

**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI - 620 024.**



**B.Sc. in Yoga for Human Excellence**  
**(English Version)**

**Centre for Distance Education**  
(2014-15 onwards)

**SYLLABUS**

**BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI – 620024.**

**B.Sc. Yoga for Human Excellence**

**(Centre for Distance Education)**

**(Applicable to the candidates admitted from the academic year 2014-15 onwards)**

Part	Course	Course Title	Exam Hrs.	Marks		
				Int.	Ext.	Total
<b>I - YEAR</b>						
I	Language	jkpo;	3	25	75	100
II	Language	English	3	25	75	100
III	Paper I	Yogic Life	3	25	75	100
III	Paper II	Sublimation	3	25	75	100
III	Allied Paper I	Fundamentals of computer applications	3	25	75	100
III	Paper III - Practical I	Yoga practices – I	3	40	60	100
<b>Total</b>						<b>600</b>
<b>II - YEAR</b>						
I	Language	jkpo;	3	25	75	100
II	Language	English	3	25	75	100
III	Paper IV	Evolution of universe	3	25	75	100
III	Paper V	Evolution of living being	3	25	75	100
III	Allied Paper II	Anatomy and Physiology	3	25	75	100
III	Paper VI - Practical II	Yoga practices – II	3	40	60	100
<b>Total</b>						<b>600</b>
<b>III - YEAR</b>						
III	Paper VII	Religions and rituals	3	25	75	100
III	Paper VIII	God Consciousness	3	25	75	100
III	Paper IX	Cause and effect system	3	25	75	100
III	Paper X	Social welfare and world peace	3	25	75	100
III	Elective Paper	Economic prosperity	3	25	75	100
III	Paper XI - Practical III	Yoga Practices – III	3	40	60	100
<b>Total</b>						<b>600</b>
<b>Grand Total</b>						<b>1800</b>

**Part – I = 200 Marks**

**Part – II = 200 Marks**

**Part - III = 1400 Marks** {Core- 800 Marks, Allied – 200 Marks, Elective - 100,  
Practical – 300}

**Total = 1800 Marks**

**CLASSIFICATION OF RESULTS:**

**76% and above – I class with distinction**

**61% to below 75% – I class**

**51% to below 60% – II class.**

	INTERNAL (CIA)	EXTERNAL (UE)
THEORY	25 Marks	75 Marks
PRACTICAL	40 Marks	60 Marks

**Passing Minimum in a subject of 40% (CIA + UE)**

Theory : a) The passing minimum for CIA shall be 40% out of 25 marks  
(ie. 10 marks)  
b) The passing minimum for UE shall be 40% out of 75 marks  
(ie. 30 marks)

Practical : a) The passing minimum for CIA shall be 40% out of 40 marks  
(ie. 16 marks)  
b) The passing minimum for UE shall be 40% out of 60 marks  
(ie. 24 marks)

CIA - Continuous Internal Assessment

UE - University Examinations

**Bharathidasan University**  
**B.Sc., in YOGA for HUMAN EXCELLENCE**  
**(Centre for Distance Education – 2014-15 onwards)**

**FIRST YEAR**  
**SYLLABUS**

**Language** : jkpl (Syllabus as prescribed by University - CDE)  
**Language** : English (Syllabus as prescribed by University - CDE)

**Paper – I**

**YOGIC LIFE**

**UNIT : I – PHYSICAL STRUCTURE AND ITS FUNCTIONS**

1. Purpose of life, philosophy of life
2. Physical structure-causes for disease
3. Five limitations
4. Importance of physical exercise
- 4.1. Three circulations, maintenance of cell structure, liberation from Animal instincts
- 4.2. Hand exercise, leg exercise
- 4.3. Eye exercise, kapalapathi-benefits
- 4.4. Maharasana, body massage, acu-pressure, body relaxation-benefits

