

## Yogic Values Integration Policy

2025-26

## Yogic Values Integration Policy & Annual Plan

Aligned with the Islamic Teachings, Bhagavad Gita, and UAE Moral Education Framework

### 1. Introduction

At Dhruv Global School, education is not only about academics, but also about inner development, spiritual awareness, and ethical leadership. To nurture well-rounded individuals, we integrate 26 Yogic Values, drawn from the Bhagavad Gita, and connect them to Islamic values, UAE Moral Education Framework, and the National Agenda. These values are integrated into the school environment, curriculum, and events to build students' character, consciousness, and community spirit.

### 2. The 26 Yogic Values with English Meanings

Sanskrit Value	English Meaning
Ahimsa	Non-violence
Satya	Truthfulness
Asteya	Non-stealing
Brahmacharya	Moderation
Aparigraha	Non-possessiveness / non-attachment
Saucha	Purity
Santosha	Contentment
Tapas	Discipline
Svadyaya	Self-study
Ishvara Pranidhana	Surrender to a higher power
Daya	Compassion
Arjava	Honesty
Kshama	Forgiveness
Dharma	Righteousness
Mitahara	Balanced diet
Dana	Generosity
Satyagraha	Truth force / Peaceful resistance
Dhriti	Patience
Yama	Self-control
Niyama	Self-discipline
Pratyahara	Withdrawal of senses
Dharana	Concentration
Dhyana	Meditation
Samadhi	Enlightenment / Bliss
Seva	Service

Categorised under 4 Value Domains

Category	Focus Yogic Values (Examples)
Spirituality	Dhyana, Samadhi, Ishvara Pranidhana, Svadhyaya
Emotional Intelligence	Kshama, Dhriti, Daya, Santosha
Core Alignment	Arjava, Dharma, Tapas
Global Thinking	Ahimsa, Seva

Assemblies & Events	Assembly themes and student performances aligned with monthly values.	Civic Education, Ethics	Rahmah (Compassion), Amanah (Trust)
Teaching & Learning	Values integrated into lesson objectives and activities across subjects.	Character and Morality	Sidq (Truth), Sabr (Patience)
Staff Modelling	All adults model values in daily routines and decisions.	Responsibility, Respect	Akhlaq (Good character)
Parent Partnership	Home-based value challenges, monthly newsletters, and reflection activities with families.	Family & Community Involvement	Silat-ur-Rahim (Maintaining relations)

### 3. Annual Yogic Value Integration Plan (April–March)

Month	Yogic Value (Sanskrit – English)	Category	Alignment with Events, UAE & Islamic Values
April	Santosha – Contentment	Emotional Intelligence	Start of academic year, Ramadan reflection. Shukr (Gratitude).
May	Daya – Compassion	Emotional Intelligence	Eid al-Adha, empathy. Rahmah (Mercy), Tolerance Week.
June	Sadhaka – Self-study	Spirituality	Exams & reflection. Tadabbur (Self-reflection).

July	Pratyahara – Withdrawal of senses	Spirituality / EI	Digital detox. Tazkiyah (Purification), mindfulness.
August	Pratyahara – Withdrawal of senses	Spirituality / EI	Self-regulation. Sawm (Self-restraint), family bonding.
September	Arjava – Honesty	Core Alignment	Literacy Day. Sidq (Truthfulness), integrity in expression.
October	Ahimsa – non- violence	Global Thinking	Gandhi Jayanti, Mental Health Day. Salam (Peace), respect.
November	Seva – Service	Global Thinking	Tolerance Day, National Day prep. Khidmah (Service), unity.
December	Dharma – Righteousness	Core Alignment	UAE National Day, Christmas. Adl (Justice), Birr (Goodness).
January	Tapas – Discipline	Core Alignment	New Year, exam focus. Sabr (Patience), excellence.
February	Mitahara – Balanced diet	Core Alignment	Wellness Week. Wasatiyyah (Moderation), healthy choices.
March	Kshama – Forgiveness	Emotional Intelligence	End-of-year reflection. Afw (Forgiveness), peace.

#### 4. Summer Break Value Focus – Pratyahara (Withdrawal of Senses)

Theme: Reconnect with Self | Reduce Distractions | Reflect Gently

Why Pratyahara?

- Encourages detachment from screen distractions
- Promotes inner peace, creativity, mindfulness, and self-regulation
- Islamic alignment with Sawm (abstinence) and Tazkiyah (soul purification)

#### Suggested Summer Family Activities

Activity Type	Description	Linked Value(s)	For
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Reflection Journal	“My Summer of Stillness” with	Pratyahara, Svadhyaya	G3-6
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	gratitude, nature observations		
Mindfulness Routine	Daily breathing or guided meditation (videos shared)	Dhyana, Dhriti	All
Nature Connect	Art collage using leaves, stones, etc. titled “Silence Speaks”	Samadhi, Santosha	G1-5
Digital Detox Challenge	One screen-free day a week (except family reading)	Pratyahara, Tapas	All
Story Hour	Weekly stories with moral lessons (Panchatantra, Qur’an)	Dharma, Seva, Ihsan	G1-6
Family Talk Time	Meaningful questions over meals	Arjava, Kshama, Silat- ur-Rahim	All

### Summer Tracker: “Pratyahara in Practice”

Student Reflection Prompt (to bring in August):

- One thing I discovered about myself this summer: \_\_\_\_\_
- A value I practiced the most: \_\_\_\_\_
- I felt calm and peaceful when: \_\_\_\_\_

Activity	Done On	Notes / Reflections
Silent nature walk – observed 3 new things		
Practiced 5 min mindful breathing		
Read a moral story		
Made a nature-based artwork		
Cooked a healthy meal with family		
One full day digital detox		
Listened to peaceful music and reflected		
Gratitude journal for 5 days		
Mindful bedtime routine		
Organized a shared family space		

Shared a deep family conversation over a meal		
Acted out a value-based story or skit		

## 5. Monitoring & Evaluation

Evidence Source	Examples
Class Displays	Monthly themes, Qur'an + Gita quotes, artwork
Lesson Plans	Value-linked objectives and activities
Assembly Logs	Student reflections, photos, videos
Value Journals & Trackers	Student and family submissions
Parent Feedback	Reflections from summer/home activities
Staff Self-Assessment	Value role modelling rubrics

## 6. Conclusion

By integrating Yogic and Islamic values meaningfully into modern education, Dhruv Global School nurtures spiritually grounded, emotionally intelligent, and morally upright learners. This approach supports academic excellence, personal growth, and social harmony—preparing students to thrive as global citizens of character.

“Let us live the values we wish our children to learn.”