

NGM College

Vision

“Our dream is to make the college an institution of excellence at the national level by imparting quality education of global standards to make students academically superior, socially committed, ethically strong, spiritually evolved and culturally rich citizens to contribute to the holistic development of the self and society”.

Mission

“Training students to become role models in academic arena by strengthening infrastructure, upgrading curriculum, developing faculty, augmenting extension services and imparting quality education through an enlightened management and committed faculty who ensure knowledge transfer, instill research aptitude and infuse ethical and cultural values to transform students into disciplined citizens in order to improve quality of life”.

Department of Human Excellence

Vision

- To achieve Human Excellence through Physical fitness, mental awareness, Emotional Stability and Spiritual awakening for one and all.
- To manifest the infinite Potentials by conserving Energy efficiently to empower the youth.
- To attain contentment in life and realize the life goals.
- To bring world peace through individual peace.

Mission

- To attain Peace, Prosperity, Health, Happiness, Harmony and Wisdom for all.
- To be committed in Excellence in transferring knowledge to serve the social, cultural and spiritual needs of the society
- To respect and pursue the professional ethics for overall benefit.
- To attain social security through self discipline and service.
- To work to bring glory to National pride with attitudinal change.
- To make the right choice in life, excel in the same; be useful to all and to experience the sense of fulfillment.

Scheme of Examination

| Part | Course code | Course Title | Hrs/ week | Hrs/ Exam | Max. Marks 50 | | | Credits | |
|--------------------|---------------------|--|--------------|--------------|--------------------|---------------------------|----------------|------------|----------|
| | | | | | CIA (Practical) | ESE (Theory (50/2)) | Total Marks | | |
| IV | Semester I | | | | | | | | |
| | 20HEC101 | Human Excellence - Personal values & SKY Yoga Practice - I | 2 | 2 | 25 | 25 | 50 | 1 | |
| | Semester II | | | | | | | | |
| | 20HEC202 | Human Excellence - Family values & SKY Yoga Practice - II | 2 | 2 | 25 | 25 | 50 | 1 | |
| | Semester III | | | | | | | | |
| | 20HEC303 | Human Excellence - Professional values & SKY Yoga Practice - III | 2 | 2 | 25 | 25 | 50 | 1 | |
| | Semester IV | | | | | | | | |
| | 20HEC404 | Human Excellence - Social values & SKY Yoga Practice - IV | 2 | 2 | 25 | 25 | 50 | 1 | |
| | Semester V | | | | | | | | |
| | 20HEC505 | Human Excellence - National values & SKY Yoga Practice - V | 2 | 2 | 25 | 25 | 50 | 1 | |
| | Semester VI | | | | | | | | |
| | 20HEC606 | Human Excellence - Global values & SKY Yoga Practice - VI | 2 | 2 | 25 | 25 | 50 | 1 | |
| Grand Total | | | | | | | | 300 | 6 |

Bloom's Taxonomy Based Assessment Pattern

K1-Remember; K2- Understanding; K3- Apply; K4-Analyze; K5- Evaluate

Theory: 25 Marks

| Knowledge Level | Section | Marks | Description | Total |
|-----------------|-----------------------|-----------|-----------------------|-------|
| K1 & K2 | A (Answer all) | 10x1=10 | MCQ/Define | 50 * |
| K3 & K4 | B (Answer 5 out of 8) | 5 x 8 =40 | Descriptive/ Detailed | |

Note: * End of Semester Examinations for theory will be conducted for 50 marks and converted into 25 marks. Value education is offered in the name of Human Excellence. SKY - Simplified Kundalini Yoga - formulated by Vethathiri Maharishi.

Components of Continuous Assessment

| Components | Calculation | CIA Total |
|--------------------|-------------|-----------|
| Observation Record | 10 | 25 |
| Skill Assessment | 15 | |

CIA (Practical) 25 marks + Theory 25 marks = 50 Marks

- Title of the Paper includes both Theory and Practical. End Semester Practical Examination will be conducted for 25 marks. Hence the cumulative total mark of the paper would be 50. Overall Minimum pass mark will be 20; Submission of record note book is mandatory. Candidates appearing for practical examination should submit bonafide record note books prescribed for practical examinations. Otherwise the candidates will not be permitted to appear for the practical examination.

