

Tamil Nadu Physical Education and Sports University

Name of the Course	Diploma in Yoga for Human Excellence
Eligibility	+2 Passed
Stream	Semester
Duration	One Year (2 semesters)
Medium	English
Attendance	Minimum 80%
Year	2020-21 onwards

SYLLABUS STRUCTURE FOR Diploma in YOGA FOR HUMAN EXCELLENCE

Semester I				
Paper code	Title	Internal Marks	External Marks	Max. Marks
	Fundamentals of Yoga	25	75	100
	Mental Prosperity and Human Excellence	25	75	100
	SKY Yoga Practices - I	25	75	100
Total				

Semester II				
Paper code	Title	Internal Marks	External Marks	Max. Marks
	Sublimation and Social Welfare	25	75	100
	Yogic science of Energy and Consciousness and Self	25	75	100
	SKY Yoga Practices - II	25	75	100
Total				

PAPER – 1
FUNDAMENTALS OF YOGA
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

- Purpose of life - life – yoga – modern life style – importance of physical health
- Physical structure – combination of five elements – three forms of body.
- Blood circulation system – Respiratory system.
- Nervous system - Digesting system.

UNIT II - FUNCTIONS OF PHYSICAL BODY

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

UNIT III - REJUVENATION OF LIFE-FORCE

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

UNIT IV - MIND

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

UNIT V - MEDITATION

- Simplified Kundalini Yoga - greatness of guru - types of meditation
- Agna meditation - explanation - benefits.
- Santhi meditation - explanation - benefits - clearance of spinal cord - benefits.
- Thuriyam meditation - explanation - benefits - Thuriyattheetham meditation - explanation - benefits.

Text Book:

1. Yogic Life - VISION, Vethathiri Publications.

Reference Books:

1. Vethathiri Maharishi, Yoga for Modern age, 2017, Vethathiri Publications, Erode.
2. Vethathiri Maharishi, Mind, 2017, Vethathiri Publications, Erode.
3. Dr.Mathuram Sekar, Medicine and Health, Narmadha Publications.
4. Vethathiri Maharishi, Simplified Physical Exercises, 2013, Vethathiri Publications, Erode.
5. WCSC-VISION for Wisdom, Yogasanas, 2012, Vethathiri Publications, Erode.



PAPER – 2: MENTAL PROSPERITY AND HUMAN EXCELLENCE

OBJECTIVE:

Understanding of mental prosperity and human excellence - special meditations enhancement of bio-magnetism, cultural education for developing good characters and science and spirituality.

UNIT I - SPECIAL MEDITATIONS

- Panchendria meditation - practice on skin, tongue, nose, eyes and ears - benefits
- 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.
- Nine centre meditation - practice on mooladhara, swadhistana, manipuraga, anagatham, vishuthi, agna, thuriya, universe and absolute space - benefits.
- Nithyananda meditation - benefits - Divine meditation.

UNIT II - BIO-MAGNETISM

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

UNIT III - CULTURAL EDUCATION

- 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
- 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

- Good government - Greatness of Democracy - Public responsibility in selecting the government heads - Educational system for public administration - spiritual education.
- 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

- Development of Science - from Stone Age to computer age
- Merits and Demerits of Scientific development
- Development of Spiritualism - from Stone Age to computer age
- Merits and Demerits of Spiritual development of mankind.

UNIT V - SOCIAL OUTLOOK

- Economic justice - sharing of work.
- Globalizations of food and water - Linking of rivers.
- Living by following the guideless of Wiseman - suruthi - yukthi - Experience.
- Following Divine Justice - Respect for nature.

TEXT BOOK:

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

REFERENCES:

1. Vethathiri Maharishi, Mind, 2017, Vethathiri Publications, Erode.
2. WCSC-VISION for Wisdom, Vethathirium, 2014, Vethathiri Publications, Erode.
3. WCSC-VISION for Wisdom, World Peace Plan, 2015, Vethathiri Publications, Erode.
4. WCSC-VISION for Wisdom, World Community Life, 2016, Vethathiri Publications, Erode.



**PAPER - 3:
SKY YOGA PRACTICES - I**

OBJECTIVE:

Practicing Physical exercises and Yogasanas for physical health - Anti-aging process of Kayakalpa exercises for longevity - 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

Kayakalpa Exercise practice - Aswini Mudhra - Moola Bandha - Ojas Breath.

UNIT III - MEDITATION

Agna meditation - Shanthi meditation -- Clearance 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.

REFERENCES:

- Vethathiri Maharishi, 2014, Simplified Physical Exercises, Erode, Vethathiri Publications, Erode.
- WCSC-VISION for Wisdom, Yogasana, 2012, Vethathiri Publications, Erode.
- Chandrasekaran.K, Sound Health through Yoga, . 1999, Sedapati, Tamilnadu, Premkalyan Publications.
- Dr.H.R.Nagendra, Yogasana in educational Curriculum, S-VYASA University, Bangalore.



