

A module
on
**LEADERSHIP FOR INTERGRATING YOGA IN SCHOOL EDUCATION IN
HARYANA**



National Centre for School Leadership



विद्यालय नेतृत्वअकादमी
राज्यशैक्षिकअनुसंधानएवंप्रशिक्षणपरिषद्, हरियाणा
गुरुग्राम- 122001
School Leadership Academy
State Council of Educational Research & Training, Haryana, Gurugram
122001

LEADERSHIP FOR INTERGRATING YOGA IN SCHOOL EDUCATION IN HARYANA

Ms.Pinky Saklani

INTRODUCTION

Yoga education in schools is a growing trend that has the potential to benefit students in both physical and mental ways. It helps students to relieve stress and improve concentration, by improving fitness and enhancing a healthy lifestyle. Yoga education has been proven by research studies to promote an overall beneficial educational experience, as it effectively encourages self-regulation, resilience, and a sense of well-being. Incorporating Yoga in the curriculum can help students to be present, attentive and emotionally calm for furthering their academic success and overall personal growth. School yoga programs also help teachers in teaching strategies to manage challenging classroom situations and childrens' behaviour. Yoga in schools also provides a holistic approach to childrens' education while integrating physical fitness into their learning experience.

Yoga education has been made an integral part of the school curriculum in Haryana, India. The Haryana government has made it mandatory for all schools in the state to include yoga as a part of their physical education program. The yoga education program in Haryana schools is designed

to promote physical and mental well-being among students. The program includes various yoga postures, breathing exercises, and meditation techniques, which are taught by trained yoga instructors. **Haryana Yog Ayog (Established on 7th April 2021)** formerly known as Haryana Yog Parishad provides training and certification to yoga instructors and it also conducts research and development activities in the field of yoga. The inclusion of yoga education in Haryana schools is a positive step towards promoting holistic education and overall well-being of students. It can help

NPE 2020 and Yoga Education

The guiding principle of the New Education Policy (NEP), 2020 is to conserve and promote the rich heritage of ancient Indian Knowledge and Practices (section 0.7). Relevant courses in arts, history, culture and yoga should be strategically used by educational institutions for meaningful social engagements (section 12.7). Yoga education was advocated in the National Education Policy (NEP) 2020, which was approved by the Union Cabinet of India in July 2020. The policy emphasizes the integration of yoga as a part of the curriculum in all educational institutions in India, including schools and universities, to promote physical and mental wellbeing among students. It also recommends the establishment of yoga departments in universities and higher education institutions to promote research and development in the field of yoga.

students to improve their physical fitness, reduce stress and anxiety, and enhance their concentration and focus, thereby leading to better academic performance.

In recent years, yoga has gained popularity as a form of exercise and stress relief around the world, including India. Haryana is one of the states in India that has made efforts to promote yoga education in schools. In 2016, the Haryana government launched a program to introduce yoga as a compulsory subject in all state-run schools. The aim of the program was to promote physical fitness and mental well-being among students. Under the program, trained yoga teachers were appointed in schools to teach yoga asanas, pranayama, and meditation techniques to students. The program was well-received by students and parents alike, with many reporting positive effects on their physical and mental health. In 2017, the Haryana government launched a program called 'PadhoPardesh', under which selected government schools were provided with trained yoga teachers to teach yoga to the students. The program was aimed at improving the academic performance and overall well-being of the students. Apart from this, many private schools in Haryana have also started offering yoga classes to their students as a part of their curriculum or as an extracurricular activity.

However, it is important to note that the implementation of the program has not been without challenges. Some schools have reported a shortage of trained yoga teachers, while others have cited a lack of infrastructure and resources to support the program. Nevertheless, the Haryana government remains committed to promoting yoga education in schools and have continued to invest in the program.

TITLE

LEADERSHIP FOR INTERGRATING YOGA IN SCHOOL EDUCATION IN HARYANA

OBJECTIVE

After going through this module, you will be able to:

1. Understand the concept of Yoga
2. List the different types of Yoga
3. Comprehend the importance of Yoga in schools
4. Understand the role of school leader in yoga
5. Recognize the difficulties in integrating yoga

WHAT IS YOGA

"Through practice comes Yoga; through Yoga comes knowledge, through knowledge love, and through love bliss."**Swami Vivekananda**

Patanjali In Yoga Sutra:

YogahChittaVrittiNirodhah.” It means controlling the thought waves of the mind.

