

C3.G & RESEARCH DEPARTMENT OF PHILOSOPHY, RELIGION & CULTURE



B.A ORIENTAL CULTURE

Syllabus

(2023-2024 onwards)

POOMPUHAR COLLEGE (AUTONOMOUS)

of the Tamilnadu HR & CE (Admn.) Dept.

MELAIYUR – 609107.

POOMPUHAR COLLEGE (AUTONOMOUS), MELAIYUR

DEPARTMENT OF PHILOSOPHY, RELIGION & CULTURE

COURSE STRUCTURE FOR UG COURSE**(Applicable to the Candidates admitted from the academic year 2023 – 2024)**

Course Code	Part	Study Components & Course Title		Credit	Hours/ Week	Maximum Marks		
						CIA	ESE	Total
SEMESTER - I								
	I	Language - I	Tamil	3	6	25	75	100
	II	Language - II	English	3	6	25	75	100
	III	Core - I	Tamil Culture	5	5	25	75	100
		Core - II	Introduction to World Religions	5	5	25	75	100
		Elective - I	Temple Management	3	4	25	75	100
	IV	Skill Enhancement Course - 1(NME – I)	Bio Fertilizer and Mushroom Cultivation	2	2	25	75	100
		Foundation Course	Indian Culture and Heritage	2	2	25	75	100
				23	30			700
SEMESTER - II								
	I	Language - I	Tamil – II	3	6	25	75	100
	II	Language - II	English – II	3	6	25	75	100
	III	Core III	South Indian Philosophy	5	5	25	75	100
		Core IV	Greek and Medieval Philosophy	5	5	25	75	100
		Elective - I	Ethics	3	4	25	75	100
	IV	Skill Enhancement Course – 2 (NME – II)	Horticulture and Garden Designing	2	2	25	75	100
		Skill Enhancement Course – 3 (Common Paper)	Internet and itsApplications	2	2	25	75	100
			Total	23	30			700

HEAD OF THE DEPARTMENT**PRINCIPAL****POOMPUHAR COLLEGE (AUTONOMOUS), MELAIYUR**

DEPARTMENT OF PHILOSOPHY, RELIGION & CULTURE
COURSE STRUCTURE FOR UG COURSE

(Applicable to the Candidates admitted from the academic year 2023 – 2024)

Course Code	Part	Study Components & Course Title		Credit	Hours/ Week	Maximum Marks		
						CIA	ESE	Total
SEMESTER - I								
	I	Language - I	Tamil	3	6	25	75	100
	II	Language - II	English	3	6	25	75	100
	III	Core - I	Tamil Culture	5	5	25	75	100
		Core - II	Introduction to World Religions	5	5	25	75	100
		Elective - I	Temple Management	3	4	25	75	100
	IV	Skill Enhancement Course - 1(NME – I)	Applied Ethics	2	2	25	75	100
		Foundation Course	Indian Culture and Heritage	2	2	25	75	100
				23	30			700
SEMESTER - II								
	I	Language - I	Tamil – II	3	6	25	75	100
	II	Language - II	English – II	3	6	25	75	100
	III	Core III	South Indian Philosophy	5	5	25	75	100
		Core IV	Greek and Medieval Philosophy	5	5	25	75	100
		Elective - I	Ethics	3	4	25	75	100
	IV	Skill Enhancement Course – 2 (NME – II)	Yoga	2	2	25	75	100
		Skill Enhancement Course – 3 (Common Paper)	Internet and itsApplications	2	2	25	75	100
			Total	23	30			700

HEAD OF THE DEPARTMENT

PRINCIPAL

SEMESTER : I CORE – I PART: III	TAMIL CULTURE	CREDIT : 5 HOURS : 5
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Learning Objectives

1. To equip the Students with knowledge about the antiquity of Tamil Culture.
2. To describe the various traits and attributes of Tamil Culture.
3. To impart knowledge on Five Regions of Tamil Land.
4. To identify the relevance of Tamil language and its uniqueness
5. To know the Culture and Traditions of Tamils.

