

VALUE ADDED COURSES

Offered by Department of English, University Departments, Anna University

(CAN BE OPTIONALLY ENROLLED BY THE STUDENTS)*

S.NO.	COURSE CODE	COURSE TITLE	CREDITS
1.	VAC301	Yoga for Human Excellence	2
2.	VAC302	Six-Sigma Happiness and Mind Mechanics	2
3.	VAC303	Digital Wellness Course	2
4.	VAC304	Youth Empowerment and Skill	2

*Not considered for CGPA computation

**WORLD COMMUNITY SERVICE CENTRE-VETHATHIRI MAHARISHI COLLEGE OF YOGA
(WCSC-VMCY)
&
ANNA UNIVERSITY (AU)**

VAC301 **YOGA FOR HUMAN EXCELLENCE** **2 CREDITS**

Mode of Delivery: Offline/ Blended

Total hours: 30* (2 hours of practical =1 hour of theory)

Credit: 2

Course Objective

PEO1 Students can acquire knowledge and skills which will help in the development of Physical, Mental, Social and Spiritual health.

PEO2 Develop Values that will enhance the personality of the students.

PEO3 Develop Emotional Stability

PEO4 The Course enables the future development of the students in order to achieve Occupational Wellness.

PEO5 Improve the Institutional Climate in the Campus.

Course Outcomes

At the end of the course, the student will be able to

PO1 Articulate and Focus on goals and move away from demotivating and corrosive environment.

PO2 Explain the concept and dimensions of wellness which help in pursuing their goals.

PO3 Demonstrate the practices that can promote wellness.

PO4 Plan and follow a daily routine that includes Physical Exercises, Yoga, and Meditation.

PO5 Demonstrate behaviours aligned to universal Human Values.

Syllabus

UNIT I - PHYSICAL HEALTH (9 PERIODS)

Introduction to SKY -Education as a means of Youth Empowerment-Simplified Physical exercises- Yogasanas (Rules- Sun Salutation-Dandasana-Chakrasana-Vrichasana-Trikonasana-Vajrasana-Pranayama-Nadi Suddhi-Clearance Practice).

L	T	P
1	1	7

UNIT II - STRENGTHENING THE LIFE FORCE (9 PERIODS)

Reasons for Diseases-Philosophy of Kaya Kalpa -Maintaining Youthfulness & Postponing Aging – Transformation of Food into seven Body Constituents -Greatness of Seminal Fluid -Limit and Method in Five Factors- Kaya Kalpa Practice.

L	T	P
2	1	6

UNIT III WELLNESS OF MIND**(9 PERIODS)**

Classification of Mind Waves-Agna Meditation- Shanthi Meditation- Thuriya Meditation-Blessing and Benefits-Virtues: Individual Virtues and Societal Virtues -Morals (Importance of Introspection, Six Temperaments and Manoevering, Benefits of Meditation).

L	T	P
3	1	5

UNIT IV PROSPERITY OF MIND- PART I**(9 PERIODS)**

Philosophy of Life (Purpose of Life, Philosophy of Life, Five Duties-Safeguarding Natural Resources) -Analysis of Thoughts (Ten stages of the Mind-The Five Kosas-Thoughts-Analysis of thoughts and practice)- Moralisation of Desires (Desires-Explanation, Nature, Reasons, Moralisation Practice).

L	T	P
3	0	6

UNIT V PROSPERITY OF MIND-PART II**(9 PERIODS)**

Neutralisation of Anger (Anger-Reasons, Effects, Peace, Tolerance and Forgiving, Neutralisation) - Eradication of Worries (Reasons, Effects, Corrective measures, Eradication)- Diversity in Men- Love and Compassion

L	T	P
3	0	6

TOTAL : 45 PERIODS**PEO/PO MAPPING**

PO/CO Mapping	PO1	PO2	PO3	PO4	PO5
PEO1	H	H	H	H	H
PEO2	H	M	M	H	M
PEO3	H	H	H	H	M
PEO4	H	H	H	H	M
PEO5	H	H	H	H	H

H – High Correlation, M – Medium Correlation, L – Low Correlation.

ASSESSMENT

- Assessment I: Middle of the Course: 25%
- Assessment II: End of the Course: 75%

TEXT BOOK:

- 1) Yoga and Empowerment, WCSC-VISION for Wisdom, 3rd Edition 2018, Vethathiri Publications, Erode.
- 2) Prosperity of Mind, WCSC-VISION for Wisdom, 2nd Edition December 2017, Vethathiri Publications, Erode.
- 3) Human Excellence, WCSC-VISION for Wisdom, 2nd Edition December 2016, Vethathiri Publications, Erode.

