

YOGA

OVERVIEW

The ADVIKA Yoga Module encourages adolescents to embrace yoga as a way of life, benefiting their physical and mental health. By practising yoga, adolescents can develop positive habits and a healthy lifestyle that supports their overall well-being. The main goal of introducing this yoga module into ADVIKA sessions is to promote a positive and healthy lifestyle that nurtures their physical, mental, and emotional well-being. **This module is designed for girls and boys aged 10-19 years who attend ADVIKA sessions at Anganwadi centres.**

Benefits of yoga in adolescents

1. **Physical Health** : Yoga improves flexibility, strength, and balance, important for growing bodies and preventing injuries.
2. **Stress Management** : Yoga teaches breathing and relaxation techniques to help adolescents handle stress, reduce anxiety, and cope with tough situations.
3. **Emotional Regulation** : Yoga encourages self-awareness and mindfulness, helping adolescents to better understand and manage their emotions.
4. **Self-Esteem and Confidence** : Mastering yoga poses and seeing one's own progress can boost self-esteem and confidence among adolescents.
5. **Life Skills** : Yoga teaches discipline, persistence, and the ability to let go of things beyond one's control, which is a valuable life skill as adolescents become adults.

YOGA ROUTINE FOR ADOLESCENTS

Month 1-3: Foundation and Flexibility

Week 1-2: Warm-up and Basic Poses

Mountain Pose (Tadasana)

Benefits

- Improves posture and body awareness.
- Enhances mental focus and concentration.



Child Pose (Balasana)

Benefits

- Relieves stress and anxiety.
- Promotes relaxation and calms the mind.



Week 3-4: Building Strength and Balance

Tree Pose (Vrikshasana)

Benefits

- Enhances balance and stability.
- Strengthens leg muscles.



Side Plank Pose (Vashistasana)

Benefits

- Enhances core strength and stability.
- Improves balance and mental focus.



Month 4-6: Core and Stamina

Week 1-2: Core Strengthening

Bridge Pose (Setu Bandhasana)

Benefits

- Strengthens the back and glutes.
- Relieves mild backaches and fatigue.



Superman Pose (Viparita Salabhasana)

Benefits

- Strengthens the lower back and glutes.
- Improves posture and body awareness.



Week 3-4: Stamina and Endurance

Extended Triangle Pose (Utthita Trikonasana)

Benefits

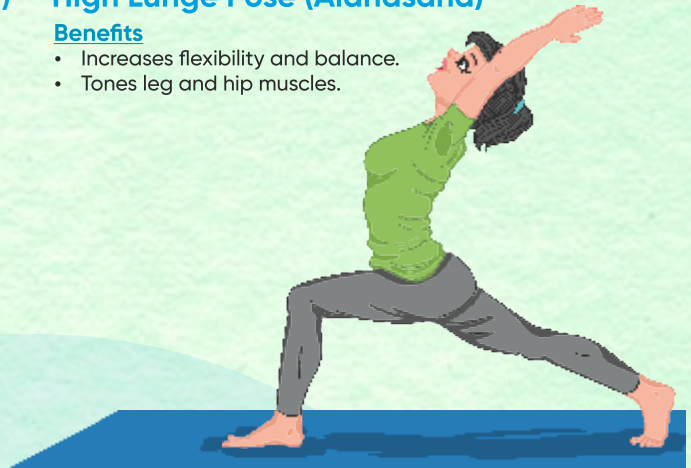
- Increases flexibility in the legs and hips.
- Tones abdominal muscles and promotes mental clarity.



High Lunge Pose (Alanasana)

Benefits

- Increases flexibility and balance.
- Tones leg and hip muscles.



Boat Pose (Navasana)

Benefits

- Strengthens the abdominal muscles.
- Improves digestion and balance.



Month 7-9: Mindfulness and Balance

Week 1-2: Mind-Body Connection

Seated Meditation Pose (Muktasana)

Benefits

- Reduces stress and promotes mental clarity.
- Enhances self-awareness and focus.



Cat-Cow Pose (Marjaryasana-Bitilasana)

Benefits

- Improves spine flexibility and posture.
- Relieves back and neck tension.



Week 3-4: Balance and Relaxation

Eagle Pose (Garudasana)

Benefits

- Enhances balance and concentration.
- Opens the shoulders and hips.



Corpse Pose (Savasana)

Benefits

- Promotes deep relaxation and stress reduction.
- Enhances mental calmness and self-awareness.