The Gita proclaims –

“YOGAH KARMASU KAUSALAM”

- i.e. Yoga is dexterity in action. The dexterity is in maintaining relaxation and awareness in action.

OBJECTIVES OF YOGA EDUCATION IN SCHOOLS

- 1.To enable the student to have good mental and physical health
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.
5. To attain higher level of consciousness.

Yoga is a physical, mental, and spiritual practice that originated in ancient India. It is a holistic approach to health and well-being that includes physical postures (asanas), breathing exercises (pranayama), meditation, and ethical principles (yamas and niyamas). The word "yoga" comes from the Sanskrit word "yuj," which means to yoke or unite. The goal of yoga is to unite the body, mind, and spirit in order to achieve a state of inner peace, balance, and harmony. At its core, yoga seeks to unify the body, mind, and spirit, and is often described as a means to attain inner peace, harmony, and balance. It emphasizes the importance of being present in the moment, cultivating self-awareness, and connecting with one's true self. While yoga has been traditionally associated with Hinduism, it is now widely practiced across the world as a secular form of exercise and meditation. Different styles of yoga have emerged, each with their own unique emphasis and approach, but all share the goal of promoting overall health and well-being.

ORIGIN AND HISTORY OF YOGA

Traditionally Lord Shiva is regarded as the original founder of yoga. It is believed that this secret divine science of life, revealed to enlightened sages in meditation, was firstly narrated by Lord Shiva to his wife Parvati for ‘upliftment of humanity’ .

Yoga is knowledge of foremost era. It is a total way of life for millions of eastern people and has been so, for over 6000 years. Hiranyagarbha has been proclaimed as the very first teacher of yoga by Maharishi Kapil. Since for thousands of years yoga has been handed down in sworn secrecy by word of mouth from masters to disciple; and it might seem that the wish of the masters, to reserve yoga to carefully selected adepts, should there for respected.

The source of yoga is found in the ancient Vedas and Upnishads. Yoga is first mentioned in the vast collection of scriptures called the Vedas, portions of which date from at least 2500 B.C. But it is the

Upanishadas, which form the later parts of Vedas, provide the main foundation of yoga teaching and of the philosophy known as 'Vedanta'. Central idea of Vedanta is 'Absolute Reality' or 'Consciousness' known as Brahma, that underline the entire universe. The term yoga is also elaborated in the history of Aryans. In this age, 'Rishis' were enlightened through yoga and laid down Veda Mantra. Around the 6th century B.C. appeared two massive epics, the Ramayana written by Valmiki and the 'Mahabharata' written by Vedvyasa containing the Bhagavad Gita, is perhaps the best known of all yogic scriptures. The three main parts of yoga are described here-

Yoga of action ,

Yoga of devotion and

Yoga of knowledge

The backbone of yoga is furnished by Patanjali's yoga sutras. He was rightly called the father of Yoga, who around 200B.C. compiled synthesized, modified, systematized and refined yoga in a metaphysical whole grafted on Samkhya philosophy and laid down eight steps which form the basis on which the whole system of yoga works

HISTORY OF YOGA EDUCATION IN SCHOOL

Yoga has been an integral part of Indian culture for thousands of years. In recent times, the government of India has taken several initiatives to introduce yoga in schools across the country. Here is a brief history of the introduction of yoga in schools in India:

Introduction of Yoga part of Physical Education : In the 1980, some schools in India began to include yoga in their physical education curriculum. This was largely driven by the efforts of yoga gurus like B.K.S. Iyengar and T.K.V. Desikachar, who started conducting yoga workshops in schools.

Establishment of MDNIY: In the 1998, the government of India established the Morarji Desai National Institute of Yoga (MDNIY) in New Delhi to promote yoga education and research. The institute also developed a curriculum for yoga education in schools.

NCF: In 2005, the government of India launched the National Curriculum Framework, which included yoga as an integral part of the curriculum for physical education. The government also introduced a scheme called the "Panchsheel" program, which aimed to promote yoga education in schools across the country.

International Yoga day: In 2014, the government of India declared June 21st as International Yoga Day, and since then, schools across the country have been encouraged to celebrate the day with yoga sessions and other activities.