**UNIT : II – YOGASANAS(DIPLOMA SYLLABUS)**

Rules& Regulations–asanas,pranayama,mudra bandha

**UNIT : III – GREATNESS OF LIFE FORCE**

1. Phylosophy of kayakalpa-physical body-life force, sexual vital fluid, bio magnetism, mind-Kapalapathi practical.
2. Sex and spirituality-value of sexual vital fluid, married life-chasity- jeeva Samadhi
3. Three forms of the body-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 requencies (perspicacity, magnamity, receptivity, adopatability, creativity)
4. Simplified kundalini yoga-Agna, shanty, thuriam, Thuriyathitham

**UNIT : V – SPECIAL MEDIDATION**

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

**Text Book :**

1. Yogic Life – VISION, Vethathiri Publication

**Reference Books :**

1. Simplified Physical Exercises – Vethathiri Maharishi, Vethathiri Publication.  
Yogasanas – Vethathiri Publication.

## **PAPER - II**

### **SUBLIMATION**

#### **UNIT : I – ANALYSIS OF THOUGHTS**

Mind & thought- Greatness of the thought force-practice for analysis of thoughts with tabulation.

#### **UNIT : II – MORALISATION OF DESIRE**

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

#### **UNIT : III – NEUTRALISATION OF ANGER**

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

#### **UNIT : IV – ERADICATION OF WORRIES**

Root causes of worries-worry & wisdom-evil effects-four types of worries-practices for eradication of worries with tabulation.

#### **UNIT : V – BENEFITS OF BLESSING**

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

#### **TEXT BOOK**

1. Sublimation – VISION Vethathiri Publication.

#### **REFERENCE BOOKS**

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

\*\*\*\*\*

## **ALLIED PAPER – I**

### **FUNDAMENTALS OF COMPUTER APPLICATIONS**

#### **UNIT :I – COMPUTER FUNDAMENTAL**

Introduction to computer-System approach to understand computers-Computer phrases-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 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 Book:**

1. Fundamental Computer Applications – VISION Vethathiri Publications

#### **Reference Books:**

1. Teach Yourself Basic Computer Skills – Moira Stephen

\*\*\*\*\*

**PAPER – III**  
**YOGA PRACTICES - I (Practical I)**

**UNIT : 1 – SIMPLIFIED PHYSICAL EXERCISES**

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

**UNIT : 2 – KAYA KALPA**

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

**UNIT : 3 – MEDITATION**

Agna- Shanthi – Clearness – Thuriya – Thuriyatheetam.

**UNIT : 4 – INTENSIFICATION OF BIO- MAGNETISM**

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

**UNIT : 5 – YOGASANAS**

Padmasana, Vajrasana, Chakrasana (side posture), Vrikshasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Chalapasana

**Text Books :**

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

**References**

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

\*\*\*\*\*

## **SECOND YEAR – SYLLABUS**

**Language** : jkpl (Syllabus as prescribed by University - CDE)

**Language** : **English** (Syllabus as prescribed by University - CDE)

### **PAPER – IV**

#### **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

##### **UNIT : IV – GRAVITY 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 MAGNATISM**

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

##### **TEXT BOOK :**

1. Evolution of Universe – VISION

##### **REFERENCE BOOKS :**

1. Brahma gnanam – Vethathiri Maharishi, Vethathiri Publication.
2. The History of Universe and living beings – Vethathiri Maharishi, Vethathiri Publication.

\*\*\*\*\*



**PAPER – V**  
**EVOLUTION OF LIVING BEING**

**UNIT : I – BIOLOGY – INTRODUCTION**

1. Living Things & Non Living Things (differences)
2. Flora & Fauna (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 – Akamya Karma.
3. Why men differ?
4. Purification of genetic centre.

**TEXT BOOK :**

1. Evolution of living beings – Vethathiri Maharishi, Vethathiri Publication.

**REFERENCE BOOKS:**

1. Brahma Gnanam – Vethathiri Publication.
2. Evolution of Universe and living beings – Vethathiri Publications

\*\*\*\*\*

## ALLIED PAPER – II

### ANATOMY AND PHYSIOLOGY

#### UNIT : I

Introduction to Human Anatomy and Physiology – Role of yoga in Anatomy & Physiology – Human Body as an integrated whole: Cells, Tissues, Organs and systems – Types of various systems in the Human Body.

#### UNIT : II

Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Effect of Yogic Practices on Respiratory System.

