



Nallamuthu Gounder Mahalingam College

(An Autonomous Institution, Affiliated to Bharathiar University)
90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.
95th Rank in NIRF – 2023 among Colleges in India.



7.3.1 Institutional Distinctiveness

HUMAN EXCELLENCE FOR HOLISTIC DEVELOPMENT

Value based education includes the development of humanistic, ethical, Constitutional, and universal human values of truth(satya), righteous conduct(dharma), peace(shanti), love(prem), nonviolence (ahimsa), scientific temper, citizenship values, and also life-skills. When education is based on the principles of human excellence found in yoga philosophy, it lays a solid groundwork for value-based education. Ancient Indian wisdom and yogic philosophy has long been revered for their holistic approach to life. Yoga is rooted in a rich heritage of spiritual teachings and practices of India. In the modern times, it is esteemed globally for its ability to enhance physical fitness, mental serenity, and emotional well-being. Recognizing the immense benefits of yoga, the United Nations has officially acknowledged it as a transformative practice that can foster joy, health, peace, and a profound sense of unity with the universe. This recognition led to the establishment of the International Day of Yoga on June 21st each year, aimed at raising awareness about the manifold advantages of integrating yoga into daily life.

Prime Minister Narendra Modi has lauded yoga as a catalyst for ushering in a new era marked by peace, compassion, fraternity, and holistic progress for humanity.

Incorporating Indian Ethos into Education

In today's fast-paced world, it has become more crucial than ever for the younger generation to imbibe the timeless wisdom of India. Realizing this vital need as early as in 1987, the College introduced "Ethics and Culture" under the astute guidance of the President of the



Criteria: **VII : Institutional Values and Best Practices**

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College, Dr. B.K. Krishnaraj Vanavarayar. This emancipatory learning transcended traditional academics to nurture a comprehensive understanding of ethical principles and cultural heritage. Termed as the "NGM Model" by the University Grants Commission, the Ethics and Culture curriculum underwent a transformation in 2006 and emerged as "Human Excellence Education." This evolution symbolized the institution's commitment to fostering well-rounded individuals who are not only academically adept but also emotionally resilient and spiritually awakened.

Empowering Students for Life

The chairman and Patron, Late Aruthchelvar Padma Bhushan Dr. N. Mahalingam used to say that “if a student is to be endowed with intellect and creativity, he or she should be inculcated with ethics and culture education in addition to regular syllabus at the educational institutions”. “The Lamp” in the hands of the Lady in the College Coat of Arms indicates the enlightenment of mind and soul that our students get through the Human Excellence education. The Lamp also symbolizes the removal of ignorance. The Human Excellence Education program is tailored as a transformative journey for students, guiding them towards holistic development across physical, mental, emotional, and spiritual dimensions. With a vision to empower individuals to lead fulfilling lives, the program amalgamates meditation techniques, yoga postures, breathing exercises, and ethical values into a cohesive educational framework. The program is given in Part IV of the curriculum, for all the Under graduate students. A well-defined curriculum for each semester, transaction with the students by qualified faculty, assignments and practices and End semester assessments (Theory and Practice) enhances the rigour of the programme.

At the core of the yogic path to wellbeing lie the ethical and moral precepts. Each semester of the



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program is dedicated to cultivating a specific set of values that are essential for personal growth and societal contribution. In the first semester, the focus is on personal values, helping students develop a strong sense of self-awareness and self-identity. The subsequent semesters delve into family values, professional values, social values, national values, and global values, fostering a sense of responsibility and connectedness to larger communities and societies.

Enriching Curriculum with Timeless Wisdom

Human Excellence Education draws inspiration from the philosophical musings of Swami Vivekananda and Swami Vethathiri Maharishi. By incorporating their teachings on enriching the body, mind, and spirit through physical exercises and meditation techniques the program offers a multifaceted approach to personal growth and societal contribution. As such the curriculum is devoid of religious connotations and focuses on universal moral values of righteousness and integrity. The practice of Yogasanas, complemented by teachings of SKY (Simplified Kundalini Yoga) by Vethathiri Maharishi, serves as a practical application within the Human Excellence Education course. Through a blend of breathing techniques, meditation practices, and physical asanas, students experience a holistic fusion of physical vitality and mental well-being. Hand, leg and eye exercises, Kapalabhati, Makarasana, massage, acupressure and relaxation techniques serve as a holistic remedy for a myriad of health concerns.

Human Excellence for Sustainable Development

The ethos of Human Excellence Education aligns seamlessly with the Sustainable Development Goals, heralding a pathway to address global challenges and nurture a sustainable future for all. By promoting physical and mental health, gender equality, quality education, sustainable communities, and peace, the program contributes significantly towards advancing these pivotal goals.



