

INTEGRATING THE TRIANGLE CONCENTRATION METHOD INTO CURRICULUM DESIGN FOR SUSTAINABLE AND HOLISTIC DEVELOPMENT

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Abstract:

This study explores how the Triangle Concentration Method (TCM), found by Swami Vijnananand, Manashakti Research Center, can be woven into curriculum design to encourage sustainable, holistic learner growth. Holistic development calls for a balance between cognitive, emotional, and physical dimensions. TCM, built on three pillars - temperament, intelligence, and physical health - offers a structured way to achieve this equilibrium. Modern education often emphasizes academic success while neglecting emotional stability and physical well-being. This imbalance fuels stress, lowers learning efficiency, and undermines sustainability. A curriculum shaped by TCM integrates these three dimensions into teaching and learning, creating a more balanced framework. Temperament guides emotional regulation, intelligence strengthens cognition, and physical health supports overall functioning. Aligning these elements in curriculum planning helps educators nurture sustainable learning, sharper concentration, and well-rounded personality development. The study concludes that TCM provides a practical model for designing curricula that foster balanced growth and meet the demands of sustainable education in the 21st century.

Keywords: Triangle Concentration Method, Holistic Development, Sustainable Education, Curriculum Design, Temperament, Intelligence, Physical Health

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Introduction:

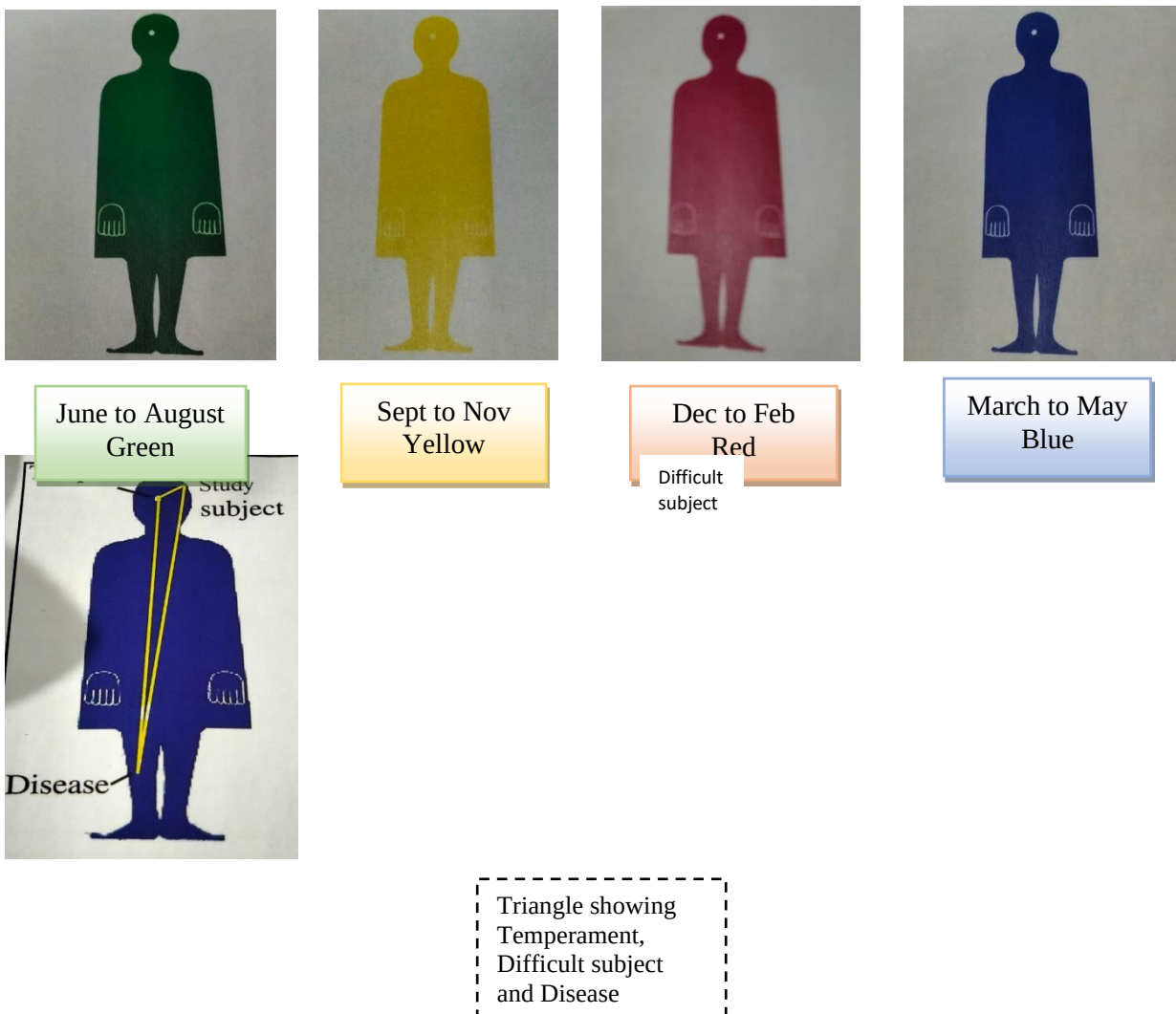
Education in the 21st century is shifting from rote learning to holistic and sustainable development. Holistic development refers to the overall growth of learners in intellectual, emotional, social, and physical domains. Sustainable development in education ensures that learning is meaningful, balanced, and lifelong. However, current curriculum practices often focus heavily on academic performance, ignoring emotional and physical aspects. This creates imbalance in students' development. To address this issue, the Triangle Concentration Method (TCM) is proposed as an innovative approach that integrates: Temperament (emotional aspect), Intelligence (cognitive aspect) and Physical Health (physical aspect).

