

NGM College

Vision

“Our dream is to make the college an institution of excellence at the national level by imparting quality education of global standards to make students academically superior, socially committed, ethically strong, spiritually evolved and culturally rich citizens to contribute to the holistic development of the self and society”.

Mission

“Training students to become role models in academic arena by strengthening infrastructure, upgrading curriculum, developing faculty, augmenting extension services and imparting quality education through an enlightened management and committed faculty who ensure knowledge transfer, instill research aptitude and infuse ethical and cultural values to transform students into disciplined citizens in order to improve quality of life”.

Department of Human Excellence

Vision

- To achieve Human Excellence through Physical fitness, mental awareness, Emotional stability, and Spiritual awakening for one and all.
- To manifest the infinite Potentials by conserving Energy efficiently to empower the youth.
- To attain contentment in life and realize the life goals.
- To bring world peace through individual peace.

Mission

- To attain Peace, Prosperity, Health, Happiness, Harmony and Wisdom for all.
- To be committed in Excellence in transferring knowledge to serve the social, cultural and spiritual needs of the society
- To respect and pursue the professional ethics for overall benefit.
- To attain social security through self discipline and service.
- To work to bring glory to National pride with attitudinal change.
- To make the right choice in life, excel in the same; be useful to all and to experience the sense of fulfillment.

II

Scheme of Examination

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	
IV	Semester I							
	17HEC101	Human Excellence - Personal values & SKY Yoga Practice - I	2	2	25	25	50	1
	Semester II							
	17HEC202	Human Excellence - Family values & SKY Yoga Practice - II	2	2	25	25	50	1
	Semester III							
	17HEC303	Human Excellence - Professional values & SKY Yoga Practice - III	2	2	25	25	50	1
	Semester IV							
	17HEC404	Human Excellence - Social values & SKY Yoga Practice - IV	2	2	25	25	50	1
	Semester V							
	17HEC505	Human Excellence - National values & SKY Yoga Practice - V	2	2	25	25	50	1
	Semester VI							
17HEC606	Human Excellence - Global values & SKY Yoga Practice - VI	2	2	25	25	50	1	
Grand Total							300	6

Bloom's Taxonomy Based Assessment Pattern

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

1. Theory: 25 Marks

Knowledge Level	Section	Marks	Description	Total
K1	A(Answer all)	10x1=10	MCQ/Define	50 *
K2, K3 & K4	B(Answer 5 out of 8)	5 x 8 =40	Descriptive/ Detailed	

Note: * End of Semester Examinations for theory will be conducted for 50 marks and converted into 25 marks.

Components of Continuous Assessment

Components	Calculation	CIA Total
Observation Record	10	25
Skill Assessment	15	

CIA (Practical) 25 marks + Theory 25 marks = 50 Marks

Programme Outcomes:

- PO1.** To attain Physical Fitness, Mental Alertness, Emotional Stability and Spiritual Awakening among the students.
- PO2.** Character building, love and compassion for all living beings, Professional Ethics, rendering service to the society, National integrity and world peace.

Programme Specific Outcomes:

- PSO1** 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.
- PSO2** 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.
- PSO3** 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.
- PSO4** 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.
- PSO5** To educate the fundamental rights and duties, Greatness of Indian Culture, Understanding the problems of racial discrimination, terrorism, and Economic marginalization and seeking solutions to achieve prosperity, happiness and peace in the world.

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC101	Title	Batch :	2017-20
		Personal values & SKY Yoga Practice - I	Semester	I
Hrs/Week:	2		Credits:	1

Course Objective

To obtain sound health, character building, and to realize the self to lead a healthy and happy life.

Course Outcomes (CO)

K1	CO1	Acquiring the knowledge about the needs, protections, virtues and the developing stages of knowledge of human life and knowing the aim of life.
K2	CO2	To improve the character, positive thinking and finding the best solutions for all problems and to lead a happy, prosperous, healthy and peaceful life.
K3	CO3	Maintaining harmonious relationship transforming emotional mood into virtues, creating awareness, acceptance and adaptation are strengthened. Understand the link between the self and the Almighty and to follow the Spiritual principles such as all are equal as atman, expressing love and compassion to all living beings.
K4	CO4	Regular practice of meditation for improving mental ability, increasing memory, concentration, adaptability and creativity in human beings and curing physical ailments such as asthma, spinal cord pain, eye related problems, shoulder pain, breathing problems, headache, diabetes and menstruation cycle problems without medical treatment.

