

AAAL ACADEMY OF MARITIME EDUCATION AND TRAINING

DEEMED TO BE UNIVERSITY (Under Section 3 of UGC Act 1956)

CENTRE FOR YOGA AND HUMAN EXCELLENCE

VALUE ADDED COURSE DETAIL

ACADEMIC YEAR-2019-2020

1	Course Name	Yoga for youth empowerment
2	Course offered by	WCSC, Aliyar
3	Co-Ordinator	Bakthavatchalam S
4	Instructor	Mr. Sampath Kumar, Mr. Sundaresan
5	Course	WCSC approved Syllabus
6	Class	Non DG Course
7	Number of Students per batch	1401
8	Duration	18 Days
9	No. of Hrs/Week	2 Hours per week - Total 36 Hours program
10	Prerequisite	H.Sc with Above 50% marks and Basic knowledge about Yoga
11	About the Course	Understanding the yogic principles and implement in days to life. Yogic practise will improve memory, concentration and reduce stress level. As per government of India notification, Yoga is compulsory education in all schools, colleges and universities. AMET University is collaborated with WCSC to conduct value added course
12	Course Objective	 Trains the students to develop their body for leading a healthy life. Rejuvenates the life energy to retard the ageing process and to achieve spiritual development. Follow meditation practices to strengthen their mind, increase their will power, concentration, creativity and receptivity and ultimately to transform the mind to achieve self-realization. Practice introspection techniques to purify mind. Helps every individual to realize the enduring values of peace, no-violence and harmony to revitalize human

		society for restoring its sanity and strength			
13	Course Outcome	After completing this course, student may get awareness of yoga and how to practice yoga and get good health and stromind			
14	Topics Covered	Syllabus Attached			
15	Learning References	List of reference attached			
16	Assessment Method	Hand on Training			
17	Attendance Sheet	Copies Attached			
18	Photograph	Copies Attached			
19	Certificate Copies	Copies Attached			
20	Feedback About The Course	Copies Attached			
21	Action Taken Report	Copies Attached			

(14)

CERTIFICATE IN YOGA FOR YOUTH EMPOWERMENT (SYLLABUS) Only for School, College and University Students

Scheme of Subjects and Examinations

Paper/ Theory	Title of the paper	Hrs of	Scheme of Examination			
		Instruction	Hrs of Examination	Total Marks		
1	YOGA FOR EMPOWERMENT	18	1	100		
2	PROSPERITY OF MIND	18	1	100		
	Total	30	2	200		

Total Hours: 36

Type of Examination : Objective Method

Total 50 Questions

Each question carry 2 marks (2*50=100)

PAPER - 1 Yoga for Empowerment

18: hours

OBJECTIVE:

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

Unit:1 Physical Health:

Manavalakalai (SKY) Yoga: Introduction - Education as a means for youth empowerment - Greatness of Education - Yoga for youth Empowerment. Simplified Physical Exercises: Hand, Leg, Breathing, Eye exercises - Kapalabathi, Makarasana Part I, Makarasana Part II, Body Massage, Acu pressure, Relaxation exercises - Benefits.

Yogasanas 1 : Pranamasana - Hastha Uttanasana - Pada Hasthasana - Aswa Sanjalana Asana - Thuvipatha asva Sanjalana asana - Astanga Namaskara - Bhujangasana - Atha Muktha Savasana - Aswa Sanjalana Asana - Pada Hasthasana - Hastha Uttanasana - Pranamasana.

Pranayama: Naddi suddi - Clearance Practice - Benefits.
Simplified Physical Exercise - Kayakalpa Practices - Meditation Practices.

Unit:2 Life force

Reasons for Diseases: Natural reasons (Genetic / imprints, Planetary Position, Natural calamities and climatic changes) - Unnatural reasons (Food habits, Thoughts, Deeds)

Philosophy of Kaya kalpa : Physical body - Sexual vital fluid - Life force - Bio-Magnetism - Mind.

Maintaining youthfulness: Postponing old age - Transformation of food into seven components - Importance of sexual vital fluid - Measure and method in five aspects of life - Controlling undue Passion.

Kayakalpa practice : Aswini Mudra - Ojas breath - Benefits of Kaya Kalpa.

Unit:3 Mental Health

Mental Frequencies: Beta, Apha, Theta and Delta wave - Agna Meditation explanation - benefits.