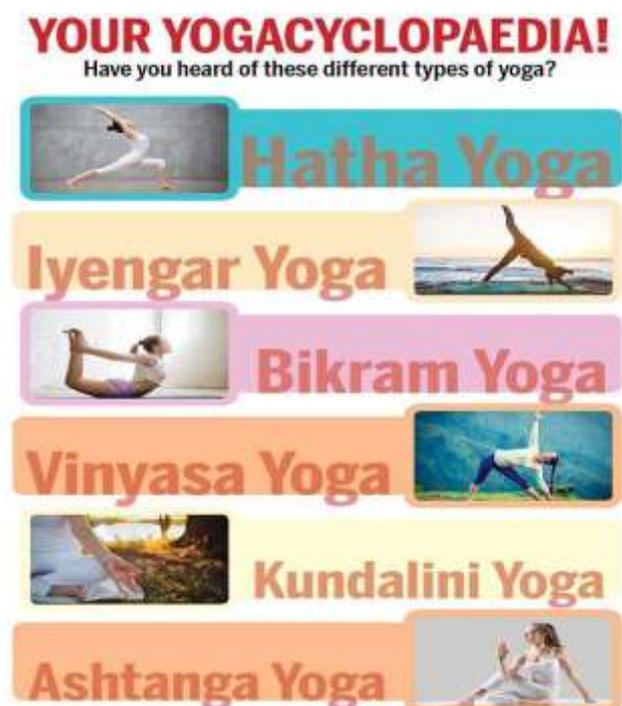
Yoga in schools: In 2016, the government of India also launched the “Yoga in Schools” program, which aims to introduce yoga in schools across the country.

Today, yoga is an important part of the curriculum in many schools in India. The benefits of yoga, including improved physical and mental health, are widely recognized, and the government continues to take steps to promote yoga education in schools.

TYPES OF YOGA

There are many types of yoga, each with its unique approach to physical postures (asanas), breathing techniques (pranayama), and meditation. Here are some of the most popular types of yoga:

- **Hatha Yoga:** This is the most common type of yoga practiced in the West, and it focuses on physical postures and breathing exercises.
- **Vinyasa Yoga:** This is also known as flow yoga, this style involves synchronizing the breath with a continuous flow of postures.
- **Ashtanga Yoga:** This is a physically demanding style of yoga that involves a set sequence of postures and emphasizes strength, flexibility, and stamina.
- **Iyengar Yoga:** This style of yoga emphasizes proper alignment and uses props, such as blocks and straps, to help students achieve correct posture.
- **Bikram Yoga:** This is a style of yoga practiced in a heated room (usually around 105°F), which is intended to help students sweat out toxins and increase flexibility.
- **Kundalini Yoga:** This style emphasizes the release of energy at the base of the spine and incorporates dynamic movements, breath work, and meditation.
- **Yin Yoga:** This is a slow-paced style of yoga that involves holding postures for several minutes at a time to improve flexibility and joint mobility.
- **Restorative Yoga:** This style of yoga uses props to support the body in passive postures, allowing for deep relaxation and stress relief.



- **Power Yoga:** This is a more intense, fitness-focused style of yoga that combines strength-building exercises with flowing movements.
- **Jivamukti Yoga:** This is a modern style of yoga that emphasizes a spiritual, holistic approach to the practice and incorporates music, chanting, and meditation.

WHY YOGA IN SCHOOLS

Yoga has great importance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style are totally neglected. In this context, it is an urgent need to integrate Yoga in modern education system in order to make all-round development relating to body, mind and spirit symphonic ally and thereby prevent the erosion of human values. The integration of Yoga education in the present system of education can endorse human values to reform attitude and behavior,



relieve from stress and strain, build up healthy life-style, shape high moral character and develop refined personality of the students so as to make them a complete well-being. Hence, we have to understand the importance of Yoga in education and introduce it as a discipline and thereby focus on the process of integration in the curriculum. However, Yoga practices can lead students to the attainment of the highest goal of life-the self- realization of the potentialities inherent in them.

Physical and mental health benefits: Yoga is a holistic practice that has been shown to improve physical fitness, flexibility, balance, and strength. It also promotes mental health by reducing stress and anxiety, improving mood, and increasing focus and concentration.

Stress reduction: Yoga has been shown to be an effective stress management tool. Now a day's stress is a major concern among school students. By introducing yoga education we can help students to develop techniques to manage stress.

Improved academic performance: Research has shown that yoga can improve academic performance by increasing focus, concentration, and memory retention. Students who practice yoga have also been found to have better grades and test scores.