Concept of Triangle Concentration Method (TCM):

The Triangle Concentration Method is based on the idea that true concentration and learning occur only when three dimensions are balanced,

1. Temperament-Refers to emotional stability and behavior, helps in managing stress, motivation and attitude,
2. Intelligence- Includes reasoning, problem-solving, and understanding core component of academic learning,
3. Physical Health- Includes fitness, nutrition, and overall well-being, directly affects attention, energy, and performance.

These three forms a triangle of concentration, where imbalance in any one side, affects overall development. TCM consists four concentration charts, varying according to seasons.



The color background of triangle is a sketch of human body with limbic cortex portion of the brain marked with a dot. This Limbic cortex portion, is the main center of emotions in the brain, which is one definite point of triangle indicates temperament. Second point of triangle is of difficult subject as per location in brain. Third point of triangle is about ailment if having in that quarter. If stomach pain, put third point at the region of stomach, if knee pain, put third point right or left knee in figure. After fixing three points, triangle is to be drawn,

then concentration is to be done on basic point of temperament after saying this prayer “*I am ruminating consciously over my faults, ailments and study problems, with the aim of eliminating the same. The faults in my temperament (behavior) indirectly affect my body as well as my study performance. So, I pray let my short-comings decimate and my virtues elevate, for which I will have to put in more efforts, these efforts will ultimately fetch me penalty less success.*”.

By following this method, student has to follow three conditions, first is Bow down towards parents, elders daily, teachers once in a month and do a selfless work one hour daily. Student has to fill up the success effort chart daily for 90 days, which includes four factors A, AA, E and U, A-Study, AA-Respect, E-Efforts, U-Planned Good.

दिनांक Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
अ- अभ्यास A- Study																													
आ- आदर AA- Respect																													
इ- इन्द्राज्य E- Efforts																													
उ- उदयता U- Planned/Good																													

Changes in the brain and behavior bowing down to parents daily:

When Student bows down towards parents, brain gets fresh blood due to head position, the emotion center of brain is activated, positive emotions like gratitude and respect are increased, feel-good chemicals like dopamine and serotonin are released. It reduces stress (cortisol is reduced), strengthens emotional stability, improves bonding and security feeling, which results in calm mind and better concentration in studies.

Changes in the brain and behavior bowing down to teachers once in a month:

Improves receptivity to new information, enhances memory encoding. Activates prefrontal cortex (learning, decision-making), builds a mindset of openness and respect for knowledge, reduces ego, which blocks learning. The student becomes more disciplined and receptive to teaching.

Changes in brain and behavior by doing one-hour selfless work daily:

Selfless service (helping others without reward), activates reward circuitry in brain, engages areas related to empathy and social connection, releases dopamine (“helper’s high”), strengthens neural circuits for kindness and co-operation, reduces anxiety and depression tendencies, which results in more positive mindset, better mental health and improved academic performance.

