

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.

Scheme of Examination

Part	Course code	Course Title	Hrs/ week	Hrs/ Exam	Max. Marks 50			Credits
					CIA (Practical)	ESE (Theory (50/2))	Total Marks	
IV	Semester I							
	18HEC101	Human Excellence - Personal values & SKY Yoga Practice - I	2	2	25	25	50	1
	Semester II							
	18HEC202	Human Excellence - Family values & SKY Yoga Practice - II	2	2	25	25	50	1
	Semester III							
	18HEC303	Human Excellence - Professional values & SKY Yoga Practice - III	2	2	25	25	50	1
	Semester IV							
	18HEC404	Human Excellence - Social values & SKY Yoga Practice - IV	2	2	25	25	50	1
	Semester V							
	18HEC505	Human Excellence - National values & SKY Yoga Practice - V	2	2	25	25	50	1
	Semester VI							
	18HEC606	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

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:	18HEC101	Course Title	Batch :	2018-21
Hrs/Week:	2	Human Excellence - Personal values & SKY Yoga Practice - I	Semester	I
			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.		

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 and Moralisation of desire - Practice for analysis of thoughts - Practice for moralisation of desire – Value Education – Fivefold Culture.

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
--

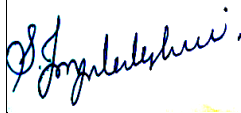
- Books for study:**
1. WCSC - Vision for wisdom (compilation). (2015). Personal values. Second Edition. Pollachi : NGM College. (English version). pp :126.
 2. Vethathiri Maharishi (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
 3. WCSC - Vision for wisdom (compilation) (2016) Value education, fourth edition. Erode: Vethathiri publication (English Version). pp: 168.
 4. Vethathiri Maharishi. (2013). Arularuvi part-I. 5th 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 (2017), Mind, 8th edition. Erode, Vethathiri Publications, pp: 55.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: S.Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	18HEC202	Course Title	Batch :	2018-21
		Human Excellence - 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

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* - Thiruvalluvar's Concepts of Family values.

Unit-3

Sexual derive and Spiritual development - Significance of vital fluid – Joint family – Merits and demerits of Joint family - Merits and demerits of Nuclear family.

Unit-4

Greatness of womanhood - *Role of women in family* – Bharathi and development of Womanhood - 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).

* *Italicized texts are for self study.*

Books for study:

1. Kuppusamy. M. et al., (2015). Family values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp:84.
2. Vethathiri Maharishi. (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
3. Vethathiri Maharishi. (2016). Manvalakalai part-II. 28th edition. Erode: Vethathiri publication (Tamil version). pp: 198.
4. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
5. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.

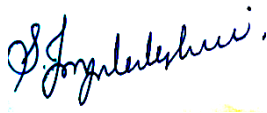
Reference Books:

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

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: M.Kuppusamy  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	18HEC303	Course Title	Batch :	2018-21
Hrs/Week:	2	Human Excellence - Professional values & SKY Yoga Practice -III	Semester	III
			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.

Syllabus

Unit-1

Concepts of personality development (5C's & 5E's) - Self-development and leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam.

Unit-2

Intelligence, Emotions and Spiritual quotients – Spirituality and Vallalar - 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 - Kabalapathy exercise)

* *Italicized texts are for self 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. (2017). Mind. 8th edition. Erode: Vethathiri publication. pp: 55.
3. P. Nagarajan, et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp:111.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp:168.
5. WCSC - Vision for wisdom (compilation). (2018). Yogasanans, 16th 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

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: N.Panneerselvam  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	18HEC404	Course Title	Batch :	2018-21
Hrs/Week:	2	Human Excellence - Social values & SKY Yoga Practice - IV	Semester	IV
			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

Social discriminations and solutions – Basic reason for social problems and solutions – Vision of Arutselvar - 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)

* *Italicized texts are for self study.*

Books for study:

1. Veerasithi Vinayagan. P. et al., (2015). Social values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp: 84.
2. Vethathiri Maharishi. (2016). Evolution of universe and living beings. 6th edition. Erode: Vethathiri publication. pp: 47.
3. WCSC - Vision for wisdom (compilation). (2017). Yogasanans, 8th Edition. Erode: Vethathiri publication (English version). pp: 63
4. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
5. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.

Reference Books:

1. Vethathiri Maharishi, (2013), The world order of holistic unity, Erode, Vethathiri Publications .
2. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: P.Veerasithi vinayagan  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	18HEC505	Course Title	Batch :	2018-21
		Human Excellence	Semester	V
Hrs/Week:	2	National values & SKY Yoga Practice - V	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 – Nehru's perspective view of India - 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 - Unity in Diversity - Characteristics of Indian society - Gandhian principles and National Integration - India and spirituality – Six religious sects.

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 - 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. 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).(2018).Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64

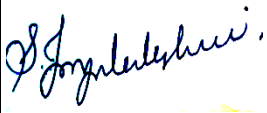
Reference Books:

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, (2011) Karma yoga, 6th edition. Erode, Vethathiri publications, pp:114.

