



2018

Breathing Life into Education

WHAT WE DO

The Art of Living Children & Teens programs are dedicated to providing students with a healthy body, a healthy mind and a healthy lifestyle. Students are empowered with life skills and study tools to manage studies, stress and emotions. Our experiential curriculum includes stretching and exercise, holistic breathing techniques, techniques to improve concentration and bring up human values.

Awareness on human values such as responsibility, respect, friendliness, kindness and cooperation is brought out through discussion and games. As students learn how to become stress-free, they exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life's challenges.

CBSE

Empanelled in 2014 by CBSE to conduct Capacity Building Programs

1 For Middle School and High School Students in Life Skills, Mental Health and Adolescent Issues.

2 For teachers in Stress Management

www.schoolprograms.artofliving.org





What We Do

Enhance the School Environment

The Art of Living Children & Teens programs have been implemented in more than 500 schools in India. The programs help create a school environment that boosts academic ability, enhances creativity, inculcates team spirit and nurtures leadership qualities. It equips participants with tools to overcome stress on a daily basis and create better awareness and belongingness.

These programs help schools to deal effectively with day-to-day challenges. The programs consist of yoga, meditation, group processes, interactive and simple knowledge sessions that channelize the vibrant energy of the participants, helping them excel in every sphere.

Program Outcomes

The programs for students shape children into well-rounded personalities and ensure that the onus of their future is not just shouldered by the school and their parents but also by the children themselves. The program develops and improves life skills, thinking skills and social skills and also addresses mental health and adolescent issues.

The programs for teachers alleviate physical, mental and emotional stress, so that they can face the challenges of their lives with greater skill and ease. The programs for parents give key insights into the behavior of children so that they are better able to communicate with them.



Physical Well-being

Thinking Skills

Social Skills

Emotional Skills

Study Tools

Adolescent Issues

Managing children

Handling teenagers

The Programs

Utkarsha Yoga (8-13 years): All Round Development

Helps develop a healthy respect for themselves and others. The simple breathing techniques taught in the program, which include Sudarshan Kriya, enable them to overcome negative emotions such as fear, nervousness, anxiety, frustration, jealousy, etc. easily. All through playful exercises and processes.

Medha Yoga Level 1 (13-18 years): Empowering teens

Peer pressure, exams, parents, relationships, sports and entrance tests. How can teens cope with everything? Through simple yogasanas and cleansing breathing techniques including Sudarshan Kriya, teens gain the ability to take the right decisions. They learn to overcome nervousness and stage fear. They learn to handle problems with a smile, instead of a frown.

Happiness Program (for teachers)

Discover unlimited power and freedom as a direct experience with the Sudarshan Kriya. A complete stress elimination program that incorporates ancient techniques and interactive processes to eliminate stress at its root level in the body and mind.

Know Your Child Workshop (Parents of 0-12 year olds)

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 the parents with the knowledge to help children blossom to their full potential.

Know Your Teen Workshop (Parents of 13-18 year olds)

