

केन्द्रीय विद्यालय संगठन

KENDRIYA VIDYALAYA SANGATHAN



PRT संगीत (एर्नाकुलम क्षेत्र) के लिए बांसुरी और कृति-1 के
माध्यम से अनुभवात्मक शिक्षण पर कार्यशाला

WORKSHOP ON EXPERIENTIAL LEARNING THROUGH BANSURI
AND KRITI1 FOR PRT MUSIC (ERNAKULAM REGION)

08/06/2026 TO 12/06/2026

Zonal Institute of Education & Training (ZIET) Mysuru

GITB Press Campus, Siddharth Nagar, Mysuru, Karnataka –
570011.

Website – <https://zietmysore.kvs.gov.in/>

E-mail :- kvszietmysore@gmail.com

DIRECTOR'S MESSAGE

The Five-Day Capacity Building Programme for Primary Teachers (Music) conducted at ZIET Mysuru was envisioned as a platform for professional growth, collaborative learning, and the enrichment of pedagogical practices in music education. Rooted in the vision of the National Education Policy (NEP) 2020, the programme sought to strengthen teachers' competencies in delivering joyful, experiential, and competency-based learning experiences that nurture every child's creative and aesthetic development.

Throughout the workshop, participants actively engaged in discussions, demonstrations, practical sessions, collaborative activities, and reflective exercises. The exchange of ideas, sharing of best practices, and exploration of innovative pedagogical approaches reaffirmed the vital role of music in fostering holistic development among young learners. The programme also provided opportunities to deepen participants' understanding of the *Bansuri* textbooks, classroom methodologies, integration of music with other curricular areas, and the effective use of technology in music education.

This manual has been prepared as a record of the workshop proceedings and as a continuing resource for teachers. It encapsulates the themes, session briefs, and key learning outcomes of the programme, enabling participants to revisit the ideas explored during the workshop and apply them meaningfully in their classrooms. I commend the sincere efforts of the Associate Course Director, Course Coordinators, Resource Persons, and every participant whose enthusiasm and commitment contributed to the success of the programme. I am confident that the learning gained through this initiative will continue to enrich classroom practices and inspire a lifelong appreciation for music among our students.

With warm regards,

Mr. P.I.T Raja

Director

ZIET Mysuru

PREFACE

The Five-Day Capacity Building Programme for Primary Teachers (Music) was organised with the **primary objective** of enhancing the professional competencies of Primary Music Teachers in alignment with the vision of the National Education Policy (NEP) 2020 and the pedagogical goals of Kendriya Vidyalaya Sangathan. The programme sought to deepen participants' understanding of music as a medium for holistic child development by focusing on themes such as music for mental health and well-being, music therapy, inclusive education, Indian folk traditions, effective lesson planning, assessment in music education, and the integration of music with movement, dance, visual arts, and digital technology. Equal emphasis was placed on developing practical skills through sessions on breath control, voice training, handling of basic musical instruments, and the effective classroom transaction of the *Bansuri* (Classes III–V) and *Kriti 1* (Class VI) textbooks.

The **expected learning outcomes** of the programme were to enable participants to design and facilitate engaging, inclusive, and competency-based music learning experiences; strengthen their practical musicianship and classroom teaching skills; effectively transact the *Bansuri* and *Kriti 1* textbooks; integrate music with other curricular areas and co-curricular activities; utilise ICT to enrich music instruction; and adopt appropriate assessment strategies to support student learning. Through collaborative discussions, demonstrations, hands-on activities, and the sharing of best practices, the workshop also aimed to foster a professional learning community committed to promoting creativity, cultural appreciation, emotional well-being, and joyful learning among primary school children. This manual documents the key themes and proceedings of the workshop and serves as a valuable reference for continued professional growth and classroom practice.

ACKNOWLEDGEMENT

The successful conduct of the **Five-Day Capacity Building Programme for Primary Teachers (Music)** was made possible through the collective efforts, guidance, and commitment of many individuals whose contributions are gratefully acknowledged.

