



# YOGA BHARATI

(Yoga at School)



**Samvit**  
*Integrating Knowledge for Purposeful Existence*



## VISION

Fostering vibrant society through education



## MISSION

- Eminent Research Center for Education; Referral Center for Policy-makers and Institutions
- Forum for Educationists & Scholars to collaborate on sustainable & scalable modules for *Samagra Vyaktitva Vikaas* (Wholesome Personality Development)
- Open Platform for Learning Resources rooted in *Bharatiya Jnana Parampara* (Indian Knowledge System)



## VALUES

- *Aatmiyata*
- Commitment
- Patriotism
- Integrity



## MOTTO

Excellence & Endurance

## CHARTER



Provide a platform for scholars, educationists, teachers and researchers to create better system of holistic education



Identify limitations of existing systems and evolve simple, scalable modules



Facilitate institutions to scientifically assess the outcomes of research



Publish research papers, case studies of successful experiments and teachings-learning materials



Enlighten and train teachers with new methods for large-scale implementation



Resource center for educational frameworks of various institutions



Influence education policy-makers to adopt and implement research outcomes at the national level

## WHO WE ARE

Samvit Research Foundation, Bengaluru is a not-for-profit social organization focused on research in school education, started in 2017. It is an open platform for scholars, educationists and researchers to integrate their knowledge from successful experiments and broad base it for large scale implementation in thousands of schools.

## WHAT WE DO

Educationists and scholars collaborate to design simple, scalable modules – enriching education through age-specific progressive curriculum framework – for Samagra Vyaktitva Vikas (Wholesome Personality Development) of children in physical, psychological, emotional and spiritual dimensions, which are majorly missed in the current curriculum of school education. Following modules are designed to augment learning in school through formal curriculum, annual plan and teachers handbook.



Go to our Website([www.samvitresearch.org](http://www.samvitresearch.org)) to get details of Our Modules

### Samvit Modules' Implementation in Schools



**17**

Districts



**250+**

Partner Schools



**150000+**

Students



**1250+**

Teachers

### Groups of Schools in Karnataka

No. of Schools

		No. of Schools
1	Rashtrottthana Schools	12
2	Jagadguru Sri Shivarathreeshwara (JSS)	65
3	Vidya Bharati Schools	48
4	Shri Basaveshwara Veerashaiva Vidyavardhaka Sangha (BVVS)	13
5	Bala Gangadhara Swamiji (BGS)	12
6	The Bijapur Lingayat District Educational Association (BLDEA)	10
7	Kottala Basava (KB)	10
8	Individual Schools	42
9	Government Schools	40

Statistics based on A.Y. 2020-2021

# **SAMVIT YOGA BHARATI**

## **(Yoga at School)**

Yoga is the art of living and science of life. Yoga is concerned with the evolution of mind and body. Yoga incorporates a system of disciplines for integrated development of all aspects of the individual. The practice of yoga not only helps to keep the young body strong and supple but also incorporates mental activities & disciplines that help develop attention and concentration and stimulate the creative abilities that are latent within the child. A young child is more intuitive and less conditioned and, therefore, quite open and creative and, above all, capable of learning. As children grow older, these Yoga practices augment their learning abilities and discipline helps them to channelize their emotional energies in a constructive manner.

In today's world, children are likely to be glued to technology; their exposure to many areas can sweep them off their feet very easily, especially in their adolescent age, when value systems are still in the formative stage. Focus of current education system is mainly on IQ development, physiological and psychological aspects and EQ is neglected. High expectations from parents, without knowing how to handle pressure, lead to stress, anxiety, depression and sometimes even lead to suicide. Yoga is an invaluable gift of our ancient Indian traditions. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body.

Samvit-Yoga Bharati Module helps children in developing strong foundation for physical, mental and emotional well-being through graded (age-specific) curriculum framework of Yama-Niyama, Asana, Pranayama, Pratyahara, Dharana and Dhyana. It takes children on to the right path of positivity and happiness, through healthy mind and body, concentration and development of social and personal ethics.

