

Approval: SCAA dated 09.02.2017

MANONMANIAM SUNDARANAR UNIVERSITY
TIRUNELVELI, TAMIL NADU
DIRECTORATE OF DISTANCE AND CONTINUING EDUCATION
(Effective from the Academic Year 2016-2017 onwards)

Course: DIPLOMA IN YOGA FOR HUMAN EXCELLENCE

Duration: 1 year

Eligibility: Pass in 10th Std

Examination Regulations: As applicable to any Diploma program offered through DD&CE

(Refer: <http://www.msuniv.ac.in/DistanceEducation/DD&CESyllabus>)

Subject Code	Title	Credits	Internal	External	Maximum
DKDH1	Yogic Life (Physical Body, Life Force & Mind)	6	20	80	100
DKDH2	Sublimation and Social Welfare	6	20	80	100
DKDH3	Mental Prosperity and Human Excellence	6	20	80	100
DKDH4	Science of Divinity and Relation realization of Self	6	20	80	100
DKDP1	Yoga Practices - I	6	20	80	100
DKDP2	Yoga Practices - II	6	20	80	100

DKDH1: YOGIC LIFE (Physical Body, Life-force and Mind)

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 - Thuriyatheetam 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.

DKDH2: SUBLIMATION AND SOCIAL WELFARE

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 |

DKDH3: MENTAL PROSPERITY AND HUMAN EXCELLENCE

UNIT - I: SPECIAL MEDITATIONS

- 1.1 Panchendria meditation – practice on skin, tongue, nose, eyes and ears - benefits
- 1.2 Pancha bhootha navagraha meditation – practice on Earth, water, fire, air and energy particles – practice on Sun, Mercury, Venus, Moon, Mars, Jupiter, Saturn, Rahu and Kethu – benefits.
- 1.3 Nine centre meditation – practice on mooladhara, swadhistana, manipuraga, anagatham, vishuthi, agna, thuriya, universe and absolute space – benefits.
- 1.4 Nithyananda meditation – benefits - Divine meditation.

UNIT - II: BIO-MAGNETISM

- 2.1 Magnetic body – Bio-magnetism – Psychic extension of life-force – mind.
- 2.2 Five physical transformation of magnetism – pressure, sound, light, taste, smell – Production, Consumption and stock of Bio-magnetism in human body.
- 2.3 Enhancement of bio-magnetism – lamp gazing practice – rules – benefits.
- 2.4 Mirror gazing practice – rules – benefits – passes for curing diseases.

UNIT - III: CULTURAL EDUCATION

- 3.1 Protection of the natural resources – Pollution free environment – Adverse impact of pollution to the environment (Land, water, air, forest, sound, thought) – solutions – tree plantation – protection of the environment
- 3.2 Value education – Not being boastful, No ego, No vanity, No selfishness, Self control, Consistent effort, Peace, Honesty, Truth, Respecting others, No feeling of jealousy, Determination, Avoiding unnecessary expectation from others, Seeing goodness in everything, Sincerity, clarity, courage, house-keeping, time management
- 3.3 Good government – Greatness of Democracy – Public responsibility in selecting the government heads – Educational system for public administration – spiritual education.
- 3.4 Value of selfless service - Service mentality – Fundamental for Spiritual development – Service through body and mind. (Eg.) Mahatma Gandhi – Mother Teresa – Chart for Past completed deeds and future plans.

UNIT - IV: SCIENCE AND SPIRITUALITY

- 4.1 Development of Science – from stone age to computer age
- 4.2 Merits and Demerits of Scientific development
- 4.3 Development of Spiritualism – from stone age to computer age

4.4 Merits and Demerits of Spiritual development of mankind.

UNIT - V: SOCIAL OUTLOOK

- 5.1 Economic justice – sharing of work.
- 5.2 Globalizations of food and water – Linking of rivers.
- 5.3 Living by following the guideless of Wisemen – suruthi (Literature) – yukthi (Perception through thinking), Experience – Life styles of wise people – Vethathirium concepts.
- 5.4 Following Divine Justice (Cause and Effect system) - Respect for nature

TEXT BOOK:

- 1. Mental Prosperity and Human Excellence – VISION, Vethathiri Publications

REFERENCE BOOKS:

- 1. Mind - Vethathiri Publications
- 2. Vethathirium - Vethathiri Publications
- 3. World Peace Plan - Vethathiri Publications
- 4. World Community Life - Vethathiri Publications

DKDH4: SCIENCE OF DIVINITY AND REALIZATION OF SELF

UNIT - I: ABSOLUTE SPACE AS ALMIGHTY:

- 1.1 One origin - various concepts of Almighty – Common truth – Only one Almighty is absolute space.
- 1.2 Absolute Space – Divine state - Four Qualities of divine state : Plenum, Force, Consciousness, Time.
- 1.3 Four potentials of divine state: Transformation – Mutation – Cause and effect.
- 1.4 Objectives of religion – god worship – virtuous way of life.

