

BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI - 620 024



M.Sc. Yoga for Human Excellence
(2021-22 onwards)

SYLLABUS

BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI – 620024**M.Sc. Yoga for Human Excellence****(Applicable to the candidates admitted from the academic year 2021-22 onwards)**

Paper	Title of Paper	Exam Hours	Mark		
			INT.	EXT.	Total
First Year					
1	Application and uses of Present day Yoga	3	25	75	100
2	Physical Health	3	25	75	100
3	Greatness of Life force and Mind	3	25	75	100
4	Sublimation and Social Welfare	3	25	75	100
5	Yoga Practices - 1 (Practical 1)	3	40	60	100
Total					500
Second Year					
6	Guidance & Counseling, Psychotherapy	3	25	75	100
7	Science of Divinity and Realization of Self	3	25	75	100
8	World Community Life - Vethathiriam	3	25	75	100
9	World Peace Plans	3	25	75	100
10	Yoga Practices – 2 (Practical 2)	3	40	60	100
TOTAL					500
Grand Total					1000

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 Aggregate (CIA + UE) 50%

A candidate shall be declared to have passed in each course if he/she secured not less than 40% marks in the University Examination and 40% marks in the internal Assessment and not less than 50% in the aggregate taking CIA and UE marks together.

CIA - Continuous Internal Assessment

UE - University Examinations

Bharathidasan University
M.Sc. YOGA for HUMAN EXCELLENCE (2021-22 onwards)

FIRST YEAR
SYLLABUS

PAPER – 1

APPLICATION AND USES OF PRESENT DAY YOGA

UNIT -1 : YOGA TYPES

Types of Yoga – Karma Yoga – Bhakthi Yoga – Raja Yoga – Gnana Yoga – Hata Yoga

UNIT -2: VETHATHIRIAM

Life history of Vethathiri Maharishi – Vethathirian principles – Practical solutions of Vethathirian Philosophy

UNIT -3: SCIENCE AND SPIRITUALITY

Science and total Consciousness – Integrated approach

UNIT -4: VARMA ART AND NATUROPATHY

Art of Varma – Philosophy of varma – practices – Benefits – Methods of Naturopathy

UNIT -5 : BHARATHIAR AND RAMALINGAR

Divine thoughts of Bharathiar – Concepts of Ramalinga Vallalar

Text Book:

1. Application and Uses of Present Day Yoga

Reference:

1. My Life History - Thathuvagnani Vethathiri Maharishi

PAPER – 2

PHYSICAL HEALTH

UNIT -1 : Physical Health

- 1.1 Purpose of life: - Healthy life – Self, Society, Nature – Body is container of imprints – vehicle for life – force
- 1.2 Current life style and Physical health – Scientific development and mechanical life – competitive world – mental stress
- 1.3 Three forms of body: - Physical body – Astral body – Causal body
- 1.4 Importance of physical exercises: Maintenance of the cell structure – Uniform circulation of bio – magnetism – Liberation from sinful imprints

UNIT -2 : Physical structure and functions

- 2.1 Physical structure: Five layers – various systems of the body – (skeletal, muscular, circulatory, respiratory, nervous and digestive systems)
- 2.2 Causes for disease: - Natural and artificial causes – Immunity
- 2.3 The three circulations: Blood, heat and air circulations – pain, disease and death
- 2.4 Relationship between body, life-force and mind
Harmonious relationship – Mutual disturbances

UNIT -3 : Food and Medicines

- 3.1 Food for spiritual life - Satvic, Rajo and Tamas – Simple and balanced diet – fruits, vegetables, greens – vegetarian food – importance of fasting – adherence of food timings
- 3.2 Food as a medicine - Natural food – impact of food on cure of diseases – food plan.
- 3.3 Limits and methods in five aspects - Food, Work, Sleep, Sex and Thought force
- 3.4 Various methods of Medical system - Allopathy – Siddha – Ayurveda – Unani – Homeopathy

UNIT -4 : Simplified Physical Exercises

- 4.1 Hand exercises, Leg exercises – Benefits
- 4.2 Breathing exercises, Eye exercises, Kapalabathi – Benefits
- 4.3 Makarasana Part I Makarasana
Part II – Benefits
- 4.4 Body Massage, Acu – pressure, Relaxation – Benefits

