



PROPOSAL

THE ART OF LIVING PROGRAMS IN SCHOOLS

HUMAN VALUES & LIFE SKILLS TRAINING

for

**School Students,
Educators & Parents**





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ABOUT THE ART OF LIVING



Founded in 1981 by Gurudev Sri Sri Ravi Shankar, The Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives. The organization operates globally in 180 countries and has touched the lives of over 500 million people.

The programs are guided by Gurudev Sri Sri Ravi Shankar's philosophy of peace: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." that focus on empowering people and communities, with inclusive and sustainable development interventions, fostering universal human values and resilience. Our programs enhance clarity of mind, shift attitudes and behaviors, and develop leaders and communities that are resilient, responsible, and inspired.

The Art of Living strongly believes that educational institutions have the primary responsibility to inspire students towards a higher vision and create a strong sense of integrity and morality in them. We have organized various workshops for students as well as faculties in institutions across the globe and helped them excel personally and professionally, while inculcating human values as a way of life.



INTRODUCTION



As students, educators and parents come out of pandemic and lockdowns, there is a shift from gadgets to in-person classrooms. This will bring in a new set of challenges, especially emotional and psychological. Our programs are designed to address these very issues and help everyone face these challenges with a fresh stress-free state of mind.

A quiet inner mind can be an epicenter of creativity. There is an urgent need to provide practical processes to students which they can use in their daily life and quieten an agitated mind, which will be very useful to bring their minds back to focus and productivity.

Happy campuses are known by the expanse of harmony and sense of belongingness amongst the students, teachers and the administration. In this fast-paced competitive environment, there is a strong need for the institutes to develop a holistic approach. Educational institutions have the primary responsibility to not only inspire their students to excel academically but also to inculcate a sense of belongingness towards the society.

Research suggests that proactive approaches to stress-reduction, enhanced social connection, and service-based engagement with community can significantly enhance health, happiness and quality of life.

For the past 42 years, The Art of Living has been helping educational institutions and parents across the world to face these challenges. Our innovative life-skills training programs combine mind-body-breath practices with interactive discussions and experiential processes so that students can gain valuable skills to better navigate their personal, social, and academic environments.



Modules in these programs combine mind-body practices and breath-work with interactive discussions, experiential processes and are proven to improve the overall performance of educators and students by enhancing their memory, concentration, productivity, interpersonal skills and ability to perform under pressure.

Students are taught processes which they can use in their daily life to develop and strengthen human values, thinking skills, critical and emotional skills, and social skills crucial to student life as well as adult life.

The Art of Living programs for students and teachers were empaneled by CBSE as Capacity Building Programs for Middle School and High School Students and Capacity Building Programs for Teachers in 2014-15. Many schools across the world have benefited from these programs.



PROGRAM OBJECTIVES

I. Children & Teens Programs

- To instill human values, ethics, moral values, integrity and a sense of Indian ethos amongst the students.
- To equip students with practical tools and techniques to be creative, productive, confident and self-assured.
- To equip students with tools to be stress-free, joyful, energetic and inculcate a feeling of inclusivity and meta-cognition.
- To equip students with social skills (as defined by NEP) which are vital to effectively tackle the changing needs of Indian and International education and to bring about attitudinal and behavioral change for the same.
- To enhance the students' mental and physical prowess - concentration, focus, overall health and fitness; make them more dynamic, and innovative in nature.
- To assist students to come out of depression, suicidal tendencies, addictions, anger, aggression, violent tendencies, anxiety and fear.
- Relevant knowledge and skills to be available for students throughout their journey in school, constantly upgrading them when needed and preparing them for increasing challenges in maintaining their ethics, morals and values as they move forward to higher standards.



II. The Art of Living Educators Program

- To equip educators with tools and techniques to reduce stress and improve physical, emotional and mental health.
- To equip educators to feel more joyful, creative, productive, confident and energetic in their day-to-day life.
- To enable educators to connect better with students by providing them insights into the behaviors of children and teens along with tips on better communication.
- To help the educators understand and connect better with themselves and thus subsequently with everybody else in their environment, including colleagues and parents.