Social and emotional learning: Yoga teaches skills such as self-awareness, self-regulation, empathy, and social awareness to students. These skills are important for developing healthy relationships, managing emotions, and making responsible decisions.

Inclusivity: Yoga is an inclusive practice that can be adapted to meet the needs of different individuals. By introducing yoga education in schools, students can learn to respect and appreciate diversity and develop a sense of community.

Overall, incorporating yoga education in the curriculum can help students develop physical and mental wellness, improve academic performance, and develop social and emotional skills.

ROLE OF SCHOOL LEADER IN INTEGRATING YOGA IN SCHOOL EDUCATION

Integrating yoga in school education requires strong leadership and a clear plan to ensure success. Here are some specific responsibilities that a school head might undertake in implementing yoga education:

- 1. Start with research:** Begin by researching the benefits of yoga education in schools and how it has been implemented in other schools. This will give you a better understanding of the potential benefits and challenges of integrating yoga education in your school.
- 2. Develop a clear vision and mission:** Begin by clearly articulating the vision and mission of integrating yoga education in schools. This should include the benefits of yoga for students, the goals of the program, and the desired outcomes.
- 3. Build a team:** Identify individuals who are passionate about yoga education and who can contribute to the program in meaningful ways. This could include yoga teachers, educators,

States which have Introduced Yoga in School Curriculum in India

Yoga has been introduced as a part of the school curriculum in many states in India. Here are some of the states that have implemented it:

Delhi: Yoga is compulsory for students of classes 6 to 10 in Delhi government schools since 2018.

Haryana: Yoga has been made compulsory for all students of government schools in Haryana since 2016.

Uttar Pradesh: Yoga has been included as a part of the physical education curriculum in Uttar Pradesh since 2018.

Maharashtra: Yoga has been made a part of the school curriculum in Maharashtra since 2015.

Rajasthan: Yoga has been included in the school curriculum in Rajasthan since 2015.

Karnataka: Yoga has been introduced as an optional subject in the school curriculum in Karnataka since 2015.

Gujarat: Yoga has been made compulsory for all students of government schools in Gujarat since 2016.

parents, and students. Ensure that everyone is on board with the idea of integrating yoga education in the school curriculum.

4. **Create a curriculum:** Develop a curriculum that aligns with the goals of the program and the needs of the students. This should include a mix of yoga poses, breathing techniques, mindfulness practices, and other components of yoga.
5. **Provide training and support:** Ensure that all teachers and staff involved in the program receive adequate training and ongoing support to ensure its success. Make sure that all yoga instructors are trained and qualified to teach yoga to students. They should also be trained in how to modify poses for students with different abilities and needs.
6. **Evaluate and adjust:** Regularly evaluate the yoga program to ensure that it is meeting its objectives and making a positive impact on students. Adjust the program as necessary to ensure its effectiveness.
7. **Seek community partnerships:** Reach out to local yoga studios, health and wellness organizations, and other community partners to provide additional resources and support.
8. **Communicate effectively:** Communicate regularly with parents, teachers, and administrators about the benefits of the program and its progress. This will help to build support and ensure the program's success.
9. **Monitor and evaluate:** Regularly monitor and evaluate the program to assess its effectiveness and make necessary adjustments to ensure its continued success.
10. **Address concerns:** Be prepared to address any concerns or objections from parents, students, or other stakeholders. Educate them about the benefits of yoga education and how it can positively impact the overall wellness of students.
11. **Providing resources:** The principal can allocate resources such as space, equipment, and instructional materials for Yoga education in the school. This may also involve bringing in Yoga experts to train teachers and students on the proper techniques.
12. **Encouraging participation:** The principal can encourage participation in Yoga classes by promoting the benefits of Yoga to students, parents, and teachers. This can involve creating awareness campaigns, organizing assemblies or events, and encouraging students to participate in Yoga competitions.
13. **Collaboration:** The principal can collaborate with other schools, Yoga organizations, and government agencies to promote Yoga education in the community. This can involve participating in community outreach programs, organizing Yoga festivals, and partnering with Yoga centres or teachers to enhance the educational program.

14. **Identifying practical problems:** The school head should identify any practical problems that may arise when implementing yoga classes in the school. For example, there may be a shortage of space or a lack of resources such as yoga mats and props.
15. **Finding solutions:** Once the practical problems have been identified, the school head should work with relevant stakeholders to find solutions. This may involve sourcing additional resources or finding alternative spaces for yoga classes.
16. **Promoting inclusivity:** The school head should promote inclusivity and ensure that all students have access to yoga classes. This may involve making accommodations for students with disabilities or cultural sensitivities.