### **Highlights of Samvit - Yoga Bharati :**

Based on Maharshi Patanjali's Ashtanga Yoga –

- Age-specific graded curriculum from class 1 to class 10
- Annual, Monthly and Weekly plans
- Group-specific Teachers' Guide
  - Group 1: Classes 1 to 3 - Focus on behavioral aspects of Yoga
  - Group 2: Classes 4 to 7 - Focus on learning all aspects of Ashtanga Yoga - Introduction, Knowledge through Practice
  - Group 3: Classes 8 to 10 - Focus on Self Experience, Science of Yoga, Application of Yoga in life

## Samvit Yoga Bharati Curriculum - A bird's eye view :

- Yama-Niyama ; Definition, Stories & Applications
  - Progressive explanations from gross external, at early age, to subtle and deeper meanings, at high-school level
  - In lower classes - Stories are used to effectively convey the meaning and essence of specific Yama and Niyama
  - In higher Classes - Life examples, Group discussions and Videos are used for self- experience
- Age-specific Asanas:
  - Details of every asana is given: Meaning, Procedure, Limitations, Benefits and Teachers' guidelines
  - For each group, sequences of Standing, Sitting, Prone & Supine Asanas is followed for easy reference
- Age-specific Pranayama:
  - Details of Age-Specific Pranayama practices are given in the booklet
  - Meaning, Procedure, Limitations, Benefits and Teachers' guidelines
- Pratyahara; meaning and actions
  - Focus is on understanding the importance of turning sense organs inwards through practice in daily life
- Dharana; meaning and methods
  - Focus is on understanding the need and benefits of Dharana / concentration.
  - Simple techniques are explained for daily practice.
- Dhyana; Meaning and few practices of Dhyana. Focus is on understanding the importance of Dhyana in daily life and how to practice it.

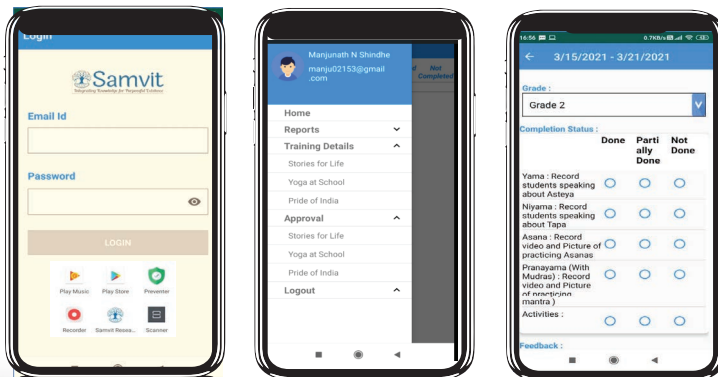
Assessment framework is also provided to measure changes in Behavior, Health and Cognition. (Samadhi, the eighth limb, has been consciously avoided in SAMVIT Curriculum for School children).



## IMPLEMENTATION PROCESS



## Implementation tracking through Samvit App





# How to Implement in my School ?

## School Responsibility :

- Identify Coordinator from the School who will work with Samvit Implementation Team
- Allot required periods(Yoga) in the School time-table
- Identify Yoga teacher(s) who will implement Yoga Bharati(Yoga at School) module in the School
- Communicate the decision of implementing Samvit Yoga Bharati to all teachers
- Send identified teachers for Samvit Training Program
- Work with Samvit Coordinators for effective implementation of the program

