞ்சர் சிகிச்சை வரலாறு - அக்குபஞ்சர் சிகிச்சையைப் பற்றிய விழிப்புணர்வு - பஞ்சபூதம் தத்துவம் - பஞ்சபூத உறுப்புகள் - பஞ்சபூத தத்துவத்தின் மருத்துவ பயன்பாடு.

**அலகு-2**

உடல் உள் உறுப்புகள் - 12 உள் உறுப்புகள் - 12 நாடிகளை அறிதல் - சுன் அளவுமுறைகள் - உடல் வரைவு - யிங் யாங் தத்துவம் - சுவாச மண்டலம் - ஜீரண மண்டலம் - கழிவு மண்டலம்

**அலகு-3**





சக்தி ஓட்டப்பாதை - மொத்த புள்ளிகள் - தொடர்புடைய உறுப்பு புள்ளி அமைவிடம் - புள்ளிகள்மூலம் நாடிகளை சமன் செய்யும் பயிற்சி - தீரும் நோய்கள் - உணவு முறை - அக்குபிரஷர் - தொடு சிகிச்சை - தூரசிகிச்சை முறை - கண்கமுவும் முறை - மூக்குகமுவும் முறை - இனிமா எடுத்தல்.

**மேற்கோள் நூல்கள் :**

1. அக்குபங்சர் அமுதம்-401 கி.முனியராஜா 2010 - சான்லெக்ஸ் பதிப்பகம் - மதுரை
2. அக்குபங்சர் ஓர் ஆரோக்கிய வாழ்வியல் - 2012 - இயற்கை நல்வாழ்வு பதிப்பகம்இ மதுரை.
3. 135 முக்கிய அக்குபங்சர் புள்ளிகள் - டாக்டர். \*: சிவஞானம் - 2014 - அப்துல்லா மிஷின் மருத்துவமனைஇ காரைக்குடி.
4. அக்குபங்சர் ஓர் ஆரோக்கிய வாழ்வியல் - Healer இயற்கை குமார் - 2012 - இயற்கை நல்வாழ்வு பதிப்பகம்இ கோயமுத்தூர்.
5. அக்குபங்சர் மருத்துவத்தின் மகத்துவம் - Dr.V.E.Kalai Selvan
6. Clinical Acupuncture – Anton Jayasurya - 2015` Jain Publishers (p) LTD
7. The yellow Emperors Classic of Medicine – Maoshing NI, PH.D -1995 – Shambhala Boston and London

**YouTube link :**

1. <https://youtu.be/tzf9JCCp7lc>
2. <https://youtu.be/Svhifh-V>

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