



Proposal for Isha Yoga Sustainable Program [Institution Name]

Introduction

In today's fast-paced world, students often face immense academic pressure, coupled with personal and social challenges. *The National Education Policy 2020 emphasises students' mental health and well-being* in order to provide holistic development. It also instils in students qualities and life skills that aid in their growth, self preservation and sustainable development. 10% students have diabetes, 25% high blood pressure and 9% suffer from depression. The emphasis on all-time reading, writing, and thinking for expanding the knowledge base of higher education students with ***no importance given to participation in physical activity is adversely affecting the health status of the students.***

Isha Yoga, rooted in ancient Indian practices, offers a comprehensive approach to physical health, mental clarity, and emotional balance. *Scientific research from Harvard Medical School Teaching Hospital has shown Isha Yoga practices reduce stress levels by 50%, activate 97% of the genes regulating immunity in the body, and enhance levels of the body's natural anti-depressant.* Results from surveys conducted on practitioners of Isha Yoga practices show *considerable improvements in diabetes, hypertension, concentration, clarity, energy levels, inner peace, and sleep.*

It is proposed to introduce Isha Yoga programs to provide students with tools and techniques to manage stress, enhance focus, and foster holistic well-being. This proposal outlines the course components, benefits and implementation plan for offering Isha Yoga to school students.



Objectives

1. Promote physical and mental well-being: Introduce students to yoga that improve flexibility, strength, and overall health
2. Enhance mental clarity and focus: Teach students simple yet powerful meditation practices to calm the mind, improve concentration, and manage stress effectively.
3. Foster emotional balance: Provide tools to help students navigate their emotions, develop resilience, and cultivate inner peace.
4. Build a sense of community: Create a supportive environment where students can connect with like-minded peers, fostering a sense of belonging and camaraderie.

Benefits

- Stress reduction: Learning techniques to manage stress can help students cope with the demands of school life more effectively, reducing anxiety and burnout.
- Enhanced well-being: Isha Yoga practices promote holistic health by addressing physical, mental, and emotional aspects, leading to overall well-being.
- Lifelong skills: Students will acquire lifelong skills that they can continue to benefit from even after their school years, helping them lead healthier and more balanced lives. In addition, they create an atmosphere of confidence, enthusiasm and non-competitiveness where everyone can succeed.
- Improved academic performance: Regular practice of yoga and meditation has been linked to enhanced cognitive function, better memory retention, and improved academic performance.



- Compliance and Campus: Benefits the Institutions with new compliance requirements set by the National Education Policy 2020. Students are more focused in the class yielding better academic outcomes. This can also help lesser incidences on campus of violence and substance abuse.

What would the course include

Students will learn

- Simple 5 minute yoga practices - Upa yoga - these can be done anytime, anywhere
- Tools to relax their body and mind
- Learn about vital aspects of their life - food, clothing, how to sleep well

Yoga Namaskar – This is a very simple and complete process by itself that nurtures the physical, psychological and energy dimensions of a human being. It brings **balance and stability to the system.**

Nadi Shuddhi – This is a simple breathing technique purifying the subtle energy channel bringing a **strong feeling of clarity, focus and peace.**

How is session delivered

During the learning session

- The sessions will be conducted by a trained classical Hatha Yoga teacher from Isha Foundation.
- A trained Isha volunteer will support the teacher and be the point of support till the practices are well established in the children.
- An audio file will be shared with the school for regular practice.
- Program can be conducted in English/Tamil.

Program duration: Session can be offered in 90 minutes for a batch of 100 students at a time. After which, the students will continue to practice (20 mins) in the School premises for the next 48 days. Review session will be provided after 6 weeks, followed by once in 3 months.



Session duration: 1 hour 30 minutes/90 minutes

Regular practice time: 20 minutes

Age: 7+ years

What support is needed from the School

For the learning session

- Allocating **90 minutes each day** with light stomach conditions (1.5 hrs after a full meal)
- Providing furniture free place in the School where yoga practice can be done
- Providing AV equipments, like screen, speakers, mic
- Students must wear loose cotton clothes/sportswear so they are comfortable
- Help circulate information regarding the program to parents so they can support the students continue their practices at home (*optional*)

After the learning session

- **Daily practice sessions** during the assembly time works best but you can also offer for **20 minutes** before breaking for lunch. Ensure light stomach conditions (1.5 hrs after a full meal) are met.
- Build a **student commitment** to ensure continuity of the program on and off school premises
- Providing furniture free place in the School where yoga practice can be done
- Providing AV equipments, like screen and speakers
- Students must wear loose cotton clothes/sportswear so they are comfortable.
- Video of students doing the practices (*optional*)

Pricing

Isha Foundation is happy to offer these powerful yet simple tools to children, staff and management of your esteemed institution for **free**.