

NGM COLLEGE (AUTONOMOUS), POLLACHI.
FOR CANDIDATES ADMITTED FROM THE ACADEMIC YEAR 2017-20 BATCH

HUMAN EXCELLENCE
SCHEME OF EXAMINATION (FOR VI SEMESTERS)
(CBCS for under graduate programmes of 6 semesters)

Part No.	Course code	Course Title	Lecture + Tutorial/ Practical Hours/ week	Duration of Exam Hrs	Max. Marks 50			Credit Points
					CIA (Practical)	End of Semester (Theory (50/2))	Total Marks	
I	Semester I							
	17HEC101	Human Excellence - Personal values & SKY Yoga Practice - I மனிதவள மாண்பு - தனிமனித விழுமியங்கள் மற்றும் SKY யோகப் பயிற்சிகள் - I	2	2	25	25	50	1
	Semester II							
	17HEC202	Human Excellence - Family values & SKY Yoga Practice - II மனிதவள மாண்பு - குடும்ப விழுமியங்கள் மற்றும் SKY யோகப் பயிற்சிகள் - II	2	2	25	25	50	1
	Semester III							
	17HEC303	Human Excellence - Professional values & SKY Yoga Practice - III மனிதவள மாண்பு - பணிசார்ந்த விழுமியங்கள் மற்றும் SKY பயிற்சிகள்-III	2	2	25	25	50	1
	IV Semester IV							
	17HEC404	Human Excellence - Social values & SKY Yoga Practice - IV மனிதவள மாண்பு - சமுதாய விழுமியங்கள் மற்றும் SKY யோகப் பயிற்சிகள் - IV	2	2	25	25	50	1
	Semester V							
17HEC505	Human Excellence - National values & SKY Yoga Practice - V மனிதவள மாண்பு - தேசிய விழுமியங்கள் மற்றும் SKY யோகப் பயிற்சிகள் - V	2	2	25	25	50	1	
Semester VI								
17HEC606	Human Excellence - Global values & SKY Yoga Practice - VI மனிதவள மாண்பு - உலகளாவிய விழுமியங்கள் மற்றும் SKY யோகப் பயிற்சிகள் - VI	2	2	25	25	50	1	
Grand Total								6

- * Value education is offered in the name of Human Excellence.
- * SKY - Simplified Kundalini Yoga - formulated by Vethathiri Maharishi.
- * Title of the Paper includes both Theory and Practical. End of Semester Examinations for theory will be conducted for 50 marks and converted into 25 marks. End Semester Practical Examination will be conducted for 25 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.

S. Jeyaraj

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2017 -2020 ONWARDS HUMAN EXCELLENCE**

QUESTION PATTERN

Question Pattern for Theory Papers			
Max. Marks: 50	Pattern	ESE : 50	
Section		Marks	Total
Part A	Q.No. 1-5 - Multiple choice Questions with four choices one question from each unit, Q.No. 6-10 - Short answer questions -one question from each unit.	10X1	10
Part B	Q.No. 11-18 - Answer any five questions out of eight questions from each unit. Minimum one question from each unit. Not exceeding two questions from each unit.	5X8	40
	Total :		50

Question Pattern for Practical Papers		
Max. Marks : 25	Discription	Internal : 25
Section		Marks
Part A	Practical Record Book	10
Part B	Skill Assesment	15
	Total	25

P. Jayalalitha
HUMAN EXCELLENCE

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QUESTION PATTERN

Question Pattern for Theory Papers			
Max. Marks: 50	Pattern	ESE : 50	
Section		Marks	Total
Part A	Q.No. 1-5 - Multiple choice Questions with four choices one question from each unit, Q.No. 6-10 - Short answer questions -one question from each unit.	10X1	10
Part B	Q.No. 11-18 - Answer any five questions out of eight questions from each unit. Minimum one question from each unit. Not exceeding two questions from each unit.	5X8	40
	Total :		50

Question Pattern for Practical Papers		
Max. Marks : 25	Discription	Internal : 25
Section		Marks
Part A	Practical Record Book	10
Part B	Skill Assesment	15
	Total	25

Semester - I

Code & Title: 16HEC101 & Human Excellence - Personal values & SKY Yoga Practice - I			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Agna Meditation = 2 marks, Shanthi Meditation = 1 mark, Spinal card clearance = 1 mark	4	15
	Morning Kayakalpa exercises = 1 mark, Evening Kayakalpa exercises = 1 mark	2	
	Hand exercises = 2 marks, Leg exercises = 2 marks, Breathing exercises = 2 marks, Eye exercises = 2 marks, Kabalapathy exercises = 1 mark	9	
	Total		25

Semester - II

Code & Title: 16HEC202 & Human Excellence - Family Values & SKY Yoga Practice - II			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Thuriya meditation = 2 marks	2	15
	Revision: Kayakalpa exercises = 4 marks	4	
	Maharasana I exercises = 2 marks, Maharasana II exercises = 2 marks, Massage exercises = 2 marks, Accupressure exercises = 2 marks, Relaxation exercises = 1 mark	9	
	Total		25

Semester - III

Code & Title: 16HEC303 & Human Excellence - Professional Values & SKY Yoga Practice - III			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Thuriyatheettha meditation = 2 marks	2	15
	Revision: Kayakalpa exercises = 2 marks, Hand exercises = 1 mark, Leg exercises = 1 mark, Breathing exercises = 1 mark, Eey exercises = 1 mark, Kabalapathy exercises = 1mark	7	
	Surya namaskar (1.Pranamasana - 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.Pranamasana) = 12 x 1/2 mark	6	
	Total		25

Semester - IV

Code & Title: 16HEC404 & Human Excellence - Social Values & SKY Yoga Practice - IV			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Pancha Bootha Navagraha Meditation = 2 marks	2	15
	Revision: Kayakalpa exercises = 1/2 mark, Maharasana Part I & II exercises = 1 mark, Massage exercises = 1/2 mark, Accupressure exercises = 1/2 mark, Relaxation exercises = 1/2 mark.	3	
	Yogasanas - 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). =10x1 mark	10	
	Total		25

Semester - V

Code & Title: 16HEC505 & Human Excellence - National values & SKY Yoga Practice - V			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Nine Centre Meditation = 2 Marks	2	15
	Revision: Kayakalpa exercises = 1/2 mark, Hand exercises = 1/2 mark, Leg exercises = 1/2 mark, Breathing exercises = 1/2 mark, Eye exercises = 1/2 mark, Kabalapathi exercises = 1/2 mark,	3	
	Yogasanas - II - (1.Mandukasana -2.Matsyasana - 3.Navasana - 4.Pavannmuktasana - 5.Uthana padhasana - 6.Bhujangasana - 7.Dhanurasana - 8.Navukasana - 9.Salabasana - 10.Makarasana) =10x1 mark	10	
	Total		25

Semester - VI

Code & Title: 16HEC606 & Human Excellence - Global Values & SKY Yoga Practice - VI			
Max. Marks :25	Discription	Internal : 25	
Section		Marks	Total
Part A	Record Note Book	10	10
Part B	Nithyanandha Meditation = 2 Marks	2	15
	Revision: Kayakalpa exercises = 1/2 mark, Maharasana Part I & II exercises = 1 mark, Massage exercises = 1/2 mark, Accupressure exercises = 1/2 mark, Relaxation exercises = 1/2 mark.	3	
	Mudhra: (1.Shin 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) =10x1 mark	10	
	Total		25