Programme Outcomes:

| | |
|-----|---|
| PO1 | To maintain physical fitness, emotional stability and character building through introspection practices for purification of thoughts and to moralize the desire and to neutralize the anger and to lead peaceful life. |
| PO2 | To understand various family values like kindness, duty, moral values and to know the greatness of family relationship to develop love and compassion for all living beings. |
| PO3 | To promote the professional ethics through moral principles and to change the mind-set of youth to render service for the development of the society. |
| PO4 | To recognize the cultural ethical pride of the country and to maintain the unity beyond caste, race, language and culture and to attain the world peace. |
| PO5 | To understand the problems of racial discriminations, terrorism, economic marginalization and find solutions to achieve peace, prosperity and happiness globally. |

Programme Specific Outcomes:

| | |
|-------------|---|
| PSO1 | Improving the physical health, leading a virtuous life, character building, attaining self realization through meditation and to manifest the hidden potentials, to develop Consciousness and to render service to society with ecstasy. |
| PSO2 | Understanding the greatness of family relationship and the significance of chastity, understanding the greatness of womanhood, karma yogic life in the family with peace and happiness. |
| PSO3 | Imparting the characteristics which enrich the personality development, improving leadership traits, realization of the need for time management, knowing the importance of the philosophy of cause and effect through professional ethics and to empower the mind to get prosperity in life. |
| PSO4 | Realization of man as part of the society, the ways of maintaining harmonious relationship in the society, to work for the development of the society, to realize the need for multifaceted development of society. |
| PSO5 | To educate the fundamental rights and duties, Greatness of Indian Culture, Understanding the problems of racial discrimination, terrorism, and Economic marginalization and seeking solutions to achieve prosperity, happiness and peace in the world. |

| | | | | |
|--|----------------|--|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC101 | Course Title | Batch : | 2020-23 |
| Hrs/Week: | 2 | Human Excellence - Personal values & SKY Yoga Practice - I | Semester | I |
| | | | Credits: | 1 |
| Course Objectives: | | | | |
| <ul style="list-style-type: none"> • Realizing the need for achieving Human excellence, aim of life and philosophy of life. • Character enhancement. • Physical health, mental prosperity and nurturing life-force. | | | | |
| Course Outcomes (CO) | | | | |
| K1 | CO1 | To remember the significance of individual's character improvement, physical health, mental prosperity and nurturing the life-force. | | |
| K2 | CO2 | To understand the capabilities of elevating oneself through maintaining good physical and mental health. | | |
| K3 | CO3 | Preventing and curing physical and mental problems by regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection. | | |
| K4 | CO4 | Exploring the subjective and objective of the mind through Ashtanga Yoga | | |

Syllabus

Unit-1

Human Excellence Education - Purpose and philosophy of life - Ashtanga Yoga - Mind's subjective and objective conditions.

Unit-2

Analysis of thought - *Greatness of thought* - Practice for analysis of thought - Moralisation of desire - Causes for desire - Practice for moralisation of desire.

Unit-3

Ethical Values for life - *Fivefold Culture* - Eradication of worries - Types and effects of worries - Practice for eradication of worries.

Unit-4

Self-realization - God Realization and blossom of love - Kayakalpa exercise - Sexual drive and Spiritual development - Practice of Kayakalpa exercise.

Unit-5

Meditations I - Agna meditation - Shanthi meditation - Spinal cord clearance - Physical health development - Simplified Physical Exercises Part-I - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalopathy exercise.

* *Italicized texts are for self study.*

| |
|--|
| Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing. |
|--|

Books for study:

1. WCSC - Vision for wisdom (compilation). (2019). Personal values. Ninth Edition. Pollachi: NGM College. (Tamil version). pp: 84.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231
2. WCSC - Vision for wisdom (compilation) (2016) Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
3. Vethathiri Maharishi. (2013). Arularuvi part-I. 5th edition. Erode: Vethathiri publications (Tamil version). pp: 188.
4. J.T.K. Daniel Nirmal Selvamony, Value Education today, Chennai, New century Book house (P) Ltd.,
5. Vethathiri Maharishi, (2017). Mind, 8th edition. Erode, Vethathiri Publications, pp: 55
6. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.





