

The Frequencies of the mind waves have been classified into four through the use of the Electro Encephalogram. They are the Beta waves, Alpha waves, Theta waves and Delta waves.



The Mind Function at the Beta level in emotional states and the Alpha level, when it is calm. When the mind is filled with love and compassion, the frequencies come down to the Theta and Delta Levels. Meditation helps in bringing the mind down to the Theta and Delta frequencies.



Beta Waves :
Frequencies 40 – 14 cps.
Anger, Worries
and other Emotions.



Alpha Waves :
Frequencies 13 – 08 cps.
Peace, Concentration,
Memory, Ability
to think deeply.



Theta Waves :
Frequencies 07 – 04 cps.
Morality, Acuity of mind,
Search for the Divine,
Sublimation.



Delta Waves :
Frequencies 03 -01 cps.
Samadhi state, Awareness
of secrets of Nature, Love,
Compassion, Perfection

The World Community Service Centre

26, 2nd Seaward Road, Valmiki Nagar, Thiruvannamiyur,
Chennai - 600041 Tamilnadu



For Further Information Please Contact:

DIRECTOR-ACADEMY

VISION for wisdom

Temple of consciousness
Arutperumjothi Nagar, Aliyar - 642 101
Pollachi (Taluk), Coimbatore (Dt), TN, India.
Ph: 04253 288645, 288745 Mob: 94421 24234
Website: www.vethathiri.edu.in

For More Details Contact

Vazhga Vaiyagam
Vazhga Valamudan



THE WORLD COMMUNITY SERVICE CENTRE

VISION for Wisdom
(An Educational Wing of WCSC)



**Foundation, Certificate,
Diploma Course in
Yoga for Youth Empowerment (YYE)**
Along with regular studies
for school and college students



WCSC - The organization:

The world community service center (WCSC) was founded by our Spiritual Father Thathuvagnani Vethathiri Maharishi in 1958. He designed the system of simplified kundalini yoga (SKY) also called Manavalakkalai (SKY Yoga) and it is being taught under the name Yoga for Holistic health with theory and practice sessions. SKY system has helped millions of practitioners and aspires to benefit many more.

VISION for Wisdom (Vethathiri Maharishi Institute for spiritual and institutional education), the educational wing of WCSC, was founded by Swamiji in 2004 with the aim of "shaping man to his best".

The objective is to provide a platform for humankind to learn and practice society based value education for health, happiness and harmony in their lives.

The Directorate of vision for wisdom offers programmes that are relevant to the society, on cost effective basis making use of the information and communication Technology. The Directorate provides excellent student support services, both inside and outside the campus.

Course - A Bird's Eye View

Student can acquire knowledge and skills in yoga for youth Empowerment, with emphasis on the development of physical, Mental, Social and Spiritual health and values for their future development, which will help improve the personality of the students and also improve the institutional climate in the campus

Student from any discipline can take up the course in yoga for youth Empowerment as an Add On Course.

The course are prepared in modular format under e-learning process (Virtual Education) of modern technology. It's also prepared in the book format for those who are unable to access computers

The student's can learn easily through self-study and face-to-face practical training sessions.

Course Profile

S.No	Course	Duration	Number of hours	Number of papers	Eligibility
1.	Foundation	-	25	-	8th
2.	Certificate	6-Months	50	2	8th
3.	Diploma	1-Year	75	3	10th

Medium of instructions : Tamil and English . The courses will be conducted at the SCHOOL/ COLLEGE campuses.

The course, offered as a concurrent, as well as an optional course to the students, Will be conducted at the end of the regular classes or during the Weekends

Study materials:

Course material will be supplied in CD (Compact Disk) or text book format.

The e-content of the course will also be available in the website of VISION for Wisdom (www.online.vethathiri.edu.in) Student can access the reference materials directly from the website and study them at their convenience by making use of the Internet and their CD's . The course materials are in print-friendly format.

Examination:

VISION for WISDOM will conduct all the examination and award certificates to the successful candidates.

Ensuring Benefits

A student who diligently practices what he has learnt during the course will be benefits in the following manner

It ignites the young mind towards higher goals in life rather than pandering around

The practices rated highly as Human Resource Development practices by many institutions help enhance the career profile of the student.

The simplified physical exercises and kayakalpa yoga improve and regular the student's Neuro-biological and secretion of glands.

Helps in disciplining the mind, improves memory and concentration, i.e. retention, reproduction and perspicacity.

Inculcates virtuous qualities and principles of great value in the young minds.

Peace and harmony blossom within the practitioner and permeate the surroundings



"His holiness Vethathiri Maharishi was a seer and a social reformer, who propagated the vision of world peace through cultivation of peace and harmony from individuals to family and ultimately from family to society for the positive transformation of our planet"

Shri. Ar. Anand Kumar





THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

No.69, ANNA SALAI, GUINDY, CHENNAI - 600 032.

Website : www.tnmgrmu.ac.in
E-mail : mail@tnmgrmu.ac.in

Ph : 22353574, 22353576 - 79, 22301760 - 63, 22353094
Fax : 91-44-22353698

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Dr. Parameswari Srijayanth, M.B.B.S.,M.Sc. (Epid.),.

