

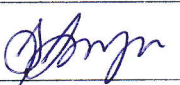
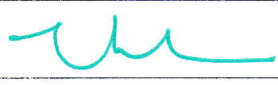
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SYLLABUS

Department	Human Excellence	Effective from the Year : 2013
Course	Human Excellence	
Subject Code : Title :	13HEC01 Human Excellence - Personal Values	Semester : I
Hrs/Week	Two hours	Credit : 1
Objectives	To improve the physical health, to lead a virtuous life, to develop character building, to make self realization through meditation and to manifest the potential, to develop Consciousness and to render service to society with ecstasy.	

Unit	Content	Hrs.
Unit I	Importance of Human Excellence - Objectives and values - Purpose and philosophy of life - Needs and protections of life - Virtues of life and development of knowledge.	4
Unit II	Analysis of thoughts - Six root causes of thoughts - Practice for analysis of thoughts - Moralisation of desire - Practice for moralisation of desire.	4
Unit III	Neutralisation of anger - Effects of anger - Practice for neutralisation of anger - Eradication of worries - Types and effects of worries -Practice for eradication of worries.	4
Unit IV	Self - realization - The philosophy of who am I? - Love and compassion are the Nature's inherited characters - Exert of love among living beings.	4
Unit V	Physical well-being - The philosophy and importance of physical health - Practice and benefits of simplified physical exercises - Kayakalpa exercise - Philosophy of kayakalpa - Practice and benefits of kayakalpa.	4

Text Books : 1. WCSC - Vision for wisdom (compilation). (2011). Personal values. First Edition. Pollachi : NGM College. (English version). pp :126.

Reference Books: 1. Vethathiri Maharishi. (2012). Manvalakalai part-I. 44th edition. Erode: Vethathiri publication (Tamil version). pp:231.
2. WCSC - Vision for wisdom (compilation). (2009). Value education, First edition. Erode: Vethathiri publication (English Version). pp:168.
3. Vethathiri Maharishi. (2002). Arularuvi part-I. First edition. Erode: Vethathiri publications (Tamil version). pp:188.

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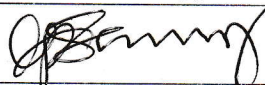
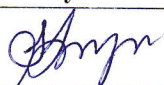
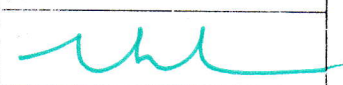
SYLLABUS

Department	Human Excellence	Effective from the Year : 2013
Course	Human Excellence	
Subject Code :	13HEC02	Semester : II
Title :	Human Excellence - Family Values	
Hrs/Week	Two hours	Credit : I
Objectives	To understand the greatness of family relationship and the significance of chastity, to understand the greatness of womanhood, love and compassion, karma yogic life in the family with peace and happiness.	

Unit	Content	Hrs.
Unit I	Mutual blessings for family peace - Benefits of blessing - Method of blessing - Five duties - Individual duty - Family duty - Social duty	4
Unit II	Harmony in family - Reasons for disagreement among family members - Solution for family peace - Blissful marital life - Exercising restraint in family life - Greatness of good relationship.	4
Unit III	Five fold ethical culture for good family - Famous sayings of great thinkers - Sex and Spiritual development - Significance of vital fluid - Family life and spritual development.	4
Unit IV	Greatness of womanhood - Nature's gift of womanhood - Role of women in family - Food is Medicine - Three types of Food cause three kinds of characters - Principles of eating food.	4
Unit V	Karma Yoga - Philosophy of karma yoga - Principles of karma yoga - Meditations-I - Agna meditation - Shanthi meditation - Spinal card clearance - Thuriya meditation.	4

Text Books : 1. M. Kuppusamy. et al., (2012). Family values. Third Edition.
Pollachi : NGM College. (Tamil version). pp:98.

Reference Books : 1. Vethathiri Maharishi. (2012). Manvalakalai part-I. Fourty fourth edition.
Erode: Vethathiri publication (Tamil version). pp:231.
2. Vethathiri Maharishi. (1991). Manvalakalai part-II. Seventh edition.
Erode: Vethathiri publication (Tamil version). pp:197.
3. Vethathiri Maharishi. (1997). Manvalakalai part-III. Third edition.
Erode: Vethathiri publication (Tamil version). pp:277.

