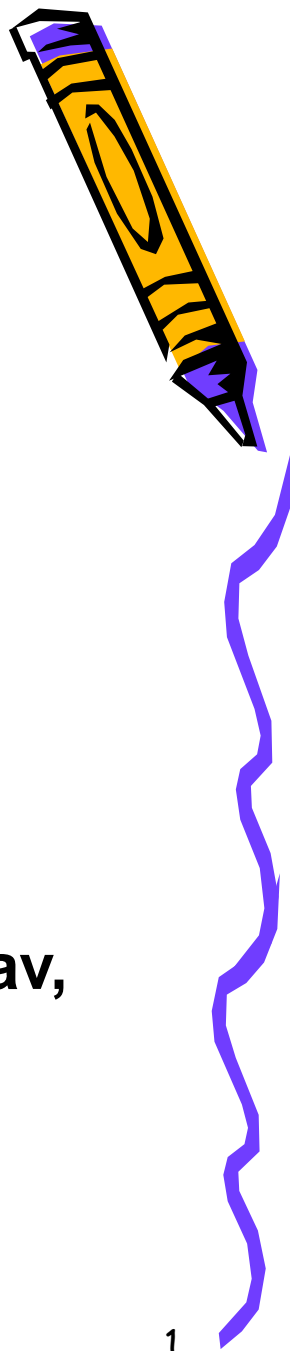


Exploring Possibilities of Developing Yoga Curriculum for Schools in Korea

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Yoga in Policies



- Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to secondary stage of school education since 1988.
- **The NCF, 1988** developed as a follow-up of the N PE, 1986 continued Health and Physical Education as a separate and compulsory subject at primary, upper primary and secondary stages and included yoga in it.
- The Framework (1988) stated that as a system which promotes an integral development of body and mind, yoga should receive special attention.



The National Curriculum Framework 2000



- The National Curriculum Framework for School Education 2000 also included this area at primary, upper primary and secondary stages. At the primary stage it was named as "Art of Healthy and Productive Living." At upper primary and secondary stages, games & sports, yoga, NCC and scouts and guidance were included.



The NCF 2000

- As it stated, Health and Physical Education has to be concerned with total health of the learner and the community and include mental and emotional health besides physical health. Yoga and meditation can be well-organised under the regular school schedule to help children require concentration and relaxation.



What NCF 2005 Says?

- ❑ Participation of all children in free play, informal and formal games, yoga and sports activities is essential for their physical and psycho-social development.
- ❑ The range of abilities as a result of games, sports and yoga will improve stamina, fine and gross motor skills and dexterities, self-awareness and control, and coordination in team games.
- ❑ Children can achieve high levels of excellence in sports, athletics, gymnastics, yoga and performing arts such as dance.
- ❑ When the emphasis shifts from enjoyment to achievement, such training can make demands of discipline and practice that can create stress at this stage. (p. 14)



What NCF, 2005 says?



- The entire group must be taken together as a comprehensive health and physical education curriculum, replacing the fragmentary approach current in schools today. As a core part of the curriculum, time allocated for games and for yoga must not be reduced, or taken away under any circumstances. (p. 57)



