

BRIEF OVERVIEW

Vedic teaching aims to enunciate the eternal principles of life and living and equips every student with the knowledge to make the right choice of action.. Living is an art, a skill and a technique. It involves adequate compilation of principles of spirit for mental & physical development of an individual. Our institution has adopted a holistic approach which focuses upon all round development of the students . We train the minds and attitude of the students to nurture and bloom up to spread the fragrance of their well groomed and multi faceted personalities

Objectives

Through vedic teaching we aim to achieve the following objectives :

- To help our children to nourish high ideals.
- To realize inner self.
- To create life that feels good in the inside.
- To help in character building.
- To develop values like team spirit, sharing, cooperation, patience

Vedic Teaching at a glance

a. Yoga & Meditation

Yoga & Meditation is the art and science of living and is concerned with the evolution of mind and body. It creates a balance in the total personality. A total number of 43 periods have been allotted in our curriculum for yoga classes. Interested students are provided with extra practice and training by the yoga instructor. Each class has been allotted with one period weekly.

- According to the principles of Patanjali Yogsutra, some virtues of truth, non-violence, contentment, virginity are taught to our students through some asanas like Tadasana, Keet Chakrasana, Surya & Chandra Namaskar.
- Pranayam – silence the agitated centre of mind and adjust faulty endocrine secretion.
- Breathing-technique
- Yognidra to train the mind, body and other senses to fight against stress and complexities of life.
- Dhyana – Tratak, Shambhavi Mudra, Ajpajah, Manodarshan and Chanting of mantras.



b .Morning Assemblies

A high quality school assembly is one of the most important aspects of a school's curriculum. It has got potential to nurture a positive school ethos that stresses care for the self, others and pursuits of all forms of excellences should not be underestimated. Our school begins with chanting of 'OM', shlokas and 'shanti-path' followed by 'thought for the day' which plays a very important role because moral thought trigger in them moral teachings .



c .Vedic Mathematics

Our school realized the importance of Vedic mathematics and it was incorporated in school curriculum. Maths teachers were interested with the responsibility of teaching or making students aware of vedic mathematic so that they can

- do the calculation quickly
- develop problem-solving ability
- develop creative intelligence
- sharpen their mind



d .Value Education classes

Value education at school level is important so that the future generations will nourish high ideals and values to contribute in the development the society and the role of a teacher in imparting values cannot be ignored.Value education is imparted to our students through day-to-day teaching in the class.

Value boards are the best means through which different values and ethics, important in our day-to-day life, are presented in the form of drawing, poster, quotes and articles.

e. Other initiatives

Our school has taken some crucial decision with the purpose of further improvising this field of teaching

- Important teachings, messages and videos of important personalities, religion are circulated among teachers through their mails so that they can be incorporated by teachers in their day-to-day teaching.
- Vedanta corner to be set up in the library where a collection of books based on Vedanta-teaching will be displayed.
- We are taking initiatives to link up with vedantaworld.org to seek their help enhance the teaching methods related to yoga and Vedanta philosophies for the students and staff member in our school.