Shanti meditation : Shanthi Meditation explanation - benefits

Thuriya Meditation: Thuriya Meditation explanation - benefits

Benefits of Blessing : Self blessing (Auto suggestion) - Family blessing -

Blessing the others - World blessing - Divine protection

Unit: 4 Values

Human Values :Self control - Self confidence - Honesty Contentment - Humility - Modesty Tolerance - Adjustment - Sacrifice - Forgiveness

Purity (Body, Dress, Environment) - Physical purity - Mental purity - Spiritual

Social Values:

Non violence - Service

Patriotism - Equality

Respect for parents and elders - care and protection - Respect for teacher

Punctuality - Time Management

Unit: 5 Morality (virtues)

Importance of Introspection: I - Mine (Ego, Possessiveness)

Six Evil Temperaments - Greed - Anger - Miserliness - Immoral sexual passion - Inferiority and superiority Complex - Vengeance

Maneuvering of Six Temperaments : Contentment - Tolerance - Charity - Chastity - Equality - Pardon (Forgiveness)

Five essential Qualities acquired through Meditation: Perspicacity - Magnanimity - Receptivity - Adaptability - Creativity (Improved Memory Power)

Reference books:

- 1. Yoga for modern age Thathuvagnani Vethathiri Maharishi
- 2. Simplified Physical Exercises Thathuvagnani Vethathiri Maharishi
- 3. Kayakalpam Thathuvagnani Vethathiri Maharishi
- 4. Thirukkural Rev.Dr.G.U.pope
- 5. Mind Thathuvagnani Vethathiri Maharishi
- 6. Sound Health through yoga Dr.Chandrasekaran
- Light on yoga BKS.lyenger

PAPER - 2 PROSPERITY OF MIND

Objective:

18: hours

Developing good Qualities and eliminating bad ones - Learning introspection practices like Analysis of Thoughts, Moralization of Desires, Neutralization of Anger and Eradication of Worries - Diversity in Men (Why Men Differ) - Yogasanas.

Unit:1 Philosophy of life

Purpose of life

Philosophy of life (Needs - Protections - Virtues - Development of knowledge)

Five Types of duties

Protection of the natural resources

Unit:2 Analysis of thoughts:

Ten stages of the Mind

Five kosas of the mind - Maintaining good Relationships

Thought - Importance of thoughts - Reasons for Thoughts

Practice of Analysis of Thoughts

Unit:3 Moralization of Desires

Definition of desire - Root causes for desires - Types of desires Desires Essential for success Practice for Moralization of Desires

Thought - Reformation - Frugality

Unit:4 Neutralization of Anger, Eradication of Worries

Anger - Reasons for Anger - Anger and Peace - III effects of anger -

Tolerance and Forgiveness - Neutralization of Anger - practice.

Diversity in Men (Why Men Differ)

Love and compassion

Eradication of Worries: Reasons for Worries - Four types of worries - III effects - results - Practice for Eradication of Worries

Yoga Practices 2:

Yoga Practices - 1 (+) Thandasana

Chakrasana (sideways)

Vruchasana

Thirikonasana - Vajrasana

Reference Books:

- 1. The world order of Holistic unity Thathuvagnani Vethathiri Maharishi.
- 2. Manavalakalai part 1 Thathuvagnani Vethathiri Maharishi.
- 3. Manavalakalai part 2 Thathuvagnani Vethathiri Maharishi.
- 4. Mind Thathuvagnani Vethathiri Maharishi.
- 5. Light on Yoga BKS.lyenger

ACADENT OF MATTINE EDUCATION AND TRAINING
TOWNS TO BE ENGINEERED
Attendance Register

