

Nallamuthu Gounder Mahalingam College (Autonomous)

Pollachi

Department of Human Excellence

Vision

- To achieve Human Excellence through Physical fitness, mental awareness, Emotional Stability and Spiritual awakening for one and all.
- To manifest the infinite Potentials by conserving Energy efficiently to empower the youth.
- To attain contentment in life and realize the life goals.
- To bring world peace through individual peace.

Mission

- To attain peace, prosperity, health, happiness, harmony and wisdom for all.
- To be committed in Excellence in transferring knowledge to serve the social, cultural and spiritual needs of the society
- To respect and pursue the professional ethics for overall benefit.
- To attain social security through self discipline and service.
- To work to bring glory to National pride with attitudinal change.
- To make the right choice in life, excel in the same; be useful to all and to experience the sense of fulfilment.

Program Educational Objectives:

PEO1	Improving the physical health, leading a virtuous life, character building, attaining self realization through meditation and to manifest the hidden potentials, to develop Consciousness and to render service to society with ecstasy.
PEO2	Understanding the greatness of family relationship and the significance of chastity, understanding the greatness of womanhood, karma yogic life in the family with peace and happiness.
PEO3	Imparting the characteristics which enrich the personality development, improving leadership traits, realization of the need for time management, knowing the importance of the philosophy of cause and effect through professional ethics and to empower the mind to get prosperity in life.
PEO4	To educate the fundamental rights and duties, Greatness of Indian Culture, Understanding the problems of racial discrimination, terrorism, and Economic marginalization and seeking solutions to achieve prosperity, happiness and peace in the world

Program Outcomes:

PO1	Life-long Learning: To understand self realization through meditation practices and various family values like kindness, duty, moral values and to know the greatness of family relationship to develop love and compassion for all living beings.
PO2	Professional Ethics : To promote the professional ethics through moral principles and to change the mind-set of youth to render service for the development of the society.
PO3	Integrated Value System : To recognize the cultural ethical pride of the country and to maintain the unity beyond caste, race, language and culture and to attain the world peace.
PO4	Physical and Mental Wellness : To maintain physical fitness, emotional stability and character building through introspection practices for purification of thoughts and to moralize the desire and to neutralize the anger and to lead peaceful life.

Mapping

PEOs POs \ PSOs	PEO1	PEO2	PEO3	PEO4
PO1	H	M	M	H
PO2	M	M	H	H
PO3	H	H	M	M
PO4	H	M	M	H

Programme Code:	-			Programme Title:	-	
Course Code:	22HEC101			Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Personal values & SKY Yoga Practice - I	Semester:	I
					Credits:	1

Course Objective

- To realize the need for achieving Human excellence, aim of life, philosophy of life, Character enhancement, physical health, mental prosperity and nurturing life-force.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember the significance of individual's character building, physical health, mental prosperity and nurturing the life-force.	K1
CO2	To understand the capabilities of elevating oneself through maintaining good physical and mental health.	K2
CO3	regular practicing of simplified physical exercise, Kayakalpa exercise and self-introspection.	K3
CO4	Exploring the subjective and objective of the mind through Ashtanga Yoga	K4
CO5	To analyze the thought, desire and without anger and worries enjoy peace in the mind	K5

Programme Code:	-			Programme Title:	-	
Course Code:	22HEC202			Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Family values & SKY Yoga Practice - II	Semester:	II
					Credits:	1

Course Objective

- To realize the greatness of the relationship of the family members.
- Creating a blissful marital life with love and compassion through blessing.
- Respect women and bring family peace to following the principles of karma yoga.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember the fact that the blessings family members brings peace in the family	K1
CO2	To understand the greatness of family with physical and mental health.	K2
CO3	To removes obstacles in yoga practice, for doing exercises, meditation and introspection.	K3
CO4	Enhances the quality of life in the family through physical and mental exercises.	K4
CO5	To realize the rights of women and respect the womanhood and follow the karma yoga.	K5

Programme Code:	-			Programme Title:	-	
Course Code:	22HEC303			Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Professional values & Ethics - SKY Yoga Practice - III	Semester:	III
					Credits:	1

Course Objective

- Following professional ethics through cause and effect system
- To achieve success in the work with passion for excellence by empowering the mind

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To gain excel in the profession.	K1
CO2	To understand cause and effect system and time management and to develop passion for excellence.	K2
CO3	To develop the leadership qualities for the professional upliftment	K3
CO4	To develop the positive thought for lifestyle enhancement.	K4
CO5	The Practicing asana and meditation for the holistic development of the students.	K5

Programme Code:	-			Programme Title:	-	
Course Code:	22HEC404			Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - Social values & SKY Yoga Practice - IV	Semester:	IV
					Credits:	1

Course Objective

- Man is the integral part of the society which insists harmonious relationship between man and society.
- To create a drug addiction free society with morality through purity of mind.
- Realize the importance of central message of religions and eliminate the social upheavals through the moral education

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember that human evolution has occurred through transformation and manifestation of the Almighty, to create a balanced society.	K1
CO2	To understand the reasons for disparity among human beings to strengthen the unity in the society.	K2
CO3	To realize that Sangya philosophy enhances the concept of meditation.	K3
CO4	Maintaining the social welfare through Physical health and purity of mind.	K4
CO5	To realise the social responsibility and to develop the service to the society	K5

Programme Code:	-			Programme Title:	-	
Course Code:	22HEC505			Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Human Excellence - National values & SKY Yoga Practice - V	Semester:	V
					Credits:	1

Course Objective

- Educating the fundamental rights and duties of citizens.
- Achieving national integration and peace through cooperation by following unity in diversity.
- Developing tolerance among religions and enhancing service motive for national benefit

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember one's fundamental rights and duties for national integration and peace	K1
CO2	To understand the importance and practices of Hatha Yoga	K2
CO3	To apply improving physical health and mental prosperity render service and sacrifice for national security	K3
CO4	To analyse developing tolerance among religions through spiritual growth for achieving national integration	K4
CO5	To execute world peace through individual peace following values in life.	K5

Programme Code:	B.Sc./B.A./B.Com.		Programme Title:	B.A., B.Sc., B.Com.,	
Course Code:	22HEC606		Title	Batch:	2022 - 2025
Lecture Hrs./Week or Practical Hrs./Week	2	Tutorial Hrs./Sem.	30	Semester:	VI
			Human Excellence - Global values & SKY Yoga Practice - VI	Credits:	1

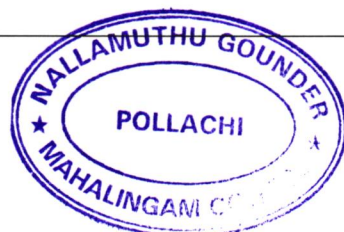
Course Objective

- The decisions we make every day are a reflection of our values.
- Utilizing natural resources and finding the solution for ecological imbalances.
- Creating a world with good political governance and improved culture.

Course Outcomes

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level
CO1	To remember that man is the responsible for preservation and destruction of nature.	K1
CO2	To understand the truth that the absence of spiritual knowledge is the reason for racial discrimination and cultural degradation.	K2
CO3	Creating a world without economic imbalance through physical and mental health.	K3
CO4	Creating a new world without racial discrimination and terrorisms through spiritual development.	K4
CO5	To execute individual peace to world peace through to follow values in life	K5



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