

SCEHME ON QUALITY IMPROVEMENT IN SCHOOLS:

COMPONENT OF
INTRODUCTION OF YOGA IN SCHOOLS



DEPARTMENT OF EDUCATION IN SOCIAL SCIENCES AND HUMANITIES
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING
SRI AUROBINDO MARG, NEW DELHI – 110 016

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INTRODUCTION OF YOGA IN SCHOOLS

BACKGROUND

In pursuance of the decision of Cabinet Committee On Economic Affairs (CCEA) Government of India, Ministry of Human Resource Development (MHRD) has transferred four components of the Scheme on “Quality Improvement in Schools” to National Council of Educational Research and Training (NCERT). “Introduction of Yoga in Schools” is one of the components to be implemented by NCERT.

Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it.

Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children.

There is also a growing realization that the health needs of adolescents, particularly their reproductive and sexual health needs, require to be addressed. Since these needs predominantly relate to sex and sexuality, which is culturally a very sensitive area, they are deprived of opportunities to get appropriate information. There is a need to provide children accurate and authentic information and help them to construct knowledge and acquire life skills, so that they cope up with the concerns related to the process of growing up, counter stress and strains and cope up with examination stress.

Within this overall framework both yoga and physical education are seen as routes for achieving overall development of children.

However, up till now both yoga and physical education have not been given the due importance and neither has their contribution to the health and overall development of the child been adequately acknowledged. The constraints faced by yoga and physical education are related to a number of factors that affect the quality of school education in general and health and physical education in particular. This is the right time for making health and physical education to be considered as one of the important components of introduction of yoga in schools. In order to make this subject as a subject at par with other subjects of school education, the project can help in advocating the area of health and physical education to be treated not merely an instructive area but also having strong experiential learning component. The project, therefore, should focus on preparing/training teachers in yoga focusing on the comprehensiveness of the area of health and physical education.

The focus of preparation of teacher training programme need to be based on the stipulations made in the National Curriculum Framework (NCF) 2005 and the syllabi of Health and Physical Education prepared for various classes of school education. The selected proposals under the scheme, therefore, should complement on achieving the objectives of Health and Physical Education in schools. The scheme, therefore, is revised keeping the above objectives in view.

NATIONAL CURRICULUM FRAMEWORK 2005

The National Curriculum Framework (NCF) 2005 has reconceptualised the curricular area of Health and Physical Education. Besides the recommendations made in the NCF 2005, there is a separate Position Paper on Health and Physical Education prepared by one of the 21 National Focus Groups that were set up for revision of the National Curriculum Framework. The following is the summary of the stipulations made in the National Curriculum Framework 2005 and the Position Paper on Health and Physical Education:

1. The precondition for all development is healthy physical growth of all children. This requires that the basic needs in terms of adequate nutrition, physical exercise and other psycho-social needs are addressed. 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. Simple adaptation of playgrounds, equipment and rules can make activities and games accessible to all children in the school. 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. Whereas all students must be involved in health and physical education activities, those who choose to excel in games and sports need to be provided adequate opportunities. (p. 14)

2 This curricular area adopts a holistic definition of health within which physical education and yoga contribute to the physical, social, emotional and mental development of a child. (p. 56)

3 The entire group (Health and Physical Education and yoga) 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)

4 Recognizing this subject as a core subject, Health and Physical Education must continue to be a compulsory subject from the primary to the secondary stages and as an optional subject at higher secondary stage. However, it needs to be given equal status with other subjects, a status that is not being given at present. (p. 57)

5 In order to transact the curriculum effectively, it is essential to ensure that the minimum essential physical space and equipments are available in every school. Teacher preparation for this area needs well planned and concerted efforts. This subject area consisting of health education, physical education and yoga must be suitably integrated into the elementary and secondary pre-service teacher education courses. The potential of the existing physical education training institutes should be reviewed and utilized adequately. Similarly, their appropriate syllabi and teacher training for transaction of yoga in schools need to be reviewed and reformulated. (p. 57)