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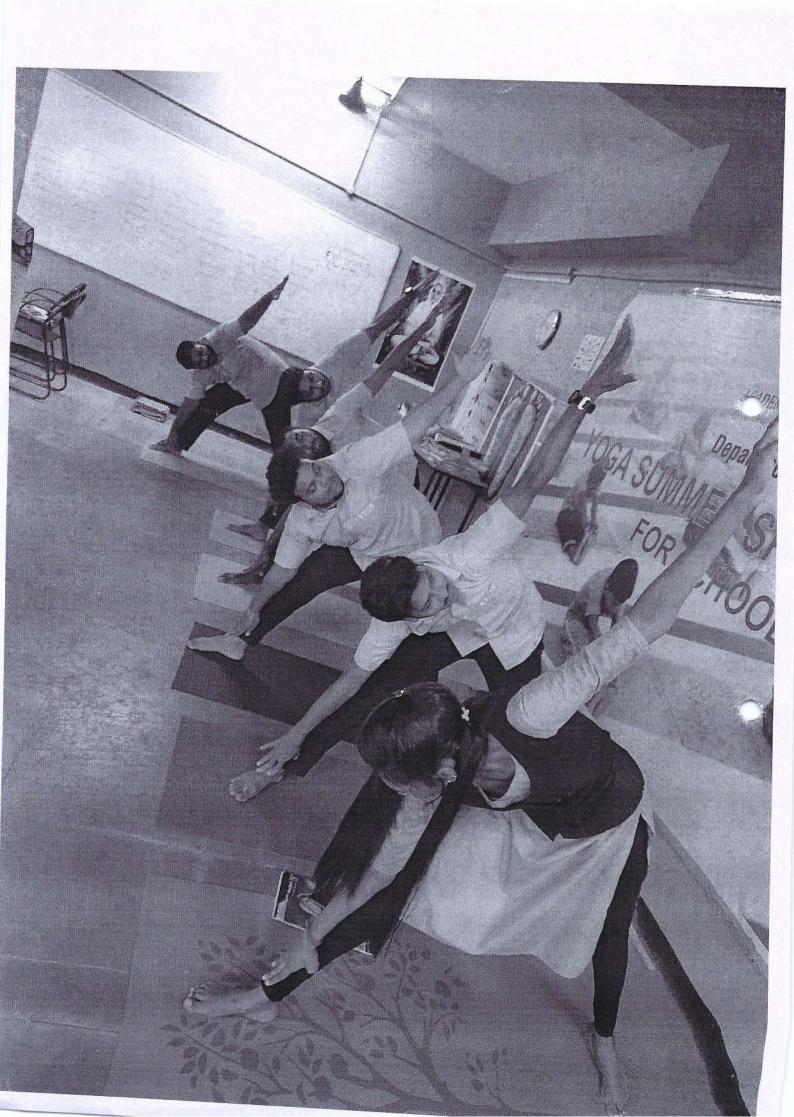
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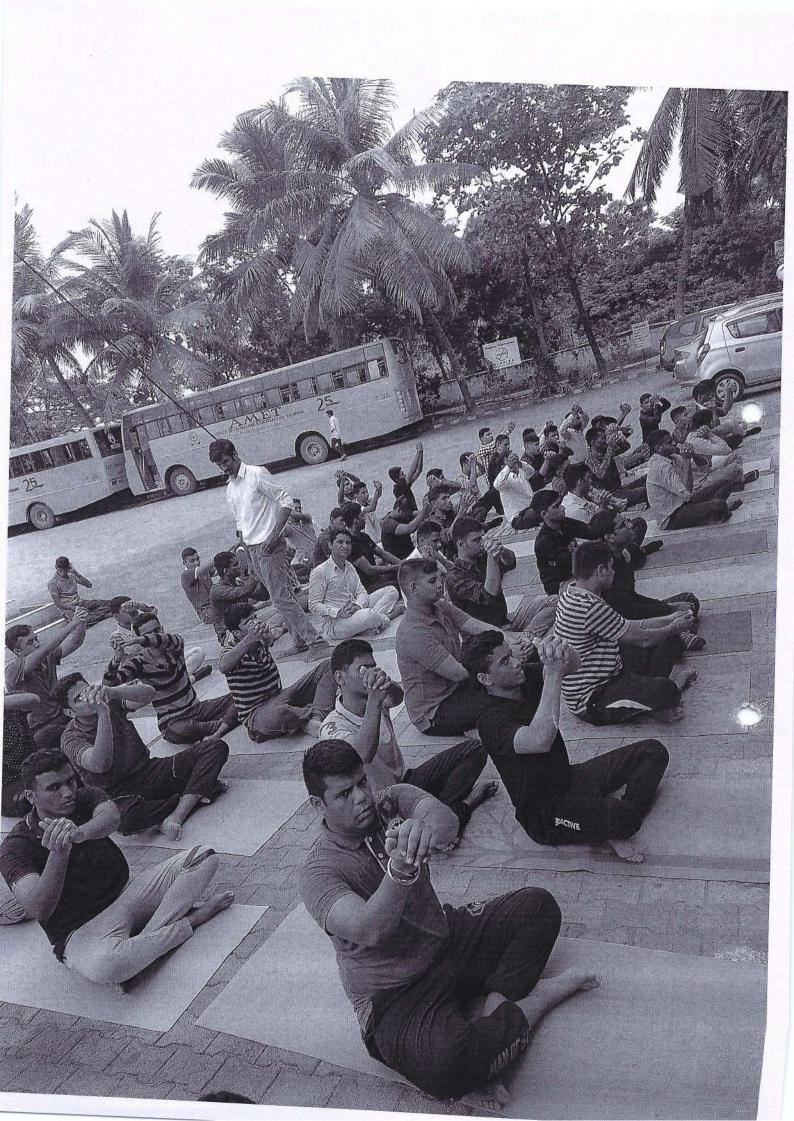
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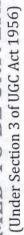
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The World Community Service Centre