III. Parents Program

- To equip parents with insights into the behavior of children and teens, helping them understand and communicate better with their children.
- To help parents improve the quality of their family life dramatically.
- To equip parents with the knowledge to help children blossom to their full potential.
- Pointing out teenagers' thoughts that adults tend to overlook, which may have a deep impact on teens and their future.
- Share some tools with parents to skillfully nurture and raise modern teenagers.



PROGRAM OUTLINE

Program	Participants	Duration
Utkarsha Yoga Program	Grade III to VII	3 days, 2.5 hours each
Utkarsha Yoga Upgrade Program	Grade III to VII (Eligibility: Utkarsha Yoga)	3 days, 2.5 hours each
Medha Yoga Level 1 Program	Grade VIII to XII	3 days, 2.5 hours each
Medha Yoga Level 1 Upgrade Program	Grade VIII to XII (Eligibility: Medha Yoga 1)	3 days, 2.5 hours each

Program	Participants	Duration
The Art of Living Educators Program	Teachers and Other Academic Staff	5 days, 3 hours per day
Know your Child	Parents of Children (upto 12 years of age)	Online as well as in-person format 2 hours
Know Your Teen	Parents of Teens (13+ up to 18 years of age)	Online as well as in-person format 2 hours





PROGRAM DETAILS:

I. Utkarsha Yoga

(Workshop for Students – Grade III to VII)



The entire program is playful, effortless, engaging and fun. All exercises and processes are designed specifically for this age group. In the current scenario it will also help the children adjust to being back in school.

Program Description:

The program focuses on overall development of children. It helps children develop friendliness, handle stress especially from others around them and develop teamwork. The breathing techniques taught in the program give children essential tools for physical, mental and emotional well-being.

Content covers thinking, social and emotional skills required for students to enhance their cognitive abilities, confidence and communication skills.

Thus, this program is in line with the objectives of National Education Policy (NEP) and will help tremendously in implementing the same by equipping the students with practical tools and processes.

Program Details:

Course Title	The Art of Living Utkarsha Yoga Program
Grade/Age	Grade III to VII
Duration	3 days, 2.5 hours each
Focus Area	Life skills, Mental health & Well-being, Stress management
Format	In-person
Contribution	Rs 400 per participant
Daily Practice	15 mins daily practice through app is available

Program Outcomes:

The Utkarsha Yoga Program helps children to:

- Nurture friendliness
- Improve stress management
- Improve physical, mental and emotional well-being
- Gain self-confidence
- Better their health and immunity
- Connect with Indian Ethos





II. Utkarsha Yoga Upgrade

(Workshop for Students – Grade III to VII)

Eligibility: Utkarsha Yoga Program Graduate



Along with being playful, effortless, engaging and fun, it adds processes which help children to respect themselves and others, add more learning abilities, while maintaining their innocence and feelings.

Program Description:

This program helps children develop a healthy respect for themselves and others. Until Grade V, children are more centered around their feelings. As they move into higher classes, there is a need to improve their learning abilities and build dreams for a bright future, which is covered in this program. Breathing techniques are revised and a few techniques are added to help them to focus.

It also helps them with increased stress management. Content covers inculcating respect, learning skills and other social skills, aiding the students to enhance their cognitive abilities and self-assuredness.

Thus, this program is in line with the objectives of National Education Policy (NEP) and will help tremendously in implementing the same by upgrading the skills of students as they move into an age where initial complexities are just introduced.

