



BHARATHIAR UNIVERSITY
UNIVERSITY INDUSTRY INTERACTION PROGRAMMES

WCSC – VISION for Wisdom Learning Centre

REGULATIONS AND SYLLABUS
(WITH EFFECT FROM THE ACADEMIC YEAR 2008 ONWARDS)

TITLE OF THE COURSE: BA in YOGA FOR HUMAN EXCELLENCE

1. DESCRIPTION OF THE COURSE / OBJECTIVES OF THE COURSE

The course, **strives to achieve the following:**

- * To train and develop the physical body for leading a healthy life.
- * To rejuvenate the life energy, to retard the ageing process and to achieve spiritual development.
- * To offer meditation practices to strengthen the mind, increase its will power, concentration, creativity and receptivity and ultimately to transform the mind to achieve self-realization.
- * To practice introspection techniques to purify the mind.
- * To help every individual to realize the enduring values of peace, non-violence and harmony to revitalize human society for restoring its sanity and strength.

2. ELIGIBILITY FOR ADMISSION TO THE COURSE

Candidate for admission to the BA Degree Course in Yoga for Human Excellence shall be required to have passed the 12th standard Examination or 10+2 examination (10+2 pattern).

3. DURATION OF THE COURSE

The course shall extend over a period of 3 Years comprising of Annual Pattern. Academic year extends from July to June including Admission and Examination period for each year.

Examinations shall be conducted at the end of every year for the respective subjects.

This course is conducted at various VISION-Learning-centres of Manavalakalai Mandram Trust. The candidates admitted to this course would spend two days in the VISION -Learning- Centres every week with three hours per day. They would at least spend five days at VISION for Wisdom, (An Educational Wing of the World Community Service Centre), Temple of Consciousness, Aliyar – 642 101, every year for field training.

4. COURSE OF STUDY

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

- 15 Theory Papers
- 3 Practical
- ❖ Examination shall be conducted at the end of every calendar/academic year.
- ❖ Every paper should have at least 40 contact hours of study including period of study in the Institute.
- ❖ 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 any year if he / she secures minimum 90 per cent of attendance in the number of instructional days / Practicals at the Institute / VISION centre in the calendar / academic year, failing which he / she should redo that course of study.

6. SCHEME OF EXAMINATIONS

Paper/ Theory	Title of the Paper	Hrs of Instruction /Week		Hrs of Exam		Scheme of Examination		
		T	P	T	P	INTERNAL	EXTERNAL	TOTAL
	Ist - Year							
1	jkpo;	1		3		50	50	100
2	English	1		3		50	50	100
3	Nahf tho;T (chy;> caph;> kdk;)	1		3		50	50	100
4	Fzeyg;NgW	1		3		50	50	100
5	Basic Computer Applications	1		3		50	50	100
6	Nahfg; gapw;rpfs;-1		1		3	50	50	100

IIrd - Year

7	jkpo; - jpUf;Fws; cl;ngHUs; tpsf;fk;	1		3		50	50	100
8	English - Atomic Poison	1		3		50	50	100
9	cstpay;	1		3		50	50	100
10	gpugQ;rj; Njhw;wKk; kyh;r;rpAk;	1		3		50	50	100
11	caphpdj; Njhw;wKk; kyh;r;rpAk;	1		3		50	50	100
12	Nahfg; gapw;rpfs;-2		1		3	50	50	100

IIIrd - Year

13	rkaq;fSk; Nfhl;ghLfSk;	1		3		50	50	100
14	mwpNt nja;tk;	1		3		50	50	100
15	nray;tpisTj; jj;Jtk;	1		3		50	50	100
16	ngHushjhu tsk;	1		3		50	50	100
17	rKjha Nkk;ghLk; cyfmikjpAk;	1		3		50	50	100
18	Nahfg; gapw;rpfs;-3		1		3	50	50	100

* Syllabus of SDE Part I Paper I and Part II Paper I shall be adopted

Learning Centre Contact Programme

: 40 Weeks

6 hours per Week = 40X6 = 240

hours per year.

Contact Programme at VISION for Wisdom,
(An Educational Wing of the World Community
Service Centre), Temple of Consciousness,
Aliyar – 642 101,

: 5 days per year.

7. MEDIUM OF INSTRUCTION AND EXAMINATIONS

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

8. PASSING REQUIREMENTS

- (i) A candidate shall be declared to have passed the examination in a subject if he/she secured not less than 50 per cent marks in the University Examination and 50 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 the Degree Course in Yoga for Human Excellence.
- (iii) If a candidate does not complete the course successfully within a period of **5** years from the date of his/her joining he/she will not be eligible to receive the Degree Course in Yoga for Human Excellence.
- (iv) A candidate who fails in the examination can reappear in the next odd or even semester as the case may be.
- (v) No candidate shall be permitted to reappear for any paper more than three times.

9. CLASSIFICATION OF SUCCESSFUL CANDIDATES

- (i) All candidates securing 75% and above of the aggregate marks shall be declared to have passed in **FIRST CLASS with DISTINCTION** provided they have passed the examination in every subject without failure in any time within the course of study.
- (ii) All the candidates securing 60% and above of the aggregate marks shall be declared to have passed in **FIRST CLASS** provided they have passed the examination in every subject.
- (iii) Other successful candidates shall be declared to have passed the examinations in **SECOND CLASS**.

10. CONFERMENT OF THE DEGREE

No candidate shall be eligible for conferment of the Degree unless he/she has undergone the prescribed course of study for a period of not less than three

year in an institution approved by the University or has been exempted there from in the manner and has passed the examinations as have been prescribed therefore.

11. SYLLABUS

The syllabus for various subjects shall be clearly demarcated into five viable units in each paper / subject. Further every subject should have text books and books for reference, spelt out clearly.

12. FACULTY MEMBERS

The World Community Service Centre has 200 trained Professors, 1000 Assistant Professors and 3000 Masters to handle the classes.

13. QUESTION PAPERS

The University Examinations shall be conducted for 100 marks and it will be converted to 50 marks as an external examination. The pattern of question papers for all the subjects shall be as follows:

Part A – 10 Questions – No Choice

(Two Questions from each Unit) 10 x 2 = 20 marks

Part B – 5 Questions – Either Or type

(Two Questions from each Unit) 5 x 6 = 30 marks

Part C – 5 Questions – Either or type

(Two Questions from each Unit) 5x 10 = 50 marks

Total = 100 marks

14. The Practical exams will be conducted in VISION Study Centers. Theory Exams will be conducted at university centers as indicated by University.

15. A panel of SKY Professors with collegiate experience will be given to the University by the Directorate of VISION for Question paper setting, evaluation and for conducting Practical Examinations.

