



केन्द्रीय विद्यालय संगठन(मु0)
18 सांस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नई दिल्ली-110602
KENDRIYA VIDYALAYA SANGATHAN (HQ)
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F.110332/02/2013/KVS(HQ)/Acad/Yoga

Dated :-30.12.2013

To,

The Deputy Commissioner,
KendriyaVidyalayaSangathan
All Regional offices

Sub: Yoga teaching in KVs.

Sir/ Madam,

KendriyaVidyalayaSangathan has decided to encourage yoga education in all its schools. The National Curriculum Framework (NCF) 2005 has set broad guidelines for physical education and elucidated the importance of including yoga as a compulsory subject. Yoga education contributes to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Yoga is to be taught from class VI onwards in all the KendriyaVidyalayas. The Regional Offices are directed to appoint yoga teachers on contractual basis in all the KendriyaVidyalayas (if any regular yoga teacher is not posted in that school) irrespective of number of sections in the vidyalaya. The remuneration of the yoga teachers appointed on contractual basis shall be similar to the payment made to contractual coaches for the sports.

The Syllabus to be followed in different classes for the .yoga education is enclosed at Annexure-I.

Encl.: As above.

(Dr. Shachi Kant)
Joint Commissioner (Trg..)

Copy to:

1. DC(EDP) with the request to upload the circular on KVS website for information.
2. Guard File.

Joint Commissioner (Trg..)

Recd
Sangathan
AFD
30/12/13



केन्द्रीय विद्यालय संगठन /Kendriya Vidyalaya Sangathan

१८, संस्थानिक क्षेत्र/18, Institutional Area

शहीद जीत सिंह मार्ग/Shaheed Jeet Singh Marg

नई दिल्ली-११००१६/New Delhi -110016

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F.110332/02/2013/के.वि.सं./मु./शै./योग

दिनांक: .12.2013

E-mail/Speed Post

उपायुक्त

केन्द्रीय विद्यालय संगठन

समस्त क्षेत्रीय कार्यालय

विषय: केन्द्रीय विद्यालयों में योग शिक्षण

महोदय/महोदया,

केन्द्रीय विद्यालय संगठन ने निर्णय लिया है कि अपने सभी केन्द्रीय विद्यालयों में योग शिक्षा को बढ़ावा दिया जाए। राष्ट्रीय पाठ्यचर्या की रूपरेखा (एन.सी.एफ.) -2005 में योग शिक्षा सहित शारीरिक शिक्षा के संबंध में दिशा निर्देश विस्तार से दिए गए हैं और इसकी महत्ता को ध्यान में रखते हुए इसे एक अनिवार्य विषय के रूप में सम्मिलित करने हेतु दिशा निर्देश दिया है। योग शिक्षा न केवल बच्चे के शारीरिक विकास में सहायक होती है अपितु उसके मनोवैज्ञानिक, सामाजिक और शारीरिक विकास में भी सकारात्मक योगदान देती है। सभी केन्द्रीय विद्यालयों में योग शिक्षा कक्षा VI और ऊपर की सभी कक्षाओं में दी जानी है अतः सभी क्षेत्रीय कार्यालयों को निर्देशित किया जाता है कि अपने अधीस्थ सभी केन्द्रीय विद्यालयों में (यदि नियमित योग शिक्षक नहीं हों तो) संविदा के आधार पर योग शिक्षक नियुक्त किए जाएं चाहे विद्यालयों में सैक्शनों की संख्या कम ही क्यों न हो। संविदा के आधार पर नियुक्त योग शिक्षकों का पारिश्रमिक संविदा आधार पर नियुक्त स्पोर्ट्स के कोच के समान ही होगा।

विभिन्न कक्षाओं के लिए योग शिक्षा का पाठ्यक्रम संलग्नक -1 में दिया गया है।

संलग्नक: यथोपरि

(डॉ.शची कांत)

संयुक्त आयुक्त (प्रशि.)

प्रतिलिपि:

1. उपायुक्त ई.डी .पी.को इस अनुरोध के साथ कि इस परिपत्र को केन्द्रीय विद्यालय संगठन की वैबसाइट पर अपलोड करने का कष्ट करें।
2. गार्ड फ़ाइल।

संयुक्त आयुक्त (प्रशि.)

CLASSWISE YOGA SYLLABUS

Annexure - I

MONTH	CHAPTER	PRACTICAL/ACTIVITIES EXPLAINED
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(B) Programme for Secondary and Senior Secondary Classes:-

Class	Practical	Theory
VI	<p>Shatha karma- 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 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. Shukshma vyayama- No 12-23 Asanas- Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana. Bhujangasana. Shavasana Pranayama- Bhramari 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 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- 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); Shukshma vyayama- No 33-48 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

SYLLABUS

MONTH <i>class</i>	CHAPTER	PRACTICAL/ACTIVITIES EXPLAINED
IX	Baddhapadmasana, Ushtrasana, Pashchimottasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana, Surya Namaskar (if possible) Pranayama- Ujjayi and Suryabhedan Concentration- In between eyebrows, Ohm Chanting and Shanti path.	<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 'Sattvik Aahar'.
X	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.	<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	Shatha karma- Kunjal, jalaneti & Nauli (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Surya Namaskar, Gomukhasana, Pawanmuktasana Supta Vajrasana- Hanumanasana, Sarvangasana, Uttapadasana, Dhanurasana, Shavasana Bandhya- Moola, Uddiyana and Jalandhar Pranayama- Bhastrika, Nadisodhan Concentration-on 'Dot' or 'Ohm', Ohm Chanting and shanti path.	<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 Arvind. Vivekanand and other yogis - 5. Knowledge of Bandha, Mudra and Chakras 6. Methods and benefits of Asans, Pranayama and Concentration
XII	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.	<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