UNIT -5 : Yogasanas

- 5.1 Rules for asanas:
Time, Place, Dress, Age, Posture, Food habits, Breath and methods
- 5.2 Asanas
Padmasana, Vajrasana, Chakrasana (side posture), Vrikshasana, Yoga mudra, Pachi-mothasana, Ustrasana, Vakkarasana, Chalapasana, Bhujangasana, Dhanurasana, Sarvangasana, Matsyasana, Halasana, Navukkasana, Navasana, Bhavana Muktasana, Savasana, Makkarasana, Uthana Padasana, Tadasana, Padha hasthasana, Dhanurasana, Sukasana, Chakkarasana, Sidhasana, Utkadasana, Mandukasana, Subdha Vajrasana, Parvadhhasana, Mahamudhra, Tholangulasana
- 5.3 Pranayama :-
Naddi suddi , Ujjai , Seettali, Seethkari , Kapalapathi
- 5.4 Mudras :-
Aswini mudra, kesari mudra, Aadhi mudra, Gnana mudra (Chin mudra) Vaayu mudra – Prithvi mudra - Prana mudra – Abana mudra – Abana vaayu mudra – Varuna mudra – Suriya mudra – Linga mudra
- 5.5 Bandha
Moola Bandha , Jalandhara Bandha, Uttiyana bandha

Text Book:

Art of Nurturing the Life Force and Mind - Vethathiri Publications.

Reference Books:

1. Body, Life Force and Mind - Vethathiri Publications
2. Manavalakalai Part – 2 - Thathuvagnani Vethathiri Maharishi
3. Simplified Exercise - Thathuvagnani Vethathiri Maharishi
4. Yogasanas - Vethathiri Publications

PAPER – 3

GREATNESS OF LIFE FORCE AND MIND

UNIT – 1: Greatness of life force

- 1.1 Philosophy of Kaya Kalpa:
Physical body, Sexual vital fluid, Life force, Bio –magnetism, Mind
- 1.2 Anti – ageing process – postponing the old age – causes for old age and death – Toning up of nerves – ojas breath – Benefits of Kaya Kalpa
- 1.3 Sex and Spirituality : -
Value of Sexual vital fluid – natural urge – Married life – Chastity
- 1.4 Everlasting life without death : -
Jeeva Samadhi – Intensifying the sexual vital fluid – practices of Siddhars

UNIT - 2. Greatness of mind

- 2.1 Five Kosas :-
Anna maya, Mano maya, Prana maya , Vignana maya, Ananda maya
- 2.2 Ten stages of mind:-
Psychic extension of the soul – Sensation of feeling, need, effort, action, result, enjoyment, experience, research, realizzation and conclusion
- 2.3 Mental frequencies :-
Stages of meditation and corresponding mental frequencies – beta, Alpha, Theta and Delta
- 2.4 Simplified Kundalini Yoga :-
Meditation – Initiation – Agna – Shanthi – Thuriam – Thuriyateetham – seven centres- Benefits of meditation.

UNIT - 3. Bio-magnetism

- 3.1 Causal Body:-
Philosophy of Bio-magnetism – Psychic extension of the soul is Mind
- 3.2 Physical transformation of bio-magnetism :-
Pressure, Sound, light, Taste and Smell
- 3.3 Lamp gazing
Intensifying the bio-magnetism – astral projection – guidelines for practice-benefits –asses for healing
- 3.4 Mirror gazing
Intensifying the bio-magnetism – astral projection- guidelines for practice- benefits –passes for healing

UNIT - 4. Meditation

- 4.1 Agna mediation
Agna-Initiation through touch-purification of body and soul – conscious state-awareness – withdrawal from sensory activities - Akamy karma- frequencies – benefits

- 4.2 Shanti yoga
Clearance of the spinal chord - Greatness of the SKY system – benefits of Shanti yoga
- 4.3 Thuriya Meditation
Concept and benefits – Initiation through eyes - expiation of Praraptha karma-Development of brain cells-Pineal gland – frequency – benefits.
- 4.4 Thuriyatheetam Meditation
Concept – merging of soul with Almighty – Expiation of all imprints – Perfection of consciousness- benefits

UNIT - 5.Special meditations

- 5.1 Pancha bootha Navagraham meditation (meditation on five elements and nine planets) Concept-Meditation on Earth, Jupiter, Saturn, Raghu, Kethu – benefits
- 5.2 Panchendriam meditation (Meditation on the five senses) :-
Concept – mediation on body, tongue, eyes, nose, ears – benefits
- 5.3 Nithyanada meditation :-
Concept – benefits for the body and mind
- 5.4 Nine centre mediation :-
Concept – Mooladhar , Swadishthana, Manipuraga, Anagatha, Visukthi, Agna, Thuriya, Universal field (Sakthi kalam), Absolute space (Siva kalam), benefits.