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Vazhga Vaiyagam

Vazhga Valamudan



BHARATHIAR UNIVERSITY
B.A in YOGA for HUMAN EXCELLENCE
DISTANCE EDUCATION MODE
in collaboration with
VISION for Wisdom, ALIYAR



Scheme of Subjects and Examinations

Paper/ Theory	Title of the Paper	Hrs of Instruction		Hrs of Exam		Scheme of Examination		
		T	P	T	P	CIA	FINAL	TOTAL

Ist - Year

1	jkpo;	1		3		50	50	100
2	English	1		3		50	50	100
3	Yoga for Modern age (Body, life-force, mind)	1		3		50	50	100
4	Personality development	1		3		50	50	100
5	Basic Computer Applications	1		3		50	50	100
6	Yoga Practical -I		1		3	50	50	100

IInd - Year

7	jkpo; - jpUf;Fws; cl;ngHUs; tpsf;fk;	1		3		50	50	100
8	English – Atomic Poison	1		3		50	50	100
9	Psychology	1		3		50	50	100
10	Evolution of Universe	1		3		50	50	100
11	Evolution of Living beings	1		3		50	50	100
12	Yoga Practical -II		1		3	50	50	100

IIIrd - Year

13	Religions and Principles	1		3		50	50	100
14	Consciousness is Truth;	1		3		50	50	100
15	Cause and Effect System	1		3		50	50	100
16	Economic Prosperity	1		3		50	50	100
17	Social welfare and	1		3		50	50	100

	world peace							
18	Yoga Practical -III		1		3	50	50	100

Vazhga Vaiyagam



Vazhga Valamudan



Bharathiyar university
B.A IN YOGA for HUMAN EXCELLENCE
VISION for Wisdom , ALIYAR

**FIRST YEAR
SYLLABUS**

Paper - 1 : jkpl (Syllabus of School of Distance Education of Part I and paper I)

Paper - 2 : English (Syllabus of School of Distance Education of Part II and paper I)

Paper-3

YOGA FOR MODERN AGE

UNIT I. PHYSICAL STRUCTURE AND ITS FUNCTIONS

1. Yoga - Purpose of life, philosophy of life
2. Physical structure- 3 forms of body - pain, disease, death - causes for disease
3. Method and limit in 5 deeds
4. Importance of physical exercise
 - 4.1. Rules and regulation of simplified physical exercises
 - 4.2. Hand exercise, leg exercise, breathing exercise
 - 4.3. Eye exercise, kapalapathi-benefits
 - 4.4. Maharasana, body massage, acu-pressure, body relaxation-benefits

UNIT II. YOGASANAS

Rules& Regulations– asanas, pranayama, mudra, bandha

UNIT III. GREATNESS OF LIFE FORCE

1. Phylosophy of kayakalpa-physical body-sexual vital fluid - life force bio magnetism, mind-Kayakalpa practical.
2. Sex and spirituality-value of sexual vital fluid, married life-chastity- jeeva Samadhi
3. Intensifying bio magnetism through exersice- lamp gazing-rules-benefits
4. Mirror gazing-rules-benefits, passes for healing.

UNIT IV. MIND

1. Biomagnatism & mind-imprinting & magnifying -eight essential factors of living beings
2. Mental Frequency -functions-ten stages of mind
3. Benifits of meditation-Lowering the mental frequencies (perspicacity, magnanimity, receptivity, adaptability, creativity)
4. simplified Kundalini yoga-Agna, santhi, thuriam, Thuriyatheetam

UNIT V. SPECIAL MEDITATION

1. Panchedria medidation –Nithyananda meditation
2. Pancha bhootha navagraha meditation
3. Nine centre meditatoin
4. Divine meditation

TEXT BOOK

1. Yoga for Modern Age - Vethathiri Publications

REFERENCES

1. Yoga for Modern Age – Vethathiri Maharashi
2. Mind – Vethathiri Maharashi
3. Karma Yoga – Vethathiri Maharashi

PAPER-4

PERSONALITY DEVELOPMENT

UNIT I. INTROSPECTION - ANALYSIS OF THOUGHTS

Introspection - Ego - Six temperaments - Mind & thought- Greatness of the thought force- practice for analysis of thoughts with table.

UNIT II. MORALISATION OF DESIRE

Root causes for desire-three kinds of desires-Attachment & detachment- valuable desire- practice for moralization of desires with table.

UNIT III. NEUTRALISATION OF ANGER

Root causes of anger- chain reaction-evil affects of anger in the body, mind, inter relationship, society-Practice for neutralization of anger with table.

UNIT IV. ERADICATION OF WORRIES

Root causes of worries-worry and wisdom-evil effects-four types of worries-practice for eradication of worries with table.

UNIT V. BENEFITS OF BLESSING

Wave nature-greatness of blessings -methods of blessing- divine protection, auto suggestion-Effects of blessing on inanimate and living beings.

TEXT BOOK

1. Personality Development – Vethathiri Publications

REFERENCES

1. Yoga for Modern Age – Vethathiri Publications
2. Journey of Consciousness – Vethathiri Publications

PAPER – 5

BASIC COMPUTER APPLICATIONS

UNIT I COMPUTER FUNDAMENTAL

Introduction to computer-System approach to understand computers-Computer periphrases-Evolution of computers –Benefits of computers.

Introduction to software -Classification of software-Operating systems-key features of windows-Basic computer function-Login-File management-Desktop setting changing.

UNIT II WORD

Introduction to word processing software-Key features of Word processing software-Variou types of Word processing software.

Creating documents-Text formatting-Spell checking-Working with tables-Page formatting.

UNIT III SPREAD SHEET SOFTWARE

Introduction to Spread sheets software-Key features of spread sheet software-Variou Types of Spread sheet software.

Work sheets-Work books-Editing data- Cell refereeing-Using functions-Formatting work sheets-Inserting cells, Rows, and Columns-Printing -Pivot Tables- macros.

UNIT IV PRESENTATION SOFTWARE

Introduction to multimedia-Multimedia applications-Multimedia elements-Introduction to Presentation software- Various presentation software- Do's and Don'ts in Presentation.

Creating slides- Design Templates-Managing slide shows-Simple animation.

UNIT V NETWORKING & INTERNET

Introduction to Network- Network types -Introduction to Internet-Benefits of Internet-Use of Internet.

Computer Ethics-Computers security-Job opportunities available using computers- E-mail-chat.

TEXT BOOKS

1. Basic Computer Applications – Vethathiri Publications.

REFERENCE

1. Teach yourself Basic Computer Skills – Moira Stephen

PAPER – 6

YOGA PRACTICES –I

UNIT I SIMPLIFIED PHYSICAL EXERCISES

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

UNIT II KAYA KALPA

Kaya Kalpa Exercise – Aswini Mudhra – Moola Bandha – Ojas Breath (should be learnt directly from the World Community Service Centre)

UNIT III MEDITATION

Agna- Santhi – Clearence – Thuriya – Thuriyatheetam.

UNIT IV INTENSIFICATION OF BIO- MAGNETISM

Lamp gazing (should be learnt directly from the World Community Service Centre)

UNIT V YOGASANAS

Padmasana, Vajrasana, Sukasana, Chakrasana (side posture), Viruchasana, Bhujangasana, Yoga mudra, Ustrasana, Maha Mudra, Vakkarasana.

Text Books:

1. Simplified Physical Exercises – Vethathiri Publications
2. Yogasana – Vethathiri Publications

References

1. Sound health through yoga – Dr. K. Chandrasekaran.

Vazhga Vaiyagam



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SECOND YEAR

SYLLABUS

jhs;-7

jpUf;Fws; cl;ngHUs; tpsf;fk;

UNIT I fITs; tho;j;J : Fws;fs; - tpsf;fk; - mfu Kjy –

fw;wjdh; - kyh;kipir – Ntz;Ljy; - ,Us;Nrh; - nghwpthapy; -
 jdf;Ftik – mwtop – Nfhspw; - gpwtpg; - Jg;ghh;f;F.

UNIT II ePj;jhh; ngUik : xOf;fj;J - ,Uik tif – Ritxsp –

epiwnkhop – Fznkd;Dk; - me;jzh;.

UNIT III mwtho;T : mwj;jhW - ,y;tho;thd; - njd;Gyj;jhh; -jf;fh; -

mIf;fk; mkuUs; - jPait jPa – xj;jwpthd; - <jypirgl –

UNIT IV mUSk; ngHUSk; : mUspy;yhh;f;F – nfhy;yhd; - ,yh; gyuhfpa –

kopj;jYk; - tha;ik – kdj;njL – rpdnkd;Dk; - \$j;jhl;lif; -
 ngHUs;my;ytw;iw – vg;ngHUs; - Xh;j;Js;sk; - gpwg;ngd;Dk;.