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Controller Of Examinations
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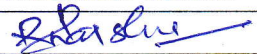
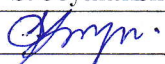
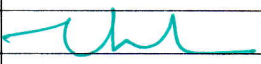
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Department	Human Excellence	Effective from the Year : 2013
Course	Human Excellence	
Subject Code: Title :	13HEC03 Human Excellence - Professional Values	Semester : III
Hrs/Week	Two hours	Credit : 1
Objectives	To impart the characteristics which enrich the personality development, to improve leadership traits, to realize the need for time management, to know the importance of the philosophy of cause and effect through professional ethics and exercises and to empower the mind to get prosperity in life.	

Unit	Content	Hrs.
Unit I	Concepts of personality development (5C's & 5E's) - Characteristics which enable personality development - Self-development and leadership traits - The qualities of self development - Leadership Qualities.	4
Unit II	Intelligence, Emotions and Spiritual quotients - Intelligence quotient (IQ) - Emotions quotient (EQ) - Spiritual quotient (SQ) - Time management - Necessity for time management - Various methods of time management - Time management for students.	4
Unit III	Philosophy of Cause and effect - Cause and effect is the nature's law - Mind and the state of God - Activities elevating social development - Professional ethics - Significance of professional ethics - Professional Ethics pursued by great personalities.	4
Unit IV	Total Quality Management (TQM) - The objective of TQM - Ways and means to achieve TQM - Empowerment of Mind - The special feature of mind - Exercises to empower the mind.	4
Unit V	Passion for excellence - Commitment in activities - Planning and execution of work - Meditation - II - Thuriyatheetha meditation.	4

Text Books : 1. N.Panneer Selvam. et al.,(2012). Professional values.
Fourth Edition. Pollachi : NGM College. (Tamil version). pp:84.

Reference Books: 1. Vethathiri Maharishi. (1999). Mind. First edition.
Erode: Vethathiri publication. pp:54.
2. Vethathiri Maharishi. (1997). Philosophy of Cause and Effect.
Second edition. Erode: Vethathiri publication. pp:67.
3. P. Nagarajan, et al., (2003). Ethics and culture.
Pollachi: NGM College. (Tamil version). pp:111.

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N.Panneer Selvam 	S. Jeyalakshmi 		(For office use only)

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Controller Of Examinations
NGM College (Autonomous)
POLLACHI - 642 001,

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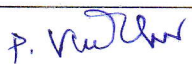
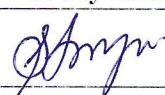
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Department	Human Excellence	Effective from
Course	Human Excellence	the Year : 2013
Subject Code :	13HEC04	Semester : IV
Title :	Human Excellence - Social Values	
Hrs/Week	Two hours	Credit : 1
Objectives	To realize man is the part of the society, the ways of maintaining the harmonious relationship in the society, to work for the development of the society, to realize the need for development of multifaceted society.	

Unit	Content	Hrs.
Unit I	Evolution of Man - Evolution of Universe - Evolution of Living beings - Evolution of sixth sense - Man in Society - An individual and the society.	4
Unit II	Disparities among human beings - Seven values of human beings- Sixteen disparities among human beings - Social welfare through purity of mind - Purity of mind makes moral life - The significance of genetic centre - Imprints of sin and its eradication.	4
Unit III	Education and society - Social concepts for education - Social services through education - Politics and society - The great political rulers - Politics as a part of society.	4
Unit IV	Economics and Society - The concept of economics - Economics concept in vethathirium - Science and society - Science and religion - Effects of atomic energy.	4
Unit V	Central message of religions -Divine philosophy of Holy books - Message from sages - Yogasanas-I - General rules of asanas - Practice and benefits of yogasanas.	4

Text Books : 1. P.Veerasithi Vinayagan. et al., (2012). Social values. Fourth Edition. Pollachi : NGM College. (Tamil version). pp:126.

Reference Books: 1. Vethathiri Maharishi. (2004). Evolution of universe and living beings. First edition. Erode: Vethathiri publication. pp:50.
2. WCSC - Vision for wisdom (compilation). (2009). Yogasanas, Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64
3. Vethathiri Maharishi. (1997). Manvalakalai part-III. Third edition. Erode: Vethathiri publication (Tamil version). pp:277.