Mapping

PSO/CO	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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: M.Kuppusamy  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	18HEC606	Course Title	Batch :	2018-21
		Human Excellence	Semester	VI
Hrs/Week:	2	Global values & SKY Yoga Practice - VI	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.

Syllabus

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 – Solutions - Global terrorism and solutions - Origin of terrorism and solutions.

Unit-3

Cultural degradation and solutions - *Reasons of cultural degradation* - Emergence of Monoculture and solutions - Principles of Vivekanandar.

Unit-4

Economic marginalisation and solutions - Reasons for economic crisis – World Peace Plan - Man is the cause and man is the solution.

Unit-5

Meditation VI – Panchendriya 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. (2013). Social inequality and solutions. 5th Edition. Erode: Vethathiri pulication. pp: 139.
3. Vethathiri maharishi. (2003). Ulaga samuthaya Valkaineri. First edition. Erode: Vethathiri publications (Tamil version). pp:84.
4. WCSC - Vision for wisdom (compilation). (2018). Yogasanas.16th edition. Erode: Vethathiri publications (Tamil version). pp: 64.
5. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp:168.

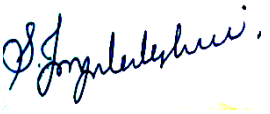
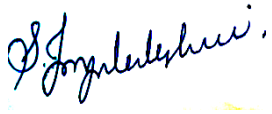
Reference Books:

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. Vethathiri maharishi, (2015). World peace, 9th edition, Erode, Vethathiri Publications, pp: 341.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: S. Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

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.

Annexure:3
Scheme of Examination

Part	Course code	Course Title	Hrs/ week	Hrs/ Exam	Max. Marks 50			Credits
					CIA (Practical)	ESE (Theory (50/2))	Total Marks	
IV	Semester I							
	19HEC101	Human Excellence - Personal values & SKY Yoga Practice - I	2	2	25	25	50	1
	Semester II							
	19HEC202	Human Excellence - Family values & SKY Yoga Practice - II	2	2	25	25	50	1
	Semester III							
	19HEC303	Human Excellence - Professional values & SKY Yoga Practice - III	2	2	25	25	50	1
	Semester IV							
	19HEC404	Human Excellence - Social values & SKY Yoga Practice - IV	2	2	25	25	50	1
	Semester V							
	19HEC505	Human Excellence - National values & SKY Yoga Practice - V	2	2	25	25	50	1
	Semester VI							
	19HEC606	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

Theory: 25 Marks

Knowledge Level	Section	Marks	Description	Total
K1 & K2	A (Answer all)	10x1=10	MCQ/Define	50 *
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. Value education is offered in the name of Human Excellence. SKY - Simplified Kundalini Yoga - formulated by Vethathiri Maharishi.

Components of Continuous Assessment

Components	Calculation	CIA Total
Observation Record	10	25
Skill Assessment	15	

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

- Title of the Paper includes both Theory and Practical. 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.

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:	19HEC101	Course Title	Batch :	2019-22
Hrs/Week:	2	Human Excellence - Personal values & SKY Yoga Practice - I	Semester	I
			Credits:	1
Course Objectives: - Realizing the need for achieving Human excellence, aim of life and philosophy of life. - Character enhancement. - Physical health, mental prosperity and nurturing life-force.				
Course Outcomes (CO)				
K1	CO1	To remember the significance of individual's character improvement, physical health, mental prosperity and nurturing the life-force.		
K2	CO2	To understand the capabilities of elevating oneself through maintaining good physical and mental health.		
K3	CO3	Preventing and curing physical and mental problems by regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection.		
K4	CO4	Adding more values through good character building for successful life.		

Syllabus

Unit-1

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

Unit-2

Analysis of thought - Greatness of thought - Practice for analysis of thought - Moralisation of desire - Causes for desire - Practice for moralisation of desire.

Unit-3

Value Education - Fivefold Culture - Eradication of worries - Types and effects of worries - Practice for eradication of worries.

Unit-4

Self-realization - God Realization and blossom of love - Kayakalpa exercise - Sexual drive and Spiritual development - Practice of Kayakalpa exercise.

Unit-5

Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Physical health development - 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, Video playing.

Books for study:

1. WCSC - Vision for wisdom (compilation). (2015). Personal values. Second Edition. Pollachi: NGM College. (English version). pp: 126.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

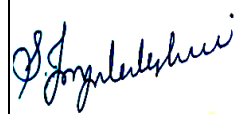
Reference Books:

1. Vethathiri Maharishi (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. WCSC - Vision for wisdom (compilation) (2016) Value education, fourth edition. Erode: Vethathiri publication (English Version). pp: 168.
3. Vethathiri Maharishi. (2013). Arularuvi part-I. 5th edition. Erode: Vethathiri publications (Tamil version). pp: 188.
4. J.T.K. Daniel Nirmal Selvamony, Value Education today, Chennai, New century Book house (P) Ltd.,
5. Vethathiri Maharishi (2017), Mind, 8th edition. Erode, Vethathiri Publications, pp: 55