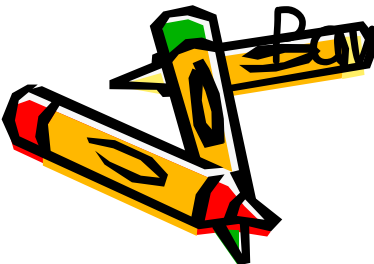
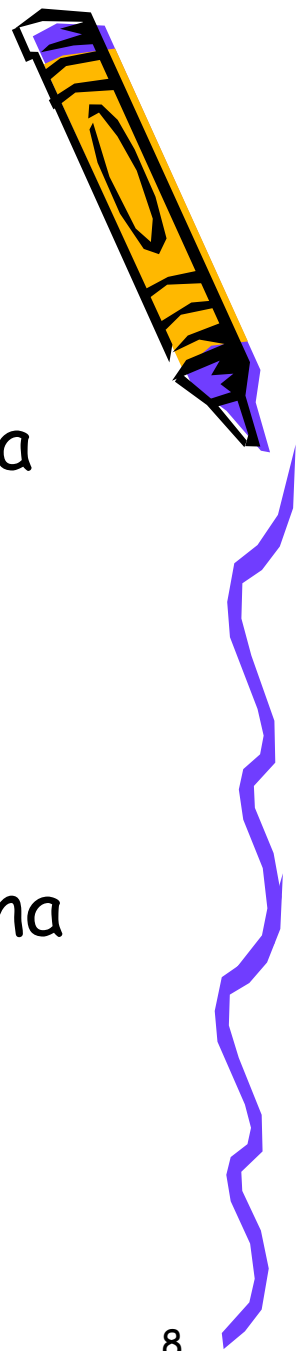
Common Yogic Practices

Yoga includes several practices such as yama, niyama, asana, pranayama, pratyahara, kriyas (cleansing practices), dharana, dhyana (meditation).



Sequencing of Asanas

- **Standing Posture:** Tadasana, Vrikshasana, Trikonasana, Garudasana
- **Sitting Posture:** Yogamudrasana, Badha Padmasana, Pachimattanasana, Supta Vajrasana, Gamukhasana, Ardhamatsyendrasana
- **Prone Posture:** : Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- **Supine Posture:** Setubandhasana, Halasana, Matsyasana, Chakrasana, Pawanmuktasana



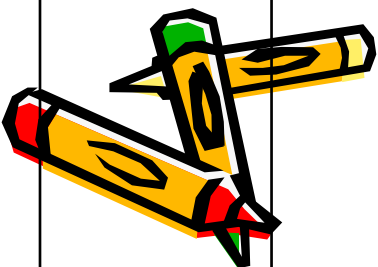
Yoga in School Curriculum at Upper Primary Stage

Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Health	How yoga is suitable for me and why should we do asanas and pranayamas?	Benefits of Yoga Practices	Textbook, other material, diaries, charts video clips, etc.	<i>Surya Namaskara</i> <i>Asanas</i> <ul style="list-style-type: none"> • <i>Tadasana</i> • <i>Vrikshasana</i> • <i>Utkatasana</i> • <i>Vajrasana</i> • <i>Swastikasana</i> • <i>Ardhapadmasana</i> • <i>Niralamba Bhujangasana</i> • <i>Ardha-Shalabhasana</i> • <i>Makarasana</i> • <i>Uttanapadasana</i> • <i>Pawanmuktasana</i> • <i>Shavasana</i> • <i>Breathing with Awareness</i> • <i>Trataka</i> <i>Meditation</i>

Class VII

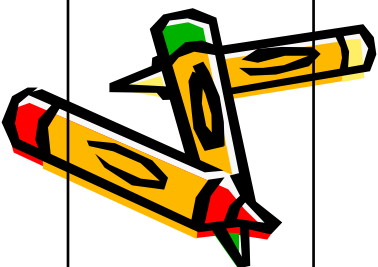
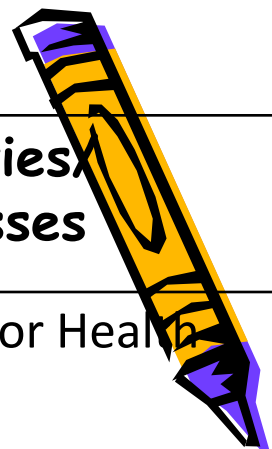