UNIT V Co; : Ez;zpa – tFj;jhd; - kdj;jhdhk; - Fzk; ehbf;-

lag;glhmJ – fy;yhj – typahh;f;F – kUe;njd – nrhy;yg; -
 mt;tpa – ngHUsy;ytw;iw – gw;Wf.

TEXT BOOKS

1. jpUf;Fws; cl;ngHUs; tpsf;fk; - Ntjhj;jphp gjpg;gfk;

REFERENCES

1. jpUf;Fws; - kiwkiy mbfs;
2. jpUf;Fws; - K.tujuhrdhh;

3. jpUf;Fws; - ghpNkyofh;

PAPER-8

Atomic Poison

Unit I Atomic Poison

An Iniquitous act of polluting the air

Unit II Spirituality

Advancement in the air of distraction

Unit III The Root cause for every crime

By an individual is the social system

Unit IV Is Science for distraction

Unit V The Plan for a bright future

TEXT BOOK

1. Atomic Poison – Vethathiri Publications

REFERENCE

1. World Peace – Vethathiri Publications

PAPER-9
PSYCHOLOGY

UNIT I. INTRODUCTION TO PSYCHOLOGY & LIFE-SPAN DEVELOPMENT

- 1.1. Defining psychology, nature of psychology, scope of psychology
- 1.2. Meaning of growth, development, and maturation.
- 1.3. Interaction of nature and nurture-Experimental studies.
- 1.4 Emotional behaviour, emotional maturity.
- 1.5. Factors of social development-social competence, social maturity.

UNIT II. MENTAL PROCESS

- 2.1. Sensation, perception, concept formation.
- 2.2. Thinking process: images, imagination, language and meaning.
- 2.3 Reasoning and problem –solving.
- 2.4 Attitudes, aptitudes and interest.
- 2.5. Intelligence and creativity.

UNIT III. MOTIVATION AND MEMORY

- 3.1. Biological and psychological needs as determinates of behaviour.
- 3.2 Motives and their kinds: innate motives, acquire motives, social motives and personal motives.
- 3.3. Defining memory, types of memory.
- 3.4. Defining forgetting, kinds of forgetting, factors contribution to retention and forgetting.
- 3.5. Maximizing acquisition efficiency-improvement of retention.

UNIT IV. PERSONALITY

- 4.1. Defining personality, meaning of personality, factors influencing the personality.
- 4.2. Theories of personality (type and traits)
- 4.3. Assessment of personality.
- 4.4. Integrated personality.
- 4.5. Development of personality.

UNIT V.MENTAL HEALTH

5.1.Meaning of mental health and ways to preserve mental health

5.2.Frustration and types of conflicts .

5.3. Adjustment and adjustment mechanism.

5.4. Definition of guidance and counselling.

5.5.Scope of guidance and counselling.

TEXT BOOK

1. PSYCHOLOGY - Vethathiri Publications

PAPER 10

EVOLUTION OF UNIVERSE

UNIT I **PHYSICS**

Electricity – Magnetism – Pressure , Sound , Light , Taste, Smell – wave – frequency – centripetal force – centrifugal force – Mass Energy Relation.

UNIT II **CHEMISTRY**

Matters – forms of matters –Atom- Elements – Molecules – Atomic structure – sub atomic particles – proton – Neutron – Electron – Atomic Weight – Orbital Electrons $2N^2$ Inert gas, Simple Chemical equation

UNIT III **VARIOUS THEORIES ON THE EVOLUTION OF UNIVERSE**

The creation theory – the theory of permanence -the theory of mithya – the Big Bang Theory – The Evolution theory - Transformation Theory

UNIT IV **GRAVITY MIGHTY DIVINE FLUID**

Mighty divine fluid - Force – Consciousness – Compressive Force – Repulsive Force- kinematic quivering – dust particles – magnetism – self compressive surrounding pressure force – Infinitesimal energy particle – Atom – Universe.

UNIT V **UNIVERSAL MAGNETISM**

Pancha Bhoodnas - Planets - Galaxy – Universal Magnetism - Pressure –Sound – Light – Taste – Smell – Impacts of planets on living beings.

TEXT BOOK

1. Evolution of Universe – Vethathiri Publications

REFERENCES

1. Gravity of Gravity - Vethathiri Publications
2. Bramha Gnana - Vethathiri Publications

PAPER-11

EVOLUTION OF LIVING BEINGS

UNIT I BIOLOGY – INTRODUCTION

1. Living beings & Non Living Things (differences)
2. Planets and animals (differences)
3. General & Special characteristics of Plants
4. Classification of Plants

UNIT II ZOOLOGY – INTRODUCTION

1. General & Special characteristics of Animals
2. Classification of Animals (general)
3. Invertebrates
4. Vertebrates

UNIT III VARIOUS THEORIES

1. Evolution of living things
2. One sense – sixth sense development
3. Instinct - cognition – Experience – discrimination
4. Obstruction of Bio magnetism is perception – specific gravity

UNIT IV GREATNESS OF MAN

1. Evolution of mankind & sixth sense
2. Assumption – cause and effect system
3. Stages of consciousness – God Consciousness
4. Conscientious consciousness

UNIT V GENETIC CENTRE

1. Structure – Specialisation of genetic centre
2. Genetic Centre functioning as mind – compression of imprints – sins – virtuous deeds – Three kinds of karma – Sanjitha - Praraptha – Akamyia Karma.
3. Why men differs?
4. Purification of genetic centre.

TEXT BOOK

1. EVOLUTION OF LIVING BEINGS – Vethathiri Publications

REFERENCES

1. Gravity of Gravity – Vethathiri Publications
2. Bramha Gnana – Vethathiri Publications

PAPER- 12

PRACTICAL EXERCISES - II

UNIT I. ASANA FOR CURING DISEASE

1. Diabetes
2. Blood Pressure
3. Mental Tension

UNIT II. INTENSIFICATION OF BIO MAGNETISM

Mirror gazing (should be learnt directly from the World Community Service Centre)

UNIT III. PSYCHOLOGY TESTS:

COUNSELING

UNIT IV. SPECIAL ASANA:

SURYA NAMASKAR

UNIT V. PRANAYAMA

Nadi suddhi , Ujjai , Seettali, Seethkari , Kapalapathi

TEXT BOOK

1. PRACTICAL EXERCISES – II – Vethathiri Publications

REFERENCES

1. Yogasana - Vethathiri Publications

Vazhga Vaiyagam



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VISION for Wisdom , ALIYAR

THIRD YEAR

PAPER- 13

RELIGIONS AND RITUALS

UNIT I HISTORY OF RELIGIONS

Meaning of Religion – Objectives – History – Religion & Spirituality – Religion & Science

UNIT II ANCIENT RELIGIONS OF INDIA

1. Bhakthi Yoga, Gnana Yoga, Perfection .
2. Saivam : Saktham, Vainavam , Sowram, Kanapathyam , Koumaram.

UNIT III OTHER RELIGIONS OF INDIA

1. Buddhism : History – Principles – life style of Buddhist - Auspicious days.
2. Jainism – History – Principles – life style of Jains – Auspicious days.

UNIT IV WESTERN RELIGIONS

1. Christianity – History – Principles – life style of Christians– Auspicious days.
2. Islamic Religion - History–Principles–life style of Muslims– Auspicious days.

UNIT V UNIVERSAL RELIGION OR ONE WORLD RELIGION

Spirituality & virtuous way of living – Absolute
 space – qualities of gravity – Transformation , Mutation cause & effect (formative dust Infinitesimal energy particle) Simplified Kundalini Yoga.