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: S.Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	19HEC202	Course Title	Batch :	2019-22
		Human Excellence - Family values & SKY Yoga Practice -II	Semester	II
Hrs/Week:	2		Credits:	1
Course Objectives : - To realize the greatness of the relationship of the family members. - Creating a blissful marital life with love and compassion through blessing. - Respect women and bring family peace to following the principles of karma yoga.				
Course Outcomes (CO)				
K1	CO1	To remember the fact that the blessings family members brings peace in the family and to remembers the principles of karmayoga.		
K2	CO2	To understand the greatness of family with physical and mental health.		
K3	CO3	To apply and practice simplified physical exercise, meditation and introspection throughout life to gain utmost benefits.		
K4	CO4	Enhances the quality of life in the family through physical and mental exercises.		

Syllabus

Unit-1

Mutual blessings for family peace - Benefits of blessing - Method of blessing - Neutralisation of anger - Effects of anger - Practice for neutralisation of anger.

Unit-2

Joint family - Nuclear family - Merits and Demerits - Greatness of womanhood - Women and Divinity - Bharathi and development of Womanhood.

Unit-3

Blissful marital life - Greatness of good relationship - Thiruvalluvar's Concepts of Family values - Harmony in family - Ways to family peace.

Unit-4

Love and compassion - Love and life force - Food is Medicine - Food habits that cures deficiency - Karma Yoga - Gratitude and awareness.

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).

** Italicized texts are for self study.*

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

Books for study:

1. Kuppusamy. M. et al., (2018). Family values. Sixth Edition. Pollachi: NGM College. (Tamil version). pp: 83.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi. (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. Vethathiri Maharishi. (2016). Manvalakalai part-II. 28th edition. Erode: Vethathiri publication (Tamil version). pp: 198.
3. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
5. Sri Sri Paranjothi Maharishi, (2009) Thirukkural, Erode,Kayathri Offeset print.
6. Bharathiya Vidya Bhavan Coimbatore Kendra. (2017) Unleashing Excellence, 2nd Edition, Coimbatore, Bharathiya Vidya Bhavan.
7. Rabin Sharma, Family Wisdom, Jai Co Public house, 2009.
8. B.S. Acharya, Thirumanthiram, Chennai, Narmadha publication, 2009.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: M.Kuppusamy  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	19HEC303	Course Title	Batch :	2019-22
Hrs/Week:	2	Human Excellence - Professional values & SKY Yoga Practice -III	Semester	III
Course Objectives:				
- To develop personality development skills and leadership traits. - Following professional ethics through cause and effect system - To achieve success in the work with passion for excellence by empowering the mind				
Course Outcomes (CO)				
K1	CO1	To remember time management for professional success.		
K2	CO2	To understand cause and effect system to develop passion for excellence.		
K3	CO3	To apply practicing simplified physical exercise and meditation for the development of profession.		
K4	CO4	To analyse empowering the mind and spiritual strength for attaining success in work.		

Syllabus

Unit-1

Concepts of personality development (5C's & 5E's) - Self-development and leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam.

Unit-2

Intelligence, Emotions and Spiritual quotients - Spirituality and Vallalar - Time management - Time management for students -Time saving methods.

Unit-3

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

Unit-4

Enhancement of life standard - Methods to attain higher goal - Empowerment of Mind - Success through mental strength - Passion for excellence – Positive thoughts.

Unit-5

Meditation III - Thuriyatheetha meditation - Surya namaskar (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) - Revision (Kayakalpa exercise - 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, Video playing

Books for study:

1. Panneer Selvam. N. et al., (2016). Professional values. Sixth Edition. Pollachi : NGM College. (Tamil version). pp: 76.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi. (2017). Mind. 8th edition. Erode: Vethathiri publication. pp: 55.
2. P. Nagarajan, et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp: 111.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
4. WCSC - Vision for wisdom (compilation). (2018). Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64.
5. Dr. A.P.J. Abdul Kalam (1999) Wings of Fire, 1st Edition Chennai, University Press (English Version) pp: 180.
6. Kurinji.Gnana. Vaithyanathan (2014) Life History of Thiruarutprakasa Vallalar Ramalinga swamigal 4th edition, Chennai, Karish Offset Printers, Chennai (Tamil Version)
7. Seventh Knowledge, V. Erai Anbu, Chennai, New Century Book house, 2016.
8. R.C. Sampath, Tals toi story for Youth, Chennai,Pavai Printers, 2014.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: N.Panneerselvam  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	19HEC404	Course Title	Batch :	2019-22
Hrs./Week:	2	Human Excellence - Social values & SKY Yoga Practice - IV	Semester	IV
			Credits:	1
Course Objectives: - Man is the integral part of the society which insists harmonious relationship between man and society. - To create a drug addiction free society with morality through purity of mind. - Realize the importance of central message of religions and eliminate the social upheavals through the moral education.				
Course Outcomes (CO)				
K1	CO1	To remember that true that man is endowed with sixth sense through evolution and manifestation of the Almighty.		
K2	CO2	To understand the reasons for disparity among human beings to strengthen the unity in the society.		
K3	CO3	Recommending the practice of meditation and physical exercise for self and welfare of the society.		
K4	CO4	Maintaining the social welfare through Physical health and purity of mind.		