Unit I : Tamil culture: Meaning and Definition – origin of Tamils – Race Types – Paleolithic Age – Neolithic Age – Archaeological Sources.

Unit II : Geographical impact on Tamil culture: Boundaries – Eastern and Western Ghats - Busy Ports – Major Rivers – Climate – Monsoon.

Unit III : Cultural History of the Five Regions (Inthinai): Kurinji, Mullai, Marutham, Neithal and Palai – The Sangam Age: First, Middle and Last Sangams - Political and Social Conditions.

Unit IV : Tamil Language: Origin – History - Uniqueness – Classical Language – Sangam Literatures: Eight Anthologies and Ten Idylls – Post Sangam Literatures.

Unit V : Culture and Traditions of Tamils: People – Cultural Elements - Cuisine – Dress – Religion – Music – Dance – Martial – Weapons – Trade – Maritime Activities.

Course Outcomes

CO On completion of this course, Students will

1. Understand the meaning and need for the study of Tamil Culture.
2. Acquire knowledge of Geographical impact on Tamil Culture
3. Understand the significance of Sangam Age
4. Evaluate the uniqueness of Tamil Language.
5. Understand the traditions of Tamil people

REFERENCEBOOKS :

1. Kanagasabai Pillai - Tamils 1800 year ago
2. Meenakshi Sundaram, T.P. - History of Tamil Literature
3. Meenakshi Sundaram, T.P. - History of Tamil Language
4. Panikar, K.M. - Essentials of Indian Culture
5. Panikar, K.M. - Geographical factors that influenced in India.
6. Srinivasalyengar - History of the Tamils

Web Resources

1. <https://en.m.wikipedia.org>tamilland>
2. <https://www.britannica.com>tamilculture>
3. <https://telibrary.com>tamillanguage>
4. <https://factsanddetails.com>sangamage>
5. <https://tamilculture.com>

Mapping with Programme Outcoms:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	2
CO 3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	2
CO 5	2	2	2	2	2	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : I CORE – II PART: III	INTRODUCTION TO WORLD RELIGION	CREDIT : 5 HOURS : 5
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Learning Objectives

1. To know the knowledge about the major Religions of World.
2. To analyse the necessity of Religion.
3. To describe the Concepts of God, Man and World
4. To impart the ethical ideas of World Religions.
5. To know the role of Religion in Society.

Unit I: Religion: Definition – Necessity and Scope – Primitive Religions - Major Religions. **Hinduism** : Introduction- Sanatana Dharma – Idea of God in Vedas, Upanishads & Gita – Concept of Man – World – Mukti – Life after Death.

Unit II: **Islam:** Life and Mission of Mohamed – Concept of God: Monotheistic – Concept of Man – Concept of World - Sin and Salvation- Spiritual Tenets – Ethics – Life after Death.

Unit III: Christianity: Life and Teaching of Jesus – Christianity after Christ – Reformation – Concept of God – Attributes of God – Trinity – Creation – Original Sin – Atonement – Salvation – Nature of World – Eschatology.

Unit IV: Jainism: Origin and Development - Tirtankara - Scripture – Idea of God – World – Man — Ethics and Liberation – Jain Sects.

Buddhism: Origin and Development - Scripture – Idea of God – World – Man — Ethics and Liberation – Schools of Buddhism.

Unit V: Zoroastrianism: Founder – Scripture – Fire Worship – Cosmic Dualism – Ethics – Sacrament – Life after Death.

Confucianism: Teaching of Confucius – Literature – Tenets – Yang-Yin, Tao, Zen – Ethics – Rituals and Worship.

Course Outcomes

CO On completion of this course, Students will

1. Understand the meaning and scope of Religion.
2. Acquire knowledge about Islam.
3. Understand the ideas of God, Man and World in Christianity
4. Evaluate the Principles of Jainism and Buddhism.
5. Understand the religious ideas of Zoroastrianism and Confucianism.

