

**MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI**  
**B.Sc. (YOGA for HUMAN EXCELLENCE)**  
**(DIRECTORATE OF DISTANCE & CONTINUING EDUCATION)**  
**SCHEME OF SUBJECTS AND EXAMINATIONS**  
**First Year**

Paper No.	Subject Code	Title of the Paper
1	DR1H1	Part – I : Language தமிழ் Tamil
2	DR3B1	Part – II English
3	BSYHE 03	Part – III – Core Course யோக வாழ்வு (உடல், உயிர், மனம்) Yogic Life (Body, Life force & Mind)
4	BSYHE 04	குணநலப்பேறு Sublimation
5	BSYHE 05	அடிப்படை கணினியின் பயன்பாடுகள். Fundamental Computer Applications.
6	BSYHE 06P	யோகப் பயிற்சிகள்-1 Yoga Practices - 1

**Second Year**

Paper No.	Subject Code	Title of the Paper
7	DR1H2	Part – I : Language தமிழ்
8	DR3B2	Part – II English
9	BSYHE 09	Part - III – Core Course உடற்கூறு இயல் Physiology
10	BSYHE 10	சமயங்களும் கோட்பாடுகளும் Religions and Concepts
11	BSYHE 11	ஞானமும் வாழ்வும் Wisdom and Life
12	BSYHE 12P	யோகப் பயிற்சிகள்- 2 Yoga Practices – 2

### Third Year

Pap er No.	Subject Code	Title of the Paper
13	BSYHE 13	<b>Core Course – Main Subjects</b> பிரபஞ்சத் தோற்றமும் மலர்ச்சியும் Transformation of Universe
14	BSYHE 14	உயிரினத் தோற்றமும் மலர்ச்சியும் Transformation of Living Beings.
15	BSYHE 15	கருமையமும், செயல்விளைவுத் தத்துவமும். Genetic Centre and Cause and effect.
16	BSYHE 16	இறையணர்வும், அறநெறியும் God Realization and Morality.
17	BSYHE 17	சுற்றுச்சூழல் அறிவியல் (ENVIRONMENTAL STUDIES)
18	BSYHE 18P	யோகப் பயிற்சிகள்-3 Yoga Practices - 3

### PAPER - 1

#### Part I : Language – Tamil

(Syllabus as prescribed by University – D.D&C.E)

### PAPER – 2

#### Part II : Language – English.

(Syllabus as prescribed by University – D.D&C.E)

#### Part III : Core Papers:

### PAPER – 3

#### YOGIC LIFE

(Physical Body, Life-force and Mind)

#### OBJECTIVE :

*Understanding of Body, Life-force and Mind; Structure and functions, Enhancing Physical health and Mental health, Practicing physical exercises, Kayakalpa Exercise and meditation.*

#### UNIT I. PHYSICAL STRUCTURE AND ITS FUNCTIONS

- Purpose of life, Philosophy of life - Physical structure - Three circulations - Restructuring of molecular arrangement – Refurbishing animalistic imprints - Causes for disease.
- Limit and method in five aspects - Importance of physical exercise.

- Simplified physical exercises - Rules and regulations - Hand exercise, Leg exercise, Breathing exercise, Eye exercise, Kapalapathi, Makarasana.
- Body massage, acu-pressure, body relaxation benefits.

## **UNIT II: YOGASANAS**

- Rules and Regulations - asanas – pranayama – mudra – bandha.

## **UNIT III: REJUVENATION OF LIFE-FORCE**

- Philosophy of Kaya kalpa - Physical body - Sexual vital fluid - Life force – Bio-Magnetism – Mind - Kayakalpa Practical - Sex and spirituality.
- Value of sexual vital fluid - married life – chastity.
- Jeeva Samadhi Three forms of body.
- Exercises for intensifying bio-magnetism - lamp gazing – rules - benefits – Mirror gazing – rules – benefits - passes for healing.

## **UNIT IV: MIND**

- Bio-magnetic wave – Mind - imprinting and magnifying - Eight essential factors of living beings.
- Mental Frequency – functions of mind - ten stages of mind Benefits of meditation - Lowering the mental frequency.
- Perspicacity, magnanimity, receptivity, adaptability, creativity.
- Simplified Kundalini Yoga - Agna meditation, Santhi meditation, Thuriyam meditation, Thuriyatheetam meditation.