Syllabus

Unit-1

Evolution of Man - Evolution of Universe - Evolution of Living beings - Significance of sixth sense - Man is the part of society - Social unity according to the sages.

Unit-2

Disparities among human beings - Seven values of human beings - Sixteen disparities - Social welfare through purity of mind - Greatness of mind - Methods of mind purification.

Unit-3

Education and society - Social concepts for education - Social services through education De-addiction -Technology addiction and solution.

Unit-4

Social discriminations and solutions – Basic reason for social problems and solutions – Vision of Arutselvar - 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)

** Italicized texts are for self study.*

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

Books for study:

1. Veerasithi Vinayagan. P. et al., (2018). Social values. Seventh Edition. Pollachi : NGM College. (Tamil version). pp: 71.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

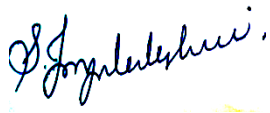
Reference Books:

1. Vethathiri Maharishi. (2016). Evolution of universe and living beings. 6th edition. Erode: Vethathiri publication. pp: 47.
2. WCSC - Vision for wisdom (compilation). (2017). Yogasanans, 8th Edition. Erode: Vethathiri publication (English version). pp: 63
3. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
5. Vethathiri maharishi. (2013). Social inequality and solutions. 5th Edition. Erode: Vethathiri pulication. pp: 139.
6. Vethathiri Maharishi, (2013), The world order of holistic unity, Erode, Vethathiri Publications .
7. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: P.Veerasithi vinayagan  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	19HEC505	Course Title	Batch :	2019-22
		Human Excellence	Semester	V
Hrs/Week:	2	National values & SKY Yoga Practice - V	Credits:	1
Course Objectives: • Educating the fundamental rights and duties of citizens. • Achieving national integration and peace through cooperation by following unity in diversity. • Developing tolerance among religions and enhancing service motive for national benefit.				
Course Outcomes				
K1	CO1	To remember one's fundamental rights and duties for national integration and peace		
K2	CO2	To understand realizing the greatness of Indian noble harts and Indian philosophy		
K3	CO3	To apply improving physical health and mental prosperity render service and sacrifice for national security		
K4	CO4	To analyse developing tolerance among religions through spiritual growth for achieving national integration		

Syllabus

Unit-1

Enlightened Citizenship - Fundamental rights - Fundamental duties - Nehru's perspective view of India - Emerging India - Contribution of Indian youth at global level.

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 – Life philosophy inspired through epics.

Unit -3

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

Unit-4

Service and sacrifice - Service of Mother Therasa - Unity in Diversity - Necessity of unity - Gandhian principles and National Integration - India and spirituality – Spiritual development - Six religious sects.

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 - Kabalapathy exercise).

** Italicized texts are for self study.*

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

Books for study:

1. Kuppusamy. M. et al., (2015). National values. Forth Edition. Pollachi : NGM College. (Tamil version). pp.72.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

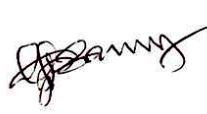
Reference Books:

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).(2018).Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64
5. M.K. Gandhi. (2016) An Autobiography, (English Version) 8th Edition, New Delhi, Rupa Publications India Pvt. Ltd., pp: 519
6. R. Nandagopal & Ajith sankar R.N., Indian Ethos and Values in Management, New Delhi, Tata McGraw Hill Education Private Ltd., 2011.
7. An Autobiography or The story of my experience with truth, M.K. Gandhi, New Delhi, Rupa publications, 2011.
8. A. L. Natarajan, Life history of Mahaveer, Chennai, Amrudha publications, 2006.
9. Vethathiri maharishi, (2011) Karma yoga, 6th edition. Erode, Vethathiri publications, pp: 114.

Mapping

PSO/CO	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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: M.Kuppusamy  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	19HEC606	Course Title	Batch :	2019-22
		Human Excellence	Semester	VI
Hrs/Week:	2	Global values & SKY Yoga Practice - VI	Credits:	1
Course Objectives: • Creating a new world without Racial discrimination, Terrorism and Economic marginalization. • Utilizing natural resources and finding the solution for ecological imbalances. • Creating a world with good political governance and improved culture.				
Course Outcomes (CO)				
K1	CO1	To remember that man is the responsible for preservation and destruction of nature.		
K2	CO2	To understand the truth that the absence of spiritual knowledge is the reason for racial discrimination and cultural degradation.		
K3	CO3	Creating a world without economic imbalance through physical and mental health.		
K4	CO4	Creating a new world without racial discrimination and terrorisms through spiritual development.		

Syllabus

Unit-1

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

Unit-2

Political upheavals and solutions - Pillars of democracy - Solutions - Global terrorism and solutions - Origin of terrorism and solutions.