Existing Syllabus

Unit-1

Significance of Human Excellence - Objectives and values - Purpose and philosophy of life – Needs and protections of life - Virtues of life and development of knowledge.

Unit-2

Analysis of thoughts - Root causes of thoughts - Practice for analysis of thoughts - Moralisation of desire - *Practice for moralisation of desire.*

Unit-3

Neutralisation of anger - Effects of anger - Practice for neutralisation of anger - Eradication of worries - Types and effects of worries - Practice for eradication of worries.

Unit-4

Self-realization - The philosophy of who am I? - Kayakalpa exercise - Philosophy of kayakalpa - Morning Kayakalpa exercises - Evening Kayakalpa exercises - Benefits.

Unit-5

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.

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study

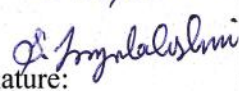
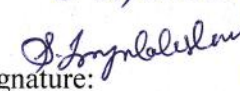
- Books for study:**
1. WCSC - Vision for wisdom (compilation). (2015). Personal values. Second Edition. Pollachi : NGM College. (English version). pp :126.
 2. Vethathiri Maharishi (2012). Manvalakalai part-I. 44th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
 3. WCSC - Vision for wisdom (compilation) (2009) Value education, First edition. Erode: Vethathiri publication (English Version). pp: 168.
 4. Vethathiri Maharishi. (2002). Arularuvi part-I. First edition. Erode: Vethathiri publications (Tamil version). pp: 188.

- Reference Books:**
1. J.T.K. Daniel Nirmal Selvamony, Value Education today, Chennai, New century Book house (P) Ltd.,
 2. Vethathiri Maharishi, Mind, Erode, Vethathiri Publications, 2012.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	H	M	M	M
CO2	S	S	H	H	H
CO3	S	S	H	H	H
CO4	S	H	M	M	L

S-Strong; H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HoD Name and Signature	Checked by CDC	Approved by COE
Name: S. Jeyalakshmi Signature: 	Name: S. Jeyalakshmi Signature: 	Name: M. DURAIRAJU Associate Professor & Co-ordinator Curriculum Development Cell (CDC) NGM College (Autonomous) Pollachi - 642 001. Signature: 	Name:  Signature: 

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Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC202	Title	Batch :	2017-20
		Family values & SKY Yoga Practice - II	Semester	II
Hrs/Week:	2		Credits:	1

Course Objective

To maintain harmonious relationship in family and sustaining love and care of family members.

Course Outcomes (CO)

K1	CO1	Blessing is a divine invocation and a technique applied for family peace, well being of others and world peace
K2	CO2	Bringing harmony in family life to lead a happy, marital life and to maintain a good relationship in family and society.
K3	CO3	Values such as love, compassion, tolerance, adjustment and sacrifice are explained and transformation of sexual energy into spiritual energy is taught. The significance of womanhood is highlighted so that women should be given equal rights in all fields.
K4	CO4	Thuriyatheetha meditation and physical exercise are taught for the activation of brain cells and to increase memory and rejuvenate the whole system

Existing Syllabus

Unit-1

Mutual blessings for family peace - Benefits of blessing - Method of blessing - Love and compassion - Nature's inherited character.

Unit-2

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.

Unit-3

Fivefold ethical culture - Two fold ethical culture - Sexual derive and Spiritual development - Significance of vital fluid.

Unit-4

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.

Unit-5

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).

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Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study.

Books for study:

1. Kuppasamy. M. et al., (2015). Family values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp:84.
2. Vethathiri Maharishi. (2012). Manvalakalai part-I. Fourty fourth edition. Erode: Vethathiri publication (Tamil version). pp: 231.
3. Vethathiri Maharishi. (1991). Manvalakalai part-II. Seventh edition. Erode: Vethathiri publication (Tamil version). pp: 197.
4. Vethathiri Maharishi. (1997). Manvalakalai part-III. Third edition. Erode: Vethathiri publication (Tamil version). pp: 277.
5. WCSC - Vision for wisdom (compilation). (2009). Value education, First edition. Erode: Vethathiri publication (English Version). pp: 168.