Criteria: **VI: Institutional Values and Best Practices**

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Yoga for All

Through a spectrum of events and activities that advocate overall well-being, individual empowerment, community solidarity, and non-violence, the Department of Human Excellence emerges as a beacon of tranquility and rejuvenation. The serene ambience of the spacious yoga halls and meditation center offers a sanctuary for both faculty and students to seek solace and revitalization of mind, body, and soul. Beyond the confines of the curriculum, the Human Excellence Education department extends its services to the broader College community. By offering faculty development programs and administrative training initiatives infused with yoga-based tools for stress management, concentration enhancement, and work-life harmony, the department facilitates a culture of holistic well-being in professional realms.

Human Excellence education places a strong emphasis on celebrating International Yoga day every year with specific objectives to raise awareness on Human excellence education, stress reduction techniques, promoting good health practices and fostering community bonds. Students and Faculty from all the departments of the institution and from nearby Schools come together to celebrate the day.

The annual feedback analysis conducted enables a comprehensive understanding of the course's impact on students' overall well-being and personal growth. This continual refinement process ensures that the curriculum evolves to meet the dynamic needs of students and society, engendering a transformative educational experience rooted in timeless Indian knowledge system and modern applications.

Feedback from Students:

<https://www.youtube.com/@ngm-college/videos>

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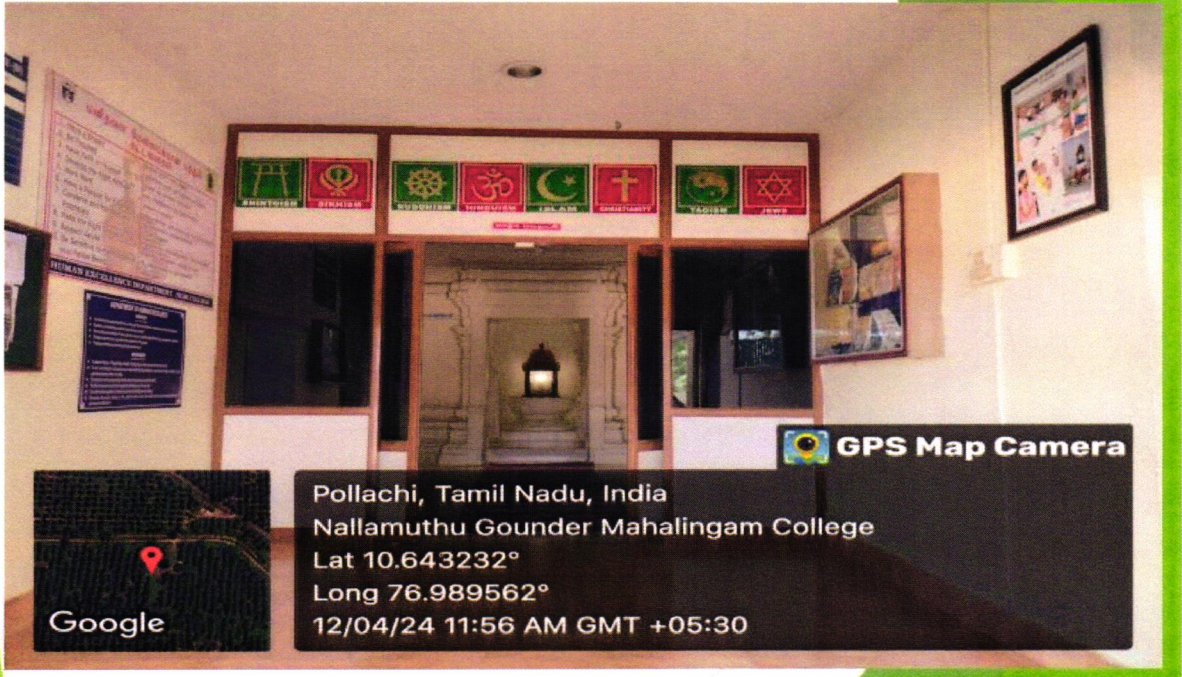


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மனிதவள மேன்மைக்கான பத்துக் கட்டளைகள்	
1. Have a Dream	இலக்கை நோக்கி கனவு காணுதல்
2. Be Focused	குறிக்கோளை பற்றிய ஒரே சிந்தனையுடன் இருத்தல்
3. Have Faith in Yourself	உங்கள் மீது நம்பிக்கை கொள்ளுதல்
4. Develop the Right Attitude	நல்ல மனோநிலையை வளர்த்துக்கொள்ளுதல்
5. Work Hard	கடினமாக உழைத்தல்
6. Have a Passion for Excellence	மனித வளமையை அடைவதற்கு முழு ஈடுபாட்டுடன் இருத்தல்
7. Conserve and Manifest your full Potentials	முழு திறமையை ஒருங்கிணைத்து செயல்படுத்துதல்
8. Make the Right Choice in Life	வாழ்க்கையில் சரியானவற்றைத் தேர்ந்தெடுத்தல்
9. Respect Values	வாழ்க்கை பண்புகளை மதித்து நடத்தல்
10. Be Sensitive to the Miseries of your Fellow Beings.	சக மனிதர்களுடைய துன்பங்களில் பங்குபெறுதல்