TEXT BOOKS

1. RELIGIONS AND RITUALS – Vethathiri Publications

REFERENCES

1. Religion and God – Vethathiri Publications
PAPER 14

CONSCIOUSNESS IS TRUTH

UNIT I. CONCEPTS OF SAINTS

Thirumoolar – Thiruvalluvar – Vallalar – Thayumanavar

UNIT II. WHO AM I (SELF REALISATION)

Aravindar – Ramanar– Ramakrishnar- Vivekanendar .

UNIT III ONENESS IN ALL THE RELIGIONS

Bhagavad gita – Bible- **Kuran-**

UNIT IV ORDER OF CONSCIOUSNESS

Animate – Inanimate – Mankind-Divinity.

UNIT V TRUTH

Gravity – Four Qualities : Plenum - force – consciousness – time

Three Laws : Transformation - mutation – cause and effect

TEXT BOOK

1. CONSCIOUSNESS IS TRUTH – Vethathiri Publications

REFERENCES

1. Who am I? - Vethathiri Publications

PAPER 15

CAUSE AND EFFECT SYSTEM

UNIT I LAW OF NATURE

Fate and wisdom - law of nature – Man Proposes God disposes.

UNIT II VALUE EDUCATION

Culture – Education – Good qualities – selfless service – Mother Theresa , Mahatma Gandhi.

UNIT III NATURALRESOURCES- AWARENESS

Environmental Pollution - Land, water -air- mind

UNIT IV YOGA TYPES

Bhakti Yoga – Karma Yoga – Raja Yoga –Gnana Yoga

UNIT V GENETIC CENTRE

Imprints & thoughts - Causes for Impurities – methods to purify genetic centre.

TEXT BOOK

1. CAUSE AND EFFECT SYSTEM – Vethathiri Publications

REFERENCES

1. CAUSE AND EFFECT SYSTEM – Vethathiri Publications

PAPER 16

ECONOMIC PROSPERITY

UNIT I. ECONOMIC SYSTEM

Capitalism – Socialism – Mixed Economy

UNIT II. SECTORS OF THE ECONOMY:

Primary (Foods & Raw Materials)- Secondary (Manufacturing) –
Tertiary (Services : commercial & direct) – Resources for development -
Natural & Human Resources Need for capital formation – Infrastructure
and technology (Case of India)

UNIT III . ECONOMIC PROBLEMS OF INDIA

Low per capital Income –high population growth – unemployment –
subsistence agriculture – unfavorable foreign trade – Environmental
Pollution & degradation

UNIT IV. VETHATHIRI MAHARISHI'S APPROACH

(More equal distribution) Remedy - Problem of poverty and squalor in
India – need for prosperity for all without exception - need for revision of
existing constitution – New Constitution – Poverty and inequality –
conflict between labour and capital – inflation – high tax burden –
unemployment – corruption and high public spending .

UNIT V. MAHARISHI'S ECONOMIC REFORMS

Nationalisation of Land , Buildings, Industries ,Corporations – Ceiling on personal
property and income – management of Nationalised property through National
Social Society Trust (N.S.S.T) – Social reforms – political reforms.

TEXT BOOK

1. ECONOMIC PROSPERITY – Vethathiri Publications

REFERENCES

1. Prosperity of India – Vethathiri Publications

PAPER 17

SOCIAL WELFARE AND WORLD PEACE

UNIT I. Vethathiriam

Virtuous life style for world community – Individual culture – world culture

UNIT II. World Without War

one world federal Government -Searching's of Vethathiri

Maharishi - one world Government Economic Justice – A fair judiciary.

UNIT III. Living under the guidance of Intellectuals

Reformation of culture – Respecting Womanhood - Living in tune with the law of nature

UNIT IV. Social Vision

Avoid unnecessary rituals & festivals , sports to be made non-commercial and only for children – Globalisation of food & water – Universal agreement On one truth (God) to being about one world religion acceptable by all

UNIT V. Expounding the philosophy of Magnetism

Teaching the law of cause and effect – Law of nature – Spirituality and virtuous way of living – Universal religion.

TEXT BOOK

1. SOCIAL WELFARE AND WORLD PEACE – Vethathiri Publications

REFERENCES

1. World Peace – Vethathiri Publications
2. Vethathiriam - Vethathiri Publications

PAPER18
YOGA PRACTICES-III

UNIT I SPEICIAL YOGASANAS

Bhujangasana, Dhanurasana, Matsyasana, Navukkasana, Navasana, Bhavana Muktasana, Makkarasana, Uthana Padasana, Salabasana, Savasana.

UNIT II SPECIAL EXERCISE

Thyroid-asthuma-hip pain-back pain- healing exercise

UNIT III MUDRA & BANDHA

Chin mudra, Vaayu mudra, Soonya mudra, Prithvi mudra, Suriya mudra, Varuna mudra, Prana mudra, Abana mudra, Abana vaayu mudra, Aadi Mudra, Linga mudra, Ashwini mudra.

UNIT IV BANDHA

Moola Bandha , Jalandhara Bandha, Uttiyana bandha

UNITV ART OF SPEECH

Introduction-do's and don'ts

TEXT BOOK

1. YOGA PRACTICES-III – Vethathiri Publications

REFERENCES

1. YOGASANAS – Vethathiri Publications

Vazhga Vaiyagam

Vazhga Valamudan



BHARATHIAR UNIVERSITY
B.A in YOGA for HUMAN EXCELLENCE
DISTANCE EDUCATION MODE
 in collaboration with
VISION for Wisdom, ALIYAR



Scheme of Subjects and Examinations

Paper/ Theory	Title of the Paper	Hrs of Instruction		Hrs of Exam		Scheme of Examination		
		T	P	T	P	CIA	FINAL	TOTAL
Ist - Year								
1	jkpo;	1		3		50	50	100
2	English	1		3		50	50	100
3	Nahf tho;T (cly;> capH> kdk;)	1		3		50	50	100
4	Fzeyg;NgW	1		3		50	50	100
5	Basic Computer Applications	1		3		50	50	100
6	Nahfg; gapw;rpfs;-1		1		3	50	50	100
IInd - Year								
7	jkpo; - jpUf;Fws; cl;ngHUs; tpsf;fk;	1		3		50	50	100
8	English – Atomic Poison	1		3		50	50	100
9	cstpay;	1		3		50	50	100
10	gpugQ;rj; Njhw;wKk; kyh;r;rpAk;	1		3		50	50	100
11	caphpdj; Njhw;wKk; kyh;r;rpAk;	1		3		50	50	100
12	Nahfg; gapw;rpfs;-2		1		3	50	50	100
IIIrd - Year								
13	rkaq;fSk; Nfhl;ghLfSk;	1		3		50	50	100
14	mwpNt nja;tk;	1		3		50	50	100
15	nray;tpisTj; jj;Jtk;	1		3		50	50	100
16	ngHushjhu tsk;	1		3		50	50	100
17	rKjhaNkk;ghLk; cyfmikjpAk;	1		3		50	50	100
18	Nahfg; gapw;rpfs;-3		1		3	50	50	100

Vazhga Vaiyagam

Vazhga Valamudan



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Kjy; tUlk;
£õhz vmh®

uõÖ - 1 : jkpl (Syllabus of School of Distance Education of Part I and paper I)

uõÖ - 2 : English (Syllabus of School of Distance Education of Part II and paper I)

uõÖ & 3

÷- õP ÁõìÄ (EhÀ , E°° , ©Ú®)