By providing strong leadership and following these steps, it is possible to successfully integrate yoga education into schools and provide students with the benefits of this ancient practice.

DIFFICULTIES FACED BY SCHOOL HEAD

Yoga is a holistic practice that can benefit students in several ways, such as reducing stress, improving mental and physical health, and enhancing concentration and focus. However, implementing yoga in schools may pose some practical problems for school heads. Here are some of these problems and their possible solutions:

Lack of Resources: The school may not have enough resources like rooms, yoga mats, trained yoga instructors and other equipments to provide yoga classes or training for teachers.

Resistance from stakeholders: Some stakeholders, including parents, students, teachers or even community members may resist yoga as they may not be familiar with its benefits or feel it is not aligned with their cultural or religious beliefs.

Time Constraints: School schedules may be tight, leaving little room for additional activities like yoga classes.

Fasted Stomach: It's important for students to have an empty stomach before practicing yoga, as performing yoga on a full stomach can lead to discomfort and may hinder the practice. However, it can be challenging to ensure that all students have an empty stomach, especially if they have different lunch schedules or eating habits.

Correct Posture: Yoga involves physical movements that can pose a risk of injury if not performed correctly.

Cost: Yoga classes or training may require a significant investment, which may not be feasible for some schools.

Strategies to overcome difficulties

Some of the possible solutions for above challenges are:

1. **Facilities and Resources:** Problem of lack of resources can be solved by seeking funding or grants from government agencies, NGOs, or other organizations. Additionally, schools can partner with local yoga studios or certified yoga instructors who can provide training and classes at a reduced cost.
2. **Overcoming Resistance:** Problem of resistance from school teachers or students can be addressed by school heads by educating teachers and students about the benefits of yoga and addressing any misconceptions they may have.
3. **Parental Engagement:** Communicate the benefits of yoga to parents and involve them in the process. Conduct parent workshops or informational sessions to address any concerns and provide an opportunity for parents to learn about and experience yoga firsthand.
4. **Modify the schedule:** Adjust the school timetable to create dedicated time for yoga. This involves reorganizing existing periods or shortening non –essential activities to make room for yoga sessions. Starting the day with a short yoga session or including yoga breaks between classes can be done. Offering yoga classes during extracurricular activities or after-school programs is also an option to solve the problem of time constraint.
5. **Nutritional Education:** Encourage students to bring nutritious fruits, nuts or yogurt which they can consume before their yoga session. Problem of fasted stomach can be solved by scheduling yoga classes at a time when students have had sufficient time to digest their food. For example, classes could be held first thing in the morning, before breakfast, or later in the afternoon, after lunch. Educate them on the benefits of practicing yoga on an empty stomach and provide them with information on healthy food choices that won't interfere with their practice. Ultimately, the goal should be to find a solution that allows students to practice yoga safely and comfortably, while also ensuring that they are properly nourished throughout the day.
6. **Certified Yoga Instructors:** School heads can ensure safety by hiring certified yoga instructors who have experience of teaching yoga to children and are trained in first aid. They can also provide adequate space and equipment for the practice of yoga.
7. **Online Resources:** To address the issue of cost, schools can start with low-cost options, such as online resources or free yoga apps. They can also seek community support by partnering with local yoga studios or seeking donations from parents or other community members.

In summary, implementing yoga in schools may pose some difficulties but with careful planning, adequate resources, and community support, these difficulties can be overcome, and students can benefit from the practice of yoga.

ROLE OF SCHOOL LEADER IN INCLUDING YOGA IN SCHOOLS

The role of a school leader in including yoga in schools is crucial in promoting the physical and mental well-being of students. The school leader plays a key role in initiating, advocating for, and implementing yoga programs within the school curriculum. They need to recognize the numerous benefits of yoga, such as stress reduction, improved focus, and enhanced physical fitness, and understand its potential impact on student performance and overall health. The school leader should collaborate with teachers, parents, and relevant stakeholders to develop a comprehensive plan for integrating yoga into the school schedule and ensuring its effective delivery. They should also prioritize the training and professional development of teachers to equip them with the necessary skills and knowledge to effectively incorporate yoga into their classrooms. By championing the inclusion of yoga in schools, the school leader demonstrates their commitment to holistic education and creates an environment that fosters the well-being and success of every student.