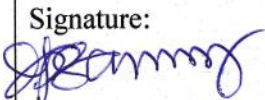
Reference Books:

1. Rabin Sharma, Family Wisdom, Jai Co Public house, 2009.
2. Sri Sri Paranjothi Maharishi, Thirukkural, Erode, Kayathri Offeset print. 2009.
3. B.S. Acharya, Thirumanthiram, Chennai, Narmadha publication, 2009.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	S	M	M	M
CO2	H	S	M	H	M
CO3	H	S	L	M	H
CO4	M	S	H	H	H

S-Strong; H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HoD Name and Signature	Checked by CDC	Approved by COE
Name: M. KUPPUSAMY Signature: 	Name: S. JEYALAKSHMI Signature: 	Name: Dr. M. DURAIRAJU, M.A., M.Phil., B.Ed., PGDGC, Ph.D., Associate Professor / Co-ordinator, Curriculum Development Cell (CDC), NGM College (Autonomous) Pollachi - 642 001. Signature: 	Name:  Signature: 

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Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC303	Title	Batch :	2017-20
		Professional values & SKY Yoga Practice -III	Semester	III
Hrs/Week:	2		Credits:	1

Course Objective

Knowing and adopting moral ethics in profession, personality development and leadership traits, and cause and effect system.

Course Outcomes (CO)

K1	CO1	To develop the values such as Clarity, Courage, Confidence, Compassion, Commitment, Energy, Enthusiasm, Efficiency, Enterprise and Excellence. Self development, leadership traits and personality development are taught to produce good leaders.
K2	CO2	Significance of Intelligent Quotient, Emotional Quotient and Spiritual Quotient and time management are taught to develop the various professional skills and to tackle critical problems.
K3	CO3	To understand the Law of Nature and to pursue ethics in profession to get prosperity in life. Total quality management to maintain quality in production, distribution and service for Customers' delight and mind empowerment practice are given to develop the will power, confidence and duty consciousness in career.
K4	CO4	Thuriyatheetha meditation is given to attain passion for excellence in thought, action and deed and illusion disappears finally merging the mind with the Almighty.

Existing Syllabus

Unit-1

Concepts of personality development (5C's & 5E's) - Characteristics which enable personality development - Self-development and leadership traits.

Unit-2

Intelligence, Emotions and Spiritual quotients - Time management - *Necessity for time management* - Various methods of time management.

Unit-3

Philosophy of Cause and effect - Law of Nature - Mind and the state of God - Professional ethics - Significance of professional ethics.

Unit-4

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.*

Unit-5

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 - Kabalopathy exercise)

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study

Books for study:

1. Panneer Selvam. N. et al.,(2016). Professional values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp: 76.
2. Vethathiri Maharishi. (1999). Mind. First edition. Erode: Vethathiri publication. pp: 54.
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.

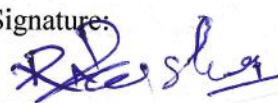
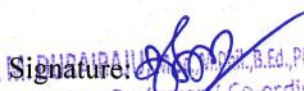
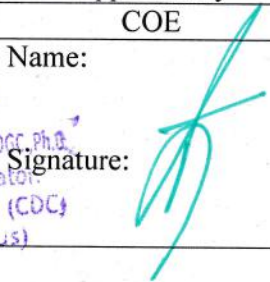
Reference Books:

1. Seventh Knowledge, V. Erai Anbu, Chennai, New Century Book house, 2016.
2. R.C. Sampath, Tals toi story for Youth, Chennai,Pavai Printers, 2014.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	H	S	H	M
CO2	H	H	S	H	M
CO3	M	M	S	H	M
CO4	H	H	S	H	H

S-Strong; H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HoD Name and Signature	Checked by CDC	Approved by COE
Name: N. PANNEERSELVAN Signature: 	Name: S. JEYALAKSHMI Signature: 	Name: Signature:  Dr. R. MUTHUKUMARAN, B.Ed., PGCE, Ph.D. Associate Professor / Co-ordinator, Curriculum Development Cell (CDC) NGM College (Autonomous) Pollachi - 642 001.	Name: Signature: 

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Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC404	Title	Batch :	2017-20
		Social values & SKY Yoga Practice - IV	Semester	IV
Hrs/Week:	2		Credits:	1

Course Objective

To realize the need and role of Education, Politics, Economics and Science for Social development.