REFERENCEBOOKS :

1. Bouquet, A.C - Comparative Religion
2. Mahadevan, TMP - Outline of Hinduism, Chetana Publishers.
3. Sarma, D.S - What is Hinduism
4. Tiwari, K.N. - Comparative Religion.
5. Dr. A. Swaminathan - Hindu Religion its Growth, Ethics and Culture

Web Resources

1. <https://en.m.wikipedia.org>Religion>
2. <https://www.nbtindia.gov.in>hinduism>
3. <https://www.history.com>worldreligions>
4. <https://www.pbs.org>buddhism>
5. <https://www.britannica.com>confucianism>

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	2
CO 2	3	3	3	3	3	3	3
CO 3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	2
CO 5	2	2	3	2	2	3	2

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : I ELECTIVE – I PART: III	TEMPLE MANAGEMENT	CREDIT : 3 HOURS : 4
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Learning Objectives

1. To insist the importance of temple Administration
2. To understand the components of temple perimises
3. To acquaintance with Tamilnadu HR&CE Act of 1959
4. To give a visionary knowledge about the functions of Tamilnadu HR&CE Dept.
5. To know the Budget Preparation

Unit: 1 -.Hindu Temple and their uniqueness – Sthala virksham –Sthalapuranas – Temple Ponds – Special Sannathis and Murtis - Temple worship.– Agamas and Temples – Need for Temple Administration .

Unit: 2 Precedent Acts of Tamilnadu Hindu Religious and Charitable Endowments Act – 1959 Enforcement of the TN HR&CE Act 1959 – Tamilnadu Hindu Religious and charitable Endowments Department – Administration Activities – Department – Temple – General – Institutions – Tiruppani – Advisory committee.

Unit: 3 Religious institution under the HR & CE Department – Kinds of Institutions – Hindu temples, Jain Temples and Maths – List of Temples on the basis of income –Trust Board and Trustees – Board Activities – Eligibility and removal of a trustee from the board. Professional Ethics for temple administrators – Maintenance of temples.

Unit: 4 The commissioner – Administrative structure of HR & CE – Duties and Responsibilities of various grade officials – Joint commissioners – Deputy commissioner – Assistant commissioner – Executive Officers – Appointment of office holders and servants in religious institutions – Punishment of office holders and servants.

Unit : 5 Budget preparation – Accounts maintenance Audit and finance – maintenance of Important Records and Registers – Maintenance of Movable and Immovable properties of Temple – Alienation of immovable trust Property – Utilization of surplus funds – Procedure and mode of eviction Penalty and Recovery – Appeal.

Course Outcome;

CO On completion of this course, Students will

1. understand the need for temple Administration under a Govt Sector
2. gain the knowledge about the Tamilnadu HR&CE Act of 1959
3. have a birds eye vision about the administrative Structure of the HR&CE dept.
4. know the Various Officials and their responsibilities in the HR&CE dept.
5. get a clear vision about the present Temple Administration

REFERENCEBOOKS :

1. Arumuganavalar - Hindu Samaya Enaiippu Vilakkam (Tamil)
2. Natarajan, A.C. - Hindu Samaya Alayangal, Arakkattalai Chattam
3. R. Radhakrishnan. -A Hand Book on Tamilnadu Hindu Religious and Charitable Endowment Act 1959 (Tamilnadu Act 22 of 1959) and Rules
4. Dr. A. Swaminathan - Hindu Religion its Growth, Ethics and Culture
5. Varadachari, V.K. - Laws of H.R. & C.E
6. The Tamilnadu Hindu Religious and Charitable Endowments Act .XXII of 1959.

