

Percentage of Revision of Human Excellence
Syllabus Revised for - 2020-2023

Human Excellence							
S.No	Course Code	Course Title	Change Details	% of Changes	Content Deleted	Content Updated	Reason for Change
1	20HEC101	Human Excellence- Personal Values & SKY Yoga Practice-I		20	Significance of Human Excellence - Objectives of Human Excellence	Human Excellence Education-Ashtanga yogam-Mind's subjective and objective conditions.	Content is more relevant and useful.
2	20HEC202	Human Excellence- Family Values & SKY Yoga Practice-II		20	Merits and Demerits of Nuclear family	Practice to overcome impediments of Yoga	To spread the awareness and stress the importance of yoga practice
3	20HEC303	Human Excellence- Professional Values & SKY Yoga Practice-III		5	Cause and effect is Law of Nature	Instructions for streamlining student activities	For character enhancement.

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1	20HEC404	Human Excellence-Social Values & SKY Yoga Practice-IV		10	Science and Society (Unit-4)	Sankya philosophy - Three bodies, structure and function	For gaining more knowledge about the yoga philosophy and physical body
2	20HEC505	Human Excellence-National Values & SKY Yoga Practice-V		10	Outsider's Views of Indian Culture – The Greatness of Vedas and Literature in India – Excellence of Greatest Personalities of India.	Hatha Yoga – Importance and Practices of Hatha Yoga	To motivate the yoga practices and encouraging to attend the various types of yoga competition to achieve the higher level
3	20HEC606	Human Excellence-Global Values & SKY Yoga Practice-VI		5	Success through right action	God realization and Virtues	To realize the duties and responsibilities, and motivate to follow the virtues in life to grow spirituality.



BoS Chairman