APPENDIX - 4 (R)
UNIVERSITY OF MADRAS
DIPLOMA IN YOGA FOR HUMAN EXCELLENCE
REGULATIONS
(Effective from the academic year 2011-12 onwards)

1. OBJECTIVES OF THE COURSE

WCSC-VISION for Wisdom Institute has designed the syllabus along with University of Madras to improve the moral and ethical values of the students. This course can be conducted by approved institution of University of Madras.

2. ELIGIBILITY FOR ADMISSION:

Admission is open to candidates who have passed Examination of HSC (Plus 2) conducted by the Board of Examinations, Government of Tamil Nadu or a qualification accepted by the Syndicate of this University as equivalent thereto.

3. DURATION OF THE COURSE:

The duration of the course is for one academic year under semester pattern. Examinations shall be conducted at the end of every semester for the respective subjects.

4. COURSE OF STUDY:

The course of the study for the Diploma in Yoga for Human Excellence shall consist of the following.

Diploma Course = 1 Year
- 4 Theory Papers + 2 Practicals
  I Semester : 2 Theory, 1 Practical
  II Semester : 2 Theory, 1 Practical
a) Examination shall be conducted at the end of every semester.
b) Unit wise continuous evaluation should be assigned by the Institution.

5. REQUIREMENT TO APPEAR FOR THE EXAMINATIONS:

A candidate will be permitted to appear for the University Examination for the semester, if he / she secures minimum 75 per cent of attendance in the number of instructional days / Practical at the institution.
### Paper/Title of the paper

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<th>Paper/Theory</th>
<th>Hrs of Instruction</th>
<th>External</th>
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<td>Yogic Life (Physical body, Life-force and Mind)</td>
<td>30</td>
<td>75 100</td>
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<tr>
<td>2</td>
<td>Sublimation and Social Welfare</td>
<td>30</td>
<td>75 100</td>
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<tr>
<td>3</td>
<td>Yoga Practices - I</td>
<td>30</td>
<td>60 100</td>
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**SECOND SEMESTER**

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<td>Mental Prosperity and Human Excellence</td>
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<td>5</td>
<td>Self Realization</td>
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<td>6</td>
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<td>60</td>
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7. MEDIUM OF INSTRUCTION AND EXAMINATIONS

The medium of Instruction and Examination for all the papers shall be in Tamil and English.

8. PASSING MINIMUM

(i) A candidate shall be declared to have passed the examination in a subject if he/she secured not less than 40 per cent marks in the University Examination and 40 per cent marks in aggregate i.e. internal and external (University) Examinations put together.

(ii) A candidate who successfully completes the course and passes the examination prescribed in all the subjects of study shall be declared to have been qualified for Diploma Course in Yoga for Human Excellence.

9. CLASSIFICATION OF SUCCESSFUL CANDIDATES

Successful candidates passing the whole examinations and securing the marks (i) 60 percent and above (ii) 50 percent and above but below 60 percent in the aggregate of the marks prescribed for the Course shall be declared to have passed the examination in the FIRST and SECOND class respectively. All other successful candidates shall be declared to have passed the examinations in the THIRD class.

10. ELIGIBILITY FOR THE AWARD OF DIPLOMA:-

A candidate shall be eligible for the award of the Diploma only he/she has undergone the prescribed course of study for a period of one year in an institution approved by the University.

11. FACULTY MEMBERS

The qualification for the faculty members are those who have obtained PG Diploma in Yoga or PG Degree in Yoga along with Master of Physical Education and Sports.

12. QUESTION PAPER PATTERN

The University Examinations shall be conducted for 100 marks. The pattern of question paper for all the subjects shall be as follows:

Part A – 10 Questions of 3 marks each 10 x 3= 30 marks
50 Words (No Choice) (Two Questions from each Unit)

Part B – 5 Questions of 8 marks each 5 x 8 = 40 marks
300 words (Either or type) (one Question from each Unit)

Part C – 3 Questions of 10 marks each 3x 10 = 30 marks
(Either or type) (one Question from each Unit)

Total = 100 marks

(Converted into 75 marks)

➢ Continuous Internal Assessment (CIA) : 25 marks.
➢ Ratio of Internal and external marks :
  o 25 : 75 for Theory Papers
  o 40 : 60 for Practical

AC.F’12.
APPENDIX -4 (S)

UNIVERSITY OF MADRAS

Diploma in Yoga for Human Excellence

SYLLABUS

(Semester)

(Effective from the academic year 2011-12 onwards)

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 Thuriam meditation - explanation – benefits - Thuriyatheeetham meditation - explanation – benefits

Text Book :

Reference Books :
1. Yoga for Modern age - Vethathiri Publications.
3. Medicine and Health - Dr.Mathuram Sekar, Narmadha Publications
5. Yogasanas - Vethathiri Publications.

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
2.2 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

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.


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


REFERENCE BOOKS

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

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


UNIT II: KAYA KALPA EXERCISES

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

(This should be learnt directly from the World Community Service Centre.)
UNIT III: MEDITATION

Agna meditation - Shanthi meditation – Clearness of the spinal cord – Thuriya meditation - Thuriyatheetham 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, Ujjiai, Seetali, Seetkari, Kapalapathi.

TEXT BOOKS:


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.

PAPER – 4: MENTAL PROSPERITY AND HUMAN EXCELLENCE

OBJECTIVES:

Understanding of (1) mental prosperity and human excellence (2) special meditations (3) enhancement of bio-magnetism (4) cultural education for developing good characters and (5) science and spirituality.

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

2.2 Five physical transformation of magnetism – pressure, sound, light, taste, smell – Production, Consumption and stock of Bio-magnetism in human body.
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 every thing, 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

PAPER – 5: SELF REALIZATION

OBJECTIVE:

- Understanding of (1) Transformation of Universe (2) Concept of evolution of Universe (3)Transformation of Absolute space as universe and living beings, and (4) cause and effect system.

UNIT - I: TRANSFORMATION OF UNIVERSE:

1.1 Formation of five physical elements (Panchaboothas) : Absolute space, Self

UNIT – II: CONCEPT OF EVOLUTION OF UNIVERSE

2.1 Universal magnetism – various concepts in evolution of universe.

2.2 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.


3.3 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.


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:

REFERENCE:
1. Unified Force - Vethathiri Publications
2. History of the Universe and living beings - Vethathiri Publications
3. Universal Magnetism - Vethathiri Publications
5. Karma Yoga - Vethathiri Publications

PAPER – 6: YOGA PRACTICES II

OBJECTIVE:
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: SPECIAL MEDITATION

UNIT II: PRACTICES FOR INTENSIFYING BIO-MAGNETISM
Lamp Gazing practice - Mirror Gazing practice – Giving passes to cure disease.

UNIT III: ASANAS

UNIT IV : MUDRA AND BANDHA
Bandha: Jalandhara Bandha - Uttiyan Bandha – Moola Bandha
Kriya : Jalanerthi, Thrattaha

UNIT V: SPECIAL ASANAS
Asanas and exercises for curing diseases - Tortoise asana.

TEXT BOOK :

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.

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