Web Resources

1. <https://en.m.wikipedia.org>hr&ce board>
2. <https://www.britannica.com>temple administration>
3. <https://telibrary.com>hindu temple>
4. <https://factsanddetails.com>agamas>
5. <https://www.pbs.org>temple act>

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	2
CO 3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	2
CO 5	2	2	2	2	2	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : I NME – I PART: IV	APPLIED ETHICS	CREDIT : 2 HOURS : 2
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Learning Objectives

1. To know the importance of Applied Ethics
2. To understand the fundamentals of Applied Ethics
3. To describe Consumer ethics
4. To give an explanation on the applicability of Ethics in Society
5. To analyse ethical issues

Unit I: Applied Ethics: Definition – Nature and Scope – Its importance for Society - Applied Ethics and Education.

Unit II : Bio-technology and Genetic Engineering: Basic Genetics – The Human Genome Project – Genetically Modified Food – Its Implications .

Unit–III: Consumer Ethics and Rights – Cloning of Animals and Humans – Its Implications – Can Man play God?

Unit IV : Some Contemporary Issues: Abortion and Euthanasia – Cyber Ethics – Consumer Rights – Advertisement Ethics ..

Unit – V: Ethical issues on Biodiversity and Environment – Science, Religion and Morality.

Course Outcome;

CO On completion of this course, Students will

1. understand the nature and scope of Applied Ethics
2. gain the knowledge about the basic Genetics
3. have a knowledge about Consumer Ethics and Rights
4. understand the Modern ethical issues.
5. Evaluate the Ethical issues of Science and Religion

REFERENCEBOOKS :

1. Herold titus - Ethics for Today, New Delhi : Eurasia Publishing House, 1964
2. Jadunath Sinha - A Manual of Ethics, Calcutta : New Central Book Agency (P) Ltd., 1998
3. John. S. Mackenzie - A Manual of Ethics, London, University of Tutorial Press., 1929
4. Dr. A. Swaminathan - Hindu Religion its Growth, Ethics and Culture
5. Sharma R.N. - Principles of Sociology, Meerut : Educational Publishers, 1968
6. William Lillie - An Introduction to Ethics, London : Methuen & Co Ltd., 1964

Web Resources

1. <https://en.m.wikipedia.org>applied> ethics
2. <https://www.britannica.com>ethics>
3. <https://telibrary.com>ethical> issues
4. <https://factsanddetails.com>cloning>
5. <https://www.pbs.org>consumer> ethics

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	2
CO 3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	2
CO 5	2	2	2	2	2	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : I FOUNDATION COURSE PART: IV	INDIAN CULTURE AND HERITAGE	CREDIT : 2 HOURS : 2
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Learning Objectives

1. To understand the concept and meaning of culture
2. To discuss the role of religion and philosophy
3. To establish the evolution of Script and languages in India
4. To identify the development of Indian Art and Architecture
5. To trace the influence and significance of Indian culture in Asia and western land

Unit I : Indian Culture: An Introduction – Characteristics of Indian Culture – Significance of Geography on Indian Culture - Society in India through ages: Ancient Period – Varnashrama Dharma - Family and Marriage in India – Status of Women in ancient India.

Unit – II: Religion and Philosophy in India : Ancient Period : Pre-Vedic and Vedic Religion, Buddhism and Jainism – Indian Philosophy: Nine Systems.

Unit – III : Indian Languages and Literature : Evolution of Script and Languages in India : Harappan Seals and Brahmi Script –Literature : The Vedas – Epics – Buddhist and Jain Literature – Sangam Literature.

Unit – IV : Indian Art and Architecture : Gandhara School and Mathura School of Art –Hindu Temple Architecture – Buddhist Architecture –Indian Painting : Ancient and Medieval - Classical Music : Hindustani and Carnatic – Dances: Various forms of Classical Dances.

Unit – V : Spread of Indian Culture : Causes, Significance and modes of Cultural Exchange –Through Traders, Teachers, Emissaries, Missionaries – Indian Culture in South East Asia, Central Asia and Western World.