Unit-3

Cultural degradation and solutions - Emergence of monoculture and solutions - Principles of Vivekanandar - Economic marginalisation and solutions - Reasons for economic crisis.

Unit-4

Crisis of natural resources and solution – Food, water and fuel scarcity - solution - Man is the cause and man is the solution - Success through right action.

Unit-5

Meditation VI - Panchendriya 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, Video playing.

Books for study:

1. Jeyalakshmi. S. et al., (2015). Global values. Fifth Edition. Pollachi: NGM College. (Tamil version). pp: 72.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

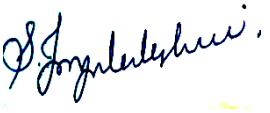
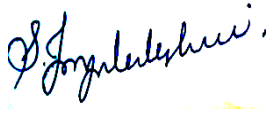
Reference Books:

1. Vethathiri maharishi. (2003). Ulaga samuthaya Valkaineri. First edition. Erode: Vethathiri publications (Tamil version). pp:84.
2. WCSC - Vision for wisdom (compilation). (2018). Yogasanas.16th edition. Erode: Vethathiri publications (Tamil version). pp: 64.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp:168.
4. Mayavati Memorial Edition (2012)The Complete works of Swami Vivekananda (English Version) 25th Edition, Kolkata, swami bodhasarananda, pp:535
5. N.M. Khandelwal, Indian Ethos and Values for Managers,Mumbai, Himalaya publishing house PVT. LTD., 2011.
6. K. Lakshman, Indian Philosophy, Chennai, Easian Printers, 2008
7. Vethathiri maharishi,(2015).World peace, 9th edition, Erode, Vethathiri Publications, pp: 341.

Mapping

PSO/CO	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	Verified by HoD	Checked by	Approved by
Name: S. Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.M. Durairaju (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

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.

Annexure : 3
Scheme of Examination

Part	Course code	Course Title	Hrs/ week	Hrs/ Exam	Max. Marks 50			Credits
					CIA (Practical)	ESE (Theory (50/2)	Total Marks	
IV	Semester I							
	20HEC101	Human Excellence - Personal values & SKY Yoga Practice - I	2	2	25	25	50	1
	Semester II							
	20HEC202	Human Excellence - Family values & SKY Yoga Practice - II	2	2	25	25	50	1
	Semester III							
	20HEC303	Human Excellence - Professional values & SKY Yoga Practice - III	2	2	25	25	50	1
	Semester IV							
	20HEC404	Human Excellence - Social values & SKY Yoga Practice - IV	2	2	25	25	50	1
	Semester V							
	20HEC505	Human Excellence - National values & SKY Yoga Practice - V	2	2	25	25	50	1
	Semester VI							
	20HEC606	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

Theory: 25 Marks

Knowledge Level	Section	Marks	Description	Total
K1 & K2	A (Answer all)	10x1=10	MCQ/Define	50 *
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. Value education is offered in the name of Human Excellence. SKY - Simplified Kundalini Yoga - formulated by Vethathiri Maharishi.

Components of Continuous Assessment

Components	Calculation	CIA Total
Observation Record	10	25
Skill Assessment	15	

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

- Title of the Paper includes both Theory and Practical. 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.

Programme Outcomes:

PO1	To maintain physical fitness, emotional stability and character building through introspection practices for purification of thoughts and to moralize the desire and to neutralize the anger and to lead peaceful life.
PO2	To understand various family values like kindness, duty, moral values and to know the greatness of family relationship to develop love and compassion for all living beings.
PO3	To promote the professional ethics through moral principles and to change the mind-set of youth to render service for the development of the society.
PO4	To recognize the cultural ethical pride of the country and to maintain the unity beyond caste, race, language and culture and to attain the world peace.

PO5	To understand the problems of racial discriminations, terrorism, economic marginalization and find solutions to achieve peace, prosperity and happiness globally.
------------	---

Programme Specific Outcomes:

PSO1	Improving the physical health, leading a virtuous life, character building, attaining self realization 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, realization 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	Realization 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:	20HEC101	Course Title	Batch :	2020-23
		Human Excellence -	Semester	I
Hrs/Week:	2	Personal values & SKY Yoga Practice - I	Credits:	1
Course Objectives: - Realizing the need for achieving Human excellence, aim of life and philosophy of life. - Character enhancement. - Physical health, mental prosperity and nurturing life-force.				
Course Outcomes (CO)				
K1	CO1	To remember the significance of individual's character improvement, physical health, mental prosperity and nurturing the life-force.		
K2	CO2	To understand the capabilities of elevating oneself through maintaining good physical and mental health.		
K3	CO3	Preventing and curing physical and mental problems by regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection.		
K4	CO4	Exploring the subjective and objective of the mind through Ashtanga Yoga		

Syllabus

Unit-1

Human Excellence Education - Purpose and philosophy of life - Ashtanga Yoga - Mind's subjective and objective conditions.

Unit-2

Analysis of thought - *Greatness of thought* - Practice for analysis of thought - Moralisation of desire - Causes for desire - Practice for moralisation of desire.