Muscular System – Types of Muscles: Skeletal Muscles, Cardiac Muscles, and Smooth Muscles.

Skeletal System – Bones, Joints.

#### UNIT : III

Nervous System : Neuron – Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): Cranial Nerves and Spinal Nerves – Autonomic Nervous System (ANS): Sympathetic Division and parasympathetic Division.

#### UNIT : IV

Circulatory System – Heart: Structure & Functions.

Digestive System – Digestive Track: Structure & Functions – Digestive Process – Liver, Pancreas – Functions – Effect of Yogic Practices on Digestive System.

#### UNIT : V

Excretory System: Kidney – Urinary Track. Reproductive System: Male & Female Reproductive System. Effect of Yogic Practices on excretory & reproductive system.

#### ghIEhy; :

1. clw;\$W ,ay; – VISION, Ntjhj;jpup gjpg;gfk;

#### Nehf;fPI;L Ehy;fs;;:

1. Physiology and Anatomy

\*\*\*\*\*

## **PAPER – VI**

### **YOGA PRACTICES - II (Practical II)**

#### **UNIT : I – SIMPLIFIED MEDITATION**

1. Concentration on Breathing
2. Flower meditation (Natural scenes)
3. Images of saints

#### **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**

Naddi suddi , Ujjai , Seettali, Seethkari , Kapalapathi

#### **Text Books :**

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

#### **References**

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

\*\*\*\*\*

## **THIRD YEAR**

### **PAPER – VII**

#### **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. Saivism : Saktham, Vainavam , Sowram, Kanapathyam , Kowmaram.

##### **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.
3. Sikkism - History – Principles – life style of sikkis- 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**

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

##### **TEXT BOOK :**

1. Religions and Concepts: VISION Vethathiri Publications.

##### **REFERENCE BOOKS :**

1. Heritage of India – Dr. Radhakrishnan.

\*\*\*\*\*

**PAPER – VIII**

**GOD CONSCIOUSNESS**

**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- kabeer poems

**UNIT : IV – ORDER OF CONSCIOUSNESS**

Animate – Inanimate – Mankind-Divinity.

**UNIT : V – 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 – IX**

### **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 Teresa, Mahatma Gandhi.

#### **UNIT : III – NATURALRESOURCES- AWAERNESS**

#### **UNIT : IV – YOGA TYPES**

Bhakti Yoga – Karma Yoga – Raja Yoga –Gnana Yoga

#### **UNIT : V – GENETIC CENTRE**

Structure of genetic centre – Imprints & thoughts – Sanjeetha – Praraptha – Akamyia Karma – 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 – X**

### **SOCIAL WELFARE AND WORLD PEACE**

#### **UNIT : I**

Vethathirian - 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 : IV**

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.

\*\*\*\*\*

## **Elective Paper**

### **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 .

#### **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 – XI**

### **YOGA PRACTICES - III (Practical III)**

#### **UNIT : I – SPECIAL YOGASANAS**

Phujangasana, Dhanurasana, Sarvangasana, Matsyasana, Halasana, Navukkasana, Navasana, Bhavana Muktasana, Savasana, Makkarasana, Uthana Padasana, Chakkarasana , Sidhasana, Artha Chakkarasana, Utkadasana, Mandukasana, Subdha Vajrasana, Parvadhasana, Tholangulasana , Ustrasana , Mahamudhra, Artha Bhavana Muktasana, Komukasana.

#### **UNIT : 2 – SPECIAL EXERCISE**

Thyroid-asthuma-kip pain-back pain- healing exercise

#### **UNIT : 3 – MUDRA & BANDHA**

Gnana mudra (Chin mudra) Vaayu mudra – Prithvi mudra-Prana mudra – Abana mudra – Abana vaayu mudra – Varuna mudra – Suriya mudra – Linga mudra-soonya mudra

#### **UNIT 4 : – BANDHA**

Moola Bandha , Jalandhara Bandha, Uttiyana bandha

#### **UNIT 5 : – ART OF SPEECH**

Introduction-do and don'ts

#### **Text Books :**

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

#### **References**

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

\*\*\*\*\*