Bio feedback principle behind Triangle Concentration Method:

In biofeedback, a person becomes aware of internal signals like heart rate, breathing pattern and muscle tension. TCM uses the same idea. The learner observes their own state (temperament, thinking and physical condition) and adjusts it to improve concentration.

TCM triangle works as a Feedback System:

Each component of TCM acts like a signal provider. Temperament signals emotional state (stress, calmness), Intelligence signals mental clarity (confusion or understanding), Physical Health signals body condition (fatigue or energy)

TCM involves Continuous Adjustment Mechanism:

Biofeedback is not just awareness, it involves correction. In TCM, if stress increases, student practices relaxation (controls temperament). If confusion occurs, student changes learning strategy, improves intelligence use. If fatigue appears, student rests or exercises, improves physical health.

Bio Feedback proves Scientific Mind- Body Harmony:

Bio-feedback proves that mental state affects the body, physical state affects the mind. TCM applies that Balanced body, calm emotions, active thinking turns into high concentration.

Need for TCM in Curriculum Design:

The Triangle Concentration Method (TCM) is essential in curriculum design because it fills the gaps left by traditional education systems. Today's classrooms often focus heavily on academic scores while overlooking emotional balance and physical well-being, which can lead to stress and burnout. TCM brings together three vital elements—temperament, intelligence, and physical health—to ensure learners grow in a balanced way. Temperament helps students manage emotions and build resilience, intelligence sharpens their thinking and problem-solving skills, and physical health supports energy, focus, and overall performance. When these dimensions are integrated into teaching, students experience sustainable learning and stronger concentration. A curriculum shaped by TCM nurtures well-rounded individuals who are prepared not just for exams but for life's challenges. It transforms education into a more meaningful, human-centered process that promotes long-term growth and holistic development.

Relationship of TCM with Sustainable and Holistic Development|:

The Triangle Concentration Method (TCM) supports sustainable and holistic development by integrating temperament, intellectual growth and physical well-being. It promotes balanced development of mind, body and emotions which is essential for holistic education. By focusing on temperament, TCM enhances emotional stability and self-regulation. The difficult subject becomes easy and strengthens cognitive abilities and problem-solving skills. Attention to bodily health develops awareness of physical well-being and healthy habits. Together these dimensions create a well-rounded personality in learners. TCM encourages consistency, discipline and mindfulness which are key for sustainable personal growth. It also reduces stress and improves mental health, supporting long-term learning capacity. This method aligns with the principles of holistic education by addressing multiple aspects of human development. Thus, TCM contributes to building responsible, balanced and self-aware individuals for a sustainable future.

Curriculum Framework Based on TCM:

A curriculum framework based on the Triangle Concentration Method (TCM) integrates temperament, Intellectual development and physical health into teaching-learning processes. It emphasizes balanced growth by including activities for emotional regulation, academic mastery and health awareness. The framework encourages reflective practices, concentration exercises and value- based behaviors in daily learning. It promotes interdisciplinary learning where difficult subjects are approached with mindfulness and self-control. Regular inclusion of selfless service and respect-based practices supports social and moral development. Thus, the TCM-based curriculum ensures holistic, sustainable and learner centered education.

Advantages of TCM-Based Curriculum:

A TCM-based curriculum offers advantages by balancing temperament, intelligence and physical health in learners. It helps in regulating temperament by developing emotional stability, patience and self-control. In terms of intelligence, it enhances concentration, critical thinking and problem- solving abilities, especially in difficult subjects. The focus on physical health increases body awareness and promotes healthy habits. Integration of all three aspects leads to reduced stress and improved overall well-being. Thus, students become mentally strong, intellectually capable and physically, healthy ensuring holistic development.

Conclusion:

The Triangle Concentration Method provides a scientific and practical framework for curriculum design aimed at holistic and sustainable development. By integrating temperament, intelligence, and physical health, educators can create a balanced learning environment that nurtures the overall growth of students. Thus, TCM is not just a teaching method but a comprehensive educational approach for the future.

Cite This Article:

Asst. Prof. Shelke C.R. (2026). *Integrating the Triangle Concentration Method into Curriculum Design for Sustainable and Holistic Development.* In **Educreator Research Journal: Vol. XIII (Issue III)**, pp. 91-95