Course Outcomes

- CO On completion of this course, Students will
1. Understand the concept and meaning of Indian Culture.
 2. Acquire knowledge of Religion and Indian philosophy
 3. Evaluate the uniqueness of Indian languages and Literatures. Evaluate the uniqueness of Indian languages and Literatures.
 4. Understand the significance of Indian Art and Architecture

5. Understand the significance and modes of cultural exchange

REFERENCEBOOKS :

1. Romila Thapar, Indian Cultures as Heritage, Aleph book company, India.
2. Chaudhuri, Kirti N, Trade, Religion and Polity in the Indian Ocean, Cambridge, 1985.
3. B.N.Luniya, Evolution of Indian Culture,
4. Khan.S, History of Indian Architecture Buddhist jain and hindu period, CBS Publishers
5. Dr. A. Swaminathan - Hindu Religion its Growth, Ethics and Culture

Web Resources

1. <https://en.m.wikipedia.org>indian culture of india>
2. <https://www.britannica.com>architecture of india>
3. <https://edurev.in>The> spread of indian culture abroad
4. <https://Indianetzone.com>origin of indian languages>
5. <https://indianculture.gov.in>

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	2
CO 3	3	2	3	3	2	3	3
CO 4	3	3	3	3	3	3	2
CO 5	3	3	2	2	3	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : II CORE – III PART: III	SOUTH INDIAN PHILOSOPHY	CREDIT : 5 HOURS : 5
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Learning Objectives

1. To know the knowledge about South Indian Philosophy
2. To examine the concept of God and religion in ancient Tamil Literature.
3. To describe the effect of bhakti movement in South India
4. To impart the Socio-Spiritual aspect of South Indian philosophers
5. To get the knowledge about Social Reformers of South India

Unit I : Ancient Tamil Literature: **(a)** Tholkappiam – God, Life and Religion **(b)** Tevaram: God and Religion **(c)** Tiruvacagam – God and Religion.

Unit II : Mysticism: Meaning –Mystic Experiences in Saivism and Vaishnavism – Nayagan-Nayagi Bhava – Dasa Bhava – Satputra Bhava – Saha Bhava – Vatsalya Bhava – Madura Bhava.

Unit III : Bhakti Movement – Contributions of Azhvars, Nayanmars and Siddhas in General.

Unit IV : Socio - Spiritual Aspects - Sri Narayanaguru – Basavanna – Annamacharya – Tyagarajar.

Unit V : Social Reformers: Periyar E.V. Ramasamy: Religion and Atheism – Self Respect Movement – Saint Ramalingar (Vallalar) - Yogi Vemana and his Concepts.

Course Outcomes

CO On completion of this course, Students will

1. Understand the fundamental of South Indian Philosophy.
2. Acquire knowledge of Ancient Tamil Literature
3. Understand the mystic experiences of Nayanmars and Alvars
4. Evaluate the ideas of south Indian philosophers
5. Understand the south Indian social reformers

REFERENCEBOOKS :

1. Annamacarya, - Tirumala Tirupathi devasthanam Publications, Tirupathi.
2. Basavanna, - Sahithya Academy Publications, New Delhi.
3. Narayanaguru - Sahithya Academy Publications, New Delhi.
4. Neelakanta Sastri, K.A. , - Development of Religion in South India
5. Ratnagiri, R., - Thanthai Periyar Vazhvum Thondum, National Book Trust.
6. Tyagaraja – Sahithya Academy Publications, New Delhi.
7. Vemana - Sahithya Academy Publications, New Delhi.

Web Resources

1. <https://en.m.wikipedia.org>south> indian philosophers
2. <https://www.britannica.com>sangam> literatures
3. <https://edurev.in>saivism>
4. <https://Indianetzone.com>vaishnavism>
5. <https://en.m.wikipedia.org>religion>

Mapping with Programme Outcoms:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	3
CO 3	3	2	3	3	2	3	3
CO 4	3	3	3	3	3	3	2
CO 5	3	3	3	2	3	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : II CORE – IV PART: III	GREEK AND MEDIEVAL PHILOSOPHY	CREDIT : 5 HOURS : 5
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Learning Objectives

1. To know the knowledge about Greek philosophy
2. To analyse the ideas of Greek Philosophers
3. To describe the Concepts of God and Evil
4. To impart the Characteristics of Medieval period
5. To identify the theological ideas of medieval philosophers

Unit I : Philosophy: Definition - Nature and Scope - Epistemology – Metaphysics – Axiology - Monism – Dualism – Pluralism – Idealism – Realism.