Theme Sub- Theme	Questions	Key Concepts	Resource s	Activities/ Processes
Yoga for Physical Fitness	How flexibility and physical fitness can be achieved through yogic Practices?	What is flexibility? Various yogic practices to enhance Flexibility.	Textboo k, other materials , diaries, charts, video clips, etc	<p>What is flexibility? Yogic Practices to Enhance Flexibility</p> <ul style="list-style-type: none"> • <i>Surya Namaskara Asanas</i> , • <i>Tadasana</i> • <i>Hastottanasana</i> • <i>Trikonasana</i> • <i>Katichakrasana</i> • <i>Padmasana</i> , • <i>Yogamudrasana</i> • <i>Paschimottanasana</i> • <i>Dhanurasana</i> • <i>Makarasana</i> • <i>SuptaVajrasana</i> • <i>Chakrasana</i> • <i>Ardhahalasana</i> • <i>Shavasana</i> <p><i>Kriya</i></p> <ul style="list-style-type: none"> • <i>Kapalabhati</i> <p><i>Pranayamas</i></p> <ul style="list-style-type: none"> • <i>Anuloma-viloma</i>



Class VIII

Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Concentration	How yogic practices help in developing concentration and harmony?	Benefits of yogic practices for developing concentration and harmony.	Textbook, other materials, diaries, charts, video clips, etc	<p>Yogic Practices for Health and Harmony</p> <p><i>Asanas -Garudasana</i></p> <p><i>Baddhapadmasana</i></p> <p><i>Gomukhasana</i></p> <p><i>Ardhamatsyendrasana</i></p> <p><i>Bhujangasana</i></p> <p><i>Shalabhasana, Makarasana, Matsyasana</i></p> <p><i>, Naukasana, Setubandhasana</i></p> <p><i>Halasana, Shavasana</i></p> <p>Kriya-Agnisara</p> <p>Pranayamas-Anuloma-viloma, Seetkari, Bhramari</p> <p>Meditation</p>



Class IX

Theme	Questions	Key Concepts	Resources	Activities/Processes
Unit 1 Introduction	Why Yoga is Important?	What is Yoga? Importance of yoga and Guidelines for Yogic Practices	Charts, Posters, Various Visual Aids	Discussion

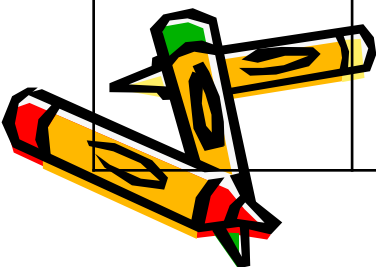
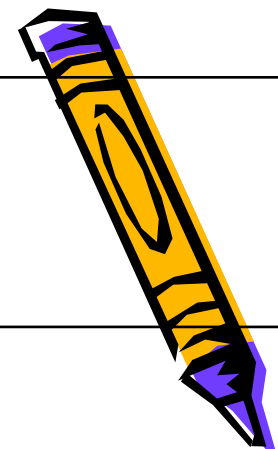