6. Yoga could be introduced from the primary level onwards in informal ways, but formal introduction of yogic exercises should begin only from class sixth onwards. All interventions including even health and hygiene education must rely on the practical and experiential dimensions of children's lives. (p. 58)

SCOPE OF THE SCHEME

The existing Scheme of MHRD has been reviewed keeping the above perspective in views. The scheme will continue to operate as a Centrally Sponsored Scheme and assistance will be given as per the approval of the scheme by MHRD, Government of India. It will be implemented through the Regional Institutes of Education, NCERT. Assistance under this scheme will be given **for training teachers in yoga in an integrated way as per the stipulations made in the National Curriculum Framework, 2005 and the syllabus of Health and Physical Education**. One time assistance will also be given for library assistance.

In order to ensure uniformity in the training programmes, it would be desirable to organize the training programmes keeping in view the syllabus developed by NCERT in the area of Health and Physical Education for various classes. Under this scheme assistance will be provided for the following purposes:-

I. Teacher Training

Assistance may be given to Yoga Institutes for training regular teachers of **Government and Government-aided schools** in yoga in an integrated way. For those teachers, who would be teaching yoga though they are not yoga/health and physical education teachers may be required to undergo training for one month. Refresher courses may be organized for 21 days as per the requirements of the teachers. The training may be compulsorily residential. **Teachers invited for training should not be above 45 years of age. Financial assistance will be provided for not more than two courses in one academic year.**

Assistance may be provided for boarding and lodging. TA/DA will be as per State/UT administration rates and will be reimbursed by NCERT.

The Yoga Institutions which impart training will be entitled to a lump sum grant for meeting the training expenses. The grant will cover the fees of the institution as also the expenditure on account of distribution of instructional materials to the teacher trainees. In one training programme, 30 participants may be invited for training.

Item-wise financial assistance is as follows:

- a) Boarding & lodging @ Rs. 350/- per day per trainee.
- b) TA as per the State/UT rates;

- c) The DA will be 25% as per State/UTs norms.
- d) Lump sum grant @ Rs.5,000/- per programme;

II. Assistance for Library

Assistance upto Rs. 50,000 (Rupees Fifty thousand only) as a one-time grant will be available for upgrading the library of the Yoga Institution. Only books, journals, audio-visual materials and magazines relating to yoga and yoga education will be purchased out of this grant. However, no assistance on account of purchase of equipment like TV, VCR, etc. will be given. The institution will give the list of books, journals and magazines purchased from the grant.

Process of Implementation

The information about the Scheme on “Introduction of Yoga” will be disseminated widely through NCERT website and RIEs. A copy of the scheme may be sent to State Governments/UT Administrations for disseminations. RIEs will function as nodal institutions for the dissemination of information in their concerned region.

Procedure for sanctioning Grant to Yoga Institutions.

The proposals of Yoga Institutions would be routed through Education/other concerned Departments of the State/UT Govt. Administration with a copy to Regional Institute of Education of that region and NCERT Headquarter, New Delhi. The faculty member in-charge in RIEs will facilitate the preliminary scrutiny through a Committee constituted for this purpose. The Committee of each RIE may have members from Yoga Institute of All India Character of that region and **representatives from Department of Education at State/District Level**. The Committee will also scrutiny the proposal through inspection to the applicant Yoga institute to ensure that the concerned Yoga institute fulfill all the conditions laid down in the scheme. The concerned RIE will forward the duly screened proposals along with their Inspection reports to Member Secretary, Grant-In-Aid Committee, DESSH, NCERT, Sri Aurobindo Marg, New Delhi-110016, for consideration.

