

JEEVAN VIGYAN SYLLABUS

S. No.	Class-Nur. to II	Class-III to V	Class-VI to VIII	Class-IX to XII
1	<u>All round exercise</u> *Sit and Stand *Right Posture *Let us Learn Asana	<u>Right Asanas</u> *Posture & Gesture *Impact of right posture *Asana	<u>Right Asanas</u> *Impact of right Posture *Asanas	<u>Right Asanas</u> *Asanas *Safety Measure *Physiological Breathe *Aasana
2	<u>Breath</u> *Inhale & Exhale *Right Breathing	<u>Breathing</u> *Right Breathing *Deep breathing and meditation	<u>Breathing</u> *Relation between deep breathe & Meditation	<u>Right Breathing</u> *Deep Breathe and our Thoughts *Pranayam and It's Benefit
3	<u>Relaxing the Body (Kayotsarg)</u> *Lay down on the floor & close Eyes *How shall we rest	<u>Kayotsarg</u> *Relaxation of the Body	<u>Kayotsarg</u> *Importance Of Kayotsarg *Method Of Kayotsarg	<u>Kayotsarg</u> *Kayotsarg *Free From stress through Kayotsrag
4	<u>Meditation</u> *Look at single object *Colours and meditation	<u>Meditation</u> * See your face *Foundation & Structure of breathing exercise	<u>Preksha Meditation</u> *Foundation & Structure of Breathing exercise *Intellect Preksha	<u>Meditation</u> *Focus on Jyoti Kendra through white colour *Rhythmic deep breathe Preksha
5	<u>Physical Health</u> *Food *Good habits	<u>Physical Health</u> *Balance diet *Cleanliness	<u>Physical Health</u> *Balance Diet *Air Water and Sun Light *Proper Relax	<u>Physical Health</u> *Immersion *Proper Diet, Sleep *Manner/Etiquette
6	<u>Mental Health</u> *Respect and Affection	<u>Mental Health</u> *Respect and Affection	<u>Mental Health</u> *Mental Wellness *Sustained Wakefulness/Awareness	<u>Mental Health</u> *Social & National Responsibility * Control Your Desires
7	<u>Emotional Health</u> *Emotion *Shaping an Ideal life	<u>Emotional Health</u> *From darkness to light *Control negative thought *Emotion	<u>Emotional Health</u> *Emotional Health *Right Vision *Key of success	<u>Emotional Health</u> *Negative thought *Improvement of right vision *Shaping an Ideal life
8	<u>Imbibing Values</u> *Tolerance *Moral Story	<u>Imbibing Values</u> *Moral Value Story *Anuvart Song *Truth	<u>Imbibing Values</u> *Tolerance *Kindness *Fearless *Self-Discipline	<u>Imbibing Values</u> *Self Determination *Detachment *Conscientiousness *Responsibility for Nation *Self Discipline

JEEVAN VIGYAN

Jeevan Vigan is an innovation in value education started by Acharya Shri Tulsi Maharaj ji and Acharya Shri Mahaprajna ji.

MEANING

Jeevan Vigyan is a methodology combining yogic and scientific techniques which is intended to be used as a supplementary and complementary technique in education. It is a process of bringing about changes in the nature and habits of human beings.

PURPOSE

The purpose of Jeevan Vigyan is to bring about the wholesome development of physical, mental, and emotional aspects of an individual with a view to make him a responsible and virtuous member of human society.

BENEFITS

- Help in the revival of values and development of the human personality.
- Help to develop stable value based personality together with intellectual development.
- Help to pave the way for building a healthy society through positive feelings.

2	Class-VI	Class-VII	Class-VIII	Class-IX	Class-X	Class-XI	Class-XII
	<u>Right Asanas</u> *Asanas	<u>Right Asanas</u> * Yogic Asanas *Stomach & Breathing Asanas *Asanas	<u>Right Asanas</u> *Asanas	<u>Right Asanas</u> *Asanas *	<u>Right Asanas</u> * Mudras		
	<u>Breathing</u> *Discipline *Self-Balance	<u>Breathing</u> *How to Breathing *Pranayam	<u>Right Breathing</u> *Type of Pranayam	<u>Right Breathing</u> *Type of Pranayam			
	<u>Kayotsarg</u> *Kayotsarg is Boon *How to do Kayotsarg	<u>Kayotsarg</u> *Awareness	<u>Kayotsarg</u> *Relaxation of the Body *Use of Kayotsarg	<u>Kayotsarg</u> *Relaxation of the Body *Use of Kayotsarg			
	<u>Meditation</u> *Self-Experience	<u>Meditation</u> *Preksha	<u>Meditation</u> *Prekshav Meditation	<u>Meditation</u> *Prekshav	<u>Preksha</u> <u>Meditation</u>	<u>Meditation</u> *Body Preksha	<u>Meditation</u> * Chakra Meditation

	* Consciousness Preksha *	* Consciousness Preksha	* Chakra Meditation *Scientific Method	Meditation * Chakra Meditation *Scientific Method	*Foundation & Structure of Breathing exercise *Intellect Preksha	* Intellect Preksha	
	Physical Health *Restraints on the Body *Balance Between Desires *Best out of waste	Physical Health *Food *Air and Water *Good Habits	Physical Health *Food *Health, Breath and Air *Cleanliness	Physical Health *Restraints on the Body *Balance Between Desires *Best out of waste	Physical Health *Balance Diet *Importance of dieting & fasting *Cleanliness	Physical Health *Proper Relax *Immersion *Proper Diet, Sleep *Manner/Etiquette	Physical Health *Food *Air and Water *Good Habits
	Mental Health * Psychic Glands *Awareness	Mental Health *Respect and Affection	Mental Health *Respect and Affection	Mental Health * Psychic Glands *Awareness			
	Emotional Health *Greed *Satisfaction	Emotional Health *Emotion *Shaping an Ideal life	Emotional Health *From darkness to light *Emotion	Emotional Health *Greed *Satisfaction			
	Imbibing Values *Human Strength *Mental Balance *Passion *Self Determination *Tenderness *Secularism * View of Equality	Imbibing Values *Tolerance *Moral Story	Imbibing Values *Moral Value Story *Anuvart Song	Imbibing Values *Human Strength *Mental Balance *Passion *Self Determination *Tenderness *Secularism * View of Equality			