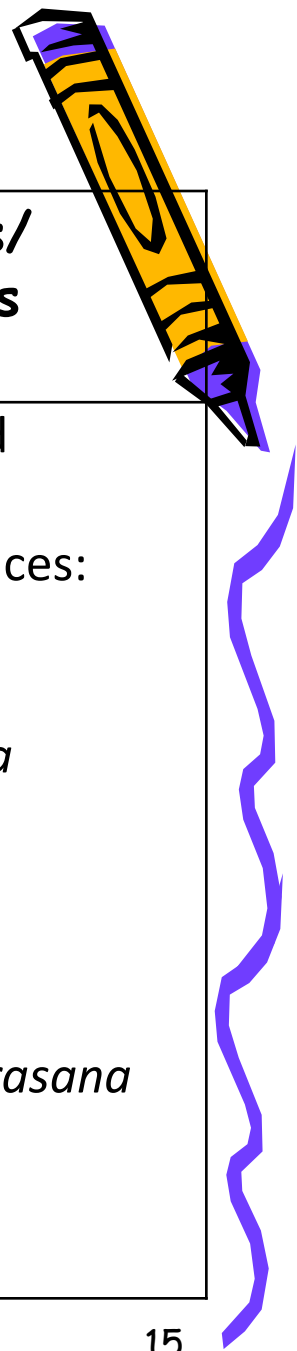
Class IX

Theme	Questions	Key Concepts	Resources	Activities Processes
Unit 2 Personality Development through Yoga	1. Role of Yoga in all-round Development 2. How can We Improve flexibility and Strength through Yogic Practices?	Yoga and personality development Personality : <ul style="list-style-type: none"> • Physical • Mental • Intellectual • Emotional • Social Yogic practices for personality development Meditation <ul style="list-style-type: none"> • Introspection • Meditation/Introspection or self-observation. Meditation, Yoga nidra, etc.	Play ground, Halls, Classrooms , Charts, Posters, Various Visual Aids. Discussion	a. <i>Surya Namaskar</i> b. <i>Asanas</i> <ul style="list-style-type: none"> • <i>Tadasana</i> • <i>Katichakrasana</i> • <i>Simhasana</i> • <i>Mandukasana</i> • <i>Uttana Mandukasana</i> • <i>Kukkutasana</i> • <i>Akarna Dhanurasana</i> • <i>Matsyasana</i> • <i>Bhujangasana</i> • <i>Shalabhasana</i> • <i>Dhanurasana</i> • <i>Sarvangasana</i> • <i>Halasana</i> • <i>Shavasana</i>

Class IX

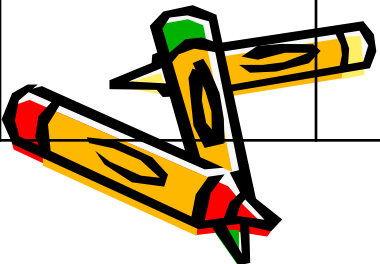
Theme	Questions	Key Concepts	Resources	Activities/ Processes
Unit 2 Personality Development through Yoga				<p><i>Halasana</i></p> <ul style="list-style-type: none"> • <i>Shavasana</i> <p>c. <i>Kriyas</i></p> <ul style="list-style-type: none"> • <i>Kapalabhati</i> • <i>Agnisar</i> <p>d. <i>Pranayamas</i></p> <ul style="list-style-type: none"> • <i>Anuloma-viloma</i> • <i>Bhastrika</i> <p>e. <i>Bandha</i></p> <ul style="list-style-type: none"> • <i>Uddiyana</i> <p>f. <i>Meditation</i></p> <ul style="list-style-type: none"> • <i>Meditation</i> • <i>Introspection</i>

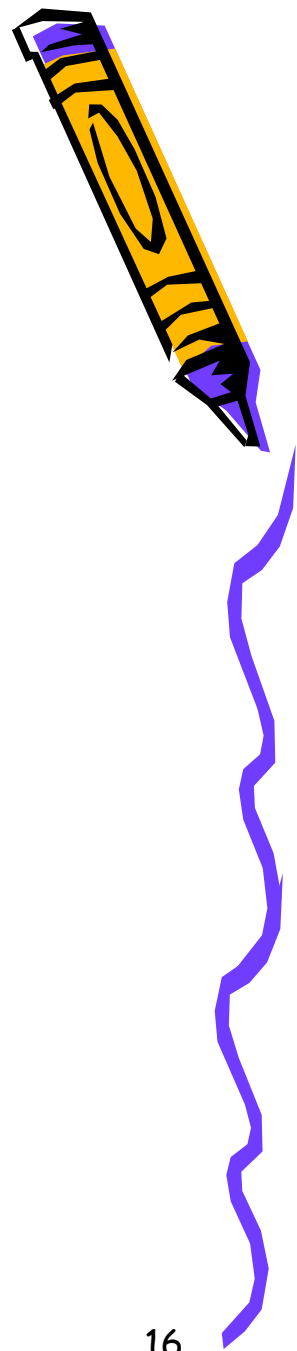




Class X

Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Do we feel stressed?	Stress Factors inducing stress. Yogic Life Style Role of Yoga in Stress Management	Photographs, Posters of yogic practices, Audio-Visual Aids	Demonstration and performing of various Yogic Practices: Yoga for Stress Management <ul style="list-style-type: none"> • <i>Hasta uttanasana</i> • <i>Padahasthasana</i> • <i>Trikonasana</i> • <i>Shashankasana</i> • <i>Ustrasana</i> • <i>Ardha matsyendrasana</i> • <i>Bhujanagasana</i> • <i>Shalabhasana</i> •



