



SYLLABUS OF YOGA – EDUCATION (THEORY & PRACTICAL)

INTRODUCTION :- 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(excersiseNo.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 every day if weather permits.
4. Change 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.

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11. Inspire to do at least one good turn (help/service) every day.
12. Be courteous and don't abuse.
13. Develop the habit of keeping the things at proper place.
14. Avoid littering.
15. Learn your lessons every day.
16. Telling the stories of great persons like Dhruv, Prahlad, Nachiketa, Eklavya, Abhimanyu, Lav-Kush, Aaruni etc.
17. Learning school prayer, pledge, National Anthem and the prayers.
18. Collection and display of photos and thorough photos and thoughts.

PROGRAMME FOR SECONDARY AND SENIOR SECONDARY CLASSES :-

Class	Practical	Theory
VI	Shathakarma – kapalbhati (11-30 strokes) Shukshma vyayama - No 1-11 Asanas - Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana Pranayama - Bhastrika Concentration - On own breath (2 minutes) Ohm Chanting and shantipath.	<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	Shatha karma - Introduction of Trataka and Practice of concentration on nose-tip. Shukshma vyayama - No 12-23 Asanas -Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natarajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana Pranayama - Bhramari Concentration - On own breath (3 minutes) Ohm Chanting and shantipath.	<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>Shathakarma-IntroductionofNauli Shukshma vyayama- No 24-32 Asanas- Pada Hastasana, Urdhv Pranamasana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible) Pranayama-Anuloma-Viloma (Nadishodhan) Concentration-Onownbreath(So-ham) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. KnowledgeofYamawithmore emphasis on ‘Satya’ &‘Aparigrah’ 2. Knowledge of Niyama with emphasison‘Swadhyaya’&‘I swarpranidhan’ 3. Simple anatomical and physiologicalaspectsofHuman body 4. MethodsandBenefitsofSukshma Vyayama, Asanasand Pranayama 5. Personalimportanceofhygieneand health.
IX	<p>Shathakarma-JalaNeti(iffacility Available) Shukshma vyayama-No33-48 Asanas- Trikonasana, Tadasana, Natrajasana, Kato Chakrasana, Baddhapadmasana, Ushtrasana, Paschimottanasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana, Surya Namaskar(if possible) Pranayama - UjjayiandSuryabhedan Concentration–Inbetween eyebrows, Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. Knowledge of Yamawithmore emphasis on ‘Brahmcharya’ 2. Knowledge of Niyamawith emphasis on ‘Tapa’ 3. Relationship of yoga and education. 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. ImportanceofYogaindaily life. 4. MethodsandbenefitsofAsanas, Pranayama and Concentration
XI	<p>Shathakarma- 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, UddiyanaandJalandhar 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. The rapeutic values of yoga 3. Introductionofyogaliterature 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	Shathakarma- Shathakriyasbyrotation (if facilities available) Shukshnavyayama- One or Two Vyayama for each part of body Asanas- All kinds of Asanas byrotation depending upon facilities Bandhya - Moola, Uddiyanaand Jalandhar Pranayama - kapalbhati, Bhramari, Ujjayi Concentration - on 'Dot' or 'Ohm' & Trataka Ohm Chanting and shanti path.	<ol style="list-style-type: none">1. Effects of Asanas and Pranayama on physiology of human body2. Concept of NishkamaKarma Yoga3. Role of Yoga practices in developing concentration, will power and discipline4. Techniques of stress management5. Methods and benefits of Asanas, Pranayama and concentration
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