PAPER – 4: SUBLIMATION AND SOCIAL WELFARE

OBJECTIVE:

Understanding of Introspection and Analysis of thought, Moralization of desire - Neutralization of anger, Eradication of worries - Harmonious relationship with fellow beings and - Social welfare and science of Divinity.

UNIT I - INTROSPECTION

- Philosophy of Life
- Introspection - elimination of ego
- Analysis of Thought: Mind and thought - Greatness of thought - Causes for thought - positive thoughts.
- Practice for analysis of thoughts - Worksheet.

UNIT II - DESIRE AND ANGER

- Moralization of desire: Desire - 3 types of desires - greed - six bad temperaments – reasons for desire - valuable desires - detached attachments - contentment
- Practice for moralization of desires - Worksheet.
- Neutralization of anger: Anger - Root causes for anger - evil effects of anger - anger a chain of reactions - Tolerance - greatness of forgiveness.
- Practice for neutralization of anger - worksheet.

UNIT III - ERADICATION OF WORRIES

- Eradication of worries: Root causes of worries - Four types of Worries - Evil effects of worry - Solutions to the problems.
- Practice for eradication of worries - Worksheet.

UNIT IV – BENEFITS OF BLESSINGS

- Benefits of Blessing: Wave function - greatness of blessing - method of blessing - Divine protection - Auto suggestion.
- 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 V - SOCIAL WELFARE

- Five kinds of duties - Importance of duty - Duties to Self, family, relatives, society and world.
- Fivefold culture: Earning through self-effort - not inflicting pain to others - non-killing - respecting others freedom - Charity - Two fold culture.
- Greatness of Women - Feminine, motherhood, divinity - sacrifice - detachment - Wife appreciation day.
- 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.

TEXT BOOK:

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

REFERENCES:

1. Vethathiri Maharishi, Yoga for Modern Age, 2017, Vethathiri Publications, Erode.
2. Vethathiri Maharishi, Arularuvi Part -1, 2009, Vethathiri Publications, Erode.
3. Vethathiri Maharishi, Vethathirium, 2012, Vethathiri Publications, Erode.
4. Vethathiri Maharishi, Unified Force, 2004, Vethathiri Publications, Erode.



PAPER – 5: SCIENCE OF ENERGY AND CONSCIOUSNESS AND SELF OBJECTIVE:

Understanding of (1) Absolute space as Almighty (2) Transformation of magnetism and its effects (3) Transformation of Absolute space as universe and living beings, and (4) cause and effect system.

UNIT I - ABSOLUTE SPACE AS ALMIGHTY

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

UNIT II - TRANSFORMATION OF UNIVERSE:

- 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) - repulsive force - Universal magnetism - Electricity - Chemical - consciousness in non-living things: Pattern, Precision, and Regularity.
- Various concepts in evolution of universe - Evolution of Planets, Stars, Galaxies and Universe.
- Relation between planets and living beings - Impact of magnetic waves from planets on non living things and living beings - Genetic center.

UNIT III - TRANSFORMATION OF LIVING BEINGS:

- 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.
- Evolution of mankind: Greatness of sixth sense - assumption - divine justice - Spiritual consciousness.
- Why men differ?

- Steps in development of consciousness - animalistic behavior - human behavior and divine behavior.

UNIT IV - GENETIC CENTRE:

- Genetic centre - structure - function - compressing as imprint - expanding as thought - sin and good deeds - Sanjitha, praraptha, akamiya karma.
- Stages of Life force - life before birth and after death.
- Purification of Genetic centre: contamination of genetic centre - purification of sinful imprints - Methods of clearing sinful imprints - expiation, super imposition and dissolution.
- Greatness of Observing Silence - maintaining and experiencing silence - mind control practice - meditation and introspection - silence for merging with Almighty.

UNIT V - PERFECTION IN CONSCIOUSNESS:

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

TEXT BOOKS:

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

REFERENCES:

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



PAPER – 6: SKY YOGA PRACTICES - II

OBJECTIVE:

Practicing Physical exercises and Yogasanas for physical health - Anti-aging process of Kayakalpa exercises for longevity - Meditation practices for mental prosperity and personality development.

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

Mudras : 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.

UNIT V - SPECIAL ASANAS

Asanas and exercises for curing diseases - Tortoise asana – Thyroid – Asthma – Back Pain.

TEXT BOOK:

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

REFERENCES:

1. Vethathiri Maharishi, 2014, Simplified Physical Exercises, Vethathiri Publications, Erode.
2. Yogasana, WCSC-VISION for Wisdom, Vethathiri Publications, Erode.
3. Chandrasekaran.K, 1999, Sound Health through yoga, Sedapati, Tamilnadu, Premkalyan Publications.
4. Dr.H.R.Nagendra, Yogasana in educational Curriculum, S-VYASA University, Bangalore.