While recommending the proposal of the yoga institutions, the State Government would also give a commitment to depute their teachers for training in the said institution. Non-profit making registered yoga institutions, who conduct

regular yoga training courses/educational courses would be eligible for assistance under this Scheme. Only those eligible yoga institutes, which have been in existence for 3 years or more, would ordinarily be considered. In order to be eligible for financial assistance under this Scheme, the yoga institutions should:

- i) Have a proper constitution or articles of association;
- ii) Have a properly constituted managing body with its powers and duties clearly defined in the constitution;
- iii) Have proper infrastructural facilities in terms of buildings including residential accommodation, proper space and faculty for running the course;
- iv) Not be run for profit of any individual or a body of individuals;
- v) Not discriminate against any person or group of persons on the ground of sex, religion, caste or creed;
- vi) Not directly function for the furtherance of the interest of any political party;
- vii) Not in any manner incite communal disharmony;
- viii) Not proselytize; and
- ix) Eschew violence

Grant-in-Aid Committee (GIAC)

For considering the proposals from Yoga Institutions, a Grant-in-Aid-Committee under the Chairperson of Joint Director (C), NCERT will be constituted for three years having Dean Academic, Head DESSH, Internal Financial Advisor (CAO, NCERT), Nominee of, Department of Education (MHRD) and Department of Youth Affairs and Sports, one Specialist and one faculty from each of the five Regional Institutes of Education, NCERT, on the subject as members. As need be, the GIAC may co-opt new members. Faculty In-charge of Health and Physical Education will be the Member Secretary of the Committee. This Committee will consider proposals and approve the grant to be released to the institutions on the approved parameters. The Committee will monitor the implementation of the scheme and will meet at least twice a year.

The grant will be remitted to the institution directly by a demand draft/cheque drawn in its favour by the National Council of Educational Research and Training.

Conditions of Grant

- (i) The grant-receiving agency will be required to execute a Bond on prescribed form (Annexure-I).
- (ii) An agency in receipt of financial assistance shall be open to inspection by an officer/faculty member of NCERT including RIEs or any other person nominated for this purpose.
- (iii) The account of the project shall be maintained properly and separately and submitted as and when required. They should be open to check by an officer deputed by NCERT including RIEs. They shall also be open to test check by the Comptroller and Auditor General of India at his/her discretion.
- (iv) The Audited Account together with Utilization Certificate in the prescribed form duly countersigned by Chartered Accountant are required to be furnished within six months in respect of a preceding year of after expiry of the duration for which grant is approved.
- (v) The agency shall maintain a record of all assets acquired wholly or substantially out of NCERT grant and maintain a register of such assets in the prescribed proforma. Such assets shall not be disposed of, encumbered or utilized for purpose other than those for which the grant was given, without prior approval of NCERT. Should the agency cease to exist at any time, such properties shall revert to the NCERT/RIEs.
- (vi) When NCERT/State Government have reason to believe that the sanctioned money is not being utilized for approved purpose, the payment of grant may be stopped and the earlier grant will be recovered. The grantee agency shall furnish NCERT with such report as may be prescribed.
- (vii) The agency will get 50 percent of the approved grant as the first installment. Forty per cent will be given after the agency submit the activity completion report of 50 percent of the proposed activities and the rest 10% will be given after getting the Utilization Certificate and Activity Completion Report.
- (viii) The decision of Grant-in-Aid Committee constituted for the Scheme regarding the approval of the proposals submitted by yoga institutes will be final.
- (ix) The decision of the Director, NCERT on the question whether there has been breach or violation of any of the terms and conditions mentioned in the sanctioned letter shall be final and binding on the grantee.

Monitoring

Yoga Institutions will submit information about the implementation of the Scheme on a quarterly basis through RIEs. The progress report will include the following details:

- (i) Course content of the programme.
- (ii) Duration of training programme and number and names of participants and number and names of schools from where the teachers have been invited.
- (iii) The names of schools where teaching of yoga has commenced. Details may be given about the time allotted in the schools time table for yoga teaching per week, the classes which are being taught yoga and the number of students per class who are participating in the programme.
- (iv) The RIE will monitor the implementation of programme contained in the proposal of the concerned Yoga institution.