A»S I : EhÀ Aø©'i, C- UP®

1. Nahfk; - ÁõìÄß ÷|õUP® , ÁõìUøPz uzxA®
2. EhÀ Aø©'i & %d;W cly;fs;> typ> Neha;> kuzk; - ÷|õ' Áµ Põµn[PÒ
3. lçvÀ AíÄ •øÓ
4. Ehø£°Ø]°ß AÁ]® - vspaKiw clw;gapw;rp - tpjpKiwfs;- øP"£°Ø] , PõÀ£°Ø]- , %r;Rg;gapw;rp - Ps£°Ø] , P£õ»£v & ©Pµõ\Ú® , EhÀ Á,kuÀ, AUSµµã° , EhÀ ul°zXuÀ & £-ßPÒ

A»S II : ÷- õPõ\Ú®

B\Ú Áv•øÓPÒ & B\Ú[PÒ & µµõnõ-©® & •zvøµ & £çu®

A»S III : E°°Áí®

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2. £õ%4n°Ä® Bß«P•® & Äzvß ©Qø© & CÀ»Ó ÁõìÄ & PØ|õ|Ô & äÁ\©õv
3. ^ÁPõçµ" õ£, UP" £°Ø] & w£" £°Ø] Áv•øÓPÒ £-ßPÒ
4. Psnõi £°Ø] & Áv•øÓPÒ, £-ßPÒ, ÷|õ'w°US® •øÓ

A»S IV : ©Ú®

1. ^ÁPõçµ÷© ©Ú® & £vÄ ö\`uÀ Á>zx PõmkuÀ & ^ÁÚß 8]Ó'i C- UP[PÒ
2. ©Ú Aø»a _ÇÀ & Auß ö\` À£õkPÒ & ©Úvß 10 £i{ø»PÒ
3. uÁzvß £»ßPÒ & Aø»a _ÇÀ SøÓuÀ & (~s©õß ~øÇi»ß , õ£, çµøPø©, Hø'izußø© , CnUPzußø©, £øh"izvÓß)
4. GÍ•øÓ v-õÚ"£°Ø] , BUQøÚ & \õçv & x-® & x-õwu®

A»S V :]Ó'i uÁ[PÒ

1. £g÷\çv> uÁ® & {zv-õÚçµ uÁ®
2. £g\§u |ÁUQµPz uÁ®
3. Jß£x ø©- z uÁ®
4. CøÓ{ø»z uÁ®

ghIE}y;: 1.Nahf tho;T (cly;> capH> kdk;) – Ntjhj;jphp gjpg;gfk;
Nehf;fPI;L E}y;fs;: 1.vspaKiw clw;gapw;rp - Ntjhj;jphp gjpg;gfk;
 2.Nahfhrdk; - Ntjhj;jphp gjpg;gfk;
 3.kdk; - Ntjhj;jphp gjpg;gfk;

uõÖ - 4 :
Fzeyg;NgW

A»S I : mfj;jha;T - Gsn® Bμō´uÀ

mfj;jha;T - jd;Kidg;G - mWFzrPuikg;G - Gsn® Bμō´uÀ – kdKk; vz;zKk; –
vz;zj;jpd; rpwg;G & Gsn® Bμō´uÀ nray;•ØÓ ml;ltiz

A»S II : Bøλ rPuikj;jy;

Mir vof;fhuzk; - %tif Mir – cwTk; JwTk; - kjpf;fg;gl Ntz;ba Mirfs; - gapw;rp
Kiw - ml;ltiz

A»S III : rpdk; jtph;j;jy;

rpdk; vof;fhuzk; - rpdk; vDk; rq;fpyp – rpdj;jpd; NfLfs; - cly; eyk;> kdtsk;>
el;G eyk;> rKjha tsk; ghjppg;giljy; - nghWik> kd;dpg;gpd; Nkd;ik - gapw;rp
Kiw – ml;ltiz

A»S IV : ftiy xopj;jy;

ftiy - ftiy vof;fhuzq;fs; - ftiyAk; QhdKk; - ghjppg;Gfs; - ehd;Ftiff; ftiyfs; -
gapw;rp Kiw – ml;ltiz

A»S V : tho;j;Jk; gaDk;

miy ,af;fk; - tho;j;jpd; Nkd;ik – tho;j;Jk; Kiw> mUl;fhg;G> rq;fw;gk; –
capuw;witfspYk;> caphpdq;fspYk; tho;j;J nray;gLk; Kiw.

ghIE}y;:

1.Fzeyg;NgW – Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.kdtsf;fiy ghfk; 1 – Ntjhj;jphp gjpg;gfk;
2.mUsUtp 1 – Ntjhj;jphp gjpg;gfk;

PAPER – 5**BASIC COMPUTER APPLICATIONS****UNIT-I COMPUTER FUNDAMENTALS**

Introduction to computer-System approach to understand computers-Computer peripherals-Evolution of computers –Benefits of computers.

Introduction to software -Classification of software-Operating systems-key features of windows-Basic computer function-Login-File management-Desktop setting changing.

UNIT-II WORD

Introduction to word processing software-Key features of Word processing software-Variety types of Word processing software.

Creating documents-Text formatting-Spell checking-Working with tables-Page formatting.

UNIT-III SPREAD SHEET SOFTWARE

Introduction to Spread sheets software-Key features of spread sheet software-Variety Types of Spread sheet software.

Work sheets-Work books-Editing data- Cell referring-Using functions-Formatting work sheets-Inserting cells, Rows, and Columns-Printing -Pivot Tables- macros.

UNIT-IV PRESENTATION SOFTWARE

Introduction to multimedia-Multimedia applications-Multimedia elements-Introduction to Presentation software- Variety presentation software- Do's and Don'ts in Presentation.

Creating slides- Design Templates-Managing slide shows-Simple animation.

UNIT-V NETWORKING & INTERNET

Introduction to Network- Network types -Introduction to Internet-Benefits of Internet-Use of Internet.

Computer Ethics-Computers security-Job opportunities available using computers- E-mail-chat.

Text Book:

1.Basic Computer Applications – Vethathiri Publications

Reference:

1.Teach Yourself Basic Computer Skills – Moira Stephen

jhs; - 6

Nahfg; gapw;rpfs; - 1

A»S I : vspaKiw EhØ£°Ø]

EhØ£°Ø] nra;jy; - øP" £°Ø] - PöÀ £°Ø] - %oa_ " £°Ø] - Ps

£°Ø] - P£ö»£v - ©Pμö\Ú® - EhÀ ÷u'zuÀ - AUS αμα° - EhÀ uí°zuÀ

A»S II : Põ fy;gg; gapw;rp

Põ PÀ£ £°Ø] nra;jy; - m];tpdp Kj;jpiu - %yge;jk; - XI]; %r;R (E»P \•uõ ÷Áõ \[Pzvß %o»® ÷|µi õP PØÖU öPõÒÍ ÷Ásk®)

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A»S IV : ãÁPõçu ö£,UP°£°Ø]

w£°£°Ø]

(E»P \•uõ ÷Áõ \[Pzvß %o»® ÷|µi õP PØÖU öPõÒÍ ÷Ásk®)

A»S V : ÷ õPõÚ®

£z©õÚ®, ÁäµõÚ®, Rfhrdk;> \UPµõÚ® (£UPÁõmiÀ), Á,aõÚ®, G[q;fhrdk;> ÷ õP•zvµõ , kfhKj;uh> EimµõÚ®, ÁUPµõÚ®

ghE}y;:

1.Nahfg; gapw;rpfs; 1 – Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.vspaKiw clw;gapw;rp – Ntjhj;jphp gjpg;gfk;

2.Nahfhrdk; - Ntjhj;jphp gjpg;gfk;

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,uz;lhk; tUlk;

£õhz vmh®

jhs;-7

jpUf;Fws; cl;ngHUs; tpsf;fk;

A»S I : fITs; tho;j;J

Fws;fs; - tpsf;fk; - mfu Kjy – fw;wjdh; - kyh;kpir – Ntz;Ljy; - ,Us;Nrh; -
nghwpthapy; - jdf;Ftik – mwthop – Nfhspw; - gpwtpg; - Jg;ghh;f;F.