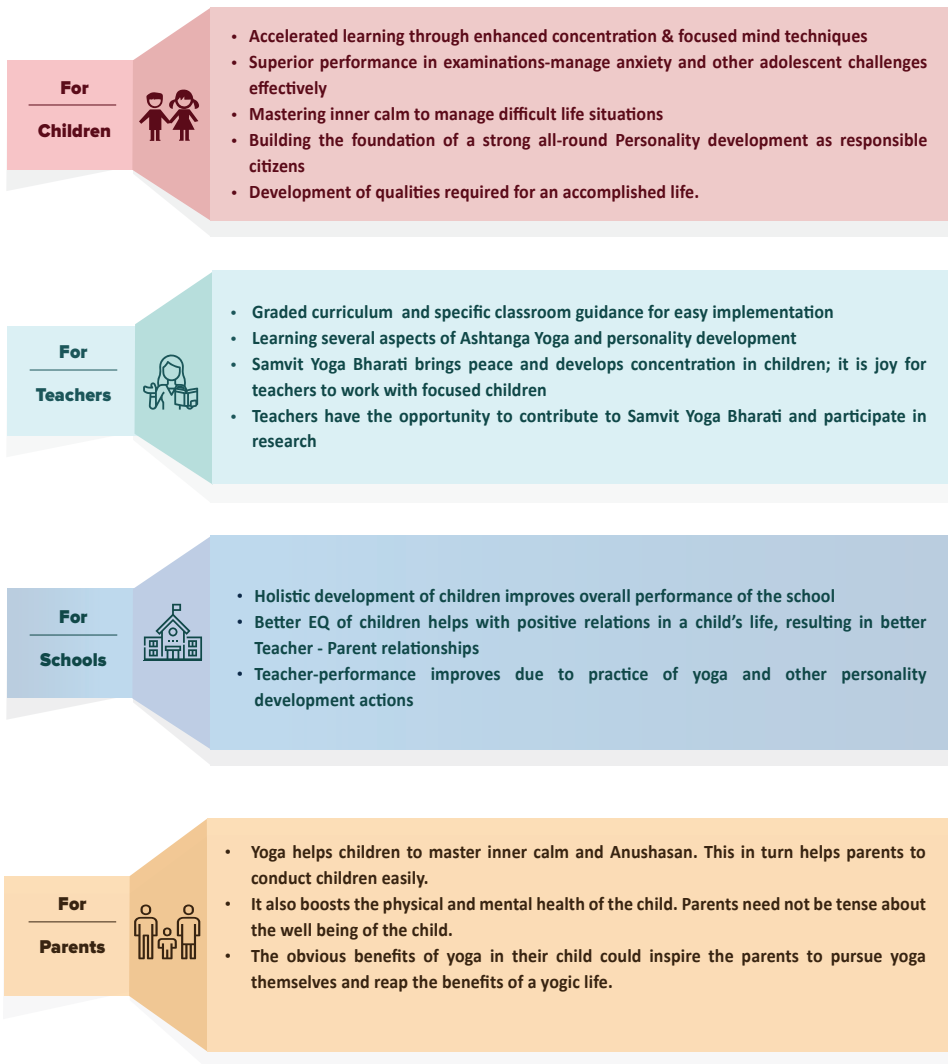


## Samvit Support :

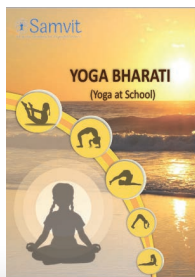
- Provide curriculum framework and annual, monthly and weekly schedule
- Provide teachers' guide, model class videos and other reference material
- Work with School Coordinator in implementation planning
- Provide training for Yoga teachers - Yoga Bharati Training Program
- Provide online tools for monitoring progress and reviewing implementation
- School observation and support to teachers
- Refinement of curriculum, based on teachers' feedback



# Benefits Of Implementing Yoga Bharati Module In Schools



## Teachers' Handbook (Class 1-10)



## Teachers' Training Kit





## Testimonials

"We are Conducting Yoga Training, Class-wise regularly using Samvit Yoga Curriculum. Students are enjoying Samvit Yoga classes in our School".

**- Principal JSS, BSK  
Bengaluru**



"Our School admissions improved from 49 to 140 children.

On seeing all 140 children doing Yoga, donors came forward and donated uniforms to our children. Students are well behaved and we observe more discipline in them. Students participate in Kannada Rajyotsava Yoga competitions"

**- Principal, Govt. School,  
Ramamurthy Nagar, Bengaluru**

" I am very happy to inform Samvit team that I was an Ekalavya for this Yoga Bharati Module. I searched online and was using this without proper training. Today, I am very happy that I am formally a part of Samvit-Yoga Community "

**- Yoga Teacher, Sharada Vidya  
Niketan, Kalladaka**





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## **Samvit Research Foundation**

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