CONCLUSION

Incorporating yoga education in schools has numerous benefits for students, teachers and education system as a whole. Yoga helps students develop physical strength, balance and flexibility, as well as emotional regulation, stress reduction, and mental clarity. A study conducted by Karak , Ghosal and S.K Rashid (2016) showed that 12 weeks Yoga training had improve academic performance of the experimental group. Another study which was conducted by Anthony, Jasmine and Devi (2020) also proved that daily short duration Yoga practice helped in improving attention, concentration and memory of the school students. Various studies from time to time has proved that regular practice of yoga has improved the emotional intelligence, examination fear and stress level of students. Moreover, introducing yoga into school curriculum can promote a culture of mindfulness, self-awareness, compassion, which can have a positive impact on school community and beyond.

GLOSSARY

Enlightened: Privy to or claiming a sense of spiritual or religious revelation of truth

Inclusivity: The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized.

Pranayama: It is the yogic practice of focusing on breathe .In sanskritprana means “Vital life force,”and yama means to gain control

Samkhya: Samkhya is a dualistic school of Indian philosophy .It views reality as composed of two independent principles, *purusa* (consciousness) and *prakriti*(nature or matter, including the human mind and emotions).

The Upanishads: each of the series

SUGGESTIVE READINGS

1. "Yoga Education for Children: A Guide for Teachers and Parents" by Swati Chanchani
2. "Yoga for the Classroom: A Practical Guide for Teachers" by Christi Eley
3. "Yoga Education for Kids: A Path to Holistic Development" by Neelam Singh
4. "Yoga for Children: A Complete Guide to Yoga Practice for Kids" by Dr Ramesh Kumar Mishra
5. "Yoga for Kids: Simple Poses, Breathing Exercises, and Mindfulness Activities for Healthy, Happy Children" by Deepika Mehta.

REFERENCES

Anthony N V, JasmineKB and Devi Suthanthira (2020):"Effectiveness of Yoga on Memory of learners in Secondary level"International Journal of Research Technology and Engineering (IJRTE), ISSN:2277-3878,volume -8 ,January 2020.

Art Of Yoga By Y.P. Yadav and Yadav R.

BhawsinkaK.S(2020): "Yogasanas and Emotional Intelligence –A correlational analysis" International Journal of Social Impact ISSN:2455-670X, Volume5,Issue4, [www.ijsi.in,October-December,2020](http://www.ijsi.in/October-December,2020)

By Yadav,DR&Pramanik T. "Effect of Yogic practice on Emotional Intelligence ,Stress and Examination fear among College going students. International Journal of Physiology, Nutrition and Physical Education 2017;2(1):348-352

https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf

<https://www.mindbodygreen.com/articles/the-11-major-types-of-yoga-explained-simply>

https://www.researchgate.net/publication/353040498_Development_validation_and_feasibility_of_a_schoolbased_short_duration_integrated_classroom_yoga_module_A_pilot_study_design

International Journal of Physiology, Nutrition and Physical Education 2017; 2(1): 348-352
International Journal of Recent Technology and Engineering (IJRTE) ISSN: 2277-3878, Volume-8 Issue-5, January 2020

Karak K., Ghosal A. and Mahammad SK Rashid "Effect of Yogasana on academic performance of school going students" International Journal ofPhysical Education ,Sportsand Health ,2016;3(4):194-197

Patal.Nmisha K "Importance of Yoga & Meditation in Education" International Journal of Research in all Subjects in Multi Languages [Subject: Education] Vol. 7, Issue: 1, January: 2019 (IJSML) ISSN: 2321 – 2853

Prepared by
Ms Pinky Saklani
Assistant Professor
Rao Mohan College of Education
Gurugram, Haryana

Edited and Formatted By
Dr. Rajni Dahiya
Consultant
School Leadership Academy
SCERT Haryana



Ms Pinky Saklani is Vice Principal at Rao Mohar Singh College of Education Behrampur, Gurugram since 2012. She has 15 years of teaching experience in teaching graduate and undergraduate. She is M.Sc.Physics, MA Psychology, M.Ed., NET qualified. She has been actively engaged in teaching courses, conducting research, and mentoring students, aiming to create well-rounded individuals equipped with both theoretical knowledge and practical.