A»S II : ePj;jhh; ngUik

xOf;fj;J - ,Uik tif – Ritxsp – epiwnkhop – Fznkd;Dk; - me;jzh;.

A»S III : mwtho;T

mwj;jhW - ,y;tho;thd; - njd;Gyj;jhh; -jf;fhh; - mlf;fk; mkuUs; - jPait jPa –
xj;jwpthd; - <jypirgl –

A»S IV : mUSk; nghUSk;

mUspy;yhh;f;F – nfhy;yhd; - ,yh; gyuhfpa – kopj;jYk; - tha;ik – kdj;njhl –
rpdnkd;Dk; - \$j;jhl;lif; - nghUsy;ytw;iw – vg;ngHUs; - Xh;j;Js;sk; - gpwg;ngd;Dk;.

A»S V : Co; :

Ez;zpa – tFj;jhd; - kdj;jhdhk; - Fzk; ehbf;- lag;glhmJ – fy;yhj – typahh;f;F –
kUe;njd – nrhy;yg; - mt;tpa – nghUsy;ytw;iw – gw;Wf.

ghIE}y;:

1.jpUf;Fws; cl;ngHUs; tpsf;fk; - Ntjh;j;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.jpUf;Fws; - kiwkiy mbfs;

2.jpUf;Fws; - K.tujuhrd;> ghhp gjpg;gfk;. 3.jpUf;Fws; - ghpNkyofH

jhs;-8

Atomic Poison

Unit : I – Atomic Poison

An Iniquitous act of polluting the air

Unit : II – Spirituality

Advancement in the air of distraction

**Unit : III – The Root cause for every crime
By an individual is the social system**

Unit : IV – Is Science for destruction

Unit : V – The Plan for a bright future

Text Book:

1. Atomic Poison – Vethathiri Publications

jhs;-9

EÍÂ-À

A»S I EÍÂ-À ©ØÖ® ©õÝh ÁõìÄ : AÔ•P® - £» {ø» Áí°a]

- 1.1. EÍÂ-À : Áøµ- øµ ußø© ÷|õUöPÄø»
- 1.2. Áí°a] ©ØÖ® •ß÷ÚØÓ® •v°a]
- 1.3. C-ØøP ©ØÖ® Áí°°æØQøh÷ EÒÍ Cøh ÂøÚ £»÷\õøøÚ
B'ÄPÒ
- 1.4. ö©""£ök |hzøu , ö©""£ök •v°a]

- 1.5. \%oP •ß÷ÚØÓzvØPöÚ PömoPÒ - \%oPzuSv \•uö¯® £ØÖ¯
öuÄ

A»S II ©Ú ÄøÚ{ø»PÒ

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ö£ö, Ö
2.3. £SzuÖuÄ ©ØÖ® µµarpøÚUSz w°Ä PönÄ
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3.2. FUQPÐ® Auß ÄøPPÐ®, C¯ Ä! FUQPÒ , Dmi¯ FUQPÒ , \%oP
FUQPÒ , uß FUQPÒ.
3.3. {øÚøÄ Äøµ¯ øµ ö¯uÄ {øÚÄß ÄøPPÒ
3.4. ©Óvø¯ Äøµ¯ øÓ ö¯uÄ , ©Óv°ß ÄøPPÒ , {øÚÄ, zuÄ ©ØÖ®
©ÓzuÄ \ö°! PömoPÒ
3.5. øPÁµ¯ö£Ö® vÓø©ø¯ ÷©ßø©¯ £kzuÄ - {øÚÄ, zuø» ÷©¾®
Áí°zuÄ

A»S IV BÐø©

- 4.1. BÐø© - Äøµ¯ øµ , ö£ö, Ö , BÐø©ø¯ Ä^P>US® PömoPÒ
4.2. BÐø© ÷PömföKpÒ (ÄøP ©ØÖ® ußø©)
4.3. BÐø©ø¯ U PozuÄ
4.4. J, ºzu BÐø©
4.5. BÐø© Äí°a]

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- 5.1. ©Ú|»® ö£ö, Ö - ©Ú|»zøu¯ ÷£q® ÁÈPÒ
5.2. ©Ú•ÖÄ ©ØÖ® EÍ¯ ÷£öµömhvß ÄøPPÒ
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5.4. ÁÈPömhÄ ©ØÖ® B÷»ö\øÚ |Ä»Ä Äøµ¯ øµ
5.5. ÁÈPömkuaÄ ©ØÖ® B÷»ö\øÚ ÁÇ[Qku¼ß Äa_

ghIE}y;:

(1).cstpay; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

(1).kdtsf;fiy ghfk; 1 - Ntjhj;jphp gjpg;gfk;

(2).kdtsf;fiy ghfk; 2 - Ntjhj;jphp gjpg;gfk;

(3).kdtsf;fiy ghfk; 3 - Ntjhj;jphp gjpg;gfk;

jhs; 10

gpugQ;r Njhw;wKk; kyh;r;rpAk;

A»S I : ,aw;gpay;;(Physics)

$a\beta\delta\mu\otimes$ & $P\delta\phi u\otimes$ & $A\hat{E}zu\otimes$, $J\frac{1}{4}$, $J\hat{I}$, $_{\delta}\hat{A}$, $\odot n\otimes$ & $A\delta\otimes$ & $Av^0\delta\hat{A}s$ & $\delta\ominus^{-}$ \div $|\delta\otimes US$
 $\hat{A}\delta\setminus$, $\delta\ominus^{-}$ $\hat{A}\otimes US$ $\hat{A}\delta\setminus$ & $B\delta\hat{O}\hat{A}$ $\delta\hat{E}\delta_{\delta}$ \hat{O} & $Av^0\hat{A}$ $\odot\delta\hat{O}\hat{E}\delta\otimes k$ (Mass Energy Relation)

A»S II : Ntjpay;(Chemistry):.

$\delta\hat{E}\delta_{\delta}$ $mP\hat{O}$ - (Matters) $\delta\hat{E}\delta_{\delta}$ $mP\hat{I}\hat{B}$ $u\beta\delta\ominus$ - (Forms of Matters)
 Aq , $\%_{\circ}\otimes P[P\hat{O}$, Aq $A\delta\ominus^{-}$, $G\otimes Um\mu\delta\hat{B}$, $|\div\mu\delta mh\delta\hat{B}$, $\{^3mh\mu\delta\hat{B}$, , $AqUP\hat{I}\hat{B}$ $G\delta h$ -
 (Proton – Neutron – Electron – Atomic – Atomic weight) Orbital Electrons – $2 N^2$
 Inert gas , vspa Ntjpay; rkd;ghL.