Month 10-12: Integration and Flow

Week 1-2: Flowing Sequences

Vinyasa Flow (Plank-Cobra-Downward Dog: Phalankasana, Bhujangasana, Adho Mukha Svanasana)

Benefits

- Increases overall strength and flexibility.
- Encourages mindfulness and stress reduction.



Week 3-4: Culmination and Mastery

Wheel Pose (Urdhva Dhanurasana)

Benefits

- Opens the chest and shoulders.
- Increases energy and encourages self-confidence.



Sun Salutation Flow (Surya Namaskar)

Benefits

- Enhances blood circulation throughout the body.
- Engages the core, stretches the hamstrings, and loosens the shoulders.



Sun Salutation Flow (Surya Namaskar)



Through this 12-month yoga journey, adolescents can cultivate physical strength, mental clarity, emotional balance, and self-awareness. As they face the transitional phase of adolescence, this yoga routine can provide them with valuable tools to navigate these changes with confidence and grace.

GENERAL GUIDELINES FOR YOGA PRACTICES

COMPONENTS	DO'S	DON'T'S
Physical RepARATION	Begin with preparatory activities such as ankle bending, knee bending, wrist rotation, elbow bending, and shoulder rotation.	Avoid skipping physical warm-up exercises.
Consistent Practice	Emphasize the importance of regular practice, both in the physical and mental aspects of yoga.	Don't skip practice sessions; consistency is vital.
Guidance from Experienced Teachers	It is advisable that yogic practices are learnt under the guidance of experienced teachers, to ensure proper technique and safety	Never attempt advanced poses without proper guidance.
Timing and Meals	Suggest practising yoga on an empty or light stomach. Ideal practice times are early morning or in the evening, three hours after lunch.	Don't practice right after a heavy meal.
Avoid Exhaustion	Stress the importance of calm and focussed approach.	Discourage practicing yoga when tired or rushed.
Natural Breathing	Emphasize maintaining natural, unhurried breathing during practice.	Don't manipulate breathing pattern unless specifically instructed by the instructor.
Inform about Health Conditions	Encourage adolescents to inform their instructor if they have any health issues or chronic diseases before starting yogic practices.	Don't practice yoga if you are facing any health condition or are unwell.
Gradual Approach	Start with simple practices and gradually introduce more advanced ones, based on individual readiness.	Don't attempt advanced poses from the beginning unless you are not well-versed with the simple foundation of yoga.
Separate from Other Activities	It is important to keep yoga separate from other activities for focussed engagement.	Yoga sessions should not be combined with other physical activities in the same session

SUGGESTED ACTIVITIES FOR INSTRUCTORS TO ENGAGE THE ADOLESCENTS

YOGA AND ITS BENEFITS FOR ADOLESCENTS:

Gather adolescents in a comfortable space, form a circle, and briefly discuss yoga. Emphasize its mind-body connection beyond just physical poses, mentioning benefits like stress relief and improved focus. Share stories of well-known people practising yoga. Have a quick brainstorming session about their challenges and how yoga could help. Encourage questions, fostering a positive and open atmosphere for the session.

EXPLANATION OF MINDFULNESS AND ITS APPLICATION IN DAILY LIFE:

Gather in a peaceful area and introduce mindfulness as fully focusing on the present. Use relatable examples like savouring a meal slowly. Lead a brief exercise: close eyes, take a deep breath, focus only on sounds. After a minute, guide them to open their eyes and discuss what they noticed. Highlight applying mindfulness to studying, socializing, and challenges. Encourage integrating it into daily routines.

GUIDED BREATHING EXERCISES FOR RELAXATION AND FOCUS:

Have the group sit in a circle. Start with a simple deep breathing exercise for calming nerves and focusing the mind. Guide them initially, then encourage everyone to take control of their own breath, practicing at their own pace.

GENTLE WARM-UP AND INTRODUCTION TO BASIC YOGA POSTURES:

Begin with a gentle warm-up, including neck rolls, shoulder shrugs, and ankle rotations. Progress to simple stretches like toe-touching and reaching arms overhead. After warming up, introduce basic yoga postures such as Mountain Pose, Downward Facing Dog, and Tree Pose. Demonstrate each with alignment and breathing guidance. Encourage holding each pose for a few breaths, offering modifications, and emphasizing the importance of listening to their bodies.

GUIDED RELAXATION EXERCISE:

Find a quiet space for everyone to lie down comfortably. Guide them in a relaxation exercise: close eyes, deep breaths, and imagine a peaceful place. Progressively relax each body part, starting from the toes, using calm language. Allow a few minutes in this relaxed state. Bring them back by having them wiggle fingers and toes, giving a moment to transition back to the present.