CERTIFICATE

POOTA - 15062

for Health / Yoga for Youth Empowerment offered by the Centre of Yoga for Human Excellence, AMET University in association with The World Community Service Centre (WCSC), Vision for Wisdom held from Aug 2019 participated the value added program of Yoga for Haman Executence / Yoga This is to certify that Mr./Ms... to Dec 2019. (36 Hours Program)

WCSC-Kancheepuram Zone President

Registrar

Vice Chancellor



Name of the program

yoga for youth enpowerment

Date of Programme

Name of the Trainer

Name of the participant

: Nov. 2019 : Mr. Kathir. : Suresh R. FP048 : Food prowning

Department

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1	Main point of the course was clear &easily understood	V				
2	Open discussions during the course were easily understandable & very helpful to the participants	V				
3	The course instructors had command over the subject matter		V			
4	Instructors kept the people interested at all times	~				
5	I feel I learnt something to enhance my effectiveness	~				
6	Value Added Courses are well structured and effective.					
7	Prescribed text books & reference books are adequate and appropriate	V				
8	Lecture/Tutorials/practical classes are of high quality	V				
9	Student ideas are considered and addressed			V		
10	The curriculum has appropriate methods of continuous assessment method.					

(IV) Any other Comments.



Name of the program

yoga for youth enpowernment

Date of Programme

Name of the Trainer

Sampah Kuman .P

Name of the participant

ARUN. P - EE 33 5

Department

Electical and electronics engineery.

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	V				
2	Open discussions during the course were easily understandable & very helpful to the	V	415			
3	The course instructors had command over	and the second	V			
4	Instructors kept the people interested at all times		~			
5	I feel I learnt something to enhance my	~				
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9	Student ideas are considered and addressed		V			
10	The curriculum has appropriate methods of continuous assessment method.	V				

(IV) Any other Comments.



Name of the program

yoga for youth Engowernment

Date of Programme

Dec. 2019

Name of the Trainer

Mr. Kathir.

Name of the participant

Osman pli osman 13BA 0307

Department

BBA

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	~				
2	Open discussions during the course were easily understandable & very helpful to the					
3	The course instructors had command over	January 1981	V			
4	Instructors kept the people interested at all times	V		-		
5	I feel I learnt something to enhance my effectiveness	V				
6	Value Added Courses are well structured and effective.					
7	Prescribed text books & reference books are adequate and appropriate		V			
8	Lecture/Tutorials/practical classes are of	V				
9	Student ideas are considered and addressed	~				
10	The curriculum has appropriate methods of continuous assessment method.	V				

(IV) Any other Comments.

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Name of the program

Yoga for youth empowernment

Date of Programme

NOV. 2019

Name of the Trainer

chidanbaray

Name of the participant

SHARAN. B HE 158

Department

Howbour Engineering

S. No.	Parameter	Strongly agree %	Agree %	Not sure	Disagree %	Strongly disagree
1	Main point of the course was clear &easily understood	V				
2	Open discussions during the course were easily understandable & very helpful to the participants					
3	The course instructors had command over		~			
4	Instructors kept the people interested at all					
5	I feel I learnt something to enhance my		~			
6	Value Added Courses are well structured	~				
. 7	Prescribed text books & reference books					
8	Lecture/Tutorials/practical classes are of	V				
9	Student ideas are considered and addressed		~			
10	The curriculum has appropriate methods of continuous assessment method.	/				

(IV) Any other Comments.

Entra Horos Required for Practical Sessions.

Spoul.