Time- Frame

The time-frame of the Scheme for the financial year 2012-13 will be as follows:

First week of June, 2012:	Advertisement (NCERT Website and RIEs)
15 July, 2012:	Last date of submissions of proposals by yoga institute duly forwarded from the Department of Education at State/UT/District level to the Principal of RIE of their region (<i>See List of States/UTs covered by each RIE in Annexure III</i>) (<i>The proposal by the yoga institute should be forwarded by the Department of Education of State/UT level. The proposals forwarded by District Education Officer of the district where the Yoga institute is located will also be considered for scrutiny</i>)
1 September 2012:	Processing and Evaluation of proposals including Inspection by RIEs.
30 September 2012	Last date by which RIEs shall send the approved proposals to NCERT Headquarter.
First week of October 2012:	GIAC meeting for considering the proposals and Release of funds for approved proposals.

Department in NCERT to implement the Scheme

The Department of Education in Social Sciences and Humanities (DESSH) will be responsible for the implementation of the Scheme.

Allocation for the Scheme

The budgetary allocation for the Scheme will be an integral part of the overall allocation made for Quality Improvement in Schools Scheme.

(TO BE SUBMITTED IN DUPLICATE)

Guidelines for assistance to Yoga Institutions for providing Yoga Training to teachers in connection with Introduction of Yoga in Schools.

APPLICATION FORM

Part-I

(To be filled by the applicant)

1. Name of the Agency
2. Its objects and activities (give brief history)
3. Whether registered under Indian Societies Registration Act, 1860, (Act XXI of 1860), public trust of non-profit making Company? Give number and attach copy of the relevant document.
4. Whether the organization has any experience in yoga Education/Training. If so, a brief mention may be made indicating the type, size and location of the programme organized.
5. Whether the office of the organization is located in its own or rented building with complete postal address with pin code and telephone and fax number.
6. The title of the project for which the grant is applied for and the details of the project (attach extra sheet).
7. The duration of the project.
8. Whether any part of the expenditure on the projects is being or is likely to be provided by some other official or non-official or foreign source? If so, indicate the extent and the name of the agency.
9. Total estimated expenditure on the project Rs.
(Year-wise details to be attached) Rs.
 - (i) Non-recurring Rs.
 - (ii) Recurring Rs.

10. Amount of grant requested

(i) Non-recurring Rs.

(ii) Recurring Rs.

11. List of papers/statements to be attached :

a. Constitution/trust Deed of the Agency.

b. Constitution of the Board of Management with particulars of each member.

c. Latest available annual report.

d. Audited accounts for the last three years along with a copy of the certified balance sheet for the preceding year.

1. List of additional papers, if any.

2. Additional information, if any.

Signature of the authorized person with Designation & Stamp.

Part-II

FORWARDED BY THE STATE GOVT./DISTRICT AUTHORITY

The project proposal submitted by *(Name of the organization)*

is forwarded for consideration and financial assistance.

SIGNATURE _____

DESIGNATION & STAMP _____

The officer signing this should not be below the rank of Under Secretary/District Education Officer.

BOND

Know all men by these presents that we the _____ an Association registered under the Societies Registration Act, 1860 (21 of 1860) and having its office _____ in the state of _____ (hereinafter called the obligors) are held and firmly bound to the President of India (hereinafter called the Government) in the sum of Rs. _____ (Rupees _____ only) well and truly to be paid to President on Demand and without a demur for which payment we bind ourselves and our successors and assigns by these presents.

2. SIGNED this _____ day of _____ in the year Two Thousand and _____.

3. WHEREAS on the obligors request the Government has as per National Council of Educational Research & Training, Department of Education in Social Sciences and Humanities's letter _____ dated _____ (hereinafter referred to as the letter of sanction which forms an integral part of these presents and a copy whereof is annexed hereto as Annexure-A) agreed to make favour of the obligors a grant of Rs. _____ (Rupees _____ only). Out of which Rs. _____ have already been received by the obligors on condition of the obligor executing a Bond in the term and manner contained hereinafter and which the obligor have agreed to do.

4. Now the condition of the above written obligation is such that if the obligors duly fulfil and comply with all conditions mentioned in the letter of sanction the above written bond or obligation shall be void and of no effect. But otherwise it shall remain in full force and virtue. If a part of the grant is left unspent after the expiry of the period within which it is required to be spent the obligors agree to refund the unspent balance alongwith interest @ 6% per annum unless it is agreed to be carried over.