## **UNIT V: SPECIAL MEDITATIONS**

- Panchedria meditation – Pancha bhootha navagraha meditation
- Nine centre meditation
- Nithyananda meditation
- Divine meditation.

### **Text Book :**

1. Yogic Life – VISION, Vethathiri Publication

### **Reference Books :**

2. Simplified Physical Exercises – Vethathiri Maharishi, Vethathiri Publication.
3. Yogasanas – Vethathiri Publication.

## **PAPER-4**

### **SUBLIMATION**

#### **OBJECTIVE:**

*Building good characters, Introspection, Eliminating bad characters and Purification of mind.*

## **UNIT I. ANALYSIS OF THOUGHTS**

- Introspection.
- Analysis of Thought – Mind and thought.
- Greatness of thought force.
- Practice for analysis of thoughts – Worksheet.

## **UNIT II. MORALISATION OF DESIRE**

- Root causes for desire - three kinds of desires.
- Attachment and detachment.
- Valuable desires.
- Practice for moralisation of desires – Worksheet.

## **UNIT III. NEUTRALISATION OF ANGER**

- Root causes for anger - chain reaction.
- Evil effects of anger in the body, mind, inter-relationship and society.
- Tolerance and greatness of forgiveness.
- Practice for neutralisation of anger – worksheet.

## **UNIT IV. ERADICATION OF WORRIES**

- Worry - Root causes of worries - worry and wisdom.
- Evil effects.
- Four types of worries.
- Practice for eradication of worries – Worksheet.

## **UNIT V. BENIFITS OF BLESSING – GOOD CHARACTERS**

- Wave nature - greatness of blessings - method of blessing.
- Divine protection - Auto suggestion - Effects of blessing others
- Culture.
- Good characters – High thinking – Honesty – Self Confidence –
- Clarity – Courage – Responsibility – Thankfulness – Smiling face and
- sweet words – Seeing goodness everywhere – House keeping
- (orderly arrangement).
- Time management.

## **TEXT BOOK**

1. Sublimation – VISION Vethathiri Publication.

## **REFERENCE BOOKS**

2. Yoga for Modern Age – Vethathiri Maharishi, Vethathiri Publications
3. The World Order of Holistic Unity – Vethathiri Maharishi, Vethathiri - Publications.

## **PAPER – 5 FUNDAMENTAL COMPUTER APPLICATIONS**

### **OBJECTIVE :**

*Understanding and using computer.*

### **UNIT-I : COMPUTER FUNDAMENTALS**

Introduction to computer - System approach to understand computer - Computer peripherals - Evolution of computers – Benefits of computers -

Introduction to software - Classification of software - Operating systems - key features of windows - computer fundamental functions – Login - File management - Desktop setting changing.

### **UNIT-II : WORD**

Introduction to word processing software - Key features of Word processing software - Various types of Word processing software.  
Creating documents - Text formatting - Spell checking - Working with tables - Page formatting.

### **UNIT-III : SPREAD SHEET SOFTWARE**

Introduction to Spread sheet software - Key features of spread sheet software - Various Types of Spread sheet software.

Work sheets - Work books - Editing data - Cell referencing - Using functions-Formatting work sheets-Inserting cells, Rows, and Columns-Printing - Pivot Tables - macros.

### **UNIT-IV : PRESENTATION SOFTWARE**

Introduction to multimedia - Multimedia applications - Multimedia elements - Introduction to Presentation software - Various presentation software- Do's and Don'ts in Presentation. Creating slides- Design Templates-Managing slide shows-Simple animation.

### **UNIT-V : NETWORKING AND INTERNET**

Introduction to Network - Network types - Introduction to Internet - Benefits of Internet - Use of Internet.

Computer Ethics - Computers security - Job opportunities available using computers – e.mail - chat.

#### **Text Book:**

1. Fundamental Computer Applications – VISION Vethathiri Publications

#### **Reference Books :**

1. Teach Yourself Basic Computer Skills – Moira Stephen

## **PAPER – 6 YOGA PRACTICES –I**

### **OBJECTIVES :**

*Exercises for Physical health – Exercise for longevity – Meditation for streamlining the mind – Lamp gazing for increasing the bio-magnetism – Yogasanas for health.*

### **UNIT I : SIMPLIFIED PHYSICAL EXERCISES**

- Physical exercises – Hand exercises – Leg exercises.
- Breathing exercises – Eye exercises – Kapalabathi.
- Makarasana.