REFERENCE BOOKS:

- 1) Vethathiri Maharishi, Yoga for Modern Age, 16th Edi.2013, Vethathiri Publications, Erode.
- 2) Vethathiri Maharishi, Simplified Physical Exercises, 2014, Erode, Vethathiri Publications.
- 3) Thathuvagnani Vethathiri Maharishi, Kayakalpa yoga, First Edition 2009, Vethathiri Publications, Erode.
- 4) Rev.Dr.G.U. Pope, 2016, Thirukkural, Giri Trading Agency.
- 5) Vethathiri Maharishi, 1994, Mind, Vethathiri Publications, Erode.
- 6) Thathuvagnani Vethathiri Maharishi, 3rd Edition April 2004, Unified force, Vethathiri Publications, Erode.
- 7) Thathuvagnani Vethathiri Maharishi, 2nd Edition April 2013, History of Universe and Living beings, Vethathiri Publications, Erode.
- 8) Sound Health through yoga – Dr. K. Chandrasekaran, November 1999 Prem Kalyan Publications, Madurai
- 9) Iyengar, B.K.S. 2008, Light on Yoga, Noida, UP India, Harber Collins Publishing India Ltd.,
- 10) Advanced Educational Psychology, G.K. Mangal.
- 11) Psychology, Robert A Baron.

VAC302

SIX-SIGMA HAPPINESS AND MIND MECHANICS

2 CREDITS

COURSE OBJECTIVES:

1. To understand the substance and sustenance of Happiness
2. To provide an App based tool for sustained learning and practice of happiness
3. To Curate and Calibrate mind and optimizing it for awareness and Happiness
4. Improving and assessing IQ, EQ, Mindfulness, Social learning, Emotional learning, Mind map, Mind share, Happiness Index
5. Special weightage given to scores obtained per this course at Campus hire programs.

UNIT I

(3 Hrs,T + 6 Hrs P)

Introduction to happiness and blockchain of life- Introduction to Aspects of life- Introduction to the 6-sigma research methodology- Aspects: Left Brain/ Rational/- Aspects: Right Brain/ Mindful/Tangible- Assessment

UNIT II (LEFT BRAIN-1)

(3 Hrs,T + 6 Hrs P)

Understanding, curating and calibrating 3 Left brain Aspects - Health and Fitness Vs 6 Sigma- Documents Vs 6 sigma -Family Vs 6 Sigma- Assessment

UNIT III (LEFT BRAIN-2)**(3 Hrs,T + 6 Hrs P)**

Understanding, curating and calibrating on 3 Left brain Aspects - Friends Vs 6 Sigma - Entertainment Vs 6 Sigma – Assets & wallet Vs 6 Sigma-Assessment

UNIT IV (RIGHT BRAIN -1)**(3 Hrs,T + 6 Hrs P)**

Understanding, curating and calibrating on 3 Right brain Aspects – Ambition & Desires Vs 6 Sigma -Conscience Vs 6 Sigma – Commitments Vs 6 Sigma- Assessment

UNIT V (RIGHT BRAIN-2)**(3 Hrs,T + 6 Hrs P)**

Understanding, curating and calibrating on 3 Right brain Aspects – Confessions Vs 6 Sigma - Dilemmas Vs 6 Sigma – Inhibitions Vs 6 Sigma- Assessment

TOTAL : 45 PERIODS**COURSE OUTCOMES:**

1. Creates self-awareness in the surrounding digital mist
2. Impacts and enhances the EQ (right brain) and IQ (left brain) of the student.
3. Impacts and enhances the social and emotional learning of the student.
4. The course will lead to the development of new neural pathways in the minds of students.
5. Make learners more creative rather than consumptive in the current context of mindless consumption of digital content that is victimizing and overwhelming their sensory impulses.
6. Recovering and recalibrating minds from random to tandem

BOOKS FOR STUDY:

1. Six sigma happiness by Yogi (English)
2. Your One Life by YOGI (English)

REFERENCE BOOKS:

1. An idealist way of Life – S Radhakrishnan

<https://www.amazon.in/Idealist-View-Life-S-Radhakrishnan-ebook/dp/B015HGS0N0>

YouTube Link:

<https://www.youtube.com/playlist?list=PLsPCQ8nePy6my0EewzUQL7DewUn7fMTRq>

Stabilize your Mind to Utilize your Brain**UNIT – I (BASICS OF DIGITAL WELLNESS)**