Unit-3

Ethical Values for life - *Fivefold Culture* - Eradication of worries - Types and effects of worries - Practice for eradication of worries.

Unit-4

Self-realization - God Realization and blossom of love - Kayakalpa exercise - Sexual drive and Spiritual development - Practice of Kayakalpa exercise.

Unit-5

Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Physical health development - 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, Video playing.
--

Books for study:

1. WCSC - Vision for wisdom (compilation). (2019). Personal values. Third Edition. Pollachi: NGM College. (English version). pp: 88.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanas. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri Maharishi (2017). Manavalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. WCSC - Vision for wisdom (compilation) (2016) Value education, fourth edition. Erode: Vethathiri publication (English Version). pp: 168.
3. Vethathiri Maharishi. (2013). Arularuvi part-I. 5th edition. Erode: Vethathiri publications (Tamil version). pp: 188.
4. J.T.K. Daniel Nirmal Selvamony, Value Education today, Chennai, New century Book house (P) Ltd.,
5. Vethathiri Maharishi (2017), Mind, 8th edition. Erode, Vethathiri Publications, pp: 55
6. B.S. Aacharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.

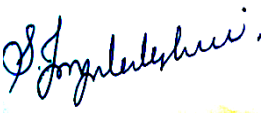
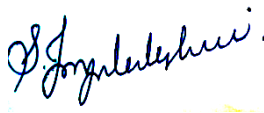
YouTube Link:

1. <https://youtu.be/iHwrW56tYH0>
2. <https://youtu.be/Kk4u3SMIHjs>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: S. Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan(CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC202	Course Title	Batch :	2020-23
		Human Excellence - Family values & SKY Yoga Practice -II	Semester	II
Hrs/Week:	2		Credits:	1
Course Objectives : - To realize the greatness of the relationship of the family members. - Creating a blissful marital life with love and compassion through blessing. - Respect women and bring family peace to following the principles of karma yoga.				
Course Outcomes (CO)				
K1	CO1	To remember the fact that the blessings family members brings peace in the family and to remembers the principles of karma yoga.		
K2	CO2	To understand the greatness of family with physical and mental health.		
K3	CO3	To removes obstacles in yoga practice, for doing exercises, meditation and introspection.		
K4	CO4	Enhances the quality of life in the family through physical and mental exercises.		

Syllabus

Unit-1

Mutual blessings for family peace - Benefits of blessing - Method of blessing - Neutralization of anger - Effects of anger - **Practice for neutralization of anger.**

Unit-2

Practice to overcome impediments of yoga - Mindset - Greatness of womanhood - Women and Divinity - *Bharathi and development of Womanhood.*

Unit-3

Blissful marital life - Greatness of good relationship - Thiruvalluvar's Concepts of Family values - Harmony in family - Joint family.

Unit-4

Love and compassion - Love and life force - Food is Medicine - *Food habits that cures deficiency* - Karma Yoga - Gratitude and awareness.

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).**

* *Italicized texts are for self study.*

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

Books for study:

1. Kuppusamy. M. et al., (2019). Family values. First Edition. Pollachi: NGM College. (English version). pp: 68.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanas. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri Maharishi. (2017). Manavalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. Vethathiri Maharishi. (2016). Manavalakalai part-II. 28th edition. Erode: Vethathiri publication (Tamil version). pp: 198.
3. Vethathiri Maharishi. (2016). Manavalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
5. Sri Sri Paranjothi Maharishi, (2009) Thirukkural, Erode,Kayathri Offeset print.
6. Department of Human Excellence et.all, Unleashing Excellence, Bharatiya Vidya Bhavan publication, 2012.
7. Rabin Sharma, Family Wisdom, Jai Co Public house, 2009.
8. B.S. Acharya, Thirumanthiram,Chennai, Narmadha publication, 2009.

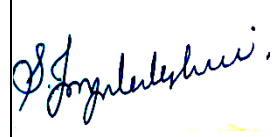
YouTube Link:

1. https://youtu.be/BsVq5R_F6RA
2. <https://youtu.be/63qcPq8SyH4>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: V. Settu  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan (CDC)  Signature:	Name: Dr.Muthukumaran(COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC303	Course Title	Batch :	2020-23
		Human Excellence - Professional values & SKY Yoga Practice -III	Semester	III
Hrs/Week:	2		Credits:	1
Course Objectives: - To develop personality development skills and leadership traits. - Following professional ethics through cause and effect system - To achieve success in the work with passion for excellence by empowering the mind				
Course Outcomes (CO)				
K1	CO1	Proper time management paves way for success in profession.		
K2	CO2	To understand cause and effect system to develop passion for excellence.		
K3	CO3	To apply practicing simplified physical exercise and meditation for the development of profession.		
K4	CO4	To analyse empowering the mind and spiritual strength for attaining success in work.		

Syllabus

Unit-1

Concepts of personality development (5C's & 5E's) - Self-development and leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam.

Unit-2

Intelligence, Emotions and Spiritual quotients - Spirituality and Vallalar - Time management - Time management for students -*Time saving methods*.