- Body massage – Acupressure – Relaxation.

## **UNIT II : KAYA KALPA**

Kaya Kalpa Exercise – Aswini Mudra – Moola Bandha – Ojas Breath (Kayakalpa Exercise should be learnt directly from the World Community Service Centre.)

## **UNIT III : MEDITATION**

- Agna.
- Santhi – Clearence.
- Thuriya.
- Thuriyatheetham meditation.

## **UNIT IV : INTENSIFICATION OF BIO- MAGNETISM**

Lamp gazing Exercise

## **UNIT V : YOGASANAS**

Suriya Namaskar, Padmasana, Vajrasana, Sukasana, Chakrasana (side posture), Viruchasana, Bhujangasana, Yoga mudra, Ustrasana, Maha Mudra, Vakkarasana.

### **Text Books:**

1. Yoga Practices – I : VISION, Vethathiri Publications.
2. Yogasana – Vethathiri Publications

### **Reference Books:**

1. Simplified Physical Exercises – Vethathiri Publications.
2. Sound health through yoga – Dr. K. Chandrasekaran.

## **PAPER - 7**

### **PART – I : Language-Tamil**

(Syllabus as prescribed by University – D.D&C.E)

## **PAPER - 8**

### **PART – II : Language – English**

(Syllabus as prescribed by University – D.D&C.E)

## **PAPER: 9**

## **PHYSIOLOGY**

**OBJECTIVE :**

*Understanding the various systems of physical body.*

**Unit – I : SCIENCE OF YOGA**

- Cell Structure
- Basic Units of Body
- Various systems - Muscles Cartilage
- Bones and Joints

**Unit – II : HEART AND LUNGS**

- Circulatory System
- Respiratory System
- Digestive System
- Excretory System.

**Unit – III : BRAIN AND NERVOUS SYSTEM**

- Nervous System – Brain and Spinal cord – Memory
- Endocrine System
- Reproductive System
- Mother and child care

**Unit – IV : EXERCISES AND SCIENCE**

- Five senses – eye, ear, nose, tongue and skin – perception of bio-magnetism.
- Scientific explanations for physical exercise and Kayakalpa exercise.
- Principles of Yoga Therapy.
- Physiological Benefits of Asanas and Pranayama

**Unit – V : VARIOUS MEDICAL SYSTEMS**

- Allopathy – Siddha – Ayurveda - Yunani – Homeopathy – Naturopathy.
- First Aid.
- Acupressure - Acupuncture.
- Psycho Neuro Immunology.

**Books:**

1. Physiology and Anatomy; – VISION, Vethathiri Publications.

**Reference Books:**

2. Physiology and Anatomy

**PAPER – 10**

**RELIGIONS AND CONCEPTS**

**OBJECTIVE :**

*Understanding various religions and their concepts.*

### **UNIT – I : HISTORY OF RELIGIONS :**

- Evolution of Religion – Objectives – Meaning of religion.
- Veda – Upanishad – Six Dharshans.
- Religion and science.
- various kinds of yoga – Bhakthi Yoga – Karma Yoga – Raja Yoga – Gnana Yoga.

### **UNIT – II : ANCIENT RELIGIONS OF INDIA:**

- Worship of God.
- Hindu Religion – four kinds of Ashram.
- Saivam, Saktham, Vainavam, Sowram.
- Kanapathyam, Koumaram.

### **UNIT – III : OTHER RELIGIONS OF INDIA :**

- Jainism : History – Principles – life style of Jains.
- Buddhism : History – Principles – life style of Buddhist.
- Sikkism : History – Principles – life style of sikkism.

### **UNIT – IV : WESTERN RELIGIONS:**

- Confucius, Tao, Jorastram, Jews – Principles
- Christianity – History – Principles – Life styles.
- Islamic Religion – History – Principles – Life styles.

### **UNIT – V : ONE COMMON WORLD RELIGION:**

- Two Important questions about Almighty.
- one common world religion.
- Worship of Almighty and virtuous way of living.