HUMAN EXCELLENCE DEPARTMENT - NGM COLLEGE




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FEEDBACK



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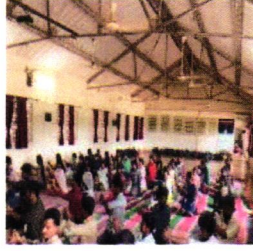
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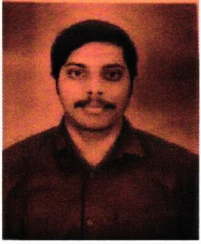
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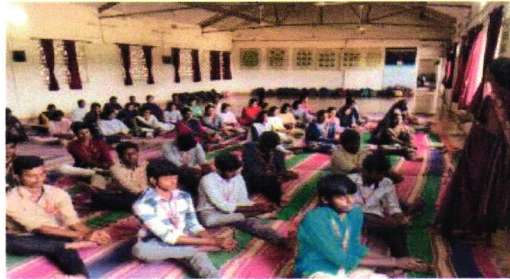
A. Selvakumar
17-TM-09



“மனிதவள மாண்புக்கல்வி என்னும் பாடத்திட்டம் எங்களை போன்ற இளைஞர்களுக்கு தற்கால சூழலில் நிரம்பியுள்ள. தொழில்நுட்ப வளர்ச்சியில் புறத்தாக்கத்தால் ஏற்பட்ட எதிர்மறை சிந்தனைகளை மாற்றி நேர்மறை சிந்தனைகளை அகவயத்தில் ஏற்படுத்தியது என்றால் அதில் மாற்றுக்கருத்தில்லைஉடல்.,மனம்.,ஆரோக்கியம்.,கல்வி,தத்துவம் போன்ற எல்லாவற்றையும் ஒருசேர கற்றுத்தந்தது இன்றைக்கு எங்கள் வாழ்விற்கு பெரும் உதவியாய் இருக்கிறது.கல்வி என்பது சமுதாயத்திற்கு பயன் விளைவிப்பதாய் இருக்கவேண்டும் அதைத்தான் இந்தப்பாடத்திட்டம் எங்களுக்கு சொல்லி தந்திருக்கிறது .. கற்றுக்கொண்டதை வைத்து பயணிக்கிறோம்..”

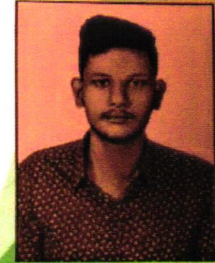


K. Ajith
20CE62



“हयुमन एक्सलंस कोर्स स्वास्थ्य के लिए बहुत महत्वपूर्ण ही नहीं बल्कि मन को आराम देने और आत्म-नियंत्रण के तरीके भी।”

“इस हयुमन एक्सलंस कोर्स के माध्यम से मैंने जीवन के कई मूल्य सीखे जो अब नौकरी और जीवन पर ध्यान केंद्रित करने में मेरे लिए उपयोगी हैं”



S. Aswin
18MS03



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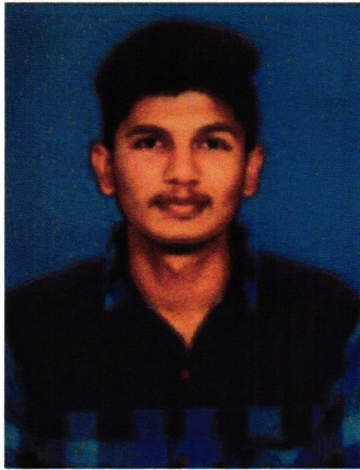


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K. Dilip
19-IB-04

“Yoga brings the body and mind together and is built on three main elements are movement, breathing and meditation I have benefited from the yoga class very well. Learnt many words and vibration in meditation too. Now I healthy more focused on my work and studies because of those days I experienced and still in that flow of my positive attitude life. Thank you”



