



WCSC - VISION Academy

Aliyar



DIPLOMA IN YOGA FOR YOUTH EMPOWERMENT

Scheme of Subjects and Examinations

Paper/ Theory	Title of the paper	Theory & Practical	Hrs of Exam	Internal Marks	External Marks	TOTAL Marks
1	Physical Health	25	3	50	50	100
2	Mental Health	25	3	50	50	100
3	Self Management	25	3	50	50	100
	Total	75	9	150	150	300

TOTAL HOURS 75

Diploma in Yoga for Youth Empowerment

PAPER – 1 : PHYSICAL HEALTH

25 : hours

OBJECTIVE:

Providing the Value Education to improve the Students' Good character - understanding yogic life and physical health - maintaining youthfulness - Moderation in five aspects of life .

Unit:1 Youth Empowerment

Definition - Scope - Need for Youth Empowerment in present society - Philosophy of life - Purpose of Life - Education as a means for youth empowerment - Greatness of Education - Yoga for youth Empowerment.

Unit:2 Human Health and Human Body

Health - Need of Health - Efficiency of Human Resources - Structure and function of Human body- Diseases - Reasons for Diseases - Preventive methods of Diseases - Moderation in five aspects of life - Balanced food - Need of Nutrition for Good health - A review of medical systems

Unit:3 Cognitive, Emotion and Thought Analysis

Role of emotions for peace and stress - Types of emotions - Analysis of thoughts - Practice - Goal setting - Self confidence - Memory type - Mnemonic techniques - Training in memory - Impact of Blessings - Managing latest technologies.

Unit: 4 Simplified Physical exercises of SKY System

Simplified Physical Exercises - Kayakalpa - Managing infatuation - Practice.

Unit: 5 Meditation

Definition of meditation - Mental Frequency - Types - General and Special meditations in SKY - Importance - Practices - Eye brow centre meditation - Genetic centre meditation - Clearance - Crown centre meditation.

Reference books:

1. Yoga for modern age - Thathuvagnani Vethathiri Maharishi
2. Karma yoga - Thathuvagnani Vethathiri Maharishi
3. Journey of Consciousness - Thathuvagnani Vethathiri Maharishi
4. Simplified Physical Exercises - Thathuvagnani Vethathiri Maharishi
5. Thiukkural - Rev.Dr.G.U.pope
6. Mind - Thathuvagnani Vethathiri Maharishi
7. Sound Health through yoga - Dr.Chandrasekaran
8. Light on yoga - BKS.lyenger

PAPER-2 MENTAL HEALTH

Objective:

25 : hours

Building good characters and eliminating bad characters - Learning introspection practices to Moralize desires, neutralize anger and eradicate worries - Learning Personality Assessment - Human Values and Yogasanas.

Unit:1 Mental Health and Human Values

Role of Mind in Human life - Mind and Mental Health - Factors for Mental health - Promotion of Human values - Good characters - Non-violence - Speaking truth - Non-stealing - Self-control - Cleanliness - Service to humanity - Patriotism - Contentment - Equality - Tolerance - Adjustment - Sacrifice - Forgiveness - Orderliness - Honesty - Time-management - Five-fold culture

Unit:2 Managing Desires and anger

Definition and nature of desires - Root causes for desires - Types of desires - Desires as a plan for success - Moralization of desires - Anger - Causes of Anger - Anger and Peace - Evil effects of anger - Tolerance and Forgiveness- Neutralization of anger - practice.

Unit:3 Failure and Success

Challenge and Response in life - Sources of challenges - Failure and Success - Managing the failures - Problem Solving - Decision Making - Eradication of worry as a skill - Practice.

Unit:4 Personality and Intelligence Assessment

Concept of Personality - 16 Personality factors - Comprehensive Interest Schedule - Standard Progressive Matrices - Multiple Intelligence - Leadership qualities.

Unit:5 Special Meditation and Yogasans

Absolute space meditation - Five senses meditation - Universal magnetism meditation - Nine centre meditation - Yogasanas - Sun Worship - Thandasana - Chakrasana (sideways) - Thrikonasana - Vajrasana - padmasana - Nadi suthi - Mudras.

Reference Books:

1. The world order of Holistic unity - Thathuvagnani Vethathiri Maharishi.
2. Yoga for modern age - Thathuvagnani Vethathiri Maharishi.
3. Karma yoga - Thathuvagnani Vethathiri Maharishi.
4. Standard Progressive Matrices - JC Raven.
5. 16 personality factor - Raymond Cattell
6. Multiple Intelligence - Howard Gardner.
7. Psychology - Robert A. Baron.
8. Advanced Educational Psychology - G.K. Mangal.

PAPER-3 SELF MANAGEMENT

Objective:

Understanding the Law of Nature - Learning about Management Techniques and Exam Preparation.

Unit:1 Management of life

25 : hours

Concepts of Life - Problems faced by Individual - Difference between Ego and Personality - Impact of Ego - Factors influencing Personality - Women empowerment - Individual difference - Role of Hereditary, Environment.

Unit:2 Impact of Universe and Nature on Human being

Origin of Mass and Energy - Magnetism as force and power - Functions of Magnetism - Magnetism and Consciousness - Conversion of magnetism - Genetic centre - concept and purification practices

Unit:3 Law of Nature

Cause and Effect - Unity in diversity- Consciousness and living - Relation between body and consciousness - Consciousness and Society - Concept of Action - Karmayoga - Role of karma yoga for self management - Impact of Qualities - Supremacy of love and compassion

Unit:4 Management techniques

Stress Management - Emotional Management - Self Management - Conflict Management - Peer Pressure Management - Self identity - Self Monitoring - Self Evaluation - Self Reinforcement- Group dynamics - Team Management.

Unit:5 Effective Examination Preparation

Definition - Types - Practice - Importance in Academic life - Factors needed for Examination preparation - Study environment - Brain exercises -Relaxation - Writing skills - Practices of expression through written medium - Impact of food and association on examination preparation.

Reference books:

1. Unified force - Thathuvagnani Vethathiri maharishi
2. The History of universe and living beings - Thathuvagnani Vethathiri maharishi
3. Genetic centre - Thathuvagnani Vethathiri maharishi
4. Bio-magnetism- Thathuvagnani Vethathiri maharishi
5. Philosophy of Universal Magnetism - Thathuvagnani Vethathiri maharishi
6. Thirukkural - Rev.Dr.G.U. Pope
7. Advanced Educational Psychology - G.K. Mangal.
8. Effective Study Material - Reddy.
9. Psychology - Robert A. Baron