#### **TEXT BOOK :**

1. Religions and Concepts : VISION Vethathiri Publications.

#### **REFERENCE BOOKS:**

2. Heritage of India – Dr.Radhakrishnan.



**PAPER – 11****WISDOM AND LIFE****OBJECTIVE :**

*Understanding self (Individual), Society and Nature.*

**UNIT I : PSYCHOLOGY:**

- Introduction to Psychology – Thought – Memory and forgetfulness.
- Perception – Intelligence Quotient – Emotional Quotient – Personality.
- Mental Tension – Relaxation – Benefits.
- Transactional Analysis – Child, Adult, Parent.

**UNIT II : INDIVIDUAL:**

- Explanation of Poem – Simplicity in Poem – comparison – Literacy Taste.
- Science in Poem – Poems about Individual – Education – Sacrifice.
- Individual Peace – Family Peace – Reasons for conflicts – Tolerance –Adjustment – Sacrifice.
- Greatness of women – Five duties.

**UNIT III : SOCIETY:**

- Vethathirium – 14 plans.
- Five fold culture.
- Social Reforms.
- Unnecessary Rituals – World Peace.

**UNIT IV : ECONOMICS:**

- Vethathirian Economics – Primary Industries – Integrated production and distribution of products – Six Capitals.
- Economic Reforms – National Social Security Trust (NSST) – Sharing of Jobs
- Cooperative economic system.
- Politics – Good governance – Health care.

**UNIT V : NATURE :**

- Almighty – Transformation of absolute space.
- An overview of Transformation of Divinity.
- The Scientific concepts of Vethathirium.
- Static state – Dynamic State – Physical State – Perceptual State.

**TEXT BOOK:**

1. Wisdom and Life – VISION, Vethathiri Publication

**REFERENCE BOOKS:**

1. World Peace - Vethathiri Publications.
2. Prosperity of India - Vethathiri Publications.
3. Psychology - Vethathiri Publications.
4. Prosperity of India – Vethathiri Publications.
5. Bliss beyond world – Vethathiri Publications.
6. Gnana Kalanjiam – Vethathiri Maharishi, Vethathiri Publications.

**PAPER – 12****YOGA PRACTICES – 2****OBJECTIVE :**

*Meditations and Exercises for enhancing bio-magnetism – counselling and understanding of Transactional analysis - Yogasana Practices.*

**UNIT I : SPECIAL MEDITATION:**

- Panchendriya Meditation – Pancha Bhootha Navagraha Meditation
- Nine Centre Meditation
- Nithyanantha Meditation
- Divine Meditation.

**UNIT II : INTENSIFICATION OF BIO MAGNETISM:**

- Mirror Gazing

**UNIT III : PSYCHOLOGY TESTS :**

- Counselling
- Transactional Analysis.

**UNIT IV : SPECIAL ASANAS:**

Bhujangasanas – Dhanurasana – Sarvangasana – Machasana – Halasana – Navukasana – Navasana – Bhavana mukthasana – Savasana.

**UNIT V: PRANAYAMA:**

Naddi Suddi, Ujjai, Seettali, Seethkari, Kapalapathi.

**TEXT BOOK :**

1. Yoga Practices – I : VISION Vethathiri Publication.
2. Yogasanas : VISION Vethathiri Publication.

**REFERENCE BOOKS:**

1. Sound Health through Yoga – Dr.Chandrasekaran.
2. I am ok, you are ok - Berne.

**PAPER – 13****TRANSFORMATION OF UNIVERSE****OBJECTIVE :**

*Understanding the evolution of universe – Journey of Consciousness*

**UNIT I : ORIGIN OF UNIVERSE (GRAVITY)**

- Absolute Space – Almighty – Fluid.
- 4 qualities - Pressure – Force – Consciousness – Time – 3 efficiencies.
- Transformation – Mutation – Cause and effect system.
- Dust Particle – Magnetism.

**UNIT II : PHYSICS :**

- Energy particle – Element – 5 Physical Elements (Pancha Bhoothas)
- Earth – Planets – Sun – Galaxies – Universe – Astronomy
- Newton – Einstein – Stephen Hawkins – Vethathiri Maharishi – Their concepts
- All masses due to fluctuation in Repulsive force.