YouTube Link:

1. <https://youtu.be/iHwrW56tYH0>
2. <https://youtu.be/Kk4u3SMIHjs>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | H | M | M | H | M |
| CO2 | H | M | H | M | H |
| CO3 | M | H | H | H | H |
| CO4 | H | H | M | M | L |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|---|--|---|
| Name: S.Jeyalakshmi | Name: S.Jeyalakshmi | Name: Mr.K. Srinivasan (CDC) | Name: Dr.Muthukumar(COE) |
|  |  |  |  |
| Signature: | Signature: | Signature: | Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.

| | | | | |
|---|----------------|--|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC202 | Course Title | Batch : | 2020-23 |
| Hrs/Week: | 2 | Human Excellence - Family values & SKY Yoga Practice -II | Semester | II |
| | | | Credits: | 1 |
| Course Objectives : | | | | |
| <ul style="list-style-type: none"> To realize the greatness of the relationship of the family members. Creating a blissful marital life with love and compassion through blessing. Respect women and bring family peace to following the principles of karma yoga. | | | | |
| Course Outcomes (CO) | | | | |
| K1 | CO1 | To remember the fact that the blessings family members brings peace in the family and to remembers the principles of karma yoga. | | |
| K2 | CO2 | To understand the greatness of family with physical and mental health. | | |
| K3 | CO3 | To removes obstacles in yoga practice, for doing exercises, meditation and introspection. | | |
| K4 | CO4 | Enhances the quality of life in the family through physical and mental exercises. | | |

Syllabus

Unit-1

Mutual blessings for family peace - Benefits of blessing - Method of blessing - Neutralization of anger - Effects of anger - Practice for neutralization of anger.

Unit-2

Practice to overcome impediments of yoga - Mindset - Greatness of womanhood - Women and Divinity - *Bharathi and development of Womanhood.*

Unit-3

Blissful marital life - Greatness of good relationship - Thiruvalluvar's Concepts of Family values - Harmony in family - Joint family.

Unit-4

Love and compassion - Love and life force - Food is Medicine - *Food habits that cures deficiency* - Karma Yoga - Gratitude and awareness.

Unit-5

Meditation II - Thuriya meditation - Simplified Physical Exercises Part-II - Makarasana exercise part-I - Makarasana exercise part-II - Massage exercise - Acupressure exercise - Relaxation exercise - Revision (Kayakalpa exercise).

* *Italicized texts are for self study.*

| |
|--|
| Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing. |
|--|

Books for study:

1. Kuppusamy. M. et al., (2019). Family values. Seventh Edition. Pollachi: NGM College. (Tamil version). pp: 85.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi. (2017). Manvalakalai part-I. 50th edition. Erode: Vethathiri publication (Tamil version). pp: 231.
2. Vethathiri Maharishi. (2016). Manvalakalai part-II. 28th edition. Erode: Vethathiri publication (Tamil version). pp: 198.
3. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168
5. Rabin Sharma, Family Wisdom, Jai Co Public house, 2009.
6. Sri Sri Paranjothi Maharishi, Thirukkural, Erode, Kayathri Offset print. 2009.
7. B.S. Acharya, Thirumanthiram, Chennai, Narmadha publication, 2009.
8. Department of Human Excellence et.all, Unleashing Excellence, Bharatiya Vidya Bhavan publication, 2012.



