

Vazhga Vaiyagam

Vazhga Valamudan

May the whole world enjoy prosperity, happiness and peace

ANNA UNIVERSITY
 Centre for Blended Learning and Human Empowerment
 &
WCSC-VETHATHIRI
MAHARISHI COLLEGE OF YOGA



*Offers an Opportunity
to pursue*

**Certificate course in
Yoga for Human Excellence
(Online/Blended-Web based)**

Our Vision

Helping the participants to unlock their full potential and establish their own identity in society.



Dr.R.Velraj,
Vice Chancellor,
Anna University.

The major vision of Anna University is to develop a sustainable higher education system through i) state-of-the-art teaching and learning, ii) research and innovation, iii) the creation of an entrepreneurial ecosystem, and iv) outreach activities addressing social, economic, and environmental challenges. The core objective of the university is to work for the upliftment of humanity at large.

SKY YOGA is a holistic, simple, and scientific approach to yoga formulated by Vethathiri Maharishi, who possessed profound knowledge in both ancient Indian yogic practices and the medicinal disciplines of Ayurveda, Siddha, and Homeopathy. Achieve success through SKY, beat stress, and enjoy enduring happiness. WCSC's Vision is world peace, and its Mission is world peace through individual peace.



SKM.Maeilanandhan,
Padmashree Awardee
President, WCSC.

For further details contact

i) Yoga:

The Principal, Vethathiri Maharishi College of Yoga,
No.26, 2nd Seaward Road, Valmiki Nagar,
Thiruvannamiyur, Chennai – 600 041.
Ph: +91 72009 71372, 93810 25289.
Email: lms.auvmcy@vethathiri.ac.in

ii) Certificate courses:

The Director, Centre for Blended Learning and Human Empowerment,
Email: dircbhlhe@gmail.com



KAYAKALPA YOGA

- Secret to Anti-Ageing
- Increase Immunity

WCSC – The Organization

The World Community Service Centre (WCSC) was founded by our spiritual father, Thathuvagnani Vethathiri Maharishi, in 1958. He formulated the Simplified Kundalini Yoga (SKY) system, also known as "Manavalakkalai Yoga" (SKY Yoga), which is taught as yoga for holistic health with education and practices. The SKY system helps millions of practitioners and aspires to benefit many more.

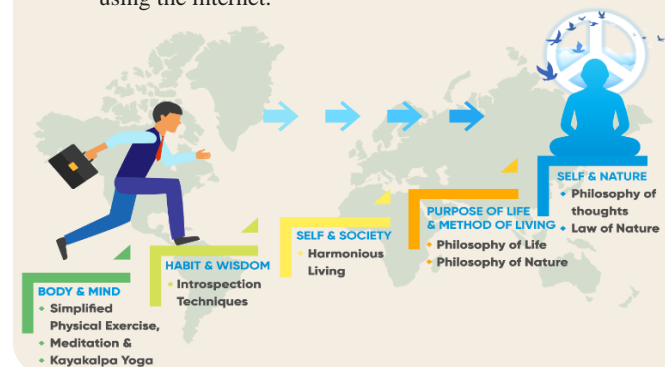
3 "R"s for a successful career

- 1) Receptivity
- 2) Retention
- 3) Reproduction

The courses aim to develop and nurture these three qualities, as well as the quality of perspicacity (the ability to understand an issue and make appropriate decisions in the quickest possible time) in the practitioner.

Examination & Study Materials

- ❖ Two internal tests and one model test will be conducted during the course.
- ❖ Certificate will be awarded to the successful participants.
- ❖ The e-contents of the course will also available on the Anna University website (<https://lms.annauniv.edu/>)
- ❖ Participants can access the reference materials directly from the website and study them at their convenience using the internet.



Course - a Bird's eye view

- ❖ Participants can acquire knowledge and skills in Yoga for Human Excellence, with specific emphasis on the development of physical, mental, social, and spiritual health and values for their future development. This will enhance the personality of the participants.
- ❖ Students in any regular course can additionally take up the Certificate course in Yoga for Human Excellence.
- ❖ This course is prepared in a modular format under the e-learning process (virtual education) of modern technology. Participants can easily learn through self-study as well as face-to-face practical training.

Course Profile

- ❖ **Duration of course:** 4 months course work for Certificate.
- ❖ **Eligibility for admission:** A pass in +2, 10+2, or its equivalent from a recognized board of the respective Government.
- ❖ **Medium of Instruction:** The medium of instruction, examination, and project reports will be in English and Tamil.
- ❖ **Class schedule:** Total 45 hours Basic (Online) & 55 hours Advance (Hybrid).

Ensuring Benefits

Participants who diligently practices the systematic training given in the above course will benefit as this training:

- ❖ Ignites the young mind towards higher goals in life rather than indulging in distractions.
- ❖ Improves physical strength and enhances longevity.
- ❖ Helps in disciplining the mind and improves memory and concentration, i.e. retention, reproduction and perspicacity.
- ❖ Inculcates Virtues and Valued principles in young minds.
- ❖ Promotes peace and harmony in the practitioner, which then manifests in their surroundings.
- ❖ Is recognized as a valuable human resource development practice by many institutions, thus enhancing the student's career profile.

Content of Course

- 1) Physical Health
- 2) Strengthening the Life force
- 3) Wellness of Mind
- 4) Prosperity of Mind (Module 1)
- 5) Prosperity of Mind (Module 2)

Content of Each Unit

- 1) Reading material
- 2) Vethathiri Maharishi speech
- 3) Professor speech
- 4) SKY Yoga practice
- 5) Quiz
- 6) Assignment
- 7) Interaction
- 8) Examination

Registration Details

- ❖ To enrol in the Yoga for Human Excellence course, please visit this URL: www.auelearn.annauniv.edu

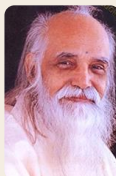
Course Fee Details:

INDIA:

- ✓ Certificate course in YHE (Basic): Rs.3,500/-
- ✓ Certificate course in YHE (Advance): Rs.5,000/-

ABROAD:

- ✓ Certificate course in YHE (Basic): \$100
- ✓ Certificate course in YHE (Advance): \$125



"My mission is character building through education beyond"
- Yogiraj Vethathiri Maharishi

Evaluation System

The Evaluation is based on two assessments,

Sl. No	Assessment Type	Assessment Pattern	Marks
1	Assessment 1	Assignment/Case Study/Quiz	40
2	Assessment 2	Multiple Choice Questions and Short Answers	60
			100

Passing Requirement

A minimum of 50% of total marks for the prescribed course.

Textbooks

- 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.



MoU between Anna University and WCSC-Vethathiri Maharishi College of Yoga.