

SYLLABUS

Unit	Content	Hrs.
Unit I	Significance 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 - 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? - Kayakalpa exercise - Philosophy of kayakalpa - Morning Kayakalpa exercises - Evening Kayakalpa exercises - Benefits.	5
Unit V	Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Simplified Physical Exercises Part-I - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise.	6

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.**

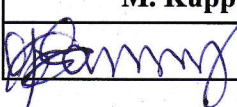
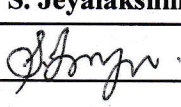
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SYLLABUS

Department	HUMAN EXCELLENCE	Effective
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)	from the Year : 2016
Subject Code :	16HEC202	Semester :
Title :	Human Excellence - Family values & SKY Yoga Practice - II	II
Hrs/Week	Two hours	Credit : I
Objectives	Understanding the greatness of family relationship and the significance of chastity, understanding the greatness of womanhood, 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 - Love and compassion - Nature's inherited <i>Character</i>	5
Unit II	Harmony in family - Reasons for disagreement among family members - Solution for family peace - Blissful marital life - Greatness of good relationship - Morality for welfare of the family.	5
Unit III	Five fold ethical culture - Two fold ethical culture - Sexual derive and Spiritual development - Significance of vital fluid.	5
Unit IV	Greatness of womanhood - Nature's gift is womanhood - Role of women in family - Food is Medicine - Three types of Food cause three kinds of characters - Karma Yoga.	5
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

Text Books : 1. Kuppusamy. M. et al., (2015). Family values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp:84.

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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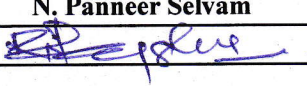
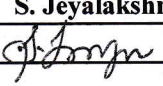
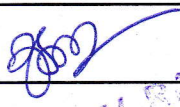
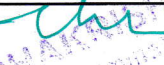
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Subject Code:	16HEC303	Semester : III
Title :	Human Excellence -Professional values & SKY Yoga Practice -III	Credit : 1
Hrs/Week	Two hours	
Objectives	Imparting the characteristics which enrich the personality development, improving leadership traits, realisation of the need for time management, knowing the importance of the philosophy of cause and effect through professional ethics and 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.	5
Unit II	Intelligence, Emotions and Spiritual quotients - Time management - Necessity for time management - Various methods of time management.	5
Unit III	Philosophy of Cause and effect - Law of Nature - Mind and the state of God - Professional ethics - Significance of professional ethics.	5
Unit IV	Total Quality Management (TQM) - Ways and means to achieve TQM - Empowerment of Mind - The special feature of mind - Passion for excellence - Planning and execution of work.	5
Unit V	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) - Revision (Kayakalpa exercise - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalapathy exercise)	6

Text Books : 1. Panneer Selvam. N. et al.,(2014). Professional values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp:85.

Reference Books: 1. Vethathiri Maharishi. (1999). Mind. First edition. Erode: Vethathiri publication. pp:54.
2. P. Nagarajan, et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp:111.
3. WCSC - Vision for wisdom (compilation). (2009). Value education, First edition. Erode: Vethathiri publication (English Version). pp:168.
4. WCSC - Vision for wisdom (compilation). (2009). Yogasanans, Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64.

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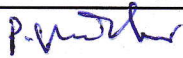
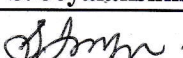
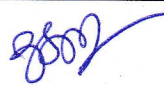
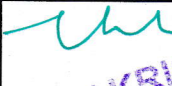
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Subject Code :	16HEC404	
Title :	Human Excellence - Social values & SKY Yoga Practice - IV	Semester : IV
Hrs/Week	Two hours	Credit : 1
Objectives	Realisation of man as part of the society, the ways of maintaining harmonious relationship in the society, 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 - Significance of sixth sense - Man is the part of society - An individual and the society.	5
Unit II	Disparities among human beings - Seven values of human beings - Sixteen disparities - Social welfare through purity of mind - 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.	5
Unit IV	Economics and Society - Division of work - Science and society - Effects of atomic energy - Central message of religions - Massage from Sages.	5
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

Text Books : 1. Veerasithi Vinayagan. P. et al., (2015). Social values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp: 84.

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

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Subject Code :	16HEC505	Semester : V
Title :	Human Excellence - National values & SKY Yoga Practice - 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.	5
Unit III	India and peace - Causes of war - World peace plan - India's message to the world - Indian philosophy known to the world.	5
Unit IV	Service and sacrifice - The significance of service - Unity in Diversity - Characteristics of Indian society - The significance of unity - India and spirituality - Development of spirituality.	5
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

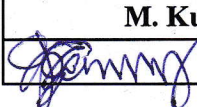
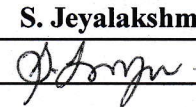
Text Books : 1. Kuppusamy. M. et al.,(2015). National values. Forth Edition. Pollachi : NGM College. (Tamil version). pp.72.

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.

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

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Subject Code :	16HEC606	Semester : VI
Title :	Human Excellence - Global values & SKY Yoga Practice - 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 problems of racial discrimination - Solutions - Ecological imbalance and Solutions - Pollution and its threat to the world and solutions.	5
Unit II	Political upheavals and solutions - Pillars of democracy - Social inequality and solutions - Fundamental reasons for social problems and Solutions.	5
Unit III	Cultural degradation and solutions - Reasons of cultural degradation - Emergence of monoculture and solutions - Monoculture in India and solutions.	5
Unit IV	Global terrorism and solutions - Origin of terrorism and solutions - Economic marginalisation and solutions - Reasons for economic crisis - Man is the cause and man is the solution.	5
Unit V	Meditation VI - Nithyanandha 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

Text Books : 1. Jeyalakshmi. S. et al., (2015). Global values. Fifth Edition.
Pollachi : NGM College. (Tamil version). pp:72.

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.
4. WCSC - Vision for wisdom (compilation). (2009). Value education,
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