Program Details:

Course Title	The Art of Living Utkarsha Yoga Upgrade Program
Grade/Age	Grade III to VII
Duration	3 days, 2.5 hours each
Focus Area	Increased stress management, learning skills, social and learning skills
Format	In-person
Contribution	Rs 400 per participant

Program Outcomes:

The Utkarsha Yoga Upgrade Program helps children with:

- Increased Stress Management
- Respect for oneself and the environment around them
- Improves Self assuredness
- Addresses restlessness in children
- Improves listening skills and cognition
- Introduces learning skills and planning





III. Medha Yoga Level 1

(Workshop for Students– Grades VIII to XII)



Being back to school and coping with academics after such a long hiatus can be very demanding and overwhelming for teens. The pressure for upcoming important exams is real. And there is pressure from parents, relationships and peers. So how can teens cope with everything? Let's explore.

Program Description:

The program focuses on empowering teens with tools to enhance their metacognition, emotional stability and ability to handle peer pressure. It inculcates human values, healthy habits, and helps them address adolescent issues.

The breathing techniques taught in this program help the teens with stress management, productivity and self-assuredness. They are empowered to be comfortable with themselves and take initiative. It also helps them with developing thinking, social and emotional skills.

This program, which is in line with the objectives of National Education Policy (NEP), helps inculcate a strong sense of Indian ethos, inclusivity and self-understanding in teens. It helps them cope with emotional outbursts and academic stress better, by equipping them with practical tools and processes for the same.

Program Details:

Course Title	The Art of Living Medha Yoga Level 1 Program
Grade/Age	Grade VIII to XII
Duration	3 days, 2.5 hours per day
Focus Area	Life Skills, Mental Health and Adolescent Issues
Format	In-person
Contribution	Rs 400 per participant
Daily Practice	25 mins daily practice through app is available

Program Outcomes:

The Medha Yoga Level 1 Program helps teens with:

- Leadership & Productivity
- Ability to understand ethics and social impact
- Relieves stress, anxiety and depression
- Increases immunity and health
- Helps with physical, mental and emotional well-being
- Ability to handle peer pressure and adolescent issues
- Participation in groups and teams
- Increased ability to restrain when faced with aggression





IV. Medha Yoga Level 1 Upgrade

(Workshop for Students- Grade VIII to XII)

Eligibility: Medha Yoga Level 1 Graduate



Teens are suddenly introduced to higher responsibilities and a sudden increase in levels of interaction with peers and teachers. How to cope with such sudden environmental variations which impact emotions and hence performance? They can learn to build upon the life-skills and tools which they have learnt earlier.

Program Description:

This upgrade program, which is in line with objectives of National Education Policy (NEP) focuses on inculcating a sense of responsibility, emotional centeredness in a rapidly changing environment (especially while entering into high school) and ability to handle peer pressure from a newly introduced environment. It strengthens the ability to maintain human values (especially when put into an environment with complete strangers) and ability to stick to core ethics and values inspite of external challenges and internal emotional variations.

The breathing techniques taught in Medha Yoga Level 1 are revised and reinforced. In addition, students are made aware of the improvement in their performance linked to the techniques which they have practiced, so that they understand that consistent self-effort is the key to consistent growth and eventual success. It also helps them to improve emotional skills in their changing environment.

Program Details:

Course Title	The Art of Living Medha Yoga Level 1 Upgrade Program
Grade/Age	Grade VIII to XII
Duration	3 days, 2.5 hours per day
Focus Area	Responsibility, Increased Peer Pressure and maintaining mental stability
Format	In-person
Contribution	Rs 400 per participant

Program Outcomes:

The Medha Yoga Level 1 Upgrade Program helps teens with:

- Understanding responsibilities
- Ability to understand ethics and social impact
- Addresses restlessness and brings focus
- Critical thinking and accountability
- Increased ability to handle peer pressure and adolescent issues in changing environments
- Build upon the tools which they have learnt earlier





V. The Art of Living Program for Educators

(for Teachers and Academic Staff)

5 days, 3 hours per day



A complete stress-elimination program that incorporates ancient techniques and interactive processes for eliminating stress at its root level from the body and mind.