**UNIT III : CHEMISTRY :**

- Matters – forms of matters. Specific gravity principle – Atom – Elements – Molecules – Atomic
- Structure – Electron – Proton – Neutron – Atomic Weight.
- Chemical reaction – Pressure, Sound, Light, Taste and Smell.
- Wave frequency.

**UNIT IV : VARIOUS THEORIES ON THE EVOLUTION OF UNIVERSE :**

- The creation theory – The Evolution theory.
- The theory of permanence.
- The theory of mithya – The Big Bang theory.
- The Transformation theory.

**TEXT BOOK :**

1. Evolution of Universe – VISION

**REFERENCE BOOKS :**

2. Brahma gnanam – Vethathiri Maharishi, Vethathiri Publication.
3. The History of Universe and living beings – Vethathiri Maharishi, Vethathiri Publication.

**PAPER-14****TRANSFORMATION OF LIVING BEINGS****OBJECTIVE:**

*Evolution of living beings from one sense plant to six sense man.*

**UNIT I : BIOLOGY – INTRODUCTION**

- Living Things & Non Living beings (differences)
- Flora & Fauna - (differences)
- General & Special characteristics of Plants
- Classification of Plants

**UNIT II : ZOOLOGY – INTRODUCTION**

- General & Special characteristics of Animals
- Classification of Animals - (general)
- Invertebrates
- Vertebrates

**UNIT III : VARIOUS THEORIES**

- Evolution of living things - One sense – sixth sense development – Instinct.
- Cognition – Experience – Discrimination.
- Obstruction of Bio magnetism is perception.
- Specific gravity.

**UNIT IV: SIXTH SENSE – ASSUMPTION**

- Evolution of mankind & sixth sense – Growth of mankind
- Assumption – Perception
- Greatness of God Consciousness
- Conscientious consciousness

**UNIT V : GREATNESS OF MAN**

- Thinking abilities
- Critical thinking skills – Creative thinking skills
- Problem solving skills
- Decision making skills.

**TEXT BOOK:**

1. Evolution of living beings – Vethathiri Maharishi, Vethathiri Publication.

**REFERENCE BOOKS:**

1. Brahma Gnanam – Vethathiri Publication.
2. Evolution of Universe and living beings – Vethathiri Publications.

**PAPER-15****GENETIC CENTRE & CAUSE AND EFFECT SYSTEM****OBJECTIVE:**

*Understanding formation of Genetic Centre, Purification of genetic centre, cause and effect system, Neuro – Linguistic Programming.*

**UNIT I : GENETIC CENTRE STRUCTURE**

- Structure of genetic centre – its greatness.
- Function as depository.
- Imprints & thoughts – good and bad imprints (sin).
- Sanjeetha – Prarapha – Akamyia Karma.

**UNIT II : PURIFICATION OF GENETIC CENTRE**

- Impurities in Genetic Centre –
- Purification – Methods for Eradication of sin imprints – Imposition – Neutralisation.
- 10 ways for purification of genetic centre.
- Life before birth and life after birth.

**UNIT III: CAUSE AND EFFECT SYSTEM**

- Divine justice – Destiny and Wisdom
- Pleasure, Pain, Peace and Ecstasy
- Time of Effect
- Surety of effect for every action.

**UNIT IV : GENE**

- Growth of man
- Chromosome
- Imprints in seed
- Characteristics of genes.

**UNIT V: SIGNIFICANCE OF QUIETISM**

- Different Types
- Observing silences
- Training for controlling the mind
- Meditation
- Introspection
- Significance of Observing silence for realisation
- Quietism of Divine feel.

**TEXT BOOK:**

1. Genetic Centre and Cause & effect system – VISION

**REFERENCE BOOK:**

1. Genetic Centre – Vethathiri Maharishi, Vethathiri Publication.

**PAPER-16****GOD REALIZATION AND MORALITY****OBJECTIVE :**

*Merging with Almighty.*

**UNIT I : SELF REALISATION**

- Object – Energy particle – Dust particle – Absolute space
- Association of dust particles is mass – Almighty transformation as man
- Who am I? Event – Oneness
- Realization of God – Blossom of love.

**UNIT II : CONSCIOUSNESS IS GOD**

- Consciousness of Almighty
- Order of function
- Consciousness of man – Conscious in non-living things – Consciousness in living things – Consciousness in man
- Consciousness is God.

