

National Conference

on

“Early Intervention for children with Intellectual Disability and
Associated conditions,
Across Multiple Aspects of Development”
Learning Preparedness and Activity Performance

Conducted by

Madhuram Narayanan Centre for Exceptional Children

16 November 2018: 11:30 am

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Co-presenters: Smt. Andal and Smt. Sudha Subramanyam



Yoga for the Specially abled children



- At Krishnamacharya Yoga Mandiram (KYM) work on use of Yoga for the Specially abled children dates back to the 1980s.
- To quote Prof P Jeyachandran, a Clinical Research Psychologist; the longest serving Special Educator in India and a Director on the Board of Madhuran Narayanan Centre (MNC): “The starting point is his meeting with Shri T K V Desikachar, Founder of Krishnamacharya Yoga Mandiram.”
- Initially Shri Desikachar himself spent a lot of time in finding out the means of adapting Yoga for the needs of the Specially abled children and thus developed a scheme for this purpose which forms the basis of our present day work.



Yoga for the Specially abled children

- Modern medical science brings out new inventions of diseases and treatment methods.
- How Yoga, a very ancient discipline, addresses modern demands of science?
- The uniqueness is the way of Yoga looking at the human system.
- Yoga addresses the human system as a combination of Mind and Body mechanism (Psychosomatic)
- The basis is both the Mind and Body are made up of the same raw material, i.e. the three Guṇas; Sattva, Rajas and Tamas.
- Yogācharya T Krishnamacharya, with his special knowledge of the Vedas, Yoga and Ayurveda gave a unique system of therapeutic system of Yoga where the emphasis is on 'adapting Yoga for every individual'.



Yoga for the Specially abled children

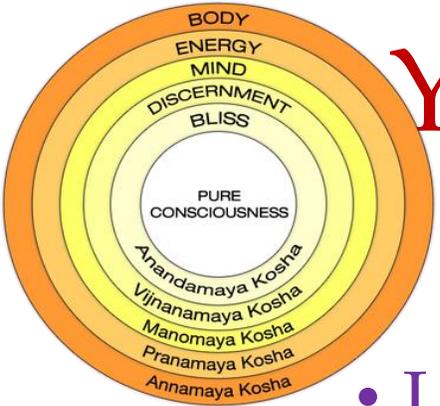
Yoga Individualised

- ‘Everyone is born different’ and hence Yoga practice has to be individualized – (Ref: Yoga Rahasya 1.31: With regard to body structure, some people are heavy, some lean, some weak, some crooked and other lame. Therefore, all āsanās are not suitable for everyone.)
- Yoga for ‘Special Children’ has also be ‘Special’.
- While it is ideal and recommended that Yoga should be individualised by design and practice, for Children group practices are also resorted to as a supplement.
- At home individual practice should be done daily which will take care of the particular need of the student, while group practice at School will help in socialization.

Yoga for the Specially abled children

Yoga that links the mind and body

- Yoga has various segments of practice, of which three are largely practiced. They are Āsana, Prāṇāyāma, Dhyāna.
- These three together constitute the basis for providing the mind body link.
- For the Specially abled children, Āsana practice forms the core.
- To bring in the wholistic result from the Āsana practice itself, chanting is added to give the desired result.
- The vibrations of the sound waves induced by the chanting is found to provide a soothing effect apart from bringing in focus at the mental level.
- Chanting while doing body postures gives a link between the body and mind.



Yoga for the Specially abled children

Yoga works at five levels

- Level 1: Body – Increases the strength of muscles, makes movements easier and helps align the body
- Level 2: Energy – Increases the vitality of the system and energizes
- Level 3: Mind – Increase the process of learning by increasing attention levels
- Level 4: Self confidence – Increases the self confidence and makes socialization better (Group class helps)
- Level 5: Emotion - Increases happiness

Yoga for the Specially abled children

Yoga – Scope for Innovation

- Even though the principles of Yoga are very ancient, it offers enormous scope for innovation.
- At KYM the training given to the yoga teachers aims at developing the skills for innovation.
- Designing a yoga course for every student separately brings out this innovation.
- The underlying principle is to ensure that no harm is brought about by the practice of Yoga.
- KYM is taking steps to work more closely with MNC on a focused project basis.