Name of the program

yoga for yourn empowernment

Date of Programme

Dec. 2019

Name of the Trainer

Bakthavatchalan of Mr. Kathir

Name of the participant

Kerin Rey - MN 304 Muning Engineering

Department

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	1				
2	Open discussions during the course were easily understandable & very helpful to the		V			
3	The course instructors had command over the subject matter		V			
4	Instructors kept the people interested at all times		V			
5	I feel I learnt something to enhance my		V			
6	Value Added Courses are well structured and effective.	V	<u> </u>			
7	Prescribed text books & reference books	V				
8	Lecture/Tutorials/practical classes are of	V				
9	Student ideas are considered and addressed		V			
10	The curriculum has appropriate methods of continuous assessment method.	V				

(IV) Any other Comments.



Name of the program

yoga for Heath enrichment

Date of Programme

Dec-2019

Name of the Trainer

: Dr. Nindaresan

Name of the participant

Department

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	V				
2	Open discussions during the course were easily understandable & very helpful to the		~			
3	The course instructors had command over		V			
4	Instructors kept the people interested at all	~				
5	I feel I learnt something to enhance my effectiveness	V				
6	Value Added Courses are well structured and effective.	V				
7	Prescribed text books & reference books are adequate and appropriate	✓ ×				
8	Lecture/Tutorials/practical classes are of					
9	Student ideas are considered and addressed	V		-		
10	The curriculum has appropriate methods of continuous assessment method.	V				

(IV) Any other Comments.

TURE/DATE



TRAINING FEEDBACK FORM : yoga for Aealth Enrichment : NOV. 2019 (36 hours) : Kathir. : thangamani R.A MEC 250

Name of the program

Date of Programme

Name of the Trainer

Name of the participant

Department

Mechanical

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	/				
2	Open discussions during the course were easily understandable & very helpful to the		V			
3	The course instructors had command over the subject matter		V			
4	Instructors kept the people interested at all times	V				
5	I feel I learnt something to enhance my effectiveness		V			
6	Value Added Courses are well structured and effective.	V				
7	Prescribed text books & reference books are adequate and appropriate	. ~				
8	Lecture/Tutorials/practical classes are of		V			
9	Student ideas are considered and addressed			V		
10	The curriculum has appropriate methods of continuous assessment method.	· V				

(IV) Any other Comments.



Name of the program

Joga for Heath enrichment

Date of Programme

: Dec. 2019

Name of the Trainer

Name of the participant

Samparh Kumara.

AMAN VISHWAKARMA

MEC 199

Department

Mechanical Engineery

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood		V	_		
2	Open discussions during the course were easily understandable & very helpful to the	45-4	V			
3	The course instructors had command over	V				
4	Instructors kept the people interested at all	V				
5	I feel I learnt something to enhance my		~			
6	Value Added Courses are well structured		· V			
7	Prescribed text books & reference books	V				
8	Lecture/Tutorials/practical classes are of	V				
9	Student ideas are considered and addressed	✓				
10	The curriculum has appropriate methods of continuous assessment method.		V	/		

(IV) Any other Comments.

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John Worrams SIGNATURE/DATE



Name of the program

yoga for Health enrichment

Date of Programme

NOV-2019

Name of the Trainer

Chidanh aram

Name of the participant

Monisha - LCA 007 Shipping and legishup

Department

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood					
2	Open discussions during the course were easily understandable & very helpful to the participants		~			
3	The course instructors had command over	V				
4	Instructors kept the people interested at all times	~				
5	I feel I learnt something to enhance my effectiveness	V				
6	Value Added Courses are well structured and effective.	V	W			
7	Prescribed text books & reference books are adequate and appropriate		V			
8	Lecture/Tutorials/practical classes are of	V				
9	Student ideas are considered and addressed		V			
10	The curriculum has appropriate methods of continuous assessment method.	V				

(IV) Any other Comments.



Name of the program

yoga for health enrich ment

Date of Programme

NUV- 2019

Name of the Trainer

Sampath kumars.
Gow than B FP 837.
Food prounting

Name of the participant

Department

S. No.	Parameter	Strongly agree %	Agree %	Not sure %	Disagree %	Strongly disagree
1 .	Main point of the course was clear &easily understood	V				
2	Open discussions during the course were easily understandable & very helpful to the		V			
3	The course instructors had command over	<u> </u>				
4	Instructors kept the people interested at all		~			
5	I feel I learnt something to enhance my effectiveness	~				
6	Value Added Courses are well structured	/	· V			
7	Prescribed text books & reference books are adequate and appropriate					
8	Lecture/Tutorials/practical classes are of		V			
9	Student ideas are considered and addressed	/	/			
10	The curriculum has appropriate methods of continuous assessment method.	/				

(IV) Any other Comments.