Text Books

1. Greatness of Life-force and mind : Vethathiri publications

Reference Books

1. Body, Life – force and Mind : Vethathiri publications
2. Manavalakalai Part 1 : Yogi Vethathiri Maharishi

PAPER -4

SUBLIMATION AND SOCIAL WELFARE

UNIT – 1: Purpose of life

- 1.1 Philosophy of life: - Three Needs – Three protections-Three virtues – Three stages in the development of knowledge
- 1.2 Analysis of thoughts: - Mind and thoughts – greatness of the thought force – origin of thought flows – six root causes
- 1.3 Practice for Analysis of thoughts with tabulation

UNIT – 2: Desire and anger

- 2.1 Moralization of desires: - Root causes – three kinds of desires – valuable desire – attachment and detachment
- 2.2 Practice for moralization of desires with tabulation.
- 2.3 Neutralization of anger: - Root cause of anger – chain reaction – Evil effects of anger- patience-forgiveness
- 2.4 Practice for neutralization of anger: with tabulation

UNIT – 3: Social harmony

- 3.1 Eradication of worries:- root causes for worries – worry and wisdom – evil effects- Four types of worries
- 3.2 Practice for eradication of worries with tabulation
- 3.3 Benefits of Blessing –Wave theory – Greatness of blessing – method for blessing – Divine protection, auto suggestion – world blessing
- 3.4 Harmony in the family ; - conflict in family due to four factors – Need, quantity, quality, time – tolerance, adjustment, sacrifice – economical imbalance – sex – relationship between husband and wife

UNIT – 4: Social Welfare

- 4.1 Five kinds of duties: - Self, family, relative, society, world
- 4.2 Five fold culture: Earning through self effort, not inflicting pain others, not grabbing other's properties-respecting others freedom – Helping others in distress ahimsa and two fold cultures.
- 4.3 Greatness of Women
Feminity, motherhood, divinity – sacrifice – detachment – Wife appreciation day
- 4.5 World peace: - Individual Peace, Family peace, world peace – War not necessary – Economic loss and human loss caused by war – Universal brotherhood

UNIT – 5: Value Education

- 5.1 Protection of the natural resources;-
Pollution free environment – environment of pollution (earth, water, air thought force) – solutions – plantation – protection of the environment

- 5.2 Value Education : Truth, honesty, straight forward, humility, perseverance, peace, nonviolence, forgiveness , will power, self confidence , contentfulness, Patience, charity, equality, chastity, respecting parents / others, magnanimity, attitude of non-jealousy, determination – avoid unnecessary expectation from others – service without any expectation on reward.
- 5.3 Good Governance: Democracy – public responsibility in electing the leaders - educational system for good governance – spiritual education
- 5.4 Value of selfless service:-
Greatness of service – Service attitude – spiritual development through – service (eg) Mother Theresa, Mahatma Gandhi – service based on ability – Action plan

Text Book: Sublimation and Social Welfare

Reference:

- | | | | |
|----|----------------------|---|------------------------------------|
| 1. | Gunanalaperu | - | Vethathiri Publications |
| 2. | Manavalakalai Part-1 | - | Thathuvagnani Vethathiri Maharishi |
| 3. | Arularuvi Part – 1 | - | Thathuvagnani Vethathiri Maharishi |

PAPER -5

YOGA PRACTICES - 1 (PRACTICAL 1)

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.
2. Kayakalpa Exercise Book - Thathuvagnani Vethathiri Maharishi
3. Nala Vazhvirkku Yoga - Dr. R.Thirumalaisamy
4. Kalvithuraiyil Yoga Payirchi - Dr. H.R.Nagendra.

