

BAL YOGESH PROJECT

BAL YOGESH: Gifted child is endowed with exceptional intelligence/natural ability and has certain characteristics such as: Versatility, the ability for multi-tasking, Early development milestones, Advanced vocabulary for a particular age or level, Very good retentive memory, Is easily bored with routine tasks, Striving towards perfection, Keeps looking for different possible solutions, Is a high risk-taker, Readily accepts new situations and Carries out responsibilities well etc. For self development & as a part of economic empowerment program Tribal Mensa Nurturing Program is launching Bal Yogesh Project at tribal and rural schools. Bal Yogesh is a child (aged 10-15 years) who is well trained in yoga practices and is highly gifted intellectually.

AIM: Training gifted adolescent rural residential school children in yoga to become young yoga trainers (Bal Yogesh).

OBJECTIVES:

- a) To train gifted adolescent rural residential school children in yoga so they can train their peer groups.
- b) To evaluate the impact of yoga practices on mental abilities of gifted rural school children

METHODOLOGY: This project is being undertaken by Kaivalyadhama Yoga Institute, Lonavla in collaboration with MENSA and Gurukul English Medium School, Lonavla.

Approximately 250 students from Gurukul English Medium School were screened for Giftedness. Giftedness identification was done using MENSA questionnaire by an expert team from Jnana Prabodhini's Institute of Psychology, Pune. This project will be executed in two stages i.e. Pilot project and Major project.

Under pilot project, 48 students having high Intelligence Quotient (IQ) were selected for yoga training. The selected students were divided into two groups i.e. experimental and control group. The experimental group students were given yoga training for a period of 45 days. A yoga teacher from Kaivalyadhama Yoga Institute was appointed for the training of selected students of experimental group. Yoga teacher along with the project co-ordinator visited Gurukul English Medium School five days a week for 45 days at 10.00 am. The experimental group students included residential children along with day scholars. The participating students were advised to wear appropriate clothing for performing yoga

asanas. While teaching different yoga asanas, the students were taught about correct technique, benefits, and limitations of asanas.

YOGA TRAINING: The asanas which were taught to the students were *makarasana* and its variations (crocodile poses), *pavanmuktasana* (*Wind release pose*), *uttanpadasana* (*leg raise pose*), *sarvangasana*, *halasana* (*plough pose*), *chakrasana* (*wheel pose*), *niralambasana*, *bhujangasana* (*cobra pose*), *salabhasana* (*locust pose*), *naukasana* (*boat pose*), *dhanurasana* (*bow pose*), *janushirasana*, *paschimatanasana* (*posterior stretching pose*), *tadasana* (*mountain pose*), *garudasana* (*eagle pose*), *vajrasana* (*pelvic pose*), *vakrasana* (*twisted pose*), *andanulom-vilom*, *kapalbhaati*, and *bhramari*.

Gifted students during yoga session:



MENSA CERTIFICATE DISTRIBUTION CEREMONY:

A small ceremony was arranged for distributing MENSA certificates to all the selected gifted children under this project. The MENSA certificates were distributed by Mr. Anand Desai, Mrs. Sonavi Desai, Dr. Narayan Desai and Dr. Devasena Desai in the presence of Gurukul Secretary, Mr. Deepak Gangoli and Principal Mr. Shyam Satdive.





YOGA BOOKLET: A yoga handbook has been prepared for students participating in Bal Yogesh project for step by step guidance regarding yoga practices in simple language. It includes definition of asanas, its step by step technique, benefits and limitations. It will also be translated in Marathi and Hindi. This handbook can be used by these students for future reference and guidance regarding yoga. Workshop will also be conducted for the selected students for nurturing giftedness.

In the major Bal Yogesh project, screening for giftedness will be conducted in various schools. The selected gifted students will be tested before and after yoga training to assess the effect of yoga asanas on anxiety and leadership skills.