

BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI - 620 024



B.Sc. Yoga for Human Excellence

(2021-22 onwards)

SYLLABUS

BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI – 620024

B.Sc. Yoga for Human Excellence

(Applicable to the candidates admitted from the academic year 2021-22 onwards)

Part	Course	Course Title	Exam Hrs.	Marks		
				Int.	Ext.	Total
I - YEAR						
I	Language	தமிழ்	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
Total						600
II - YEAR						
I	Language	தமிழ்	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
Total						600
III - YEAR						
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
Total						600
Grand Total						1800

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. YOGA for HUMAN EXCELLENCE
(2021-22 onwards)

FIRST YEAR
SYLLABUS

Language : தமிழ் (Syllabus as prescribed by University)
Language : **English** (Syllabus as prescribed by University)

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

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 MAGNETISM

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.

பாடநூல் :

1. உடற்கூறு இயல் – VISION, வேதாத்திரி பதிப்பகம்

நோக்கீட்டு நூல்கள்:

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.
