

## **SCHEME OF YOG EDUCATION IN GOVERNMENT PRIMARY SCHOOLS IN THE STATE**

This refers to the para 54 of the Budget Speech of the Hon. Chief Minister that reads:

*Further, I propose to implement a special programme imparting Yoga training at primary school level through Goa Education Development Corporation. In the 1<sup>st</sup> year the support will be available to 100 such schools. Accordingly I have enhanced the financial outlay for the Goa Education Development Corporation.*

It is proposed to submit a scheme for Introduction of Yog Education in the Government Primary Schools in the State. Details of the scheme are furnished hereunder –

The whole world has understood the importance of yoga education for overall development of the personality. Today yoga is seen implemented even at primary level to reap maximum benefit of various yogic practice. Patanjali ashtang yoga can be termed as the ultimate solution to various problems cropping up in today's educational scenario. Lesson of Ahimsa and satya could produce one father of nation. That was just two yama of yoga. Just imagine if one follows all five yama and five niyamas of ashtang yoga. The teaching of Yama Niyam will Shape up their minds and with asana, pranayam and suryanamaskar will help them to build their physique.

Today students are seen facing problem such as stress, attention Seeking, suicides, ragging, bullying, stealing, depression, lack of concentration, memory problem, exam phobia, Behavioral problem, restlessness even relationship issues and addiction to drugs tobacco and alcohol. These issues are seen at rise in recent times. It's an alarming sign to all of us so also it's a high time to reciprocate and adopt measures to combat it. The best solution to any problem is to create healthy environment which will discourage younger generation to adopt wrong practices in life and focus their attention on building future.

**Modern Educationist are concerned over the effect of changing life style of students. Today due to higher cost of living both parents are seen working and due to nuclear family there is no one to look after kids. Easy and easy access to technology, media, social media, internet provoke them to get attracted to bad habits. Behavioral problem such as attention seeking, naughtiness avoiding studies, bunking school are common in such children. Teachings of yoga make them internally strong and will act like a strong compound wall to protect them from such evils.**

**Primary Students with physical problems such as mental growth, motor skill development, Cognitive development, is possible with yoga. As per ayurveda Kids mostly suffer from KAPHA related diseases hence, cold, fever, cough, worms problem are common at this primary level. Yogic practice can reduce these problems to a great extent.**

**The healthy approach towards education and life can be developed right from younger ages via the most powerful yogic practices. Yoga at primary level will definitely help to develop an effective system to create healthy citizens for the nation. All above listed problems can be countered with practice of yoga teaching.**

### **Implementation of Yog in Primary schools.**

#### **Phase- I**

- State level Yog cell of Yog experts is constituted.
- A group of approx. 60 Master Resource Persons were identified.
- 60 Master Resource persons were trained by Resource persons from Haridwar University under Yog Education Scheme.
- These MRP then trained 152 Government Primary Teachers.
- Available NCERT approved syllabus is adopted. Specially developed khel khel me yog books based on NCERT syllabus prepared by Patanjali Yog peeth from std I to std. IV, are adopted.

#### **Phase - II**

- For the Academic year 2017-18, Yog Education will be implemented in approx. 240 Govt. Primary schools.
- From 8<sup>th</sup> to 16<sup>th</sup> January 2018, 229 Government Primary teachers were trained at the Taluka level.

#### **Phase – III**

- For the Academic year 2018-19, Yog Education will be implemented in approx. 240 Govt. Primary schools.

**Nodal GoG management:** For efficient planning and implementation of the programme across the state, state level Yog cell of experts will be constituted. GoG shall designate one senior official as the Nodal Programme Officer (NPO), who will be responsible for overall implementation and monitoring of the programme, including:

- Annual planning for implementation and monitoring of the programme, in consultation with state level Yog cell of experts.

- Ensuring that necessary information, orders and instructions are issued to all relevant district and cluster officials and other officials for initiation and implementation of the programme.
- Academic and administrative monitoring of the programme at the school level through appropriate mechanism.
- Periodic review with district/block/taluka officials.
- Coordination with state level Yog cell of experts.
- Facilitating programme/school-level/student level assessments by Yog cell.
- Reporting on the progress of the programme to GoG.