

Paper number

Paper - 1

Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER -1:PHYSICAL HEALTH

Paper code: DYHE 01

Objective :

1. Physical exercises and food habits to lead a healthy life.
2. Principles of Yoga and Physical education.
- 1 : 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. 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 : 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: 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: 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, Makarasana, Uthana Padasana,□

5.3 Pranayama :-

Naddi suddi , Ujjai , Seettali, Seethkari , Kapalapathi

5.4 Mudras :-

Aswini mudra, kesari mudra, Aadhi mudra, Gnan mudra (Chin mudra) Vaayu mudra – Prithvi mudra-Pran mudra – Aban mudra –
Abana vaayu mudra – Varuna mudra – Shunya mudra - Suriya mudra – Ling mudra

5.5 Bandha

Moola Bandha , Jalandhara Bandha, Uttiyana bandha

Paper title: Art of Rejuvenating the Life force and Mind

Paper number

Paper - 2

Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER-2: ART OF REJUVENATING THE LIFE-FORCE & MIND

PAPER CODE: DYHE-02

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. 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, realization 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 – Agna – Shanthi – Thuriyam – Thuriyateetham – seven centres-

Benefits of meditation.

3. 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 –passes for healing

3.4 Mirror gazing

Intensifying the bio-magnetism – astral projection- guidelines for practice- benefits –passes for healing

4. Meditation

4.1 Agna mediation

Agna-Initiation through touch-purification of body and soul – conscious state-awareness – withdrawal from sensory activities-Akarma 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 Praraphtha karma-Development of brain cells-Pineal gland – frequency – benefits.

4.4 Thuriyateetham Meditation

Concept – merging of soul with Almighty – Expiation of all imprints – Perfection of consciousness- benefits

5. 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.

Paper title:Sublimation & Social Welfare

Paper number

Paper - 3

Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER -3:SUBLIMATION AND SOCIAL WELFARE

PAPER CODE : DYHE-03

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. 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. 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. 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. 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□
 - 4.4 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. 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

Paper title: Science of Divinity & Perfection

Paper number Paper - 4
Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER – 4: SCIENCE OF DIVINITY AND PERFECTION
PAPER CODE : DYHE-04

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

- 1.1 Gravity – Four Qualities : Plenum - force – consciousness – time
- 1.2 Three Laws : Transformation - mutation – cause and effect
- 1.3 Objectives of religion
- 1.4 Merging with Almighty – space alone Almighty – unified
force – space – Dust particle.

UNIT -2: VETHATHIRI MODEL OF UNIVERSE

- 2.1 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
- 2.2 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
- 2.3 Universal magnetism – various concepts about evolution of universe – planets, stars , galaxies- function
- 2.4 Relation between planets and living beings – wave theory

UNIT -3 : EVOLUTION OF LIVING BEINGS

- 3.1 Eight Phenomena of living beings - History of living beings one sense plants to five sense animals – consciousness is living beings- cognition, experience, discrimination – obstruction of bio magnetism as perception – specific gravity principle.
- 3.2 Evolution of mankind and sixth sense – assumption – cause and effect system
- 3.3 Bio magnetism – feelings- pleasure, pain, peace, ecstasy - love and compassion
- 3.4 Divine meditation.

UNIT -4 : GENETIC CENTRE

- 4.1 Genetic Centre – function – compressing as imprint – expanding a thought –
Sanjitha, Praraptha, Akamiya karma purification of Genetic Centre - contamination of genetic centre
- 4.2 Value of silence observation – meditation and introspection – perfection
- 4.3 Manoeuvring of six temperaments : - Greed – content, Anger- patience, miserliness – charity , Inferiority superiority complex – equality, immoral passion – chastity , vengeance – forgiveness
- 4.4 Sins and methods of clearing imprints – expiation , super imposition - dissolution – life before and after death – Ten ways of purifying genetic centre

UNIT -5: PERFECTION IN CONSCIONSNESS

- 5.1 Who am I - self-realization – god realization – order of function- fraction demands, totality supplies – merging with oneness
- 5.2 Cause and effect system – Law of Nature – awareness

5.3 Karma Yoga – duty consciousness – thankfulness – Ten principles of karma yoga □

5.4 Love and compassion – services to humanity.

Paper title □Yoga Practices 1

Paper number Paper - 5
Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER -5:YOGA PRACTICE –I
PAPER CODE : DYHEP-05

Objectives □

Exercises for Physical health – Exercise for longevity Mediation 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 – Clearence – Thuriya – Thuriyatheetham.

UNIT – 4: INTENSIFICATION OF BIO MAGNETISM

Lamp gazing (should be learnt directly in the personal contact programme (PCP) arranged in the Acharya Nagarjuna University Campus

UNIT -5: YOGASANAS

Padmasana, Vajrasana, Chakrasana (side posture), Vrikshasana, Yoga mudra, Paschi-mothhasana, Ushtrasana, Vakkarasana, Salabhasana

Paper title□Yoga Practices 2

Paper number

Paper - 6

Maximum marks

Model Question Papers / Past Question Papers

Syllabus details

PAPER -6:YOGA PRACTICE – II

PAPER CODE : DYHEP-06

Objective :

Meditation , Mirror gazing for intensifying bio magnetism special yogasanas.

UNIT -1: SPESICAL YOGASANAS□

Bhujangasana, Dhanurasana, Sarvangasana, Matsyasana, Halasana, Navukkasana, Navasana, Pavana Muktasana, Savasana, Makarasana, Uthaana Padasana, Chakrasana , Siddhasana, Artha Chakrasana , Utkadasana, Mandukasana, Suptha Vajrasana, Parvathasana, Tholangulasana , Ushtrasana , Mahamudhra, Artha Pavana Muktasana , Gomukhasana, Savasana -Stage 1, 2, 3, 4

UNIT -2: PRANAYAMA□

Naddi suddhi , Ujjai , Seethali, Seethkari , Kapalabathi

UNIT -3: MUDRA & BANDHA

Aswini mudra, Khechari mudra, Aadhi mudra, Gnana mudra (Chin mudra) Vaayu mudra – Prithvi mudra- Prana mudra – Apana mudra – Apana Vaayu mudra – Varuna mudra – Surya mudra – Linga mudra
Moola Bandha , Jalandhara Bandha, Uddiyana 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