We express our profound gratitude to the **Deputy Commissioner Kendriya Vidyalaya Sangathan, Director, ZIET Mysuru and Course Director Sri P.I.T Raja** for the visionary leadership, constant encouragement, and unwavering support extended throughout the planning and execution of the programme. The Director's emphasis on quality professional development and holistic teacher education served as a guiding force in the successful organisation of the workshop.

Our sincere appreciation is extended to the **Associate Course Director Ms. Jayakala Sreenivas** for the meticulous planning, academic guidance, and effective coordination that ensured the smooth conduct of the programme. We also convey our heartfelt thanks to the **Resource Persons, Ms. Priya VK and Mr. Benny P P** whose expertise, insightful presentations, practical demonstrations, and interactive sessions enriched the learning experience of every participant. Their willingness to share their knowledge and best practices greatly contributed to the academic success of the workshop.

We place on record our appreciation to all the **participants** for their enthusiastic involvement, active participation, collaborative spirit, and valuable contributions during discussions, practical sessions, and the sharing of best practices. Their commitment to professional learning transformed the workshop into a vibrant platform for mutual learning and reflection.

.

INDEX

PAGE NUMBER	TOPIC
1	TRAINING TEAM AND PARTICIPANTS
2	TIME TABLE
3-4	REPORT OF DAY1
5-7	REPORT OF DAY2
8-9	REPORT OF DAY3
10-11	REPORT OF DAY 4
12	REPORT OD DAY 5
13	A WRITE UP ON THE SESSIONS TAKEN BY MS. JAYAKALA SREENIVAS, THE ASSOCIATE COURSE DIRECTOR
14	A WRITE UP ON THE SESSIONS TAKEN BY MS. PRIYA VK, RESOURCE PERSON
15	A WRITE UP ON THE SESSIONS TAKEN BY MR. BENNY PP,RESOURCE PERSON
16	A WRITE UP ON THE SESSION TAKEN BY MR.PATEL KUNTAL RAKESH BHAI, PR MUSIC,PM SHRI JV NO2 CALICUT
17	PHOTO GALLERY
18	GROUP PHOTO
19	CHIEF TAKE AWAYS FROM THE WORKSHOP

TRAINING TEAM AND PARTICIPANTS

S.NO	NAME	SCHOOL
ACD	JAYAKALA SREENIVAS M	KV NTPC KAYAMKULAM
RP	PRIYA V K	PM SHRI KV No.2 NAVAL BASE KOCHI
RP	BENNY P P	PM SHRI KV KPA RAMAVARMAPURAM
1	NITISH CHANDRA	KV NO.1 CPCRI KASARAGOD
2	ABHISHEK RATHORE	PM SHRI KV KANHANGAD
3	PRIYA BAJPAI	PM SHRI KV NILESHWAR
4	TEJ PRAKASH VISHWAKARMA	PM SHRI KV INS ZAMORIN,EZHIMALA
5	ANUGRAH HARPAL	PM SHRI KV PAYYANUR
6	WASU DEODAS	PM SHRI KV KELTRON NAGAR
7	GAYATHRI M S	PM SHRI KV KANNUR
8	DUSHYANTH YADAV	KV THALASSERY
9	SHUBHANK SHUKLA	PM SHRI KV KALPETTA
10	RITHU DIVAKAR	PM SHRI KV NO.I CALICUT
11	PATEL KUNTAL RAKESH BHAI	PM SHRI KV NO.2CALICUT
12	AAKASH KUMAR	PM SHRI KV MALAPPURAM
13	LALCHAND MAHAMANA	PM SHRI KV No.1 PALAKKAD
14	NARAYANAN R	PM SHRI KV KANJIKODE
15	ANSHIKA YADAV	PM SHRI KV NAD ALUVA
16	DEVESH KUMAR KANWAR	PM SHRI KV ERNAKULAM
17	AASTHA UIKEY	PM SHRI KV PORT TRUST
18	NISHA R CHANDRAN	PM SHRI KV INS DRONACHARYA
19	VIJAY KUMAR YADAV	PM SHRI KV IDUKKI
20	MONIKA SHARMA	KV KADUTHURUTHY
21	BHOLESHANKAR	PM SHRI KV RB KOTTAYAM
22	SARMILA SINHA	PM SHRI KV ADOOR(SHIFT II)
23	SATISH PATIDAR	PM SHRI KV CHENNEERKARA
24	VIJENDRA KUMAR DHAWANKAR	PM SHRI KV KOLLAM
25	ANKIT JAISWAL	PM SHRI KV PATTOM (SHIFT I)
26	SHITAL DAS MAHANT	PM SHRI KV PANGODE
27	MEENA	PM SHRI KV SAP PEROORKADA
28	SANJAY VANSHKAR	PM SHRI KV KAVARATTI