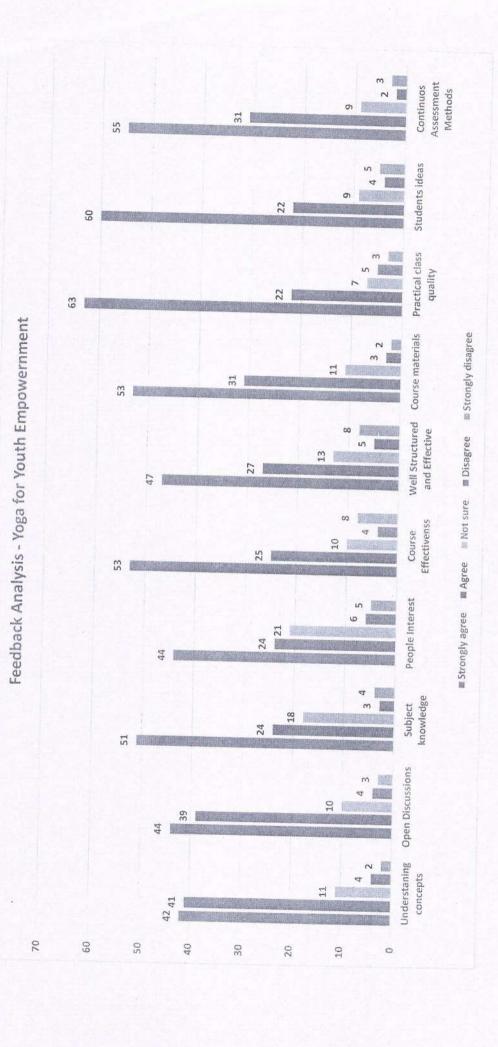
Course makinal carbo Shared as

Hard Cory

	Feeback Analysis	
Course Name : Yoga For Youth Empowernment	Non-DG Courses	

Total Students - 1402, Reponded - 1150

S. no.	Parameter	Short form of Parameter	Strongly agree 1	Agree	Not sure	Disagree	Strongly	Total
1	Main point of the course was clear &easily understood	Understaning concepts		,	7.	у.	disagree %	
2	Open discussions during the course were easily understandable & very helpful to the participants	Open Discussions	42	41	11	4	2	10
3	The course instructors had command over the subject matter	Subject knowledge	44	39	10	4	3	10
4	Instructors kept the people interested at all times	People Interest	51	24	18	3	4	100
5	I feel I learnt something to enhance my effectiveness	Course Effectivenss	44	24	21	6	5	100
6	Value Added Courses are well structured and effective.	Well Structured and Effective	53	25	10	4	8	100
7	Prescribed text books & reference books are adequate and appropriate	Course materials	47	27	13	. 5	8	100
8	Lecture/Tutorials/practical classes are of high quality	Practical class quality	53	31	11	3	2	100
9	Student ideas are considered and addressed	Students ideas	63	22	7	5	3	100
10	The curriculum has appropriate methods of continuous assessment method.	Continuos Assessment Methods	55	31	9	4	5	100







CENTRE FOR YOGA AND HUMAN EXCLLENCE

Course brochure for Yoga for Youth Empowerment

Course Brochure

Yoga for Youth Empowerment		
World Community Service Centre, Pollachi, Aliyar		
Bakthavatchalam S		
Sampath Kumar		
Paper 1 – Yoga and Empowerment Paper 2 – Prosperity of Mind		
Class room and Yoga Centre		
1000 Approximately		
36 Hours – Sep 2019 to Nov 2019		

Course Brochure

Pre-Rquisite	Basic knowledge about yoga and exercises
About the Course	This course is designed by WCSE, Pollachi, Aliyar
Course Objectives	 Trains the students to develop their body for leading a healthy life. Rejuvenates the life energy to retard the ageing process and to achieve spiritual development. Follow meditation practices to strengthen their mind, increase their will power, concentration, creativity and receptivity and ultimately to transform the mind to achieve self-realization. Practice introspection techniques to purify mind. Helps every individual to realize the enduring values of peace, no-violence and harmony to revitalize human society for restoring its sanity and strength.
Course Outcome	After completing this course, student may attain good health and strong mind
Topics Covered	Physical Health, Strengthening Life Force, Wellness of Mind, Virtues, Morals Philosophy of Life, Analysis of Thoughts, Moralization of Desires, Neturalsation of Anger and analysis of thought