Unit-3

Philosophy of Cause and effect - Instructions for streamlining student activities - Mind and the state of God - Professional ethics - Significance of professional ethics.

Unit-4

Enhancement of life standard - Methods to attain higher goal - Empowerment of Mind - *Success through mental strength* - Passion for excellence – Positive thoughts.

Unit-5

Meditation III - **Thuriyatheethe meditation** - Surya namaskar (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) - **Revision (Kayakalpa exercise - 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, Video playing

Books for study:

1. Panneerselvam. N. et al., (2019). Professional values. First Edition. Pollachi : NGM College. (English version). pp: 55.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanans. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri Maharishi. (2017). Mind. 8th edition. Erode: Vethathiri publication. pp: 55.
2. P. Nagarajan, et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp: 111.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
4. WCSC - Vision for wisdom (compilation). (2018). Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64.
5. Dr. A.P.J. Abdul Kalam (1999) Wings of Fire, 1st Edition Chennai, University Press (English Version) pp: 180.
6. Kurinji.Gnana. Vaithyanathan (2014) Life History of Thiruarutprakasa Vallalar Ramalinga swamigal 4th edition, Chennai, Karish Offset Printers, Chennai (Tamil Version)
7. V. Erai Anbu, Seventh Knowledge, Chennai, New Century Book house, 2016.
8. R.C. Sampath, Tals toi story for Youth, Chennai,Pavai Printers, 2014.

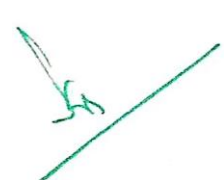
YouTube Link:

1. <https://youtu.be/1xRX1Muolmw>
2. <https://youtu.be/gdqwKgc3Ubl>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: N.Panneerselvam  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC404	Course Title	Batch :	2020-23
Hrs./Week:	2	Human Excellence - Social values & SKY Yoga Practice - IV	Semester	IV
			Credits:	1
Course Objectives: - Man is the integral part of the society which insists harmonious relationship between man and society. - To create a drug addiction free society with morality through purity of mind. - Realize the importance of central message of religions and eliminate the social upheavals through the moral education.				
Course Outcomes (CO)				
K1	CO1	To remember that human evolution has occurred through transformation and manifestation of the Almighty, to create a balanced society.		
K2	CO2	To understand the reasons for disparity among human beings to strengthen the unity in the society.		
K3	CO3	To realize that Sangya philosophy enhances the concept of meditation.		
K4	CO4	Maintaining the social welfare through Physical health and purity of mind.		

Syllabus

Unit-1

Evolution of Man - Evolution of Universe - Evolution of Living beings - Significance of sixth sense - Man is the part of society - Social unity according to the sages.

Unit-2

Disparities among human beings - Seven values of human beings - Sixteen disparities - Social welfare through purity of mind - *Greatness of mind* - Methods of mind purification.

Unit-3

Education and society - Social concepts for education - *Social services through education* - De addiction - Technology addiction and solution.

Unit-4

Social discriminations and solutions - Basic reason for social problems and solutions - Vision of Arutselvar - Sangya philosophy - Structure and functions of three bodies - Central message of religions - Message from Sages.

Unit-5

Meditation IV – Pancha bootha navagragha 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)

* *Italicized texts are for self study.*

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

Books for study:

1. Veerasithi Vinayagan. P. et al., (2019). Social values. First Edition. Pollachi : NGM College. (English version). pp: 64.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanans. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri Maharishi. (2016). Evolution of universe and living beings. 6th edition. Erode: Vethathiri publication. pp: 47.
2. WCSC - Vision for wisdom (compilation). (2017). Yogasanans, 8th Edition. Erode: Vethathiri publication (English version). pp: 63
3. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
5. Vethathiri maharishi. (2013). Social inequality and solutions. 5th Edition. Erode: Vethathiri pulication. pp: 139.
6. Vethathiri Maharishi, (2013), The world order of holistic unity, Erode, Vethathiri Publications .
7. B.S. Aacharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.

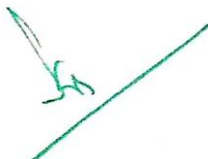
YouTube Link:

1. <https://youtu.be/hSSzn4blwZg>
2. <https://youtu.be/w4xjoUWwOEs>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: P.Veerasithi vinayagan  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC505	Course Title	Batch :	2020-23
		Human Excellence	Semester	V
Hrs/Week:	2	National values & SKY Yoga Practice - V	Credits:	1
Course Objectives: • Educating the fundamental rights and duties of citizens. • Achieving national integration and peace through cooperation by following unity in diversity. • Developing tolerance among religions and enhancing service motive for national benefit.				
Course Outcomes				
K1	CO1	To remember one's fundamental rights and duties for national integration and peace		
K2	CO2	To understand the importance and practices of Hatha Yoga		
K3	CO3	To apply improving physical health and mental prosperity render service and sacrifice for national security		
K4	CO4	To analyse developing tolerance among religions through spiritual growth for achieving national integration		

Syllabus

Unit-1

Enlightened Citizenship - *Fundamental rights - Fundamental duties* - Nehru's perspective view of India - Emerging India - Contribution of Indian youth at global level.