Course Outcomes (CO)

K1	CO1	Scientific way of understanding the formation of universe from the primordial state and evolution of living beings up to human beings and learning the manifestation of Divinity as Universe and living beings.
K2	CO2	To understand seven values and sixteen reasons for disparities among human beings and knowing the importance of their physical appearance, strength, character, fame, comfort etc., develop service and sacrifice attitude for social welfare.
K3	CO3	To bring orderliness and harmonious relationship in society through education and to know about the great leaders of India as role models. To develop human welfare and need for practicing equality among human beings for social development, knowledge in using science and technology for modern development and knowing God realization and moral values for developing tolerance among Religions and Nations.
K4	CO4	Practicing Panchabootha Navagraha Meditation for the upliftment of life and physical welfare.

Existing Syllabus

Unit-1

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

Unit-2

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.

Unit-3

Education and society - Social concepts for education - *Social services through education* - Politics and society - The great political rulers.

Unit-4

Economics and Society - Division of work - Science and society - Effects of atomic energy - Central message of religions - Message from Sages.

Unit-5

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)

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Books for study:

1. Veerasithi Vinayagan. P. et al., (2015). Social values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp: 84.
2. Vethathiri Maharishi. (2004). Evolution of universe and living beings. First edition. Erode: Vethathiri publication. pp: 50.
3. WCSC - Vision for wisdom (compilation). (2009). Yogasanans, Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64
4. Vethathiri Maharishi. (1997). Manvalakalai part-III. Third edition. Erode: Vethathiri publication (Tamil version). pp: 277.
5. WCSC - Vision for wisdom (compilation). (2009). Value education, First edition. Erode: Vethathiri publication (English Version). pp: 168.

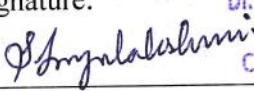
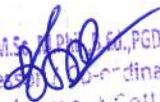
Reference Books:

1. Vethathiri Maharishi, The world order of holistic unity, Erode, Vethathiri Publications – 1997.
2. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	H	L	M	S	M
CO2	M	M	M	S	H
CO3	M	M	M	S	H
CO4	H	M	H	S	H

S-Strong; H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HoD Name and Signature	Checked by CDC	Approved by COE
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Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC505	Title	Batch :	2017-20
		National values & SKY Yoga Practice - V	Semester	V
Hrs/Week:	2		Credits:	1

Course Objective

To create awareness on fundamental rights and duties of citizens, uniqueness of Indian Culture, reasons and causes of war.

Course Outcomes

K1	CO1	To know the challenges that India is facing in eradicating poverty and illiteracy, effects of science and technology, development in agriculture, transportation, infrastructure etc.,
K2	CO2	To respect and adopt the Indian culture and philosophy for sustaining the values of Culture and Philosophy.
K3	CO3	To know the reasons and causes of war in human society and its effects on National resources and to realize the need for world peace. To understand the duty consciousness, improve rendering service for social welfare and to develop tolerance among religions for maintaining unity.
K4	CO4	Regulation of Endocrine glands (Nine Center meditation) for the maintenance of body systems, gaining flexibility and physical problem such as body pain, head ache, obesity, asthma, neckpain etc., are solved and menstruation cycle regulation is attained.

Unit-1

Enlightened Citizenship - Fundamental rights - Fundamental duties - Emerging India - *Multifacet developments in India* - Challenges that India facing

Unit-2

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.

Unit -3

India and peace - *Causes of war* - World peace plan - India's message to the world - Indian philosophy known to the world.

Unit-4

Service and sacrifice - The significance of service - Unity in Diversity - Characteristics of Indian society - The significance of unity - India and spirituality - Development of spirituality.

Unit-5

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 - Kabalopathy exercise).