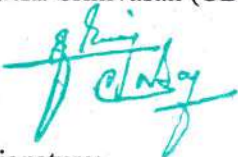

YouTube Link:

1. https://youtu.be/BsVq5R_F6RA
2. <https://youtu.be/63qcPq8SyH4>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | H | H | M | M | H |
| CO2 | H | M | H | H | M |
| CO3 | H | H | L | M | H |
| CO4 | M | H | H | H | H |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|--|--|---|
| Name: V. Settu  Signature: | Name: S.Jeyalakshmi  Signature: | Name: Mr.K. Srinivasan (CDC)  Signature: | Name: Dr.Muthukumar(COE)  Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.

| | | | | |
|--|----------------|--|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC303 | Course Title | Batch : | 2020-23 |
| | | Human Excellence - | Semester | III |
| Hrs/Week: | 2 | Professional values & SKY Yoga Practice -III | Credits: | 1 |
| Course Objectives: | | | | |
| <ul style="list-style-type: none"> To develop personality development skills and leadership traits. Following professional ethics through cause and effect system To achieve success in the work with passion for excellence by empowering the mind | | | | |
| Course Outcomes (CO) | | | | |
| K1 | CO1 | Proper time management paves way for success in profession. | | |
| K2 | CO2 | To understand cause and effect system to develop passion for excellence. | | |
| K3 | CO3 | To apply practicing simplified physical exercise and meditation for the development of profession. | | |
| K4 | CO4 | To analyse empowering the mind and spiritual strength for attaining success in work. | | |

Syllabus

Unit-1

Concepts of personality development (5C's & 5E's) - Self-development and leadership traits - Leadership traits of Dr. A.P.J. Abdul Kalam.

Unit-2

Intelligence, Emotions and Spiritual quotients - Spirituality and Vallalar - Time management - Time management for students - *Time saving methods*.

Unit-3

Philosophy of Cause and effect - Instructions for streamlining student activities - Mind and the state of God - Professional ethics - Significance of professional ethics.

Unit-4

Enhancement of life standard - Methods to attain higher goal - Empowerment of Mind - *Success through mental strength* - Passion for excellence – Positive thoughts.

Unit-5

Meditation III - Thuriyatheetha meditation - Surya namaskar (1.Piranamasana - 2.Hastha Uttanasana - 3.Patha Hasthasana - 4.Aswa Sanjalana asana - 5.Thuvipatha Aswasanjalana asana - 6.Astanga Namaskara - 7.Pujangasana - 8.Atha Muktha Savasana - 9.Aswa Sanjalana asana - 10.Patha Hasthasana - 11.Hastha Uttanasana - 12.Piranamasana) - Revision (Kayakalpa exercise - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalopathy exercise)

* *Italicized texts are for self-study.*

| |
|---|
| Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing |
|---|

Books for study:

1. Panneerselvam. N. et al., (2018). Professional values. Seventh Edition. Pollachi: NGM College. (Tamil version). pp: 72.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First Edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi. (2017). Mind. 8th edition. Erode: Vethathiri publication. pp: 55.
2. P. Nagarajan, et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp: 111.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
4. WCSC - Vision for wisdom (compilation). (2018). Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64.
5. Dr. A.P.J. Abdul Kalam (1999) Wings of Fire, 1st Edition Chennai, University Press (English Version) pp: 180.
6. Kurinji.Gnana. Vaithyanathan (2014) Life History of Thiruarutprakasa Vallalar Ramalinga swamigal 4th edition, Chennai, Karish Offset Printers, Chennai (Tamil Version)
7. V. Erai Anbu, Seventh Knowledge, Chennai, New Century Book house, 2016.
8. R.C. Sampath, Tals toi story for Youth, Chennai, Pavai Printers, 2014.


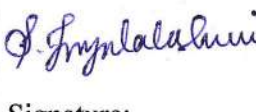
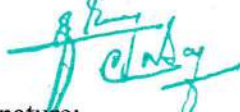

YouTube Link:

1. <https://youtu.be/1xRX1Muolmw>
2. <https://youtu.be/gdqwKgc3Ubl>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | H | H | H | H | M |
| CO2 | H | H | M | H | M |
| CO3 | M | M | H | H | M |
| CO4 | H | H | M | H | H |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|---|---|--|
| Name: N.Panneerselvam  Signature: | Name: S.Jeyalakshmi  Signature: | Name: Mr.K. Srinivasan (CDC)  Signature: | Name: Dr.Muthukumar(COE)  Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.