Unit II : Greek Philosophy : Pre-Socratic period : A brief Introduction –Socratic period : Socrates: Theory of Knowledge – Plato: Theory of Knowledge – Allegory of the Cave –Theory of Forms – Doctrine of the Soul.

Unit III : Aristotle:Four Causes - Matter and Form – Potentiality and Actuality –The Unmoved Mover.

Unit IV : Medieval Philosophy : Confluence of Philosophy and Theology – St. Augustine: Human knowledge – The Concept of God – Problem of Evil.

Unit V : St. Thomas Aquinas: Philosophy and Theology – Its Relationship –Doctrine of Illumination- Five proofs for the Existence of God – Doctrine of Creation – St. Anselm: Ontological Argument.

Course Outcomes

CO On completion of this course, Students will

1. Understand the basic ideas of Greek Philosophy
2. Acquire knowledge of Western ideas on Epistemology
3. Understand the metaphysical ideas regarding western philosophers
4. Evaluate the ideas of medieval philosophers
5. Understand the difference between Philosophy and Theology

REFERENCEBOOKS :

1. Frank Thilly – A History of Philosophy, Central Book Depot, Allahabad, 1973.
2. Jones W.T. – A History of Western Philosophy, Harcourt, Brace and World inc., New York, 1953
3. Masih, Y.A. – Critical History of Modern Philosophy, Motilal Banarsidas, Delhi, 1983.
4. Radhakrishnan.S -- History of Philosophy, Eastern and Western Vol II, George Allen and Unwin Ltd., London 1977.
5. Richard Falcken Barg – History of Modern philosophy, Progressive Publishers, Calcutta 1977.
6. Stace, W.T. – Critical History of Greek Philosophy, Macmillan & Co., Ltd., London 1962.
7. William Kelley Wright – A History of modern Philosophy, The Macmillan Company, New York 1962

Web Resources

1. <https://en.m.wikipedia.org>south>greek philosophy
2. <https://www.britannica.com>socrates>
3. <https://edurev.in>plato>
4. <https://Indianetzone.com>theology>
5. <https://en.m.wikipedia.org>ontology>

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	3
CO 3	3	2	3	3	2	3	3
CO 4	3	3	3	3	3	3	2
CO 5	3	3	3	2	3	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : II ELECTIVE – I PART: III	ETHICS	CREDIT : 3 HOURS : 4
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Learning Objectives

1. To know the knowledge about the basic ideas of ethics
2. To analyse the Moral theories.
3. To describe the theories of Punishment
4. To impart the ethical ideas of India
5. To know the duties of man

Unit I : Ethics : Definition – Nature and Scope – Morality: Origin and Development - Instinctive Morality, Customary Morality, Reflective Morality and Agencies of Morality.

Unit II : Moral Judgement: Nature of Moral Judgement, Object and Subject of Moral Judgement – Motive and Intention.

Unit III : Moral Theories: Hedonism, Utilitarianism, Intuitionism, Perfectionism, Rigorism – Moral Absolutism.

Unit IV : Rights and Duties: Nature of Rights, Rights of Man, Determination of Duties, Duty as Moral Obligation - Theories of Punishment: Deterrent Theory, Retributive Theory, Reformatory Theory.

Unit V : Indian Ethics: Purusarthas : Dharma, Artha, Kama and Moksha – Nishkamakarma – Panchamaha Vratas – Four Noble truth.