**UNIT III : KARMA YOGA**

- Karma Yoga – Actions – thankfulness
- Awareness with understanding of effect
- 10 Principles of Karma yoga.

**UNIT IV : LOVE AND COMPASSION**

- Meaning of love and compassion – Explanation.
- Seeing God everywhere and every living beings.
- Protection and maintenance.
- Practice of love and compassion.

**UNIT V : MORALITY**

- Meditation – Silence – Morality – Earning – Happiness – Ecstasy –
- Service to Humanity
- Socrates
- Annie Besant
- Martin Luther King
- Ferros Gandhi.

**TEXT BOOK:**

1. God Consciousness and Morality – VISION – Vethathiri Publication.

**REFERENCE BOOK:**

1. Journey of Consciousness – Vethathiri Maharishi.

**PAPER-17****ENVIRONMENTAL STUDIES****Unit – I The Multidisciplinary Nature of Environmental studies**

Definition, scope and importance –Need for public awareness

**Unit-II Natural Resources**

Renewable and Non-Renewable Resources - Natural resources and associated problems - Forest resources - Water resources – Mineral resources – Food resources – Energy resources – Land resources – Role of an individual in conservation of natural resources – Equitable use of resources for sustainable lifestyles.

**Unit – III Ecosystem**

Concepts of an Ecosystem - structure and function of an Ecosystem - producers, consumers and decomposers. Energy flow in the ecosystem- Ecological succession – food chains relationship between habitat and ecological niche (pyramids) – Introduction types, characteristic features, structure and function of the following ecosystem, Forest ecosystem, Grassland ecosystem, desert eco system, Aquatic ecosystems (ponds, streams, Lakes, rivers, oceans, estuaries)

**Unit – IV Biodiversity and its Conservation**

Introduction – Definition – Genetic species and ecosystem diversity – Biogeographical classification of India – Value of biodiversity – Biodiversity at global , National and local levels – India as a mega-diversity nation – hot-spots biodiversity – Threats to biodiversity - Endangered and endemic species of India

**Unit – V Environmental Pollution**

Definition, causes, effects and control measures of – 1. Air pollution 2. Water Pollution, 3. Soil Pollution, 4. Marine pollution, 5. Noise pollution, 6. Thermal pollution, 7. Nuclear hazards – Solid waste – Causes, effects and control measures of urban and industrial wastes – Role of an individual in prevention of pollution – case studies – Disaster Management – flood, earthquake, cyclone and landslides.

**References:**

1. Environmental Studies – K. Kumaraswamy, A. Alagappa Moses, M.Vasanthi (University syllabus)

**PAPER-18****YOGA PRACTICES - 3****OBJECTIVES:**

*Yogasana, Mudra, Bandhas, Core life skills*

**UNIT I : SPECIAL YOGASANAS**

Makkarasana, Uthana Padasana, Utkadasana, Mandukasana, Subdha Vajrasana, Parvathasana, Ustrasana, Mahamudhra, Yoga Mudhra, Artha Bhavana Muktasana, Komukasana.

**UNIT II : SPECIAL EXERCISE**

Thyroid – Asthma – Hip pain – Back pain – Healing Exercises – Tortoise

Asana.

**UNIT III : MUDRA**

Gnana mudra (Chin mudra) - Vaayu Mudra – Soonya Mudra – Prithvi Mudra – Surya Mudra – Varuna Mudra – Prana Mudra – Abana Mudra – Abana Vaayu Mudra – Linga Mudra – Adi Mudra – Kesari Mudra – Aswini Mudra.

**UNIT IV : BANDHA**

Moola Bandha - Uttiyana Bandha – Jalandhara Bandha.

**UNIT V : CORE LIFE SKILLS**

**Social Skills:** - Self awareness skills – Communication skills –

Interpersonal skills – Empathy skills.

**Mental Skills:** - Critical Thinking skill – Creative thinking skill – Problem

Solving skill – Decision making skill – Coping with emotions

– Coping with Stress, Art of Speech.

**TEXT BOOK:**

1. Yoga Practices 3 – VISION

**REFERENCE BOOK:**

1. Yogasanas – VISION

\*\*\*\*\*