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

Where

Partial Lists of Schools in 2013-17

Ahmedabad: Anand Niketan School

Ahmedabad: SGVP School

Ambala: Chaman Vatika School

Bengaluru: Jain International Residential School

Bengaluru: PSBB Millennium

Chennai: PSBB KK Nagar and Nungambakam

Chennai: PSBB Millennium

Coimbatore: CS Academy

Delhi: Father Agnel School

Delhi: Holy Father Family School

Erode: BVB School

Ghaziabad: JKG International School

Goa: Vidya Prabodhini School

Gwalior: Scindia Kanya Vidyalaya

Hyderabad: Kennedy High, The Global School

Jalandhar: St. Joseph's Convent School

Kolkata: Sri Sri Academy

Lucknow: La Martiniere Girls College

Mumbai: Ecole Mondial World School

Mumbai: Oxford Public School

Mumbai: Matoshri Vidya Mandir

Patna: Notre Dame Academy

Panchakula: Gurukul Global School

Pathankot: Air Force School

Raipur: N H Goel World School



Tidbits

I'm a human being now. It helped me get rid of negativities. – Student

It has helped me overcome my fear. I feel more confident now. – Student

It rejuvenates me and gives me a spirit of enthusiasm. – Student

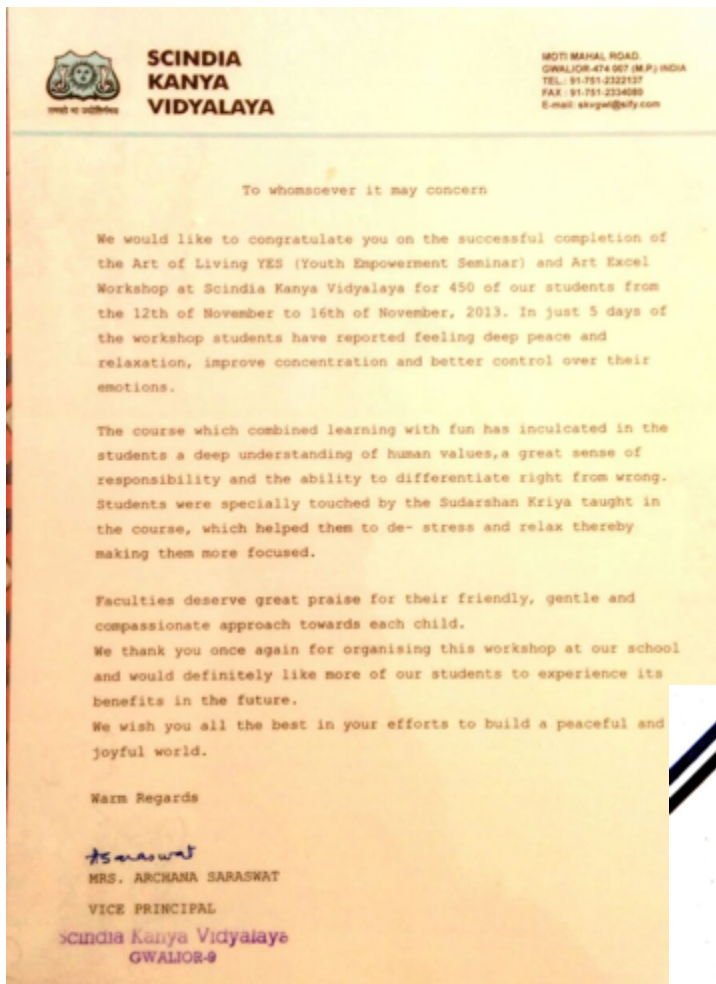
My anger is less, I smile more. – Student

My son had done your Art of Living course and I am happy that he now has the confidence for his studies. He is more focused and also gets good grades in class. – Parent

We could see a lot of sharing and bonding. The older and younger kids were getting along with each other. – Teacher

Class X has shown a remarkable improvement in their performance compared to the last year. The rate of quarrels among students has come down. – Principal

Testimonials



Dear Anisha Sharma,

(Subject: Thank you Art of Living)

This is to thank you for conducting and coordinating The Art of Living workshops under the NOVICE Project for schools (Nurturing of Values in Children Every Day) at La Martiniere Girls' College, Lucknow since March 2013. It is a privilege to have these workshops as an imperative part of the school's co-curricular calendar.

It has been a pleasure to watch many of the staff members, students and parents recognize the value of using yoga for physical, mental and emotional health. At La Martiniere Girls' College, we work on our students' holistic personality development, along with honing them for academic excellence. In ICSE 2014 class 10, 196 girls passed with an average of 87.35% marks. In the ISC 2014 class 12, 176 girls passed with an average 89%, our all-time highest averages.

Along with academic excellence we are happy to build on our students' soft skills and ability to manage stress, live a healthy and prosperous life, be excellent leaders and team-players and sharing and caring for society.

The Art of Living has taken our students, staff and parents towards awareness of body-mind and productivity sync. Just as learning the alphabets is the foundation for future academic studies, we find that yoga being the language of the body and mind is equally important to know.

We applaud The Art of Living's team of teachers and Sri Sri Ravi Shankar for their loving care for a 'stress-free, violence-free society.'

