

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



**M.Sc. Yoga for Human Excellence**  
**2010**

**SYLLABUS**



**BHARATHIDASAN UNIVERSITY**  
**TRICHY**

**MSc (YOGA FOR HUMAN EXCELLENCE)**

***SCHEME OF SUBJECTS AND EXAMINATIONS***

<b>Paper</b>	<b>Title of Paper</b>	<b>Exam Hours</b>	<b>Marks TOTAL</b>
<b>First Year</b> 1	Application and uses of Present day Yoga	3	100
2	Physical Health	3	100
3	Greatness of Life force and Mind	3	100
4	Sublimation and Social Welfare	3	100
5	Yoga Practices- 1	3	100
<b>Second Year</b> 6	Research Methodology And Statistics	3	100
7	Science of Divinity and Realization of Self	3	100
8	World Community Life - Vethathiriam	3	100
9	World Peace Plans	3	100
10	Yoga Practices - 2	3	100
	<b>TOTAL</b>	<b>30</b>	<b>1000</b>

**BHARATHIDASAN UNIVERSITY**

**M.Sc. (YOGA FOR HUMAN EXCELLENCE)**

**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, Parvadhana, 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 - Akamyā 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 Thuriyatheetham 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 culture.
- 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 –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 – Thuriyatheetham.

**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 Vazhvirkkku Yoga - Dr. R.Thirumalaisamy
4. Kalvithuraiyil Yoga Payirchi - Dr. H.R.Nagendra.

**PAPER - 6**  
**RESEARCH METHODOLOGY AND STATISTICS**

**Unit:I**

Meaning and definition of Research – Types of research – Qualities of good research – criteria for selecting research problem –research proposal

**Unit:II**

Library sources. Uses of Computer in research. Meaning of WWW and Internet. Uses of internet.

**Unit:III**

Components of the thesis - Front materials – arrangement of chapter – back materials – Bibliography – the art of research writing.

**Unit:IV**

Meaning and definition of Statistics. Types of Statistics – Uses of Statistics. Relationship between statistics and research.

**Unit:V**

Meaning of Mean and Median. Calculation of mean and median for both group and ungrouped data

**References**

Best, John W and James V Kahn. Research in Education. New Delhi: Prentice Hall of India, 1992

Clarke, David H and H Harrison Clarke. Research process in Physical Education, Recreation and Health. New Jersey: Prentice Hall, 1984

**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. Vethathiria 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 – II**

**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 Heat Yoga – Dr. K. Chandrasekaran