TIME TABLE

KVS ZONAL INSTITUTE OF EDUCATION AND TRAINING MYSURU						
TIME TABLE PRT MUSIC						
DATE		SESSION 1 (9.30 -11.00 AM)		SESSION 2 (11.15-1.00 PM)	SESSION3 (1.00 PM -3.30 PM)	SESSION4 (3.45 PM-5.30 PM)
08.6.2026	Inauguration	Music for mental health and well being by MS. JAYA S RP Music therapy by Mr. Patel Kuntal Rakesh Bhai,PM Shri KV No2 Calicut	TEA BREAK (11.00-11.15 AM)	Minimum level learning and inclusive education through music MS.JAYAKALA SREENIVAS,ACD	Handling of basic musical instruments- correct posture and movements MR.BENNY PP ,RP	Exploring Songs from “Bansuri” Textbook class 3 Melody, rhythm,vocal skills, regional flavor -Training Team &Participants
09.6.2026	ASSEMBLY	Learning of the varied culture of India through folk music MS.JAYA S		Use of ICT in Music teaching by MS.PRIYA VK,PM Shri KV No2 Navel Base Kochi	. Breath control and voice training MR. BENNY PP	Exploring Songs from “Bansuri” Textbook class 4 Melody, rhythm.vocal skills, regional flavor - Training Team &Participants
10.6.2026	ASSEMBLY	Lesson planning for Music Classes by MS.JAYAKALA SREENIVAS		Best practices by Participants	Integrating Music with Movement and dance by MS.PRIYA VK,PM Shri KV No2 Nanel Base	Integrating Music with Movement and dance by MS.PRIYA VK,PM Shri KV No2 Nanel Base Kochi
11.6.2026	ASSEMBLY	Assessment in Music Education by MS. JAYAKALA SREENIVAS, ACD		Exploring Songs from “Bansuri” Textbook class 5 Melody, rhythm,vocal skills, regional flavor -Training Team &Participants	Dealing with visual arts portion of Bansuri and Kriti By Training team ARTS	Dealing with visual arts portion of Bansuri and Kriti By Training team ARTS
12.6.2026	ASSEMBLY	Exploring Songs from Kriti 1 Textbook class 6 Melody, rhythm,vocal skills, regional flavor -Training Team &Participants		Exploring Songs from Kriti 1 Textbook class 6 Melody, rhythm,vocal skills, regional flavor -Training Team &Participants	ASSESSMENT AND FEEDBACK	VALEDICTORY FUNCTION
		LUNCH (1.00-2.00 PM)		TEA BREAK (3.30 PM-3.45 PM)		

REPORT OF DAY 1

The workshop commenced with an inaugural session ,during which the participants introduced themselves and were acquainted with one another, creating a collaborative and interactive learning environment.