Program Description:

Learn the powerful breathing technique Sudarshan Kriya© which effectively reduces stress and takes you into a state of deep meditation. The program gives you a more comprehensive perspective on life, thus making you mentally resilient. It also incorporates yoga, breathwork and guided meditation.

The program includes insights into the behavior of children and teens and tips on how to communicate better with them (modules from the Know Your Child and Know Your Teen workshops).

Program Details:

Course Title	The Art of Living Educators Program
Participants	Teachers and other academic staff
Duration	5 days, 3 hours per day
Focus Area	Stress Management, Communication with students, Health
Format	In-person
Contribution	Rs 2000 per participant
Daily Practice	25 minutes daily practice through App is available

Program Outcomes:

The Art of Living Educators Program helps the participants to:

- Improve Health
- Reduce stress
- Increase in Performance
- Understand the psyche of children and teens better
- Ability to be possible role models for students
- Increased joy and enthusiasm at work and personal life
- Increase in confidence, concentration, energy & calmness.
- Personal development.





VI. Know Your Child

(Workshop for Teachers/Parents of kids
Upto 12 years of age)



Program Description: The Know Your Child workshop is designed to help parents understand children better and thus improve the quality of family life dramatically. KYC does a root cause analysis of children's behavioral patterns and equips parents with knowledge required to help children blossom to their full potential.

Program format: 2 hours Online and in-person format is available

Contribution: Rs. 200 per participant



VII. Know Your Teen

(Workshop for Teachers/ Parents with children in the age group 13-18 years)



Program Description: The Know Your Teen workshop helps parents understand their teenagers better and discover the root cause of their behavior patterns. It points out teenagers' thoughts that adults tend to overlook, which may have a deep impact on teens. In short, Know Your Teen gives parents the tools they need to skillfully nurture and raise a modern teenager.

Program format: 2 hours Online and in-person format is available

Contribution: Rs. 200 per participant



PROGRAM OUTLINE & ENGAGEMENT FOR SUSTAINABILITY

Consistency in performance is a direct measure of sustainability. Better than that is a consistent improvement in performance. Some students tend to give up at a certain point thereby giving rise to self-doubt and lack of confidence.

This is why there is a need to help them tackle their minds and prepare them to rise over these psychological obstacles (negative emotions) and face the challenges of increasing complexity. To make this practically possible, along with followup sessions, we have designed upgrades and programs of higher levels.

With children, for example, there is a need to develop confidence in their teachers, friends and learning environments and hence our initial focus area is to nurture inclusiveness, friendliness and collaboration. As they grow up, there is a shift of focus needed to learning and increasing grasping power, which is covered in the upgrade program.

Similarly for teens, the initial focus is to improve their emotional quotient and to take more responsibility. As they go into Grade X and XII, the focus shifts towards improving creativity and thinking and listening skills. This is because in these higher standards, a lot of teens need creative problem solving and proper listening/reading skills to excel in their careers as well as in their personal lives.



Grade III to VII : Utkarsha Yoga and Utkarsha Yoga Upgrade



Grade VIII to XII: Medha Yoga Level 1 and Medha Yoga Level 1 Upgrade



PROGRAM LOGISTICS:

1. For in person programs:
 - The program will be conducted at the premises provided by you.
 - A clean hall with clean carpets and a PA system must be provided.
 - The institute will ensure that all safety precautions will be implemented as per the prevalent Covid protocols.
2. For online programs:
 - The program will be conducted on Zoom, or any other stable video platform which permits 2-way interaction.
3. The timing can be mutually decided.
4. Qualified and experienced Art of Living teachers will conduct the program.
5. Introductory sessions for parents/ teachers can be arranged on request.



PROGRAM: FOLLOW UP SESSIONS

Revisiting and revising the learning of the program is extremely essential. Revision helps the participants to identify the important aspects of the learnings of the program and how it can be applied in their day-to-day lives. After the program, we offer follow-up sessions where the teachings and processes are revised. These sessions refresh their experience with Sudarshan Kriya© and reinforce the principles learnt.