Madhuram Narayanan Centre

Yoga Therapy – Group Classes
An Experience

Purpose and Focus

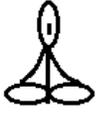
- Body Awareness, Left-Right Balance, Steadiness
- Being Present in the Body – Mindfulness
- Eye Contact
- Listen to and follow Instructions
- Strengthen all “Sense Organs”

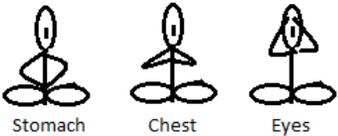
Tools Used

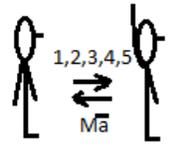
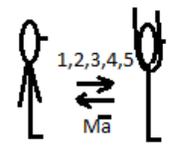
- Involvement, Intent of Teacher and Parent
- Chants integrated practice
 - Bring attention and preparedness for class
 - Niyasam – touching body parts
 - Replaces breath to link Mind and Body
- Small props like coloured bands, colourful sticks enhances focus
- Simple activity in posture to keep up interest and retain focus
- Stories and other activities to liven the class

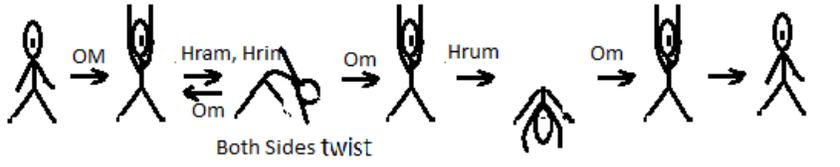
Course Sheet

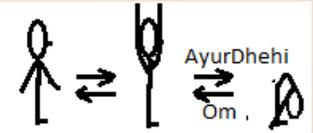
Note: The children wear a green band in the left hand, red band in the right hand and sit in a circle, parents/care givers sitting behind the children

1.  Chant Ma – 3 times
Prayer

2.  Chant Ma 3-4 times in each position

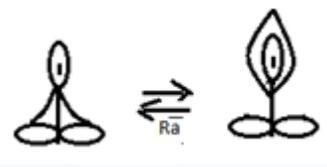
3.  Alternate hands 

4.  Chanting Hram, Hrim, Hrum,
Hraim, Hraum, Hrah

5.  Chant Ayur Mantra while bending forward

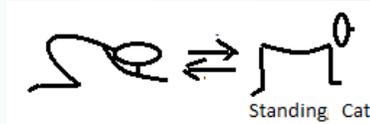
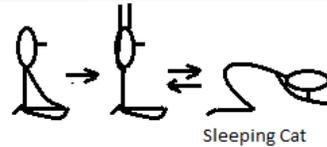
Course Sheet (contd.)

6.



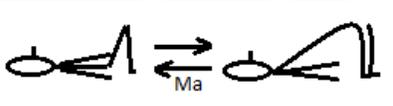
Clap 1, 2 and 3 times

7.

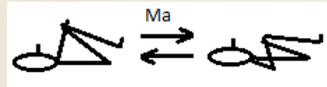


After few times; Look up, shake tail (Hips);
Walk 3 steps forward and backward

8.



9.



10.



Lie down and rest – count till 20

Observations, Results, Learnings

- Chanting 'Ma' – Prayer
 - Bring about Readiness
 - Being Present - Yoga Session is to begin
- Several repetitions
 - Memory – ingrained in body and mind
 - Mastering the posture
 - Prana Calanam – circulation and flexibility
- Group Dynamics
 - Unwilling and Uncooperative in the beginning
 - Learning from observing peers
 - Improves socialization
- Contributes to Independence

Conclusions

- Yoga Therapy is holistic - not focussed on a specific goal
- Works on including Yoga as a way of life
- It measures and nurtures rather like a mother
- Yoga means joining or bringing together –
 - Co-ordination between mind and body
 - Focus and attention to achieve simple tasks
 - Higher levels of attention to attain full potential