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Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study

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1. Kuppusamy. M. et al.,(2015). National values. Forth Edition. Pollachi : NGM College. (Tamil version). pp.72.
2. Rajkumar.N. Et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp:111.
3. Jawakarlal Nehru. (1998). Discovery of India. sixth edition. New Delhi: Indra Prasad. pp: 582
4. Lakshmanan.K. (2008). Indian Philosophy.Nineth edition. Chennai: Asian publications. pp:437.
5. WCSC - Vision for wisdom (compilation). (2009). Yogasanans, Tenth Edition. Erode: Vethathiri publication (Tamil version). pp: 64

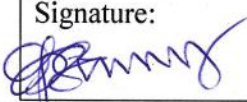
Reference Books:

1. R. Nandagopal & Ajith sankar R.N., Indian Ethos and Values in Management, New Delhi, Tata McGraw Hill Education Private Ltd., 2011.
2. An Autobiography or The story of My experience with truth, M.K. Gandhi, New Delhi, Rupa publications, 2011.
3. A. L. Natarajan, Life history of Mahaveer, Chennai, Amrudha publications, 2006.
4. Vethathiri maharishi, Karma yoga, Erode, Vethathiri publications, 2012.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	L	H	S
CO2	M	H	M	M	S
CO3	L	M	L	M	S
CO4	H	H	H	H	S

S-Strong; H-High; M-Medium; L-Low

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POLLACHI - 642 001.

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	17HEC606	Title	Batch :	2017-20
		Global values & SKY Yoga Practice - VI	Semester	VI
Hrs/Week:	2		Credits:	1

Course Objective

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.

Course Outcomes (CO)

K1	CO1	Focusing on the concept that the lack of Spiritual knowledge is the root cause of all behavioral problems such as Racial Discrimination and Ecological Imbalance
K2	CO2	Making them understand the fact that individual transformation will lead to the transformation of society to achieve Political and Social equality over the world.
K3	CO3	The importance of Cultural Values and Mono – Culture is strongly recommended that refinement in character and knowledge can be achieved mainly through spiritual progress. . Teaching noble values such as earning and sharing service and sacrifice, tolerance and adjustment. Love and Compassion will keep our society away from economic inequalities and terrorist activities.
K4	CO4	Focusing on the point: a man who is responsible for nature's destruction can also be a cause for nature's construction too. Regular practice of meditation and mudras will contribute for overall health and can be used as preventive measure.

Unit-1

Racial discrimination and solutions - The problems of racial discrimination - Solutions – Ecological imbalance and Solutions - *Pollution and its threat to the world and solutions.*

Unit-2

Political upheavals and solutions - Pillars of democracy - Social inequality and solutions – Fundamental reasons for social problems and Solutions.

Unit-3

Cultural degradation and solutions - *Reasons of cultural degradation* - Emergence of monoculture and solutions - Monoculture in India and solutions.

Unit-4

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.

Unit-5

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).

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study

Books for study:

1. Jeyalakshmi. S. et al., (2015). Global values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp:72.
2. Vethathiri maharishi. (1998). Social inequality and solutions. First Edition. Erode: Vethathiri pulication. pp: 136.
3. Vethathiri maharishi. (2000). Ulaga samuthaya Valkaineri. First edition. Erode: Vethathiri publications (Tamil version). pp:84.
4. WCSC - Vision for wisdom (compilation). (2009). Yogasanas.Tenth edition. Erode: Vethathiri publications (Tamil version). pp: 64.
5. WCSC - Vision for wisdom (compilation). (2009). Value education, First edition. Erode: Vethathiri publication (English Version). pp:168.

Reference Books:

1. N.M. Khandelwal, Indian Ethos and Values for Managers, Mumbai, Himalaya publishing house PVT. LTD., 2011.
2. K. Lakshman, Indian Philosophy, Chennai, Easian Printers, 2008
3. World peace, Vethathiri maharishi, Erode, Vethathiri Publications, 1997.

Mapping

CO \ PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	L	M	S
CO2	H	L	L	M	S
CO3	H	M	M	M	S
CO4	H	H	H	H	S

S-Strong; H-High; M-Medium; L-Low

Course Designed by Name and Signature	Verified by HoD Name and Signature	Checked by CDC	Approved by COE
Name: S. JEYALAKSHMI Signature: 	Name: S. JEYALAKSHMI Signature: 	Name:  Signature:  Dr. M. DURAIRAJU, M.Sc., M.Phil., Ph.D., Associate Professor & Head, Curriculum Development Unit, CDCI NGM College (Autonomous) Pollachi - 642 001.	Name:  Signature: 

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