Follow up sessions Format

Once a month our trained instructors will facilitate follow up sessions of 1 hour each either online or in-person. Separate sessions would be delivered for students and educators.

The follow-up session would have:

1. Revision of the principles learnt in the program
2. Light exercises and yoga
3. Breathing techniques & Sudarshan Kriya©
4. Fun activity and/or game with learning goals



Daily Practice

It is very important that students practice the techniques taught in the programs every day for sustainable changes. Daily practice can be done in the classroom with students seated on the benches. No other arrangement is needed. The school teachers who have completed our Yoga & Meditation Program for Educators will be trained to supervise the daily practice of 20 minutes. Daily practice can be guided using the app as well.

Daily Practice for Educators

Daily practice is essential for sustainable changes. The school teachers who have completed our Educators Program can facilitate their daily practice using our app.



PROGRAM IMPACT & RESEARCH

Research on Medha Yoga Level 1



Accuracy
50% increase in
scores with above
75% accuracy



Mental Well-being
29% increase
in mental
well-being scores



Emotional Problems
69% decrease in
emotional problems



Hyperactivity
67% decrease in
hyperactivity



Peer Problems
50% decrease in
peer problem



Conduct Problems
78% decrease in
conduct problems

Research on Utkarsha Yoga



Mental Well-being
73% Children
improved in their
Mental well-being



Stress
56% Children
reported reduced
stress immediately
after the workshop



Cognitive Ability
27% Children
improved in their
cognitive ability

DISCOVER THE POWER OF OUR BREATHING EXERCISES

70 Independent Studies On Sudarshan Kriya® & related practices (SK&P)

From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on the quality of life.

Over 70 independent studies conducted on four continents and published in peer review journals have demonstrated a comprehensive range of benefits from practicing the Sudarshan Kriya® and related breathing exercises taught on The Art of Living Happiness Program.

Research Result Key Finding

Deep Sleep
Increases

218%



Well-Being
Hormones Increases

50%

INCREASE
SERUM PROLACTIN



Stress
Hormones Decrease

56%

REDUCTION
SERUM CORTIZOL



Depression
Decrease

70%

REMISSION RATE
IN DEPRESSION in 1 mo



Research Highlights

"3x more time spent in deep, restful stage of sleep"





TESTIMONIALS:

**Principal,
La Martiniere college,
Lucknow (2014)**

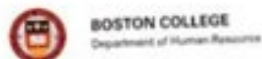
It has been a pleasure to watch many of the staff members, student's and parents recognize the value of using Yoga for physical, mental and emotional health. At La Martiniere Girl's College, we work on our student's holistic personality development, along with honing them for academic excellence.

**Pramod Kumar Ranwaka,
Headmaster, Mayo College,
Ajmer (2018)**

The Art of Living session helped students improve concentration and better control over their emotions. The course helped students to overcome anxiety and were especially impressed by the Sudarshan Kriya® which helped them to de-stress and be more focused in their approach.

Partner Schools





BOSTON COLLEGE
Department of Human Resources

YES! workshop incorporates the sudarshan kriya and all of the breathing techniques, it also addresses challenges facing students. The special presentations on issues of time management, decision-making, leadership, and on taking initiative and responsibility as well as particular techniques to improve concentration and energy when studying were effective and well-received.

Pat Tourin, LICSW
Director, Faculty & Staff Assistance Program



Humboldt University, Berlin

The observed results are: **heightened awareness, better concentration, heightened ability to relax.**
Also there is a visible improvement in the students' attitude.



Hayward High School

December 1, 2009
To: William & Mary Connors
I am writing to express my support for the International Association for Women's Youth Empowerment Seminar (YES!) Program.



**Indian Institute of Technology
Kamrup**

YES! workshops seem to have proved to be very effective in eliminating stress and depression amongst the academic staff. The program helping a lot from their personal life.