Learning References	QCI Yoga Book, CBSE 12 th Standard book			
Assessment Method	Objective questions and Practical Test			

Course Brochure

Maintained in each department and Classes. Excel sheet maintained			
Available			
Preparation is going on			
To be collected			
No negative feedback			

UG Courses

	S.No	UG C Course	ourses		
	1 B.Sc	Nautical Science	Batch Code	Current Year	No. of Students
		: - Nautical Science	BSC(NS)-16	III	
		Nautical Science	BSC(NS)-17	11	248
		- Marine Engineering	BSC(NS)-18		307
	5 B.F.	- Marine Engineering	BE(ME)-16	IV	277
	6 B F	- Marine Engineering	BE(ME)-17	111	200
	7 R F	Marine Engineering	BE(ME)-18	II	247
	9 D E	- Marine Engineering	BE(ME)-19	i i	231
	0 D.E.	Naval Architecture and Offshore Engineering	BE(NA)-10	iv	146
	10 D.C.	Naval Architecture and Offshore Engineering	BE(NA)-11	III	81
	11 0 5.	Naval Architecture and Offshore Engineering	BE(NA)-12	11	72
	11 B.E	Naval Architecture and Offshore Engineering	BE(NA)-13		49
	12 D.E	Electrical and Electronics Engineering-Marine	BE(EEEM)-9	IV	33
	13 B.E	Electrical and Electronics Engineering-Marine	BE(EEEM)-10	III	29
	14 D.E	Electrical and Electronics Engineering-Marine	BE(EEEM)-12	"	47
	13 B.E	PETROLEUM ENGINEERING	BE(PE)-9	IV	35
	10 B.E	PETROLEUM ENGINEERING	BE(PE)-10		68
Simul	1/ B.E	PETROLEUM ENGINEERING	BE(PE)-11	Ш	49
	18 B.E	PETROLEUM ENGINEERING	BE(PE)-12	ll i	20
	19 B.E	HARBOUR AND OCEAN ENGINEERING	BE(HE)-9		18
	20 B.E	HARBOUR AND OCEAN ENGINEERING	BE(HE)-10	IV 	7
	21 BE- M	ECHANICAL ENGINEERING	BE(MECH ENG)-3	111	13
	22 BE- M	ECHANICAL ENGINEERING	BE(MECH ENG)-4	IV	82
	23 BE- M	ECHANICAL ENGINEERING	BE(MECH ENG)-5	III	69
	24 BE- M	ECHANICAL ENGINEERING	BE(MECH ENG)-6	II	71
	25 BBA - :		BBA-3		113
	26 BBA - 5		BBA-4	Ш	110
	27 BBA - 9		BBA-5	11	118
	28 B.Com	- Logistics and Computer Applications			74
	29 B.Com	- Logistics and Computer Applications	BCom(LCA)-3	III	14
	30 B.Com	- Logistics and Computer Applications	BCom(LCA)-4	II	21
	31 B. Tech	Food Processing Technology	BCom(LCA)-5	1	13
	32 B.Tech.	- Food Processing Technology	BTech(FPT)-1	IV	21
	33 B. Tech.	- Food Processing Technology	BTech(FPT)-2	III	23
ye26	34 B.Tech.	- Food Processing Technology	BTech(FPT)-3	11	12
-	35 B.E N	lining Engineering	BTech(FPT)-4	1	6
	36 B.E M	lining Engineering	BE(MINE) - 1	IV	15
	37 B.E M	lining Engineering	BE(MINE) - 2	III	37
	38 B.E M	ining Engineering	BE(MINE) - 3	II	27
	39 B.E El	ectrical and Electronics Engineering	BE(MINE) - 4	1	10
	40 B.Sc. (H	ons) Robotics and Artificial Intelligence	BE(EEE)-1	п	24
	41 B.Voc	Banking, Financial Services and Insurance	BSc(RAI)-1	1	8
To	tal	or vices and insurance	BVoc(BFSI)-1	1	13
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