A»S III : gy;NtW jj;Jtq;fs;

$\delta\delta h^{-}$ iz $uzx\hat{A}\otimes$ - $\{\delta\otimes\div\delta\hat{E}\delta\hat{O}$ $uzx\hat{A}\otimes$
 $\odot\delta^{-}$ δ $uzx\hat{A}\otimes$ - $\delta\hat{E}_{\delta}$ $\delta\hat{A}\hat{I}\hat{I}$ $uzx\hat{A}\otimes$ - $\delta\rightarrow z\delta\ominus$ $uzx\hat{A}\otimes$

A»S IV : gpugQ;r %yepiy(Gravity) :

$\delta\delta^{-}$ $\odot g$; $\delta\hat{E}\delta_{\delta}$ \hat{O} - Nguhw;wy; - NguwpT – $C\hat{O}US\otimes$ $\hat{A}\delta\setminus$ - $\hat{A}\otimes US\otimes$ $\hat{A}\delta\setminus$ - Ez ; $zjpHT$ -
 $,iwj$; Jfs ; - $P\delta\phi u\otimes$ - $\hat{I}\phi x$ $A\hat{E}zx\otimes$ $M\delta\hat{O}\hat{A}$ - tpz ; - mZ - $\pi\mu\hat{E}g\setminus\otimes$

A»S V : thd;fhe;jk;

$gQ;rG+jk$; - mz ; lk ; - mOj ; jk ; - xyp – xsp – Rit – kzk ; - $thdpay$; $Nfhs$; fs ; - $caph$; fs ;
 $njhlh$; G .

ghIE}y;:

1. $gpugQ;rj$; $Njhw;wKk$; $kyHr$; $rpAk$; - $Ntjhj$; $jphp$ $gjpg$; gfk ;

Nehf;fPI;L E}y;fs;:

1. $gpuk$; $kQhdk$; - $Ntjhj$; $jphp$ $gjpg$; gfk ;
 2. $,iwepiyapd$; jd ; khw ; w $rhpj$; $jpuk$; - $Ntjhj$; $jphp$ $gjpg$; gfk ;
 3. $gpugQ;rj$; $Njhw;wKk$; $caphpdg$; $ghpzhkKk$; - $Ntjhj$; $jphp$ $gjpg$; gfk ;

jhs; 11

caphpdj; Njhw;wKk; kyh;r;rpAk;

A»S I : E° \hat{A}

1. E° $\delta\hat{O}\delta\hat{A}$ & $E^{\circ}\mu\delta\hat{O}\delta\hat{A}$ ($\div\hat{A}\hat{O}\hat{E}\delta kP\hat{O}$)
2. $jhtq$; fs ; & $tpyq$; Ffs ; ($NtWghLfs$;))
3. $jhtuq$; fs ; $nghJg$; gz ; Gfs ; & $rpwg$; Gg ; gz ; Gfs ;
4. $jhtu$ $tifg$; ghL & $tpsf$; fk ;

A»S II : $\hat{A}\otimes [Q^{-}\hat{A}$

1. $\hat{A}\otimes [SP\hat{I}\hat{B}$ $\delta\hat{E}\delta\hat{x}^{-}$ $\hat{E}s$; $P\hat{O}$] \hat{O}^{-} \hat{I}^{-} $\hat{E}s$; $P\hat{O}$
2. $\hat{A}\otimes [SP\hat{I}\hat{B}$ $\hat{A}\delta P^{-}$ $\hat{E}\delta k$ ($\delta\hat{E}\delta\hat{x}$)
3. $\bullet x\delta P^{\frac{3}{4}}\otimes \delta\hat{E}\delta\hat{O}\delta\hat{A}P\hat{O}$ & $\hat{A}\hat{I}UP\otimes$
4. $\bullet x\delta P^{\frac{3}{4}}\otimes \delta\hat{O}\delta\hat{A}$ & $\hat{A}\hat{I}UP\otimes$

A»S III : £À÷ÁÖ ÷Põm£õkPÒ

1. E°Úz ÷uõØÓU ÷Põm£õkPÒ
2. AÔÄ 1 •uÀ 6 Áøµ Áí°a]
3. C⁻ÀŞUP AÔÄ & En°uÀ & x'zuÀ , »zxñ°uÀ
4. ^ÁPõçuzuøhø⁻ En°uÀ, xÀ¼⁻ a \©uíá ^°ø©

A»S IV : ©ÚuÚß ÷©ßø©

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2. AÝ©õÚ® . T°u»Ó®
3. En°Ä {ø»PÒ & ö©²n°Äß ÷©ßø©PÒ
4. P,øñ²ÒÍ ÷£µÔÄ

A»S V : P,ø©⁻ ®

1. Aø©'! &]Ó'£øhuÀ
2. ©Ú©õP C⁻[SuÀ & £vuÀ & £õÁ® & !so⁻® & %₀ÁøP P°©[PÒ & \g]u, »µõµ⁻u, BPõª⁻ P°©®
3. ©Úu, Ò ÷ÁÖ£õk Hß?
4. P,ø©⁻ z y'ø©.

ghIE}y;:

- 1.caphpdj;Njhw;wKk; kyHr;rpAk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

- 1.gpuk;kQhdk; - Ntjhj;jphp gjpg;gfk;
- 2.,iwepiyapd; jd;khw;w rhpj;jpuk; - Ntjhj;jphp gjpg;gfk;

jhs; - 12

Nahfg; gapw;rpfs; - II

A»S I : Neha; jPu; ;;f;Fk; BÚq;fs;

- 1 ePhpopT Neha; 2. C;uj;j mOj;j® 3. ©Ú mOj;j®

A»S II : ãÁPõçu ö£,UP⁻ £°Ø]

Psnõi⁻ £°Ø]

(E»P \uõ⁻ ÷Áõ \[Pzvß %₀»® ÷|µi⁻øP PØÖU öPõÒÍ ÷Ásk®)

A»S III : EÍÄ⁻À B'Ä•øÓ

1. PÄß]¼[

A»S IV :]Ó'! BÚ®

\⁻ tzf;fk;

A»S V : ஂµñõˆ õ©®

|õì_zv & Eää° & ^zuõ¼ & ^zPõ & P£õ»£v

ghIE}y;:

1.Nahfg; gapw;rpfs; - 2 – Ntjhj;jp hp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.Nahfhrdk; - Ntjhj;jp hp gjpg;gfk;

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%d;whk; tUlK;

£õhz vmh®

jhs;-13

rkaq;fSk; Nfhl;ghLfSk;

A»S I : rkak; cUthd tuyhW :

rkak; nghUs; tpsf;fk; - Nehf;fk; - tuyhW – rkaKk; nka;Q;QhdKk; - rkaKk;
 tpQ;QhdKk;

A»S II : ghuj ehl;bd; gok; ngUk; rkaq;fs; :

gf;jp khh;f;fk; - Qhd khh;f;fk; - KOikNgW
 irt rkak; : rhf;j rkak; - itzt rkak; - nrsu rkak; - fhzgj;jpak; - nfskhuk;

A»S III : ghuj ehl;bd; gpw rkaq;fs; :

ngsj;j rkak; : tuyhW – Nfhl;ghLfs; - ngsj;j rkaj;jpd; tho;f;if newp – rpwg;G
 ehl;fs;

rkz rkak; : tuyhW – Nfhl;ghLfs; - tho;f;if newp – rpwg;G ehl;fs;

A»S IV : Nkiy ehl;L rkaq;fs; :

fpUj;Jt rkak; : tuyhw – Nfhl;ghLfs; - tho;f;if newp – rpwg;G ehl;fs;
,];yhk; rkak; : tuyhW – Nfhl;ghLfs; - tho;f;if newp – rpwg;G ehl;fs;

A»S V : cyf nghJ mUs; newp rkak; :

,iwAzh;Tk; mwnewpAk; - ,iwepiy tpsf;fk; - ,iwepiyapd; jd;ikfs;> jpwq;fs; -
(,iwj;Jfs; - tpz;) vspaKiw Fz;lypdp Nahfk;.

ghIE}y;:

1.rkaq;fSk; Nfhl;ghLfSk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.kjKk; rlq;FfSk; - Ntjhj;jphp gjpg;gfk;

jhs; - 14

mwpNt nja;tk;