Unit-2

Hatha Yoga - Importance and practices of hatha yoga - The greatness of Indian culture - Life philosophy inspired through epics.

Unit -3

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

Unit-4

Service and sacrifice - *Service of Mother Theresa* - Unity in Diversity - Necessity of unity - Gandhian principles and National Integration - India and spirituality – Spiritual development - Six religious sects.

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 - Kabalapathy exercise).

* *Italicized texts are for self study.*

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

Books for study:

1. Kuppusamy. M. et al., (2019). National values. First Edition. Pollachi : NGM College. (English version). pp.64.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanans. First Edition. Pollachi: NGM College. (English version). pp: 111.

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).(2018).Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64
5. M.K. Gandhi. (2016) An Autobiography, (English Version) 8th Edition, New Delhi, Rupa Publications India Pvt. Ltd., pp: 519
6. R. Nandagopal & Ajith sankar R.N., Indian Ethos and Values in Management, New Delhi, Tata McGraw Hill Education Private Ltd., 2011.

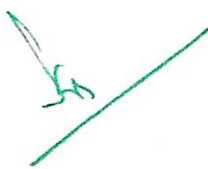
YouTube Link:

1. <https://youtu.be/tUUw3bfm7xw>
2. <https://youtu.be/DZgXnF0bzkg>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: S. Shanmuga vadivu  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan (CDC)  Signature:	Name: Dr.Muthukumaran(COE)  Signature:

Programme code:	All UG Courses	Programme Title :	Human Excellence	
Course Code:	20HEC606	Course Title	Batch :	2020-23
		Human Excellence	Semester	VI
Hrs/Week:	2	Global values & SKY Yoga Practice - VI	Credits:	1
Course Objectives: • Creating a new world without Racial discrimination, Terrorism and Economic marginalization. • Utilizing natural resources and finding the solution for ecological imbalances. • Creating a world with good political governance and improved culture.				
Course Outcomes (CO)				
K1	CO1	To remember that man is the responsible for preservation and destruction of nature.		
K2	CO2	To understand the truth that the absence of spiritual knowledge is the reason for racial discrimination and cultural degradation.		
K3	CO3	Creating a world without economic imbalance through physical and mental health.		
K4	CO4	Creating a new world without racial discrimination and terrorisms through spiritual development.		

Syllabus

Unit-1

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

Unit-2

Political upheavals and solutions - Pillars of democracy - Solutions - Global terrorism and solutions - *Origin of terrorism and solutions.*

Unit-3

Cultural degradation and solutions - Emergence of monoculture and solutions - *Principles of Vivekanandar* - Economic marginalisation and solutions - Reasons for economic crisis- Solution.

Unit-4

Crisis of natural resources and solution – Food, water and fuel scarcity - solution - Man is the cause and man is the solution - God realization and Virtues.

Unit-5

Meditaiton VI - Panchendriya 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, Video playing.

Books for study:

1. Jeyalakshmi. S. et al., (2019). Global values. First Edition. Pollachi: NGM College. (English version). pp: 47.
2. WCSC - Vision for wisdom (compilation). (2019). Yogasanas. First Edition. Pollachi: NGM College. (English version). pp: 111.

Reference Books:

1. Vethathiri maharishi. (2013). Ulaga samuthaya Valkaineri. First edition. Erode: Vethathiri publications (Tamil version). pp:84.
2. WCSC - Vision for wisdom (compilation). (2018). Yogasanas.16th edition. Erode: Vethathiri publications (Tamil version). pp: 64.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp:168.
4. Mayavati Memorial Edition (2012)The Complete works of Swami Vivekananda (English Version) 25th Edition, Kolkata, swami bodhasarananda, pp:535.
5. N.M. Khandelwal, Indian Ethos and Values for Managers,Mumbai, Himalaya publishing house PVT. LTD., 2011.
6. K. Lakshman, Indian Philosophy, Chennai, Easian Printers, 2008
7. Vethathiri maharishi,(2015).World peace, 9th edition, Erode, Vethathiri Publications(Tamil version), pp: 341.

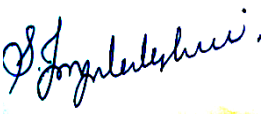
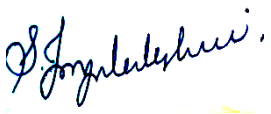
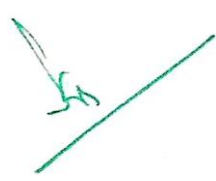
YouTube Link:

1. <https://youtu.be/neufTaU8E1M>
2. <https://youtu.be/4vNoKBWazw0>

Mapping

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

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

Course Designed by	Verified by HoD	Checked by	Approved by
Name: S. Jeyalakshmi  Signature:	Name: S.Jeyalakshmi  Signature:	Name: Dr.K. Srinivasan (CDC)  Signature:	Name: Dr. Muthukumaran (COE)  Signature: