

NGM COLLEGE (AUTONOMOUS), POLLACHI.
Accredited with 'A' Grade by NAAC & ISO 9001 : 2008 Certified
SYLLABUS

Department	HUMAN EXCELLENCE	
Course	B.A./B.Sc./B.Com./B.B.M./B.Com.-C.A/B.C.A/B.Com.- E.Commerce/B.Com.-FINANCE/B.Com.-B.I./B.Com.-P.A./B.Com.-BPS (AIDED and SELF FINANCING)	Effective from the Year : 2014
Subject Code : Title :	14HEC01 Human Excellence - Personal values & SKY Practice - I	Semester : I
Hrs/Week	Two hours	Credit : 1
Objectives	Improving the physical health, leading a virtuous life, character building, attaining self realisation through meditation and to manifest the hidden potentials, 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.	5
Unit II	Analysis of thoughts - Six root causes of thoughts - Practice for analysis of thoughts - Moralisation of desire - Practice for moralisation of desire.	5
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.	5
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.	5
Unit V	<u>Meditations I</u> - Agna meditation - Shanthi meditation - Spinal cord clearance - <u>Simplified Physical Exercises Part-A</u> - Hand exercises, Leg exercise, Neuro Muscular Breathing exercises, Eye exercises - Kabalopathy exercises - <u>Kayakalpa exercise</u> - Philosophy of kayakalpa - Morning Kayakalpa exercises - Evening Kayakalpa exercises.	6

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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Subject Code :	14HEC02	Semester : II
Title :	Human Excellence - Family values & SKY Practice - II ^{yoga}	
Hrs/Week	Two hours	Credit : I
Objectives	Understanding the greatness of family relationship and the significance of chastity, understanding 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 duties - Family duties - Social duties.	5
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.	5
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.	5
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 - Karma Yoga - Philosophy of karma yoga.	5
Unit V	<u>Meditation II</u> - Thuriya meditation - <u>Simplified Physical Exercises Part-B</u> - Makarasana exercises part-I - Makarasana exercises part-II - Massage exercises - Acupressure exercises - Relaxation exercises - <u>Revision</u> (Morning Kayakalpa exercises - Evening Kayakalpa exercises)	6

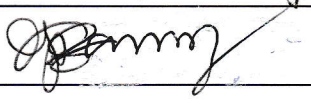
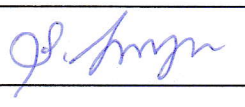
Text Books : 1. Kuppusamy. M. et al., (2012). Family values. Third Edition.
Pollachi : NGM College. (Tamil version). pp:98.

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.

4. WCSC - Vision for wisdom (compilation). (2009). Value education,
First edition. Erode: Vethathiri publication (English Version). pp:168.

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Subject Code:	14HEC03	Semester : III
Title :	Human Excellence - Professional values & ^{sky yoga} Yoga Practice - III	
Hrs/Week	Two hours	Credit : 1
Objectives	Imparting the characteristics which enrich the personality development, improving leadership traits, realisation of the need for time management, knowing 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.	5
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.	5
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.	5
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 - Passion for excellence - Commitment in activities - Planning and execution of work.	5
Unit V	<u>Meditation III</u> - Thuriyatheetha meditation - <u>Surya namaskar</u> (1.Piranamasana - 2.Hastha 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.Hastha Uttanasana - 12.Piranamasana) - <u>Revision</u> (Morning Kayakalpa exercises, Hand Exercises, Leg Exercises, Neuro Muscular Breathing Exercises)	6

Text Books : 1. Panneer Selvam. N. et al.,(2014). Professional values.
Fifth 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.

4. WCSC - Vision for wisdom (compilation). (2009). Value education,
First edition. Erode: Vethathiri publication (English Version). pp:168.