| | | | | |
|---|----------------|---|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC404 | Course Title | Batch : | 2020-23 |
| Hrs./Week: | 2 | Human Excellence - Social values & SKY Yoga Practice - IV | Semester | IV |
| | | | Credits: | 1 |
| Course Objectives: | | | | |
| <ul style="list-style-type: none"> • Man is the integral part of the society which insists harmonious relationship between man and society. • To create a drug addiction free society with morality through purity of mind. • Realize the importance of central message of religions and eliminate the social upheavals through the moral education. | | | | |
| Course Outcomes (CO) | | | | |
| K1 | CO1 | To remember that human evolution has occurred through transformation and manifestation of the Almighty, to create a balanced society. | | |
| K2 | CO2 | To understand the reasons for disparity among human beings to strengthen the unity in the society. | | |
| K3 | CO3 | To realize that Sangya philosophy enhances the concept of meditation. | | |
| K4 | CO4 | Maintaining the social welfare through Physical health and purity of mind. | | |

Syllabus

Unit-1

Evolution of Man - Evolution of Universe - Evolution of Living beings - Significance of sixth sense - Man is the part of society - Social unity according to the sages.

Unit-2

Disparities among human beings - Seven values of human beings - Sixteen disparities - Social welfare through purity of mind - *Greatness of mind* - Methods of mind purification.

Unit-3

Education and society - Social concepts for education - *Social services through education* - De addiction - Technology addiction and solution.

Unit-4

Social discriminations and solutions - Basic reason for social problems and solutions - Vision of Arutselvar - Sangya philosophy - Structure and functions of three bodies - Central message of religions - Massage from Sages.

Unit-5

Meditation IV – Pancha bootha navagraha Meditation - Yogasanas Part-I (1. Viruchasana - 2. Chakrasana (side wise) - 3. Padmasana - 4. Vajrasana - 5. Yoga mudra - 6. Pachi mothasana. 7. Ustrasana - 8. Vakkrasana - 9. Sidhasana - 10. Gomukhasana) - Revision (Kayakalpa exercise - Maharasana Part-I & II exercises - Massage exercise - Acupressure exercise - Relaxation exercise)

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar, Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing

Books for study:

1. Veerasithi Vinayagan. P. et al., (2019). Social values. Eighth Edition. Pollachi : NGM College. (Tamil version). pp: 72.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri Maharishi. (2016). Evolution of universe and living beings. 6th edition. Erode: Vethathiri publication. pp: 47.
2. WCSC - Vision for wisdom (compilation). (2017). Yogasanans, 8th Edition. Erode: Vethathiri publication (English version). pp: 63
3. Vethathiri Maharishi. (2016). Manvalakalai part-III. 20th edition. Erode: Vethathiri publication (Tamil version). pp: 277.
4. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
5. Vethathiri maharishi. (2013). Social inequality and solutions. 5th Edition. Erode: Vethathiri pulication. pp: 139.
6. Vethathiri Maharishi, (2013), The world order of holistic unity, Erode, Vethathiri Publications .
7. B.S. Acharya, Pathanjali Yoga Sutra, Chennai, Narmadha publications, 2009.


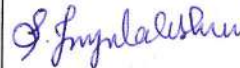


YouTube Link:

1. <https://youtu.be/hSSzn4blwZg>
2. <https://youtu.be/w4xioUWwOEs>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | H | L | M | M | M |
| CO2 | M | M | M | H | H |
| CO3 | M | M | M | H | H |
| CO4 | H | M | H | L | H |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|---|---|--|
| Name: P.Veerasithi vinayagan  | Name: S.Jeyalakshmi  | Name: Mr.K. Srinivasan (CDC)  | Name: Dr.Muthukumar(COE)  |
| Signature: | Signature: | Signature: | Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Pr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.

