

Department of Physical Education

Value-Added Course

VACPEYL23 - YOGA AND LIFE EMPOWERMENT

Code	Title of The Paper	Hours
VACPEYL23	Yoga and Life Empowerment	30

UNIT-1: PHYSICAL HEALTH

Hours: 6

- 1.1. SKY Yoga – Yoga for Youth Empowerment.
- 1.2. Simplified Physical Exercise: Explanation – Hand, Leg, Breathing and Eye exercises –
Kapalabathi – Makarasanam – Massaging, Acupressure and Relaxation practices – Benefits.
- 1.3. Yogasanas: Surya Namaskhar - Pranayamam: Nadi suddhi – Clearance –Explanation –
Benefits.
- 1.4. Philosophy of Kayakalpa - Physical body – Sexual vital fluid – Life force –Biomagnetism –
Mind - Maintaining youthfulness – Postponing aging
- 1.5. Limit and Method in five factors - Kayakalpa practice – Toning up of nerves –Ojas breathing
– Benefits.

UNIT-2: MENTAL HEALTH

Hours: 6

- 2.1. Classification of mind waves – Beta, Alpha, Theeta, Delta – Agna meditation –Benefits.
- 2.2. Shanthi meditation – Benefits.
- 2.3. Thuriya meditation – Benefits.
- 2.4. Blessing and its benefits

UNIT-3: SOCIAL HEALTH

Hours: 6

- 3.1. Individual Virtues: (Self-control – Self-confidence – Speaking truth - Contentment – Humility –
Mind control -Tolerance – Adjustment – Sacrifice – Forgiveness - Cleanliness (Body, dress,
surrounding) – External, Mental, Inner cleanliness.)
- 3.2. Societal Virtues: (Ahimsa – Service - Patriotism – Equality - Respecting the parents and elders –
Caring for them – Respecting teachers – Punctuality – Time management.)
- 3.3. Morals: (Importance of introspection – I and Mine (Ego, Possessiveness) - Six temperaments –
Greed Anger –Miserliness – Immoral sexual passion – Inferior superior complex – Vengeance -

Manoeuvring the six temperaments –Contentment – Tolerance – Charity – Chastity – Parity – Forgiveness - Five important benefits of meditation –Perspicacity – Magnanimity – Adaptability – Receptivity – Creativity - Enhancing memory – Effective examination

UNIT-4: HUMAN EXCELLENCE.

Hours: 6

- 4.1. Philosophy of life
- 4.2. Analysis of Thoughts and Moralisation of Desires - Exercises
- 4.3. Neutralisation of Anger and Eradication of Worries – Exercises

UNIT-5: YOGASANAS-2.

Hours: 6

Yogasanas-1 (As mentioned in Unit-1) - Dandasana – Chakrasana (sideways) - Vrichasana (Ekapada asana) - Trikonasana – Vajrasana

Text Books:

1. Yoga and Empowerment, 1 Edition 2016, WCSC-VISION for Wisdom, Vethathiri Publications, Erode.
2. Prosperity of Mind, 1 Edition 2016, WCSC-VISION for Wisdom, Vethathiri Publications, Erode
3. யோகமும் வல்லமையும், முதற் பதிப்பு 2016, WCSC-VISION for Wisdom, Vethathiri Publications, Erode
4. மனவளக்கலை , முதற்பதிப்பு 2016, WCSC-VISION for Wisdom, Vethathiri Publications, Erode.

Reference books:

1. Vethathiri Maharishi, 16" Edi.2013, Yoga for Modern Age, Vethathiri Publications, Erode.
2. Vethathiri Maharishi, 2014, Simplified Physical Exercises, Vethathiri Publications,Erode.
3. Vethathiri Maharishi, 3 Edi.2014, Kayakalpam, Vethathiri Publications, Erode.
4. Rev.Dr.G.U.pope, 2016, Thirukkural, Giri Trading Agency.
5. Vethathiri Maharishi, 1994, Mind, Vethathiri Publications, Erode. Ltd.
6. Iyengar, B.K.S. 2008, Light on Yoga, Noida, UP India, Harber Collins Publishing India
7. வேதாத்திரி மகரிஷி, 209, உணவு முறை, வேதாத்திரி பதிப்பகம், ஈரோடு,