5. The Society/Trust agrees and undertakes to surrender/pay to NCERT the monetary value of all pecuniary of other benefit which it may receive or derive/have received or derived through/an unauthorized use such as letting out the premise for adequate or less than adequate consideration or use of the premise for any purpose other than that for which the grant was intended of the property/building rented/acquired constructed largely from out of Government grant. The decision of the Director, NCERT, or the Joint Director, NCERT, as regard the monetary value aforementioned to be surrendered/paid to the Government will be final and binding on the Society/Trust, and

6. AND THESE PRESENTS ALSO WITNESS THAT

- (v) i) The decision of the Director, NCERT on the question whether there has been breach or violation of any of the terms and conditions mentioned in the sanctioned letter shall be final and binding on the grantee, and
- ii) The NCERT shall bear the stamp duty payable on these presents.

7. In witness where of these presents have been executed as under on behalf of the obligor the day herein above written in pursuance of the Resolution No. _____ dated _____ passed by the Governing Body of the Obligor, a copy where of is annexed here to as Annexure –B, and by _____ for an on behalf of the President of India on the date appearing below:

Signed for and on behalf of

(Name of the Obligor Association)

In the presence of

1)

2)

Witness's name and address"

Accepted for an on behalf of the President of India.

Witness _____

Date _____

Designation _____

Name and Address :

Encl: Annexure A & B

States and UTs covered by Regional Institutes of Education (RIEs)

1. Regional Institute of Education (RIE)
Ajmer, Captain D.P. Chaudhary Marg
Ajmer- 305004

(Chandigarh, Delhi, Haryana, Himachal Pradesh, J & K, Punjab, Rajasthan, Uttaranchal & Uttar Pradesh)

2. Regional Institute of Education (RIE)
Shyamala Hills
Bhopal- 462013

(Madhya Pradesh, Chhatisgarh, Maharashtra, Gujarat, Goa, UT of Daman & Diu, Dadra & Nagar Haveli)

3. Regional Institute of Education (RIE)
Sachivalaya Marg
Bhubaneswar- 751022

(Andaman & Nicobar Islands, Bihar, Jharkhand, Orissa and West Bengal)

4. Regional Institute of Education (RIE)
Mysore- 570006

(Andhra Pradesh, Karnataka, Kerala, Tamil Nadu, UT of Puducherry and Lakshadweep)

5. North-East Regional Institute of Education (NERIE)
Jowai Road, Laitumukhrah,
Shillong – 793 003

(Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura)

Guidelines for Teacher Training under the Scheme
“Introduction of Yoga in Schools”

- ❖ Teacher Training Programme should be in consonance with the objectives of National Curriculum Framework, 2005.
- ❖ The training programme needs to be as per the Syllabus of Health & Physical Education approved by the Monitoring Committee of that stage for whom the training is organized.
- ❖ Teachers of Yoga/Physical Education/teachers taking Physical Education classes of Government and Government aided schools need to be considered for training.
- ❖ The training should help teacher to develop the skills so as to help students to appreciate proper gender role orientation.
- ❖ Since the focus is on achieving holistic health, training of teachers under this scheme should be reflected on personal and environmental hygiene, sanitation, pollution, common diseases as well as measures for prevention and control.
- ❖ The training should focus on practice of yogasanas and meditations prescribed in the syllabus through which the teacher themselves learn and in turn help students to learn the skills/art of self control, concentration, peace and relaxation to avoid the ill effects of stress and strains of daily life.
- ❖ Those organizations who receive funds under the scheme also submit the following information:
 1. The course design of the programme reflecting the above concerns.
 2. Programme-wise information as per the table below:

Name of the Institution/School	Name of the Teacher	Sex	Age	Educational Qualification	Experience	Previous Training Attended

3. Feedback from Trained Teachers.

Name of the Institution/ School	Name of the Teacher	When Yoga classes conducted (Morning/Evening)	Duration per day/per week for Yoga	Classes being taught	Number of students per class participating in Yoga.	Remarks from teachers

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