| | | | | |
|--|----------------|---|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC505 | Course Title | Batch : | 2020-23 |
| | | Human Excellence | Semester | V |
| Hrs/Week: | 2 | National values & SKY Yoga Practice - V | Credits: | 1 |
| Course Objectives: | | | | |
| <ul style="list-style-type: none"> • Educating the fundamental rights and duties of citizens. • Achieving national integration and peace through cooperation by following unity in diversity. • Developing tolerance among religions and enhancing service motive for national benefit. | | | | |
| Course Outcomes | | | | |
| K1 | CO1 | To remember one's fundamental rights and duties for national integration and peace | | |
| K2 | CO2 | To understand the importance and practices of Hatha Yoga | | |
| K3 | CO3 | To apply improving physical health and mental prosperity render service and sacrifice for national security | | |
| K4 | CO4 | To analyse developing tolerance among religions through spiritual growth for achieving national integration | | |

Syllabus

Unit-1

Enlightened Citizenship - *Fundamental rights* - *Fundamental duties* - Nehru's perspective view of India - Emerging India - Contribution of Indian youth at global level.

Unit-2

Hatha Yoga - Importance and practices of hatha yoga - The greatness of Indian culture - Life philosophy inspired through epics.

Unit -3

India and peace - Causes of war - World peace plans - India's message to the world - Indian philosophy known to the world.

Unit-4

Service and sacrifice - *Service of Mother Theresa* - Unity in Diversity - Necessity of unity - Gandhian principles and National Integration - India and spirituality – Spiritual development - Six religious sects.

Unit-5

Meditation V - Nine Centre meditation - Yogasanas Part-II (1.Mandukasana - 2.Matsyasana - 3.Navasana -4.Pavannmuktasana - 5.Uthana padhasana - 6.Bhujangasana - 7.Dhanurasana - 8.Navukasana - 9.Salabasana - 10.Makkarasana) - Revision (Kayakalpa exercise - Hand exercise - Leg exercise - Neuro Muscular Breathing exercise - Eye exercise - Kabalopathy exercise).

* *Italicized texts are for self study.*

Power point Presentations, Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing.

Books for study:

1. Kuppusamy. M. et al., (2019). National values. Fifth Edition. Pollachi : NGM College. (Tamil version). pp.76.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Rajkumar.N. Et al., (2003). Ethics and culture. Pollachi: NGM College. (Tamil version). pp: 111.
2. Jawakarlal Nehru. (1998). Discovery of India. Sixth edition. New Delhi: Indra Prasad. pp: 582
3. Lakshmanan.K. (2008). Indian Philosophy. Nineth edition. Chennai: Asian publications. pp: 437.
4. WCSC - Vision for wisdom (compilation).(2018).Yogasanans, 16th Edition. Erode: Vethathiri publication (Tamil version). pp: 64
5. M.K. Gandhi. (2016) An Autobiography, (English Version) 8th Edition, New Delhi, Rupa Publications India Pvt. Ltd., pp: 519
6. R. Nandagopal & Ajith sankar R.N., Indian Ethos and Values in Management, New Delhi, Tata McGraw Hill Education Private Ltd., 2011.


YouTube Link:

1. <https://youtu.be/tUUw3bfm7xw>
2. <https://youtu.be/DZgXnF0bzkg>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | L | H | L | H | M |
| CO2 | M | H | M | M | H |
| CO3 | H | M | L | M | M |
| CO4 | H | H | H | H | H |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|---|--|---|
| Name: S. Shanmuga vadivu | Name: S.Jeyalakshmi | Name: Mr.K. Srinivasan (CDC) | Name: Dr.Muthukumaran(COE) |
|  |  |  |  |
| Signature: | Signature: | Signature: | Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.

| | | | | |
|---|----------------|---|------------------|---------|
| Programme code: | All UG Courses | Programme Title : | Human Excellence | |
| Course Code: | 20HEC606 | Course Title | Batch : | 2020-23 |
| | | Human Excellence | Semester | VI |
| Hrs/Week: | 2 | Global values & SKY Yoga Practice - VI | Credits: | 1 |
| Course Objectives: | | | | |
| <ul style="list-style-type: none"> • Creating a new world without Racial discrimination, Terrorism and Economic marginalization. • Utilizing natural resources and finding the solution for ecological imbalances. • Creating a world with good political governance and improved culture. | | | | |
| Course Outcomes (CO) | | | | |
| K1 | CO1 | To remember that man is the responsible for preservation and destruction of nature. | | |
| K2 | CO2 | To understand the truth that the absence of spiritual knowledge is the reason for racial discrimination and cultural degradation. | | |
| K3 | CO3 | Creating a world without economic imbalance through physical and mental health. | | |
| K4 | CO4 | Creating a new world without racial discrimination and terrorisms through spiritual development. | | |

Syllabus

Unit-1

Racial discrimination and solutions - The problems of racial discrimination - Solutions - Ecological imbalance and Solutions - Pollution and its threat to the world - E-Wastages - solutions.

