

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: CERTIFICATE COURSE IN YOGA FOR HUMAN EXCELLENCE

Duration: 1 year

Eligibility: Pass in 10th Std

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

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

Subject Code	Title	Credits	Internal	External	Maximum
DKCH1	யோக வாழ்வு (உடல், உயிர், மனம்) "Yogic Life (Physical body, Life Force and Mind)	6	20	80	100
DKCH2	குணநலப்பேறும் சமுதாய நலனும் Sublimation and Social Welfare	6	20	80	100
DKCPA	யோகப்பயிற்சிகள் - I Yoga Practices - I	8	20	80	100

DKCH1: 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.

DKCH2: 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

DKCPA: 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 - Thuriyatheetham 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.