Course Outcomes

- CO On completion of this course, Students will
1. Understand the fundamental ideas of Ethics
 2. Acquire knowledge of Moral Theories
 3. Understand the meaning of Punishment
 4. Evaluate the meaning of Rights and Duties
 5. Understand the Indian ethical ideas

REFERENCEBOOKS :

1. Herold titus -Ethics for Today, New Delhi : Eurasia Publishing House, 1964
2. Jadunath Sinha -A Manual of Ethics, Calcutta : New Central Book Agency (p) Ltd., 1998
3. John. S.Mackenzie -A Manual of Ethics, London, University of Tutorial Press., 1929
4. Sharma R.N. -Principles of Sociology, Meerut : Educational Publishers, 1968.
5. William Lillie -An Introduction of Ethics, London: Methuen &Co Ltd., 1964

Web Resources

1. <https://en.m.wikipedia.org>ethics>
2. <https://www.britannica.com>moral> philosophy
3. <https://edurev.in>theories> of punishment
4. <https://Indianetzone.com>moral> theories
5. <https://en.m.wikipedia.org>indian> ethics

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	3
CO 3	3	2	3	3	2	3	3
CO 4	3	3	3	3	3	3	2
CO 5	3	3	3	2	3	2	3

S-Strong – 3

M-Medium-2

L-Low-1

SEMESTER : II NME – II PART: IV	YOGA	CREDIT : 2 HOURS : 2
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Learning Objectives

1. To Introduce yoga
2. To insist the importance of yoga for sound mind
3. To be aware about the disorders and yoga treatment
4. To understand the types of Asanas
5. To know the benefits of Yoga

Unit - I: Introduction – Definition of Yoga – Nature, Scope and Aim of Yoga – Mind and Body relation to Self – Concentration – Meditation – Siddhis.

Unit – II: Yoga Psychology - Five Kinds of Modifications - Mind and Body

Unit - III : Various Systems of Yoga: Astanga Yoga –Hatha Yoga – Raja Yoga – Mantra Yoga – Kundalini Yoga - Karma Yoga – Bhakti Yoga – Jnana Yoga.

Unit IV: Asanas - Major Asanas - Vajra - Padma - Paschimottana - Bhujanga - Salabha - Dhanur -sarvanga - Sirasa - Sava or Santi - Pranayama.

Unit - V: Yoga Therapy of Common Health Disorders – The causes of Health Disorders – Yoga Therapy for Asthma, Arthritis, Spondulitis, Ulcers, Hypertension, Nervousness, Diabetes, Blood Pressure, Digestive Disorders and Back pain.

Course Outcomes

CO On completion of this course, Students will

1. Shall gain an insight into Yoga
2. Can be able to interpret the Yoga as message of India to the world
3. Understand the various systems of Yoga
4. Able to understand the importance of Yoga in life
5. Know about the Yoga therapy in theoretical

REFERENCEBOOKS :

1. Andiappan,R., -Arokya Vazhvu(Tamil) Bharathi Publishers, Chennai, 1995.
2. Dasgupta, - Yoga Philosophy, MLBD, New Delhi
3. Joshi,K.S., - Yoga and Nature Cure Therapy, Sterling Publishers, New Delhi, 1993.
4. Iyengar, B.K.S., - Light on the Yoga Sutras of Patanjali, Harper Collins Publishers India, New Delhi, 1993.
5. Iyengar, B.K.S., - Light on Yoga, Harper Collins Publishers India, New Delhi, 1993.

Web Resources

1. <https://en.m.wikipedia.org>Yoga>
2. <https://www.britannica.com>yoga> therapy
3. <https://edurev.in>asanas>
4. <https://Indianetzone.com>raja> yoga
5. <https://en.m.wikipedia.org>yoga> psychology

Mapping with Programme Outcomes:

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	3	3	3	3	3	3
CO 2	3	3	3	3	3	3	3
CO 3	3	2	3	3	2	3	3
CO 4	3	3	3	3	3	3	2
CO 5	3	3	3	2	3	2	3

S-Strong – 3

M-Medium-2

L-Low-1