Warm regards,

LA MARTINIERE GIRLS' COLLEGE, LKO.
Abraham
LADY PRINCIPAL & HON. SECRETARY

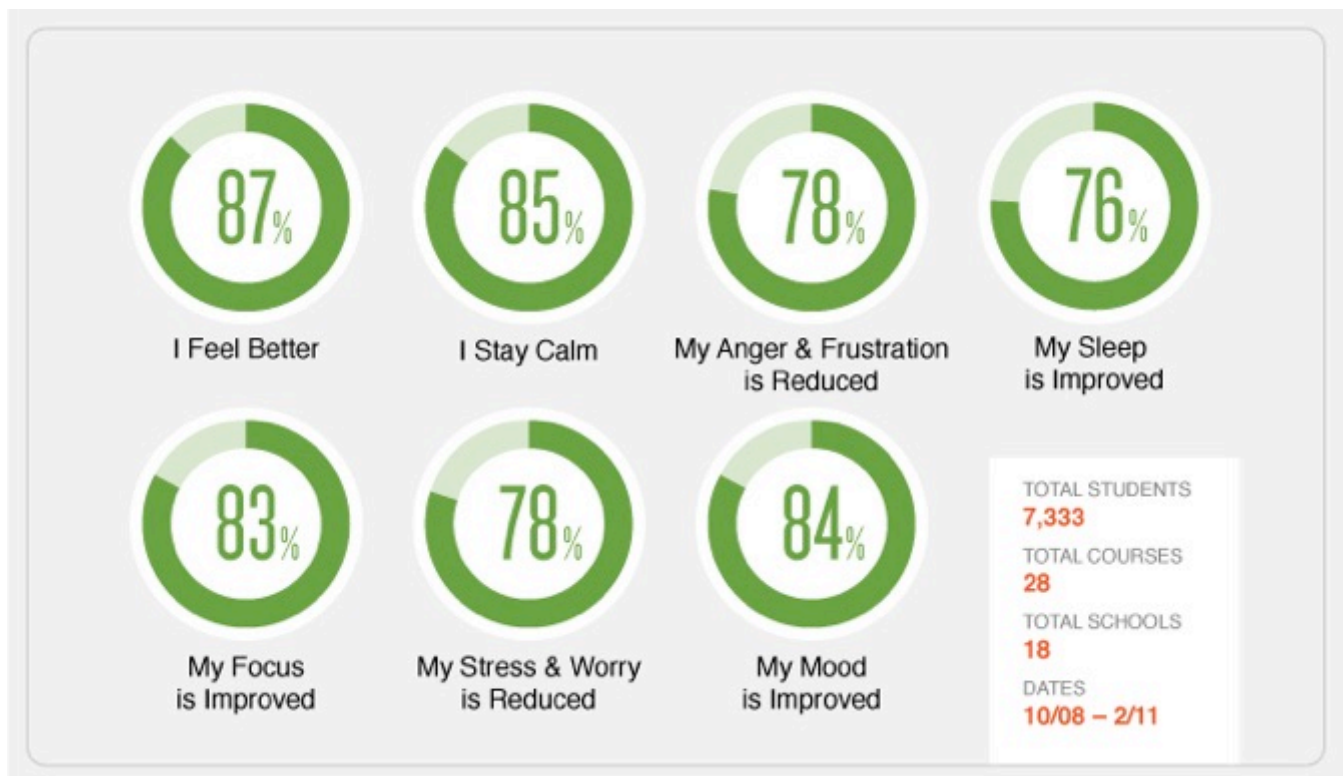


Research

Sudarshan Kriya® one of the most powerful breathing technique taught on the program has been scientifically researched for its health and managerial benefits by the All India Institute of Medical Sciences (AIIMS), National Institute of Mental Health and Neuro Sciences (NIMHANS), Tata Institute of Social Sciences (TISS), Bangalore University Medical College and the World Health Organization (WHO).

Benefits

- Stress elimination through fall in levels of the stress hormone
- Increase in level of good cholesterol (HDL) and reduction of bad cholesterol (LDL)
- Improved immunity to diseases
- Heightened alertness
- Improved sleep patterns
- Harmonizes the rhythms of nature, body, mind and being effortlessly and naturally, thereby enabling executives to feel rejuvenated from within.



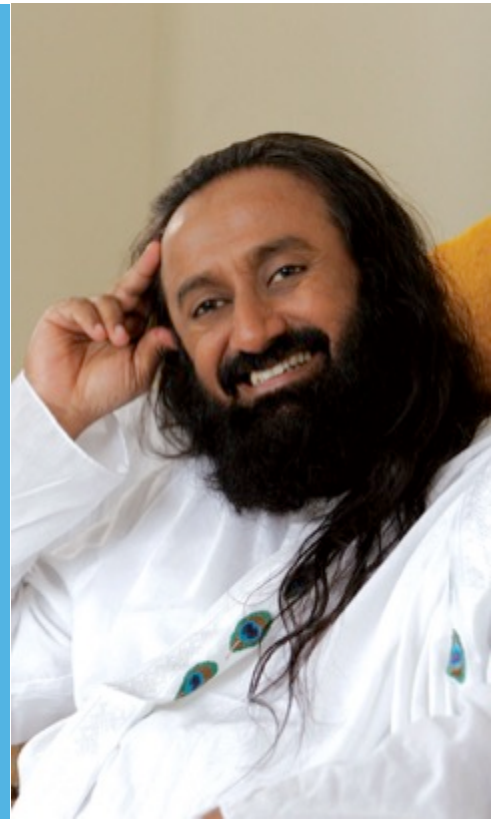
We have survey results from Art of Living programs that took place in 18 schools throughout the USA and reached 7,333 students. Our post-course evaluation surveys measure student improvement in six areas: mood and feelings, calm state of mind, focus and concentration, anger and frustration, ability to sleep, stress and worry.

The results displayed in the charts above represent an improvement of 25% or more.

About Us

Founded in 1981 by 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 152 countries and has touched the lives of over 370 million people.

To help individuals get rid of stress and experience inner peace, The Art of Living offers stress-elimination programs, which include breathing techniques, meditation and yoga. These programs have helped millions around the world to overcome stress, depression and violent tendencies.



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Visit us

www.schoolprograms.artofliving.org

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Schools covered: 2013-17