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P.Veerasithi Vinayagan	S. Jeyalakshmi		(For office use only)
			

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Controller Of Examinations.
NGM College (Autonomous)
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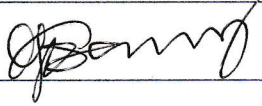
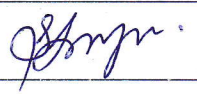
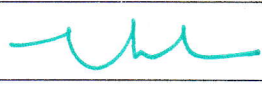
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Department	Human Excellence	Effective from
Course	Human Excellence	the Year : 2013
Subject Code :	13HEC05	Semester : V
Title :	Human Excellence - National Values	
Hrs/Week	Two hours	Credit : 1
Objectives	To educate the rights and duties of the citizens, to realise the greatness of Indian culture, to strengthen the spirituality and to understand the need for unity in diversity for the achievement of national integrity.	

Unit	Content	Hrs.
Unit I	Enlightened Citizenship - Fundamental rights - Fundamental duties - Emerging India - Multifacet developments in India - Challenges that India facing.	4
Unit II	Outsider's views of Indian culture - The greatness of Vethas and literature in India - Excellence of greatest personalities of India - The greatness of Indian culture - Multiple development of India - Foreigner's veiws of Indian culture.	4
Unit III	India and peace - Effects of war - Vethathiri Maharishi's World Peace Plan - India's message to the world - Indian philosophy known to the world - The message through Indian family system.	4
Unit IV	Service and sacrifice - The greatest social workers - Greatness of sacrifice - Unity in Diversity - Characterstics of Indian society - The significance of unity.	4
Unit V	India and spirituality - Development of spirituality - The messages of vethas - Methods of worship - Meditation - III - Pancha bootha navagraha meditation.	4

Text Books : 1. M. Kuppusamy. et al.,(2011). National values. Second Edition.
Pollachi : NGM College. (Tamil version). pp.105.

Reference Books: 1. Rajkumar.N. et al., (2003). Ethics and culture. Pollachi: NGM College.
(Tamil version). pp:111.
2. Jawakarlal Nehru. (1998). Discovery of India. sixth edition.
New Delhi: Indra Prasad. pp: 582
3. Lakshmanan.K. (2008). Indian Philosophy.Nineth edition.
Chennai: Asian publications. pp:437.

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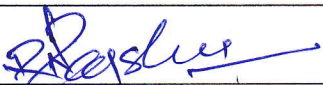
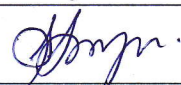
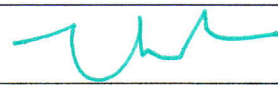
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Department	Human Excellence	Effective from
Course	Human Excellence	the Year : 2013
Subject Code :	13HEC06	Semester : VI
Title :	Human Excellence - Global Values	
Hrs/Week	Two hours	Credit : 1
Objectives	To understand various problems of the world such as racial discrimination, terrorism and economic marginalization, to seek solutions for them and to attain prosperity, happiness and peace in the world.	

Unit	Content	Hrs.
Unit I	Racial discrimination and solutions - The origin of racial discrimination - The problems of racial discrimination - Solutions - Ecological imbalance and Solutions - Problems of pollutions in globe - Solutions.	4
Unit II	Political upheavals and solutions - Pillars of democracy - Solutions - Social inequality and solutions - Fundamental reasons for social problems - Solutions.	4
Unit III	Cultural degradation and solutions - Culture through literature - solutions - Emergence of monoculture and solutions - Monoculture in India - Solutions.	4
Unit IV	Global terrorism and solutions - Origin of terrorism - Global terrorism - Solutions - Economic marginalisation and solutions - Reasons for economic crisis.	4
Unit V	Man is the cause and man is the solution - Theory of karma - Solutions - Pranayama, Mudras - Practice and benefits of pranayama, mudra and bandha.	4

Text Books : 1. N.Panneer Selvam. et al., (2013). Global values. Third Edition.
Pollachi : NGM College. (Tamil version). pp:130.

Reference Books: 1. Vethathiri maharishi. (1998). Social inequality and solutions. First Edition.
Erode: Vethathiri pulication. pp:136.
2. Vethathiri maharishi. (2000). Ulaga samuthaya Valkaineri. First edition.
Erode: Vethathiri publications (Tamil version). pp:84.
3. WCSC - Vision for wisdom (compilation). (2009). Yogasanas.Tenth edition.
Erode: Vethathiri publications (Tamil version). pp: 64

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N.Panneer Selvam	S. Jeyalakshmi		(For office use only)
			

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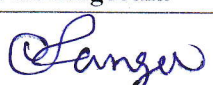
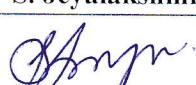
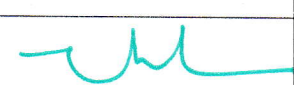
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Department	Human Excellence	Effective from
Course	Human Excellence	the Year : 2013
Subject Code :	13HECP01	Semester : II
Title :	Practical I - Physical exercises and Kayakalpa	
Hrs/Week	Two hours	Credit :
Objectives	The practice of physical exercise to regulate the blood, heat and air circulation and to lead disease free long life, to intensify the life force through kayakalpa exercise, to maintain youthfulness and to increase the memory.	