5. WCSC - Vision for wisdom (compilation). (2009). Yogasanans,
Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64

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Subject Code :	14HEC04	
Title :	Human Excellence - Social values & <i>SKY yoga</i> Yoga Practice - IV	Semester : IV
Hrs/Week	Two hours	Credit : 1
Objectives	Realisation of man as part of the society, the ways of maintaining harmonious relationship in the society, to work for the development of the society, to realize the need for multifaceted development of 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.	5
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.	5
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.	5
Unit IV	Economics and Society - The concept of economics - Economics concept in vedhathirium - Science and society - Science and religion - Effects of atomic energy - Central message of religions - Divine philosophy of Holy books - Message from sages.	5
Unit V	<u>Meditation IV</u> - Pancha bootha navagragha meditation - <u>Yogasanas Part-A</u> (1.Viruchasana - 2.Chakrasana (side wise) - 3.Padmasana - 4.Vajrasana - 5.Yoga mudra 6.Pachi mothasana. 7.Ustrasana - 8.Vakkrasana - 9.Sidhasana - 10.Gomukhasana - 11.Mandukasana -12.Matsyasana.13.Navasana - 14.Pavannmuktasana - 15.Uthana padhasana) - <u>Revision</u> (Evening Kayakalpa exercises, Eye Exercises, Kabalapathy Exercises, Maharasana I Exercises)	6

Text Books : 1. Veerasithi Vinayagan. P. 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). Yogasanans,
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.

4. WCSC - Vision for wisdom (compilation). (2009). Value education,
First edition. Erode: Vethathiri publication (English Version). pp:168.

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Subject Code :	14HEC05	
Title :	Human Excellence - National values & ^{SKY yoga} Yoga Practice - V	Semester : V
Hrs/Week	Two hours	Credit : 1
Objectives	Educating the fundamental rights and duties of the citizens, realisation of the greatness of Indian culture, strengthening 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.	5
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.	5
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.	5
Unit IV	Service and sacrifice - The greatest social workers - Greatness of sacrifice - Unity in Diversity - Characterstics of Indian society - The significance of unity - India and spirituality - Development of spirituality - The messages of vethas - Methods of worship.	5
Unit V	<u>Meditation V</u> -Nine Centre Meditation - <u>Yogasanas Part-B</u> (16.Bhujangasana - 17.Dhanurasana - 18.Navukasana - 19.Salabasana - 20.Makkarasana) - <u>Pranayama Exercises</u> (1.Nadi suddhi, 2.Ujjayee, 3.Cittali, 4.Cithkkari, 5.Kabalapathy) - <u>Revision</u> (Morning Kayakalpa exercises, Makarasana exercises part-II, Massage exercises, Acupressure exercises).	6

Text Books : 1. Kuppusamy. M. et al.,(2014). National values. Third 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. Jawaharlal 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.

4. WCSC - Vision for wisdom (compilation). (2009). Value education,
First edition. Erode: Vethathiri publication (English Version). pp:168.

5. WCSC - Vision for wisdom (compilation). (2009). Yogasanans,
Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64

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Subject Code :	14HEC06	
Title :	Human Excellence - Global values & ^{SKY yoga} Yoga Practice - VI	Semester : VI
Hrs/Week	Two hours	Credit : 1
Objectives	Understanding various problems of the world such as racial discrimination, terrorism and economic marginalization, seeking 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.	5
Unit II	Political upheavals and solutions - Pillars of democracy - Solutions - Social inequality and solutions - Fundamental reasons for social problems - Solutions.	5
Unit III	Cultural degradation and solutions - Culture through literature - solutions - Emergence of monoculture and solutions - Monoculture in India - Solutions.	5
Unit IV	Global terrorism and solutions - Origin of terrorism - Global terrorism - Solutions - Economic marginalisation and solutions - Reasons for economic crisis - Man is the cause and man is the solution - Theory of karma - Solutions.	5
Unit V	<u>Meditation VI</u> - Nithyanandha Meditation - <u>Bandha Exercises</u> (1.Moola bandha - 2.Uttiyana bandha - 3.Jalandhara bandha) - <u>Mudras Exercises</u> (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) - <u>Revision</u> (Evening Kayakalpa - Hand exercises - Eye exercises - Relaxation exercises).	6

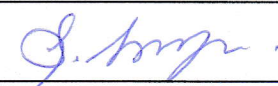
Text Books : 1. Jeyalakshmi. S. et al., (2013). Global values. Third Edition.
Pollachi : NGM College. (Tamil version). pp:130.

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.
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