

# Syllabus of Add- on Course

## Sahaja Yoga Course

Tagline: - Giving To Word Start with Filling Yourself with Devine Love

**A 21-day Sahaja Yoga course for B.Ed. (Bachelor of Education) Trainee Teachers**

The course focuses on two parallel tracks: -

- i) **Personal well-being (Stress Management and Emotional Balance)**
- ii) **Classroom application (Enhancing student focus and creating a peaceful Learning Environment).**

### Phase 1: Foundations of Inner Peace & Self-Awareness

*Focus: Managing teacher burnout, understanding the subtle energy system, and achieving mental silence.*

- **Day 1: Introduction to Sahaja Yoga & Self-Realization**
  - Understanding stress in the modern teaching profession.
  - The concept of the inner subtle system and the awakening of maternal energy (Kundalini).
  - Practical: First Self-Realization session.
- **Day 2: The Left Channel (Ida Nadi) – Emotional Balance**
  - Addressing lethargy, past regrets, and emotional exhaustion in teachers.
  - Techniques to clear the left channel to overcome burnout and depression.
- **Day 3: The Right Channel (Pingala Nadi) – Stress & Time Management**
  - Addressing overthinking, planning anxiety, futuristic stress, and anger.
  - Techniques to cool down the right channel for better patience in the classroom.
- **Day 4: The Central Channel (Sushumna Nadi) – Present Moment Awareness**
  - Cultivating the state of the "Present" to improve teacher-student interactions.
  - Achieving thoughtless awareness (mental silence).
- **Day 5: The Root Center (Mooladhara Chakra) – Balance & Grounding**
  - Qualities: Innocence, wisdom, and dignity.
  - \*How Specific Exercises is good for your energy centre(Practical)
  - How a grounded teacher establishes a safe, respectful classroom authority.
- **Day 6: The Creative Center (Swadhishtana Chakra) – Dynamic Pedagogy**
  - Qualities: Pure knowledge, creativity, and aesthetics.
  - \*Sahaj Yoga Music Therapy

- Overcoming intellectual fatigue and generating innovative teaching methods

- **Day 7: Weekly Integration & The Foot-Soaking Technique**
- Introduction to the water element cleansing technique (Foot-soaking) to drain daily workplace stress before going to bed.
- \*prayer to facilitate the cleansing process on vibrational awareness now

## **Phase 2: Cultivating Teacher Excellence & Emotional Intelligence**

*Focus: Developing leadership, patience, and clear communication skills required for effective teaching.*

*\* Understand the awareness of Body Orientation In communication Baisd on Subtle System*

- **Day 8: The Sustenance Center (Nabhi Chakra) – Peace & Satisfaction**
  - Qualities: Generosity, satisfaction, and inner peace.
  - Dealing with administrative pressures and financial/professional dissatisfaction.
- **Day 9: The Void (Bhava Sagara) – The Teacher as a Guru**
  - Qualities: Self-mastery and righteousness.
  - Developing the qualities of a true mentor/guide; building strong ethical boundaries.
- **Day 10: The Heart Center (Anahata Chakra) – Compassion & Fearlessness**
  - Qualities: Love, security, and confidence.
  - \* Doctors Seminar will be conducted on corresponding nerves and plexuses for more Scientific and deep understanding of Sahaj Yoga Maditaion
  - Overcoming inspection anxiety and public speaking fears; creating an empathetic classroom.
- **Day 11: The Communication Center (Vishuddhi Chakra) – Effective Classroom Delivery**
  - Qualities: Collective consciousness, sweet communication, and detachment.
  - Mastering voice modulation, non-judgmental corrections, and avoiding aggressive reactions toward students.
- **Day 12: The Third Eye Center (Agnya Chakra) – The Power of Forgiveness**
  - Qualities: Forgiveness and humility.
  - Dissolving the teacher's ego/conditioning; forgiving difficult students or uncooperative parents to clear mental clutter.

- **Day 13: The Crown Center (Sahasrara Chakra) – Holistic Integration**
  - Qualities: Integration, collective joy, and connection.
  - Experiencing absolute silence and collective unity.
- **Day 14: Mid-Course Review & Vibratory Awareness**
  - Learning to decode stress signals through collective meditation; understanding bio-energy feedback on fingertips.

### **Phase 3: Application in Education & Classroom Management**

*Focus: Translating inner peace into practical tools for schools, lesson planning, and student wellness.*

- **Day 15: The Science of Vibrations in the Classroom**
  - How a teacher's state of vibrations impacts the collective attention of a classroom.
  - Techniques to calm a chaotic classroom within 2 minutes using collective attention.
- **Day 16: Designing "Meditation Corners" & Short School Sessions**
  - How to introduce 5-minute meditation modules for students during morning assemblies or before exams.
- **Day 17: Balancing the Subtle System of Children**
  - Understanding hyperactive (right-sided) vs. withdrawn (left-sided) students from a Sahaja Yoga perspective and how to gently guide them to the center.
- **Day 18: Enhancing Concentration and Memory Power**
  - Specific techniques using the Agnya and Swadhishtana chakra clearing to boost retention and reduce student exam panic.
- **Day 19: Value-Based Education Through Chakras**
  - Mapping universal human values (honesty, respect, empathy) directly to the subtle centers for effortless value integration in lesson plans.
- **Day 20: Handling Teacher-Parent and Peer Relations**
  - Using the Vishuddhi and Heart chakra qualities to navigate difficult Parent-Teacher Meetings (PTMs) and administrative conflicts with absolute grace.
- **Day 21: Sustaining the Practice & B.Ed. Action Plan**
  - Creating a personal 10-minute daily routine.
  - Drafting a micro-plan to implement stress-relief exercises in future placement schools.

**Session Note for Trainers:** Each day should ideally follow a **45-minute structure**: 10 minutes of theory, 20 minutes of practical meditation/cleansing, and 15 minutes for Q&A and experience-sharing.

*R.Bhosley*  
**PRINCIPAL**

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