

# **ADVANCE DIPLOMA IN YOGA for HUMAN EXCELLENCE**

## **SYLLABUS 1<sup>ST</sup> YEAR**

### **PAPER – 1 ORIGIN AND GROWTH OF YOGA**

#### **OBJECTIVE :**

*History of Yoga and Indian Philosophy, Concepts of various religions, Equalism and spirituality*

#### **UNIT -1 : Yoga**

Meaning of Yoga – Yoga as science – Yoga as art – origin and history of yoga – Yoga in Vethic period – after Vethic period – yoga for modern age

#### **UNIT – 2 : Yoga in Indian Philosophy**

Yoga in Inidan Philosophy – meaning of philosophy – differences between Indian and Western philosophies – Greatness of Indian Philosophy – Philosophies agreeing Vetha – Philosophies disagreeing Vetha

#### **UNIT – 3: Inidan Philosophical Dharshans**

Sangiam and yoga – Books in Inidan philosophy – Importance of yoga in Upanishads – Epics – Bhagavath Geetha – Patanjali's Yoga Sudras

#### **UNIT -4 : Equalism**

Meaning of Equalism, Religion and spirituality – Relation between equalism and spirituality – Equalism and yoga – Yoga in Hindu Religion, Buddhism, Christianity and Muslim

#### **UNIT – 5 : Siddha**

Yoga in ancient Tamil – Siddha Philosophy – Siddha Literature – Yoga and Saiva Siddhantha – Thirumanthira Yoga.

#### **TEXT BOOK:**

1. ORIGIN AND GROWTH OF YOGA – Vethathiri Publications.

#### **REFERENCES:**

1. Yoga for Modern Age – Vethathiri Publications.
2. Karma Yoga - Vethathiri Publications.

**PAPER – 2**  
**PHYSICAL HEALTH**

**OBJECTIVE :**

*Physical exercises and food habits to lead a healthy life.*

*Principles of Yoga and Physical education.*

**UNIT -1 : Yoga**

**1.0 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

**2.0 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

**3.0 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

**4.0 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

## **5.0 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, Padma 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:**

1. PHYSICAL HEALTH – Vethathiri Publications

## **REFERENCES:**

1. Simplified Physical Exercises – Vethathiri Publications.
2. Yogasana – Vethathiri Publications.

**PAPER – 3**  
**REJUVENATING THE LIFE FORCE AND MIND**

**Objective :**

1. Meditation for streamlining the mind
2. Concept of Kaya Kalpa exercise for longevity

**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
- 2.0 **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 – Agha – Shanthi – Thuriyam – Thuriyateetham – seven  
centres- Benefits of meditation.
- 3.0 **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
- 4.0 **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 Thuriyatheetham Meditation  
Concept – merging of soul with Almighty – Expiation of all imprints – Perfection of consciousness- benefits
- 5.0 **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. REJUVENATING THE 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**

**OBJECTIVE :**

1. *Harmonious relationship with society*
2. *Analysis of thoughts, moralization of desires*
3. *Neutralization of anger and Eradication of worries*
4. *Blessings*
5. *Virtuous way of living*

**1.0 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

**2.0 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

**3.0 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

**4.0 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

## **5.0 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 :**

- 1. SUBLIMATION AND SOCIAL WELFARE – Vethathiri Publication.

## **REFERENCES:**

- 1. Sublimation - Vethathiri Publications.
- 2. Yoga for Modern Age - Vethathiri Publications.

**PAPER -5**  
**YOGA PRACTICE –I**

**OBJECTIVES :**

*Exercises for Physical health – Exercise for longevity Meditation for streamlining the mind, lamp gazing for increasing the bio magnetism and yogasanas for health*

**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. Yoga Practice I – Vethathiri Publications

**References**

1. Sound health through yoga – Dr. K. Chandrasekaran.



# 2<sup>ND</sup> YEAR

## PAPER -6

### YOGA FOR MODERN AGE

#### **OBJECTIVES :**

*Types of Yoga and Concepts of eminent scholars*

#### **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: 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. YOGA FOR MODERN AGE – Vethathiri Publications**

## PAPER – 7

### SCIENCE OF DIVINITY AND REALISATION OF SELF

#### **OBJECTIVE :**

1. *Absolute space as Almighty*
2. *Transformation of magnetism and its effects*
3. *Transformation of Absolute space its universe and living beings*
4. *cause and effect system*

#### **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 Realisation of Self – 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**  
**PRINCIPLES OF WORLD COMMUNITY LIFE**

**OBJECTIVE :**

*General principles of life for world community*

**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**

1. Principles of World Community Life – Vethathiri Publications.

**Reference**

1. World Peace      2. Vethathiria Principles of life

**PAPER – 9**  
**WORLD PEACE PLANS**

**OBJECTIVE:**

*World Peace*

**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 PRACTICE – II**

**Objective :**

Meditation , Mirror gazing for intensifying bio magnetism special yogasanas.

**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, Parvadhassana, 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. Yogapractice II - Vethathiri Publication

**Reference :**

1. Sound Heat Yoga – Dr. K. Chandrasekaran