SECOND YEAR

PAPER – 6

GUIDANCE & COUNSELING, PSYCHOTHERAPY

OBJECTIVES:

- a) To enable the students to understand the basic concept of Guidance and Counseling and Psychotherapy
- b) To help them to realise their strengths and weaknesses
- c) To provide them the choices, opportunities and requirements to improve their effectiveness
- d) To initiate them to learn emotional and physical dangers and various forms of therapies

Unit-I Guidance

Guidance- meaning, definition, nature, need and scope; Functions and principles; Characteristics; Types- Educational, Vocational, Social, Moral, Health, Personal and Marital

Unit – II Guidance programme

Guidance services - The cumulative record card - Occupational information- Organization of guidance programme - Guidance programme at different levels - Guidance personnel - Role of the teachers in guidance programme

Unit – III Counseling

Counseling – meaning, purpose, scope; Elements and characteristics; Levels and classifications; Characteristics; Steps involved in counseling process; Counseling techniques - directive, non-directive, eclectic; Types – individual and group; Difference between guidance and counseling; Counseling and psychotherapy; Qualities of a good counselor

Unit – IV Common types and Treatment

Mental illness; Common types – anxiety, mood disorder, personality disorder, phobias, panic disorder etc.; Treatment – psychotherapy, medication, exercise and meditation; Psychotherapy- etymology, forms, systems, general descriptions; medical and non-medical models

Unit - V Specific schools and approaches

Specific schools and approaches – Psychoanalysis, Gestalt Therapy, Group psychotherapy, Cognitive behavioral therapy, Hypno psychotherapy, Body oriented psychotherapy, Expressive Therapy, Interpersonal psychotherapy, Family Therapy, Confidentiality; Criticism on effectiveness; Therapy for Children; Conclusion.

REFERENCE BOOKS:

- 1 **Educational and Vocational Guidance on Secondary Schools**, S.K Kochhar, Sterling Publishers, Private Limited, New Delhi-110020
- 2 **Guidance and Counseling**, S. Nanarayana Rao, Tata McGraw Hill Publishing Company. New Delhi.
- 3 **Teacher and Learners**, Prof. S. Santhanam, Shantha Publishers, Chennai- 600014
- 4 **Educational Psychology**, Dr. K. Nagarajan, Ram Publishers, Chennai-600093
- 5 **Psychoanalytic Psychotherapy**, Nancy McWilliams, The Guilford Press, New York
- 6 **Advanced Techniques for Counseling and Psychotherapy**, Christian Conte, Ph D, Springer Publishing Company LLC, New York

PAPER – 7

SCIENCE OF DIVINITY AND REALIZATION OF SELF

UNIT -1: ABSOLUTE SPACE AS ALMIGHTY

Gravity – Four Qualities: Plenum - force – consciousness – time Three Laws: Transformation - mutation – cause and effect- objectives of religion – merging with Almighty – space alone Almighty – unified force – space – Dust particle.

UNIT -2: VETHATHIRI MODEL OF UNIVERSE

Fundamental energy particle. Pancha Boothas (5 Physical; Sections) – Pancha thanmathra. (Physical transformation of bio magnetism) eternal space – self compressive surrounding pressure force- kinematic quivering - dust particle – magnetism – energy particle – elements – pancha boothas. Evolution of plants and stars : compressive force- repulsive force – magnetism– electricity – chemical – maintenance of distance between planets and sun – consciousness in things , pattern,precision, regularity – Universal magnetism – various concepts about evolution of universe – planets, stars , galaxies- function – Relation between planets and living beings – wave theory

UNIT -3 : EVOLUTION OF LIVING BEINGS

Eight Phenomena of living beings - History of living beings one sense plants to five sense animals – consciousness is living beings- cognition, experience, dissemination – obstruction of bio magnetism as perception – specific gravity principle. Evolution of mankind and sixth sense – assumption – cause and effect system – bio magnetism – feelings- pleasure, pain, peace, ecstasy - love and compassion – Divine meditation.

UNIT -4 : GENETIC CENTRE

Genetic Centre – function – compressing as imprint – expanding a thought – Sanjitha, Praraptha, Akamiya karma purification of Genetic Centre - contamination of genetic centre - sins and methods of clearing imprints – expiation , super imposition - dissolution – life before and after death – 10 ways of purifying genetic centre, value of silence observation – meditation and introspection – perfection – manicuring of six temperaments : - Greed – content, Anger- patience, miserliness – charity , Inferiority superiority complex – equality, immoral passion – chastity , vengeance – forgiveness

UNIT -5: PERFECTION IN CONSCIOUSNESS

Who am I - self-realization – god realization – order of function- fraction demands, totality supplies – merging with oneness . cause and effect system – Law of Nature – awareness – karma Yoga – duty consciousness – thankfulness – 10 principles of karma yoga – Love and compassion – services to humanity.