Registrar(FAC),

Lr.No. Siddha / 00776 / 2019

To

The Principal

Sarada Krishna Homoeopathy Medical College,

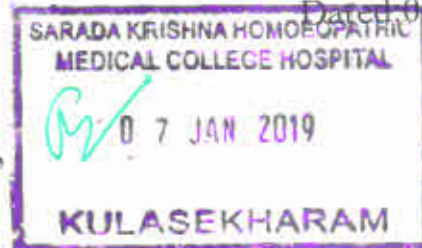
Kulasekaram-629161

Kanyakumari District

Sir,

Phone No-22353572

Dated 04.01.2019



Handwritten signature/initials

Sub: Non -Residential Workshop on "How to do a good Dissertation and Publish?
(Research Methodology and Bio statistics)" for AYUSH Post Graduate
Students at The Tamil Nadu Dr MGR Medical University – regarding

The Department of Siddha of The Tamil Nadu Dr.M.G.R. Medical
University, will organize a workshop on "How to do a good Dissertation and Publish?
(Research Methodology and Bio statistics)" for AYUSH Systems as follows

Workshop / Batch	Date	Last date for Registration
Twenty Eighth Workshop (Batch -I)	28.01.2019 – 01.02.2019	on or before 23.01.2019
Twenty Ninth Workshop (Batch -II)	04.03.2019 – 08.03.2019	on or before 25.02.2019
Thirtieth Workshop (Batch -III)	06.05.2019 – 10.05.2019	on or before 25.04.2019

Course Fee for the Workshop-- Rs.3, 000/-

(for study materials, handouts, lunch, tea / snacks during the workshop)

Post Graduate students can be deputed for the workshop through Head of the
Department and Principals / Director of the concerned colleges. The payment should be
made in the form of **Demand Draft** in the favour of **The Registrar, The Tamil Nadu
Dr.MGR Medical University, Chennai** at the earliest. The DD along with the
Registration form in the given format may be sent to the **Prof & Head, Department of
Siddha, The Tamil Nadu Dr. MGR Medical University, 69, Anna Salai, Guindy,
Chennai – 600 032** for Registration. The registration fees will not be refunded under
any circumstances.

for REGISTRAR

Handwritten notes: 2/1/19, 2-3-19, DMS



THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

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Dr.T.Balasubramanian M.S., DLO,
Registrar

Phone No-22353572

Lr.No. Siddha / 59192 / 2017

Dated:05.01.2018

To

The Principal
Sarada Krishna Homoeopathy Medical College,
Kulasekaram-629161
Kanyakumari District
Sir,

Sub: Non -Residential Workshop on "How to do a good Dissertation and Publish?
(Research Methodology and Bio statistics)" for AYUSH Post Graduate
Students at The Tamil Nadu Dr MGR Medical University – regarding

The Department of Siddha of The Tamil Nadu Dr.M.G.R. Medical University, will
organize a workshop on "How to do a good Dissertation and Publish? (Research
Methodology and Bio statistics)" for AYUSH Systems as follows

Workshop / Batch	Date	Last date for Registration
Twenty Sixth Workshop (Batch -I)	19.02.2018 – 23.02.2018	on or before 09.02.2018
Twenty Seventh Workshop (Batch -II)	16.04.2018 – 20.04.2018	on or before 06.04.2018
Twenty eighth Workshop (Batch -III)	25.06.2018 – 29.06.2018	on or before 15.06.2018

Course Fee for the Workshop-- Rs.3, 000/-

(for study materials, handouts, lunch, tea / snacks during the workshop)

Post Graduate students can be deputed for the workshop through Head of the
Department and Principals / Director of the concerned colleges. The payment should be made
in the form of **Demand Draft** in the favour of **The Registrar, The Tamil Nadu Dr.MGR
Medical University, Chennai** at the earliest. The DD along with the Registration form in the
given format may be sent to the **Prof & Head, Department of Siddha, The Tamil Nadu Dr.
MGR Medical University, 69,Anna Salai, Guindy, Chennai – 600 032** for Registration. The
registration fees will not be refunded under any circumstances.

for REGISTRAR



to
Dms/HSC



THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY

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2685/16

Dr.T.Balasubramanian M.S., DLO,

Phone No-22353572

Registrar

Lr.No. Siddha / 48252 / 2016

Dated:30.12.2016

To

The Principal

Sarada Krishna Homoeopathy Medical College,

Kulasekaram-629161

Kanyakumari District

Sir,

Sub: Non -Residential Workshop on "Research Methodology and Bio Statistics"-
for AYUSH Post Graduate students at The Tamil Nadu Dr MGR Medical
University - regarding

As per the CCIM regulations all the Post Graduate students in Siddha system should undergo Training in "Research Methodology and Bio statistics" during their study period and the certificate should be enclosed in their Dissertation.

In this regard, the Department of Siddha of The Tamil Nadu Dr.M.G.R. Medical University, will organize workshop on "Research Methodology and Bio statistics for AYUSH" as follows

Workshop / Batch	Date	Last date for Registration
23 rd Workshop(Batch -I)	06.03.2017 – 10.03.2017	on or before 25.02.2017
24 th Workshop(Batch -II)	24.04.2017 – 28.04.2017	on or before 10.04.2017
25 th Workshop(Batch -III)	03.07.2017 – 07.07.2017	on or before 25.06.2017

Course Fee for the Workshop-- Rs.2, 000/-

(for study materials, handouts, lunch, tea / snacks during the workshop)

Post Graduate students can be deputed for the workshop through Head of the Department and Principals / Director of the concerned colleges. The payment should be made in the form of Demand Draft in the favour of The Registrar, The Tamil Nadu Dr.MGR Medical University, Chennai at the earliest. The DD along with the Registration form in the given format may be sent to the Prof & Head, Department of Siddha, The Tamil Nadu Dr. MGR Medical University, 69,Anna Salai, Guindy, Chennai – 600 032 for Registration. The registration fees will not be refunded under any circumstances.

for REGISTRAR