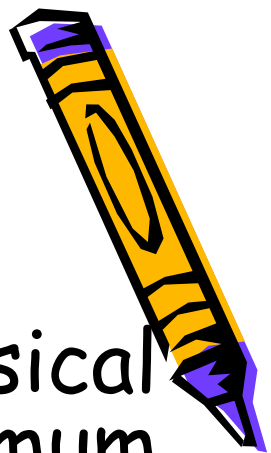


- *Sharvangasana*
- • *Matsyasana*
- • *Makarasana*
- • *Shavasana*
- • *Kapalabhati*
- • *Anuloma-viloma Pranayama*
- • *Bhramari Pranayama*
- • *Bhastrika Pranayama*
- • *Meditation*
- **Yoga for Healthy Living**
- • *Shirshasana*
- • *Bakasana*
- • *Mayurasana* (for boys)
- • *Hamshasana* (for girls)
- • *Uttana Kurmasana* (for boys)



Challenges

- For health, yoga and physical education there needs to be minimum of outdoor and indoor facilities coupled with proper ventilation and sanitation in the classroom and school premises at the primary, secondary and senior secondary levels.
- All teacher education courses must include health, yoga and physical education as a compulsory subject.



Challenges

- Require need based relevant materials both for teachers and students.
- Human resource development is needed both for pre service and in service teacher training programmes
- Need to include medical care, hygienic school environment, school lunch, yoga and sports education in the school health programme

Challenges

- Need to make mid day meal programme a part of the curriculum of this subject along with regular medical check ups and follow up
- The School Health Programme has to be a coordinated effort between the education and health departments with the latter providing preventive, curative and promotive services at all levels of schooling.



Challenges

- Descriptive and impact studies be commissioned to review the status of this subject in school education and document alternative experiences in this area.
- For effective implementation of this subject **strong advocacy** is required at different levels of the education and health systems.

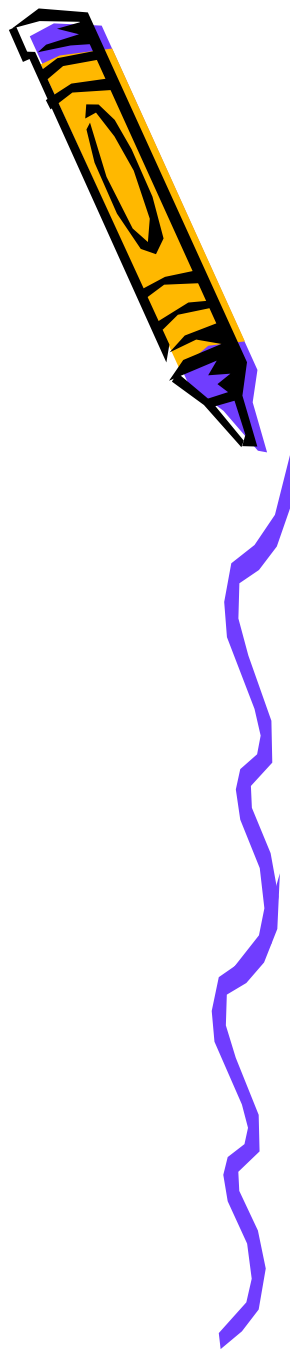


Challenges

- Evaluation need to be Changed being an experiential learning area
- The proportion of marks in theory and practical may be assigned differently as a compulsory subject (at class X level) and that as an optional/elective subject at the plus two level.
- Need to evolve and use the system of Comprehensive and Continuous Evaluation given the applied nature of the subject.

Areas For Collaboration

- Preparation of Curriculum
- Advocacy and Training
- Sharing Of Materials
- Sharing of best practices
- Research and Evaluation Studies



THANK YOU