Digital Devices - What is Wellness - What is Digital Wellness - Digital Calories - Basics of Brain Difference between Traditional Entertainment and Digital Entertainment - Difference between Relaxation and Stimulation - Importance of Relaxation - What is Attention - Benefits of Attention Attention Disruptors - Cost of Distraction - Power of Attention - Attention Economy

UNIT - II (IMPACT ON BRAIN)

Neuroplasticity - Harnessing the Power of Neuroplasticity - Brain's Switching Penalty - Multitasking Neuro-associative-conditioning - Pleasure Circuit - Pain Circuit - Thinking Brain - Emotional Brain - Science of Learning and Memory - Digital Reading vs Print Reading - Digital Mindset - Learning using Audio and Video - Biliteracy Model - Creativity - Design Thinking - Improving Brain Health and Benefits of Brain's Downtime

UNIT – III (IMPACT ON MIND)

What is Social Media - Impact of Social Media - What is Overthinking - Techniques to overcome Overthinking - Various Mental Health issues (anxiety, depression, comparison, low self-esteem etc) Virtual Relationships - Impact of Loneliness - Dangers of Social Media - Positive Self Talk - Science of Sleep - Impact of Digital Devices on Sleep - Negative impact of Lack of Sleep

UNIT – IV (SCIENCE OF ADDICTION)

What is Addiction - Stages of Addiction - Neuroscience behind Addiction - Impact of Internet on Brain - Various Digital Addictions (Games, Shopping Online, Binge Watching, Social Media, Porn etc) Overcoming Addictions.

UNIT – V (DIGITAL DETOX TECHNIQUES)

Digital Hygiene - Tools for Self Reflection - What is Meditation - Science of Meditation - Benefits of Meditation - Impact of Exercise on Physical and Mental health - Digital Wellness Plan

TOTAL : 30 PERIODS**OBJECTIVES**

- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their interpersonal and collaborative skills
- Enhance abilities of youth to handle stressful conditions
- Improve relationship between teachers and students
- Create responsible individuals in society.

UNIT I MIND, BREATH AND EMOTIONS**(1 day: 6 hrs)**

Listening and skilful communication – types of listening and questioning. Light Yoga. Introduction to the breath - a link between the mind & emotions. Living in the present moment. The sources of energy. Food Habits. Power breath technique (Ujjayi Breath). Pranayama (Theory, 3-stage

pranayama). Intro and Practice of Sudarshan Kriya®. Meditation.

UNIT II MIND MANAGEMENT

(1 day: 6 hrs)

Fundamentals of the mind, the tendencies and habits of the mind. The seven levels of our existence. The relationship between our state of mind and happiness. Golden Keys to Mind Management. Light Yoga. Power breathing. 3-stage Pranayama & Sudarshan Kriya®. Home Practice of Sudarshan Kriya®. Meditation.

UNIT III ACADEMIC EFFECTIVENESS

(3 days: 3 sessions of 2 hours each)

- i. Secret of Concentration. Special Pranayama to increase concentration and focus. Home Practice of Sudarshan Kriya®. Meditation
- ii. Anxiety & Confidence, how to feel at home with different kinds of people and different environments. Technique to free oneself of one's ego and inhibitions. Home Practice of Sudarshan Kriya®. Meditation
- iii. Time Management and Goal Setting. Home Practice of Sudarshan Kriya®. Meditation.

UNIT IV LEADERSHIP & TEAMWORK

(3 days: 3 sessions of 2 hours each)

- i. Qualities of a good leader – giving 100%, responding to the needs of a situation, and maintaining enthusiasm. Home Practice of Sudarshan Kriya®. Meditation
- ii. Responsibility & Teamwork. Home Practice of Sudarshan Kriya®. Meditation
- iii. Time Management and Goal Setting. Home Practice of Sudarshan Kriya®. Meditation.

UNIT V SELF AND SOCIETY

(3 days: 3 sessions of 2 hours each)

- i. Interpersonal relations. Maintaining enthusiasm. Keep our mind free from negativity. Discussion of our roles in society, our responsibility to ourselves and our ability to contribute to our community. Teamwork. Plan campus service project in groups. Practice of Home Sudarshan Kriya™
- ii. Implementation of campus service project.
- iii. Group presentation of service projects. Final Examination.

TOTAL : 30 PERIODS

OUTCOMES

Students will understand the mechanics of their emotions and the tendencies of the mind. They will understand how their own bodies, minds, intellect and emotions interrelate. They will learn how to manage their emotions via practical techniques. Students will learn different soft skills to enhance their academic effectiveness – communication, teamwork, leadership etc. Students will improve their confidence and expression.