A»S I : ©PößPÍß P₂zxUPÒ

v, %o»° & v, ÁÓĐÁ° & ÁÓÍ»ø° & uõ²©õÚÁ°

A»S II : |õß - õ°

ΑμΆϕu° & ,μ©n° & ,μõ©Q, èn° ---& Â÷ÁPõÚϕu°

A»S III : Jß÷Ó S»® J, Á÷Ú ÷uÁß

£PÁz Røu & ø£ϣÒ & Sμõß

A»S IV : AÔÂß ÁÍ°{ø»PÒ

\h"ö£õ, Ò & E°"ö£õ, Ò & ©Ûuß& CøÓ{ø»

A»S V : ö©"ö£õ, Ò ÁÍUP®

uμ® |õßS & ÁØÓõ°, ! & ÷£μõØÓÀ & ÷£μÔÄ& Põ»®
vÓ® %oßÖ & uß©õØÓ® & C-À§UP® & T°u»Ó®

ghIE}y;:

1.mwpNt nja;tk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.ehd; ahH? – Ntjhj;jphp kfhp\p
2.ehd; ahH? - ,ukz kfhp\p

jhs; - 15

nray; tpisT jj;Jtk;

A»S I : C⁻ ØøP }v

Âv ©v & CøÓ}v & CøÓ{ø»°β T¼÷⁻ ÂøÍÄ

A»S II : £s£ömkU PÄÂ

£s£ök & PÄÂ & |Ø£s!PÒ & öuösiß AÁ]® & AßøÚ öuμõ & ©Pöz©ö
Põçv⁻ iPÒ

A»S III : C⁻ ØøP ÁÍ® PözuÄ

Rw;Wg;Gwr;#oy; khRgLjy; - epyk; - ePH - fhw;W - vz;zk;

A»S IV : ÷⁻ öP ö|ÔPÒ

£Uv÷⁻ öP® & P°©÷⁻ öP® & ,μõá÷⁻ öP® & böÚ÷⁻ öP®

A»S V : P,ø©⁻ ®

£vÄPÐ® Gsn[PÐ® & y'ø©"£kzx® ö\` ÀPÒ & Fiw ePPq;fpa
fiyfs;

ghlE}y;:

1.nray;tpisTj; jj;Jtk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.fUikak; - Ntjhj;jphp gjpg;gfk;

jhs; - 16
ngUshjhu tsk;

A»S I : ö£ö,Γ̂ À Aø©"iPÒ

•u»öÍzxÁ®&÷\õå¼é®&P»"i" ö£ö,Γ̂ À Aø©"i.

A»S II : ö£ö,Γ̂ À EØ£zv" »ÄPÒ

•uβø©" »Ä (EnÄ" £sh[PD® %o»" ö£ö,ÒPD®)&
Cμshð® »Ä (öuðÈØ£sh[PÒ)&%oβÓð® »Ä (ÁoP"
£oPD®, ÷|μi" £oPD®) &ö£ö,Γ̂ À Áí°a]UPöÚ Áí[PÒ&
C⁻ØøP Áí[PD® ©Ûu Áí•®&•u»ðUPz ÷uøÁ&ö£ö,Γ̂ À
Pmhø©"iz ÷uøÁ&öuðÈÀ ~m£z ÷uøÁ (Cϕv⁻ ðøÁa \ðβÔkP)

A»S III : Cϕv" ö£ö,Γ̂ À μma]øÚPÒ

SøÓϕu u»ð Á,©ðÚ®&ªøP ©UPÒöuðøP Áí°a]&
÷Áø»°βø©&øPUS® Áõ´US©ðÚ ÷Áíõz;JøÓ&\øuP
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A»S IV : ÷Áuõzv» ©P»æ°β AqS•øÓ

\©a^μðÚ £Q°Ä & ÁÖø©U÷Pmiß μma]øÚ & uø»⁻ ð⁻ ÷uøÁ &
Aμ\ø©"ia \mhzøuz v,zxÁx & iv⁻ Aμ\ø©"ia \mh® & ö\õzx&Á,©ðÚ
HØÓzuðìÄPÒ & •u»ðí öuðÈ»ðí §\À & Âø»Áð] E⁻°Ä& AvPÁ»a _ø©
& ÷Áø»°βø© &FC¾®ªøP⁻ ðÚ Aμ\ð[Pa ò\»Ä®

A»S V : ©P»æ°β ö£ö,Γ̂ À ^°v,zu[PÒ

ö£ö,î-À ^ov,zu[PÒ & |õmkøhø©- õUP"£h ÷Ási-øÁ & uÛ|£°
 Á,©õÚzvØS® ö\õzvØS® Ea\Áµ®; & ÷u] \%%P" £õxPõ" AÓUPmhøÍ
 (N.S.S.T) HØ£kzuÀ & \%%P ^ov,zu[PÒ & Aµ]î-À ^ov,zu[PÒ.

ghlE}y;:

1. nghUshjhu tsk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1. Prosperity of India – Vethathiri Publications
2. cyf rkhjhdk; - Ntjhj;jphp gjpg;gfk;

jhs; - 17

rKjha Nkk;ghLk; cyfmikjpAk;

A»S I : Ntjhj;jphpak;

cyf rKjha tho;f;if newp – jdp kdpjg; gz;ghLk; cyf rKjhag; gz;ghLk;

A»S II : Nghhpy;yh ey;Yyfk;> X,»P MI;rp

Ntjhj;jphp kfhp\papd; NjLjy;fs; - epyTyFf;NfhH MI;rp - nghUs;Jiwapy;
 rkePjp - Neh;ikahd ePjpKiw

-

A»S III : rpe;jidNahH topho;T - rPh;nra;j gz;ghL

rpwg;GzHe;j ngz;kjpg;G - nja;tePjp topho;jy;

A»S IV : rKjhag; ghHit

NjHj;jpUtpoh jtpHj;jy; - rpWtHfl;Nf tpisah;L - ghHKOJk; czT> ePH
 nghJthf;fy; - gyfITs; gof;fq;fs; jtpHj;J cz;ik xd;iw topgLjy;

A»S V : rPHfhe;j epiy tpsf;fk;

nray; tpisT czHfy;tp - \$Hjywk; - ,iwAzHTk; mwnewpAk;.

ghlE}y;:

1. rKjha Nkk;ghLk; cyf mikjpAk; - Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1. cyf rKjha tho;f;if newp – Ntjhj;jphp gjpg;gfk;
2. Ntjhj;jphpak; - Ntjhj;jphp gjpg;gfk;

jhs; 18

÷̄ õPg; £°Ø]PÒ - 3

A»S I : rpwg;G Mrdq;fs;

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£ÁÚ•zuõ\Ú®, ©UPμõ\Ú®, EzuõU£õuõ\Ú®> ryghrdk;> \õÁõ\Ú®

A»S II :]Ó̄; EhØ£°Ø]PÒ

ijuha;L , Bizx©õ , Ck̄;|Á¼ , •xSÁ¼ &Sn©õUS® EhØ£°Ø]PÒ

A»S III : Kj;jpiu

rpd;Kj;jpiu> thAKj;jpiu> #d;aKj;jpiu> gpUj;tp Kj;jpiu> #hpaKj;jpiu>
tUzKj;jpiu> mghd Kj;jpiu> mghd thA Kj;jpiu> MjpKj;jpiu>
ypq;fKj;jpiu> Nfrhp Kj;jpiu> m];tpdp Kj;jpiu.

A»S IV : £çjk;

%yge;jk; > cl;bahd ge;jk>; lye;j;uge;jk;.

A»S V : ÷̄£a UPø»

AÔ•P® & uÂ°UP ÷̄ÁsīøÁ &]Ó̄;šmk£øÁ

ghlE}y;:

1.Nahfg; gapw;rpfs; 3 – Ntjhj;jphp gjpg;gfk;

Nehf;fPI;L E}y;fs;:

1.Nahfhrdk; - Ntjhj;jphp gjpg;gfk;