Unit	Content	Hrs.
Unit I	Simplified physical exercises - Hand exercises - Leg exercises.	2
Unit II	Neuro - breathing exercises - Eye exercises - Kabalapathi exercises.	2
Unit III	Makarasana exercises part-I - Makarasana exercises part-II	2
Unit IV	Massage exercises - Acupressure exercises - Relaxation exercises.	3
Unit V	Kayakalpa Exercise - Morning exercises - Evening exercises - Night exercise - Exercise before taking food.	3

Text Books : 1. WCSC - Vision for wisdom (compilation). (2011). Personal values. First Edition.
Pollachi : NGM College. (English version). pp :126.

Reference Books: 1. WCSC - Vision for wisdom (compilation). (2009). Value education.
First edition. Erode: Vethathiri publications (English version). pp:168.

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P.S.Sangeetha	S. Jeyalakshmi		(For office use only)
			

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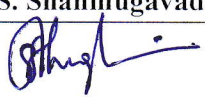
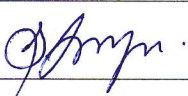
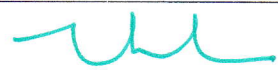
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Department	Human Excellence	Effective from
Course	Human Excellence	the Year : 2013
Subject Code :	13HECPO2	Semester : IV
Title :	Practical II - Yogasana	
Hrs/Week	Two hours	Credit :
Objectives	To strengthen the inner organs of the body, to sustain the harmony between body and mind, to increase the energy and to cure the diseases.	

Unit	Content	Hrs.
Unit I	Simplified physical exercises (revision) - Kayakalpa exercises (revision)	2
Unit II	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.	2
Unit III	1.Viruchasana - 2.Chakrasana (side wise) - 3.Padmasana - 4.Vajrasana - 5.Yoga mudra - 6.Pachi mothasana.	2
Unit IV	7.Ustrasana - 8.Vakkrasana - 9.Sidhasana - 10.Gomukhasana - 11.Mandukasana - 12.Matsyasana.	3
Unit V	13.Navasana - 14.Pavannmuktasana - 15.Uthana padhasana - 16.Bhujangasana - 17.Dhanurasana - 18.Navukasana - 19.Salabasana - 20.Makarasana.	3

Text Books : 1. WCSC - Vision for wisdom (compilation). (2011). Personal values. First Edition. Pollachi : NGM College. (English version). pp :126.
2. P.Veerasithi Vinayagan. et al., (2012). Social values. Fourth Edition. Pollachi : NGM College. (Tamil version). pp:126.

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S. Shanmugavadivu	S. Jeyalakshmi		(For office use only)
			

Dr. V. RADHAKRISHNAN,
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Department	Human Excellence	Effective from the Year : 2013
Course	Human Excellence	
Subject Code : 13HECP03		Semester : VI
Title : Practical III - Pranayama and Mudra		
Hrs/Week	Two hours	Credit :
Objectives	To regulate breathing through pranayama and mudra exercises, to give energy to the body and mind, to cure the diseases and to augment the physical health.	

Unit	Content	Hrs.
Unit I	Simplified physical exercises (revision) - Kayakalpa exercises (revision)	2
Unit II	Yogasana exercises (revision)	3
Unit III	1.Nadi shuddhi pranayama - 2.Ujjai pranayama - 3.Seethali pranayama - 14.Sitkari pranayama - 15.Kapalapathy pranayama - 1.Moola bandha - 2.Uttiyana bandha - 3.Jalandhara bandha.	3
Unit IV	1.Sin mudra - 2.Vayu mudra - 3.Suriya mudra - 4.Sunya mudra - 5.Prithivi mudra.	2
Unit V	6.Prana mudra - 7.Abana mudra - 8.Abanavayu mudra - 9.Varuna mudra - 10.Linga mudra.	2

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2. N.Panneer Selvam. et al., (2013). Global values. Third Edition. Pollachi : NGM College. (Tamil version). pp:130.

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