Text Books:

1. Science of Divinity and perfection – Vethathiri Publication

Reference

1. Unified force - Thathuvagnani Vethathiri Maharishi
2. History of the universe and living beings - Thathuvagnani Vethathiri Maharishi
3. Journey of Consciousness - Thathuvagnani Vethathiri Maharishi
4. Universal magnetism - Thathuvagnani Vethathiri Maharishi
5. Bio magnetism - Thathuvagnani Vethathiri Maharishi

PAPER – 8

WORLD COMMUNITY LIFE - VETHATHIRIAM

UNIT – 1. SELF CONSCIOUSNESS

Self consciousness – General Governance – World Community Service Centre – World peace service corps.

UNIT -2. JUDICIARY AND MORAL VALUES

- Fair judiciary – crime – capital punishment
- Economical equality – Economics – Cooperative Society
- Socialism – six basic requirements of socialism – six benefits
- Distribution of labor (time management) living in tune with law of nature.

UNIT -3: REFORMS

- Reformation of culture – five told culture
- Living under the guidance of intellectual – text, assumption, experience
- Avoid unnecessary rituals and festivals – business oriented- loss of time and money – unhygienic environment
- Sports only for children – exercises – Eight types of games disadvantages of sports for adult people.

UNIT -4: SOCIAL OUTLOOK

- Globalization of food and water – food production population explosion – distribution of food – water resource - linking of rivers
- Respect for womanhood – greatness of woman – women education – responsibilities and duties – wife appreciation day
- Children – responsibilities of mother – health of mother and child attachment of mother to children – good system for rearing children

UNIT -5: MORALITY IN FRIENDSHIP

- Current Global sceneries – morality in friendship between man and woman – natural urge - result based awareness – friendship for harmonious life.
- Chastity and responsibility of woman – Importance of chastity
- Responsibility of researchers – world and efforts of scholars-duty.

Text Book :

World Community Life

Reference:

1. World Peace
2. Vethathirian Principles of life

PAPER – 9

WORLD PEACE PLANS

UNIT -1: Logical solutions for problems of humanity – Ignorance of Nature-unnecessary Rituals - lack of holistic education – solutions.

UNIT -2: SEED FOR WORLD PEACE:-

Technical education for all - unification of all religions – poverty of knowledge in understanding mankind – Individual and society – First phase of world peace.

UNIT -3: UNITED NATION ORGANISATION: -

One world government causes for war and its results – History for war – evils of war.

- World without war – proliferation of war materials.
- Origin and growth of U.N.O : current structure, goal and functions – Veto Power.
- One world Government – politics – responsibilities of UNO – Amendments in Security Council – Abolishment of military – safe guard of border.

UNIT -4: EDUCATION FOR LIFE

Education system – Basic Education – Agriculture. Weaving – Building construction – cooking – Handling scientific instruments and machines – Professional and academic education – Language and universal languages

UNIT -5: PROSPEROUS INDIA

- India Today – Natural resources – Human resources
- Political reforms – Defects in politics – reforms – good governance – constitution.
- Social reform – care and protection of children, handicapped and aged people.

Text Book :

1. World Peace Plans – Vethathiri Publication

Reference:

1. Logical Solutions for the problem of humanity – Thathuvagnani Vethathiri Maharishi
2. Prosperity of India - Thathuvagnani Vethathiri Maharishi

PAPER -10

YOGA PRACTICES - 2 (PRACTICAL 2)

UNIT -1: SPESICAL 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, Savasana -Stage 1, 2, 3, 4

UNIT -2: PRANAYAMA

Naddi suddi , Ujjai , Seettali, Seethkari , Kapalapathi

UNIT -3: MUDRA & BANDHA

Aswini mudra, kesari mudra, Aadhi mudra, Gnana mudra (Chin mudra) Vaayu mudra – Prithvi mudra-Prana mudra – Abana mudra – Abana vaayu mudra – Varuna mudra – Suriya mudra – Linga mudra Moola Bandha , Jalandhara Bandha, Uttiyana bandha

UNIT -4: SPECIAL MEDITATION

Panchendriya – Pancha Bootha Navagraha – Nine Centre – Nithyanantha – Divine meditation.

UNIT – 5:

Exercise to intensify the bio magnetism - Mirror gazing – passes – Healing

Text Book:

1. Yogasana - Vethathiri Publication

Reference:

1. Sound Heath Yoga – Dr. K. Chandrasekaran
