

YOGA

Syllabus of Yoga Education (Theory & Practical)

The course content has been broadly divided into two parts. In the first part programme for the primary classes has been formulated. In the second part the programme for secondary and senior secondary classes has been formulated.

(A) Main Recommendations for Primary classes:-

Yoga may be taught informally in the primary classes to develop physical and moral values through simple Sukshma Vyayama and interesting stories based on Yama and Niyama. Yoga teacher may be entrusted with the responsibility to train the Primary teachers for this purpose during the In-service courses.

Physical Yogic Activities:-

1. Yogic Sukshma Vyayama (exercise No. 1-10)
2. Vajrasana, Tadasana
3. Walking on straight line to develop concentration
4. Relaxation

Value Education Based on Yama & Niyama:-

1. Lessons on personal and general hygiene.
2. Clean the teeth every day morning and evening.
3. Take bath everyday if weather permits.
4. Changes clothes every day.
5. Oil and comb the hair every day.
6. Wash hands with soap before and after taking meals.
7. Do prayer before the meals.
8. Emphasize on telling truth, non-violence and non-stealing.
9. Obey the parents, teachers and elders.
10. Inspire to do at least one good turn (help / service) every day.
11. Be courteous and don't abuse.
12. Develop the habit of keeping the things at proper place.
13. Avoid littering.
14. Learn your lessons every day.

15. Telling the stories of great persons like Dhruv, Prahlad, Nachiketa, Eklavya, Abhimanyu, Lav-Kush, Aaruni etc.
16. Learning school prayer, pledge, National Anthem and other prayers.
17. Collection and display of photos and thoughts.

(B) Programme for Secondary and Senior Secondary Classes:-

| Class | Practical | Theory |
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| VI | <p>Shatha karma- kapalbhathi(11-30 storkes)</p> <p>Shukshma vyayama- No 1-11</p> <p>Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana</p> <p>Pranayama- Bhastrika</p> <p>Concentration- On own breath (2 minutes) Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Yoga Definition 2. Knowledge of five yama with more emphasis on ‘Asteya’ 3. Knowledge of five Niyama with emphasis on ‘Santosh’ 4. Knowledge of Aahar-Vihar 5. Methods and benefits of Sukshma Vyayama, Asanas and prayers. |
| VII | <p>Shatha karma- Introduction of Trataka and Practice of concentration on nose-tip.</p> <p>Shukshma vyayama- No 12-23</p> <p>Asanas- Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana</p> <p>Pranayama- Bhramari</p> <p>Concentration- On own breath (3 minutes) Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Ahimsa’ 2. Knowledge of Niyama with emphasis on ‘Shauch’ 3. A brief Knowledge of different type of yoga (Bhakti, Jnana, Karma and Hatha Yoga) 4. Methods and benefits of Sukshma Vyayama, Asanas and prayer. |
| VIII | <p>Shatha karma- Introduction of Nauli</p> <p>Shukshma vyayama- No 24-32</p> <p>Asanas- Pada Hastasana, Urdhv Pranamasana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible)</p> <p>Pranayama- Anuloma-Viloma (Nadishodhan)</p> <p>Concentration- On own breath (So-ham) Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Satya’ & ‘Aparigrah’ 2. Knowledge of Niyama with emphasis on ‘Swadhyaya’ & ‘Iswarpranidhan’ 3. Simple anatomical and physiological aspects of Human body 4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama 5. Personal importance of hygiene and health. |
| IX | <p>Shatha karma- Jala Neti (if facility Available)</p> <p>Shukshma vyayama- No 33-48</p> <p>Asanas- Trikonasana, Tadasana, Natrajasana, Kato Chakarasana,</p> | <ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Brahmcharya’ 2. Knowledge of Niyama with emphasis on ‘Tapa’ 3. Relationship of yoga and education. |

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| | <p>Baddhapadmasana, Ushtrasana, Paschimottanasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana, Surya Namaskar(if possible)</p> <p>Pranayama- Ujjayi and Suryabhedan Concentration-In between eyebrows, Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 4. Methods and benefits of Sukshma Vyayama, Asanas and Prayer. 5. Brief knowledge of ‘Astanga’ Yoga. 6. Importance of ‘Satvic Aahar’. |
| X | <p>Shatha karma- Trataka Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Trikonasana, Vrikshasana, Parivrat Trikonasana, Padmasana, Yogmudra, Matsyasana, Mandukasana, Vristitapada Bhoonamanasana, Pawanmuktasana, Vipritkarni, Shavasana, Yoganidra Pranayama- Bhramari, Sheetkari Concentration-on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Objectives of yoga Education. 2. Difference between Yoga Asana and physical exercises. 3. Importance of Yoga in daily life. 4. Methods and benefits of Asanas, Pranayama and Concentration |
| XI | <p>Shatha karma- Kunjal, jalaneti & Nauli (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Surya Namaskar, Gomukhasana, Parvatasana, Supta Vajrasana, Hanumanasana, Sarvangasana, Uttanpadasana, Dhanurasana, Shavasana Bandhya- Moola, Uddiyana and Jalandhar Pranayama- Bhastrika, Nadisodhan Concentration-on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Role of yoga in character building 2. Therapeutic values of yoga 3. Introduction of yoga literature 4. Life history of Arvindo, Vivekanand and other yogis 5. Knowledge of Bandha, Mudra and Chakras 6. Methods and benefits of Asans, Pranayama and Concentration |
| XII | <p>Shatha karma- Shatha kriyas by rotation (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- All kinds of Asanas by rotation depending upon facilities Bandhya- Moola, Uddiyana and Jalandhar Pranayama- kapalbhati, Bhramari, Ujjayi Concentration-on ‘Dot’ or ‘Ohm’ & Trataka Ohm Chanting and shanti path.</p> | <ol style="list-style-type: none"> 1. Effects of Asanas and Pranayama on physiology of human body 2. Concept of Nishkama Karma Yoga 3. Role of Yoga practices in developing concentration, will power and discipline 4. Techniques of stress management 5. Methods and benefits of Asanas, Pranayama and concentration |