Vito Chiala
Principal
Yeni Mawla
Associate Principal



WILLIAM C. OVERFELT HIGH SCHOOL
"Academic, Personal, and Social Success for All Students"

1815 Cunningham Avenue, San Jose, CA 95122
Telephone: (408) 347-5900 Fax: (408) 347-5915

East Side Union High School District Dean Mawla, Acting Superintendent



ANDREW P. HILL HIGH SCHOOL
A California Distinguished School

Nov. 10, 2009

To: William & Mary Connors,

Andrew Hill High School has been extremely fortunate to have the International Association for Women's Youth Empowerment Seminar (YES!) offered to our students this year. I am writing this letter in support of the YES! program, and to share my thoughts about the YES! program.

The program has been a success for students in my Leadership class, which is a mixed group of 10th through 12th graders. 800 each week I am seeing more participation, as well as more focus and enthusiasm from my students. The YES! Program allows students the opportunity to work together, support one another, and create a strong sense of personal, community and global responsibility both as a class and as individuals.



**HIGH SCHOOL OF
TELECOMMUNICATION
ARTS AND TECHNOLOGY**
Brooklyn, NY

YES! workshop teaches tools that are not easily learned inside of school, but that can enhance the abilities and quality of work for students and teachers alike.

Philip Weinberg,



XLRI Jamshedpur
School of Business & Human Resources

We are grateful to you for conducting the YES! Programme for 240 of our first yearites. The programme which was in line with our objective of helping the students develop team building capabilities, creativity, leadership and achievement orientation. The students appreciated the programme very much. I understand many students are continuing the activities initiated by you during the programme.

Dr. Pinali Venugopal
Dean & Professor (Marketing)



AXOM SARBA SIKSHA ABHIJAN MISSION
OFFICE OF THE DISTRICT MISSION CO-ORDINATOR,
KARSI ANGLORIG AUTONOMOUS COUNCIL, DIPHU ASSAM
No. SSAKAACIAS/SKB-Dev-Prs/202011-2012/7 & 14 Date: 27-03-2012



SHELTER DON BOSCO
Opp. St. Raphael's High School, Nalanda, West, Nalanda - 800 001



Welham Boys School
1, Circular Road, Dehra Dun - 248 001
Uttarakhand, INDIA



ARMY SCHOOL, DANAPUR
DANAPUR, DISTRICT, BHOJPA, PIN - 801005



Shishu Sadan Junior Sainik School, Rajgir
PO - Rajgir, Dist - Nalanda, PIN - 801 116



KENNEDY HIGH
the global school



VAPI PUBLIC SCHOOL
(LITTLE ANGELS EDUCATIONAL TRUST)

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Survey No. 2747, Vapi, Main Road
Tel: (0260) 2400777 - E-mail: vapi@vapi.org

QUEENS' COLLEGE
AFFILIATED TO C.B.S.E. AUTONOMOUS NO. 1000001



GURUKULA VIDYAPEETH HIGH SCHOOL
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Millennium School
SSNL/1007/Adm/VVWQ



Sainik School Nalanda
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Bihar - 801 116
03 Sep 2011



DPS International School, Singapore



MANOJ SETHI, IAS
Financial Advisor /DIRECTOR (NSES)

नई दिल्ली नगरपालिका परिषद्
NEW DELHI MUNICIPAL COUNCIL
परिसर कोड, नई दिल्ली - 110001
"ALKA KENDRA, NEW DELHI-110001"
18th May 2013.



ZILLA PARISHAD, AURANGABAD
(Department of primary Education)



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STUDENT, PARENT & TEACHER TESTIMONIALS

1. Medha Yoga Experiences Playlist –
<http://tiny.cc/myexperiences>
2. Utkarsha Yoga Experiences Playlist –
<http://tiny.cc/uyexperiences>
3. School Principals & Educators share their experience –
<http://tiny.cc/principalexperiences>

THE ART OF LIVING CHILDREN & TEENS

Website: aoliv.in/schoolprograms

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Email: schoolprograms@childrenandteens.artofliving.org

