

MANONMANIAM SUNDARANAR UNIVERSITY,
TIRUNELVELI.

WCSC – VISION for Wisdom, Aiyar
CERTIFICATE IN
YOGA FOR HUMAN EXCELLENCE
Scheme of Subjects and Examinations

Subject Code	Title of the paper
DCHE1	Yogic Life (Physical body, Life-force, and Mind)
DCHE2	Sublimation and Social Welfare
	Yoga Practices – I
	Total

CERTIFICATE in Yoga for Human Excellence

SYLLABUS

PAPER – 1: YOGIC LIFE

(Physical Body, Life-force and Mind)

OBJECTIVE :

Understanding of (1) Structure and functions of Human Body, (2) Importance of Physical Exercises and various Medical systems (3) Life-force and Philosophy of Kaya Kalpa (4) Mind and its functions and (5) Meditation Practices

UNIT - I: PHYSICAL STRUCTURE

- 1.1 Purpose of life - life – yoga – modern life style – importance of physical health

- 1.2 Physical structure – combination of five elements – three forms of body.
- 1.3 Blood circulation system – Respiratory system.
- 1.4 Nervous system.

UNIT - II: FUNCTIONS OF PHYSICAL BODY

- 2.1 Three circulations – disease, pain and death - causes for disease.
- 2.2 Limit and method in five aspects – food, work, sleep, sensual pleasure and thought.
- 2.3 Importance of physical exercises – Simplified Physical Exercises - Rules and regulations.
- 2.4 Food and Medicine – yogic food habits – natural food – naturopathy – Medical systems : Allopathy, Siddha, Ayurvedha, Unani and Homeopathy.

UNIT - III: REJUVENATION OF LIFE-FORCE

- 3.1 Philosophy of Kaya kalpa - Physical body - Sexual vital fluid - Life force – Bio-Magnetism – Mind.
- 3.2 Anti ageing and postponing death - Kayakalpa Practical - benefits.
- 3.3 Sex and spirituality - value of sexual vital fluid - married life – chastity.
- 3.4 Functional Relationships of body, life force and mind.

UNIT - IV: MIND

- 4.1 Bio-magnetic wave – Mind - imprinting and magnifying - Eight essential factors of living beings.
- 4.2 Mental Frequency – functions of mind – five layers.
- 4.3 Ten stages of mind Benefits of meditation – habitual imprints – understandable imprints.
- 4.4 Importance of meditation – benefits of meditation.

UNIT V: MEDITATION

- 5.1 Simplified Kundalini Yoga – greatness of guru – types of meditation
- 5.2 Agna meditation – explanation - benefits.

- 5.3 Santhi meditation - explanation – benefits – clearance of spinal cord – benefits.
- 5.4 Thuriyam meditation - explanation – benefits - Thuriyattheetham meditation - explanation – benefits.

Text Book :

1. Yogic Life – VISION, Vethathiri Publications.

Reference Books :

1. Yoga for Modern age - Vethathiri Publications.
2. Mind - Vethathiri Publications.
3. Medicine and Health - Dr.Mathuram Sekar,
Narmadha Publications
4. Simplified Physical Exercises - Vethathiri Publications.
5. Yogasanas - Vethathiri Publications.

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PAPER – 2: SUBLIMATION AND SOCIAL WELFARE

OBJECTIVE :

Understanding of (1) Introspection and Analysis of thought (2) Moralisation of desire (3) Neutralisation of anger (4) Eradication of worries (5) Harmonious relationship with fellow beings and (6) Social welfare and science of Divinity.

UNIT – I: INTROSPECTION

- 1.1 Philosophy of Life
- 1.2 Introspection – elimination of ego
- 1.3 Analysis of Thought : Mind and thought - Greatness of thought –

Causes for thought – positive thoughts.

1.4 Practice for analysis of thoughts – Worksheet.

UNIT – II: DESIRE AND ANGER

2.1 Moralisation of desire : Desire - 3 types of desires – greed – six bad temperaments – reasons for desire – valuable desires – detached attachments – contentment

2.2 Practice for moralisation of desires – Worksheet.

2.3 Neutralisation of anger : Anger - Root causes for anger - evil effects of anger - anger a chain of reactions - Tolerance - greatness of forgiveness.

2.4 Practice for neutralisation of anger – worksheet.

UNIT – III: HARMONIOUS FRIENDSHIP

3.1 Eradication of worries : Root causes of worries - Four types of Worries - Evil effects of worry - solutions to the problems.

3.2 Practice for eradication of worries – Worksheet.

3.3 Benefits of Blessing : Wave function - greatness of blessing – method of blessing - Divine protection - Auto suggestion.

3.4 Family peace - family – causes for conflict in family – need, quantity, quality and time – solutions: tolerance, adjustment and sacrifice – economic imbalance – sexual relationship – friendship between husband and wife.

UNIT – IV: SOCIAL WELFARE

4.1 Five kinds of duties - Importance of duty – Duties to Self, family, relatives, society and world.

4.2 Five fold culture: Earning through self effort - not inflicting pain to others – non-killing - respecting others' freedom – Charity - Two fold culture.

4.3 Greatness of Women - Feminine, motherhood, divinity – sacrifice – detachment - Wife appreciation day.

- 4.4 World peace: World peace through Individual Peace – War –Economic loss and human loss caused by war – World brotherhood – World without war - One world federal government.

UNIT – V: DIVINE SCIENCE

- 5.1 Divine state – four qualities of Divine state – three potentials of Divinity.
- 5.2 Transformation of universe – Universal magnetism
- 5.3 Transformation of living beings – Bio-magnetism
- 5.4 Purification of genetic centre – love and compassion

TEXT BOOK

1. Sublimation and Social Welfare – VISION, Vethathiri Publication.

REFERENCE BOOKS

1. Yoga for Modern Age - Vethathiri Publications
2. The World Order of Holistic Unity - Vethathiri Publications
3. Vethathirium - Vethathiri Publications
4. Unified Force - Vethathiri Publications

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PAPER 3: YOGA PRACTICES – I

OBJECTIVES :

Practicing (1) Physical exercises and Yogasanas for physical health (2) Anti-aging process of Kayakalpa exercises for longevity (3) Meditation practices for Mental prosperity and personality development.

UNIT I: SIMPLIFIED PHYSICAL EXERCISES

Physical exercises practice – Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation.

UNIT II: KAYA KALPA EXERCISES

Kaya kalpa Exercise practice – Aswini Mudhra – Moola Bandha – Ojas Breath.

UNIT III: MEDITATION

Agna meditation - Shanthi meditation – Clearness of the spinal cord –
Thuriya meditation - Thuriyatheetam meditation. Lamp Gazing practice - Mirror
Gazing practice

UNIT - IV: YOGASANAS

Surya Namaskar - Padmasana, Vajrasana, Sukasana, Thadasana,
Chakkarasana (Side Position), Viruchasana, Yoga mudhra, Maha mudhra,
Ustrasana, Vakkarasana, Bhujangasana, Savasana.

UNIT - V: PRANAYAMA

Nadi Suddhi, Ujjaii, Seetali, Seetkari, Kapalapathi.

TEXT BOOKS :

1. Yoga Practices I – VISION, Vethathiri Publications

REFERENCE BOOKS :

1. Simplified Physical Exercise - Vethathiri Maharishi.
2. Yogasana - Vethathiri Publications.
3. Sound Health through Yoga - Dr.K.Chandrsekaran.
4. Yogasana in educational Curriculum - Dr.H.R.Nagendra.