UNIT - II: TRANSFORMATION OF UNIVERSE:

- 2.1 Formation of five physical elements (Panchaboothas) : Absolute space, Self compressive force, Kinematic quivering - Dust particle – Magnetism - Fundamental energy particles (Akash) – Element - Five Physical elements (Pancha Boothas)
- 2.2 Evolution of Planets, Stars, Galaxies and Universe – compressive force – repulsive force – physical transformation of magnetism – consciousness in non-living things : Pattern, Precision, and Regularity.
- 2.3 Universal magnetism – various concepts in evolution of universe.
- 2.4 Relation between planets and living beings – Impact of magnetic waves from planets on non living things and living beings.

UNIT - III: TRANSFORMATION OF LIVING BEINGS:

- 3.1 Evolution of living beings - one sense plants to five sense animals - Formation of Five sensory organs and working organs – Mutation of consciousness – Perception: cognition, experience and discrimination – sensation due to obstruction of bio-magnetism - specific gravity principles.
- 3.2 Evolution of mankind: Greatness of sixth sense – assumption – divine justice – Spiritual consciousness.
- 3.3 Why men differ?
- 3.4 Steps in development of consciousness – animalistic behaviour – human behaviour and divine behaviour.

UNIT – IV: GENETIC CENTRE:

- 4.1 Genetic centre – structure - function – compressing as imprint – expanding as thought – sin and good deeds - Sanjitha, praraptha, akamiya karma.
- 4.2 Stages of Life force – life before birth and life after birth.

- 4.3 Purification of Genetic centre: contamination of genetic centre – purification of sinful imprints - Methods of clearing sinful imprints – expiation, super imposition and dissolution.
- 4.4 Greatness of Observing Silence – maintaining and experiencing silence – mind control practice – meditation and introspection – silence for merging with Almighty.

UNIT – V: PERFECTION IN CONSCIOUSNESS:

- 5.1 Who am I? - Self realization – Everything is divine – Man is Divine – Consciousness is Divine – God realization and blossom of love – divine meditation.
- 5.2 Cause and effect system – Law of nature – destiny and wisdom – Pleasure and pain - time of effect - awareness in thoughts, word and deed.
- 5.3 Karma yoga – Duty consciousness – thankfulness – awareness - 10 principles of Karma yoga.
- 5.4 Love and compassion – protection and maintenance – realising God in everything - Service to humanity – Perfection of consciousness.

TEXT BOOKS:

1. Science of Divinity and Realization of self – VISION, Vethathiri Publication

REFERENCE:

- | | |
|--|---------------------------|
| 1. Unified Force | - Vethathiri Publications |
| 2. History of the Universe and living beings | - Vethathiri Publications |
| 3. Universal Magnetism | - Vethathiri Publications |
| 4. Bio-magnetism | - Vethathiri Publications |
| 5. Karma Yoga | - Vethathiri Publications |

DKDP1: YOGA PRACTICES – I

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.

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.

DKDP2: YOGA PRACTICES II

UNIT I: SPECIAL MEDITATION

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

UNIT II: PRACTICES FOR INTENSIFYING BIO-MAGNETISM

Lamp Gazing practice - Mirror Gazing practice – Giving passes to cure disease.

UNIT III: ASANAS

Utkadasana - Trikona asana – Thandasana - Janusirasasana – Pachi mothasana – Komugasana – Salabasana - Dhanurasana – Navukkasana – Makkarasana - Artha bhavana mukthasana – Bhavana mukthasana - Subthavajrasana – Uthanabathasana – Navasana - Savasana.

UNIT IV: MUDRA AND BANDHA

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.

Bandha: Jalandhara Bandha - Uttiyana Bandha – *Moola Bandha*

Kriya : Jalertheri, Thrattaha

UNIT V: SPECIAL ASANAS

Asanas and exercises for curing diseases - Tortoise asana.

TEXT BOOK :

1. Yoga Practices – II - VISION, Vethathiri Publications.

REFERENCE BOOK :

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.