LIFE SKILLS – PERSONAL VALUES

NAADISHUDDI PRANAYAMA

AGNA MEDITATION



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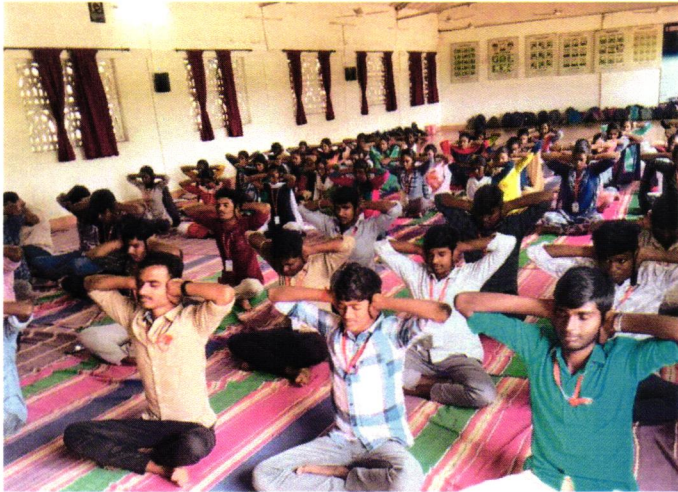


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NEURO MUSCULAR BREATHING



EYE EXERCISE



LEG EXERCISE



KABALAPATHY



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LIFE SKILLS – PROFESSIONAL VALUES

SURYA NAMASKAR



EYE EXERCISE



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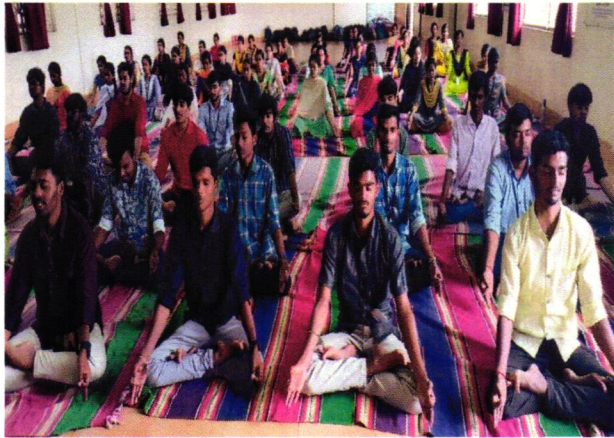


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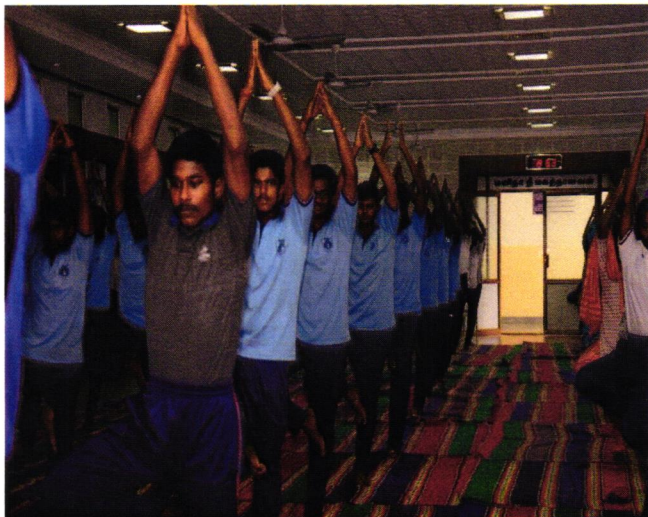
PADMASANA



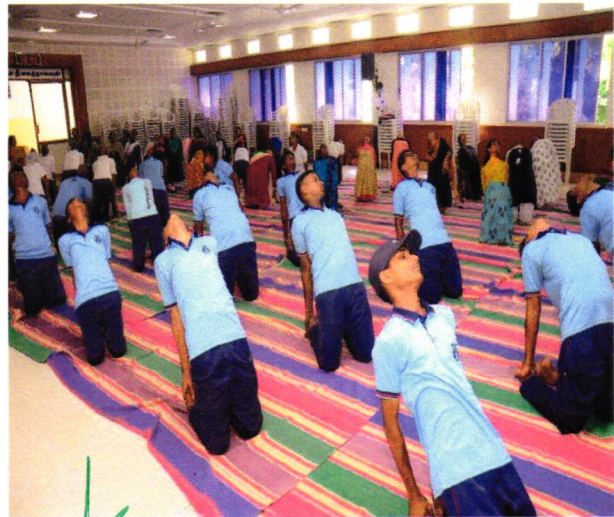
CHAKRASANA (SIDE WISE)



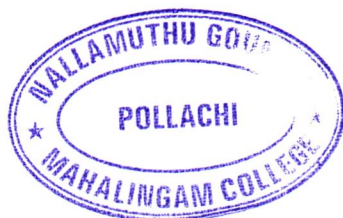
VIRUCHASANA



USTRASANA



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HAND EXERCISE



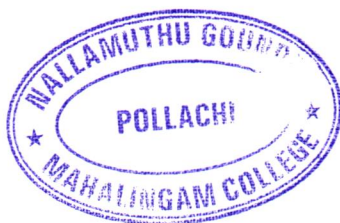
KAYAKALPA



KOMUGASANAM



PACHIMOTHASANAM



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