Unit-2

Political upheavals and solutions - Pillars of democracy - Solutions - Global terrorism and solutions - *Origin of terrorism and solutions.*

Unit-3

Cultural degradation and solutions - Emergence of monoculture and solutions - *Principles of Vivekanandar* - Economic marginalisation and solutions - Reasons for economic crisis- Solution.

Unit-4

Crisis of natural resources and solution – Food, water and fuel scarcity - solution - Man is the cause and man is the solution - God realization and Virtues.

Unit-5

Meditation VI - Panchendriya Meditation - Mudras (1.Sin mudra - 2.Vayu mudra - 3.Suriya mudra - 4.Sooniya mudra - 5.Prithivi mudra - 6.Prana mudra - 7.Abana mudra - 8.Abanavayu mudra - 9.Varuna mudra - 10.Linga mudra) - Revision (Kayakalpa exercise – Maharasana Part - I & II exercises - Massage exercise - Acupressure exercise - Relaxation exercise).

* *Italicized texts are for self study.*

Power point Presentations; Group discussions, Seminar ,Quiz, Assignment, Experience Discussion, Brain storming, Activity, Case study, Video playing.

Books for study:

1. Jeyalakshmi. S. et al., (2015). Global values. Fifth Edition. Pollachi: NGM College. (Tamil version). pp: 72.
2. WCSC - Vision for wisdom (compilation). (2018). Yoga practices. First edition. Pollachi: NGM College. (Tamil version). pp: 124.

Reference Books:

1. Vethathiri maharishi. (2013). Ulaga samuthaya Valkaineri. First edition. Erode: Vethathiri publications (Tamil version). pp: 84.
2. WCSC - Vision for wisdom (compilation). (2018). Yogasanas. 16th edition. Erode: Vethathiri publications (Tamil version). pp: 64.
3. WCSC - Vision for wisdom (compilation). (2016). Value education, 4th edition. Erode: Vethathiri publication (English Version). pp: 168.
4. N.M. Khandelwal, Indian Ethos and Values for Managers, Mumbai, Himalaya publishing house PVT. LTD., 2011.
5. K. Lakshman, Indian Philosophy, Chennai, Easian Printers, 2008
6. Vethathiri maharishi. (2015). World peace, 9th edition, Erode, Vethathiri Publications (Tamil version). pp: 341.





YouTube Link:

1. <https://youtu.be/neufTaU8E1M>
2. <https://youtu.be/4vNoKBWazw0>

Mapping

| PSO/CO | PSO1 | PSO2 | PSO3 | PSO4 | PSO5 |
|--------|------|------|------|------|------|
| CO1 | M | L | L | M | M |
| CO2 | H | M | L | H | H |
| CO3 | H | M | M | M | M |
| CO4 | H | H | M | H | H |

S-Strong; H-High; M-Medium; L-Low

| Course Designed by | Verified by HoD | Checked by | Approved by |
|---|---|--|---|
| Name: S. Jeyalakshmi | Name: S.Jeyalakshmi | Name: Mr.K. Srinivasan (CDC) | Name: Dr.Muthukumar(COE) |
|  |  |  |  |
| Signature: | Signature: | Signature: | Signature: |

K. SRINIVASAN, M.C.A.,
Co-ordinator
Curriculum Development Cell (CDC)
NGM College (Autonomous)
Pollachi - 642 001.

Dr. R.MUTHUKUMARAN
Controller of Examinations
NGM College (Autonomous)
POLLACHI - 642 001.