Following this, the esteemed Deputy Commissioner, Shri P.I.T. Raja , addressed the participants. In his inspiring session, he emphasized the importance of integrating art with subject teaching through Art Integrated Learning. He highlighted the need to nurture students from an early stage, helping them develop their skills and confidence systematically.

He further stressed that every student should be actively involved in school programmes and learning activities, ensuring inclusive participation. He encouraged teachers not to carry worries or stress into their classrooms, but instead to create a positive and motivating atmosphere for students.

The session began with an introduction of Music for mental health and well being By Mrs.VK Priya ,Resource person, where she explained how music influences the physical, mental, and social dimensions of an individual. Music helps regulate the release of hormones such as endorphins, dopamine, and oxytocin in appropriate amounts. This hormonal balance contributes to stress reduction, emotional well-being, social



bonding, and overall health, thereby having a positive impact on a person's complete personality and holistic development. At the same time, music helps you stay focused and makes you feel appreciated, acknowledged, and valued.

The second part of the session consisted of an interactive Module by Mr .Kuntal Patel Rakesh Bhai, PRT Music, PM Shri KV No2 Calicut on Music therapy. While discussing music therapy, he explained that it is not limited to listening to relaxing music; it also includes active music-making,

songwriting, lyric analysis, and rhythmic movement to promote healing, communication, and emotional well-being.

He further referred to the use of Tibetan Singing Bowls, explaining how they have been beneficial in certain cases of ADHD by promoting relaxation and improving focus. Additionally, the therapeutic application of Indian classical ragas such as Adana and Sohani was discussed, particularly for supporting hyperactive students and helping them achieve better emotional and behavioral balance. This was followed by some speech exercises.

This session was followed by an interactive module by Mrs.Jaykala Sreenivas,the Associate Course Director on minimum level learning and inclusive education through Music. The discussion focused on inclusive education, ensuring equity and quality in education and developing essential competencies for every learner. Key areas included improving students' learning outcomes, promoting child-centered education, and ensuring the mastery of core competencies.

The importance of creating an inclusive classroom environment was highlighted through the use of flexible teaching methods, collaborative learning, and a positive classroom atmosphere. In addition, special attention was given to the role of music in enhancing phonics, pronunciation, vocabulary development, and storytelling skills, demonstrating how music can be effectively integrated into the teaching-learning process.

A session by Mr. Benny, Resource Person about handling of basic instruments followed. Correct posture & movement while playing instruments were discussed. He talked about Western chord patterns and inversions, explaining their structure and application in music. He also demonstrated the correct finger positions for different chords, helping participants understand practical techniques for playing them.



In addition, he taught a Telugu song to the participants and introduced them to rhythmic concepts from Indian percussion traditions. The trainees were also guided through a combination of Korva and Tani Avartanam ,guru mana patterns, enabling them to experience and practice intricate rhythmic structures commonly used in classical pakhawaz percussion.

The first day of the workshop concluded with a revision and practice session. Participants revisited all the regional songs from the Bansuri textbook, along with exercises on rhythm (laya) and beat (taal). They also rehearsed several songs learned in previous sessions, reinforcing their musical skills and understanding. Before the day came to a close, a task was also assigned to the participants to choose one of their native folk songs, post it in the group and prepare to present it during the session on folk songs the next day.

REPORT OF DAY 2

Group 1 was in charge of the morning assembly program and they conducted assembly with confidence and creativity. The assembly included all the usual segments starting with Vande mataram followed by prayer, pledge, thought, new word and special item. The assembly also included a brief reflection on the learnings from Day One, helping to create continuity between the two days of the workshop.



The main session of the morning was dedicated to exploring how folk music serves as a powerful vehicle for understanding India's cultural diversity. The session was structured to move beyond theoretical discussion, encouraging participants to engage directly with the music, rhythms, and stories embedded in folk traditions



from across the country. This session was a celebration of India's extraordinary cultural diversity through the medium of folk music. Details regarding the instruments used for folk songs, various occasions and main characteristics of folk songs were described in detail. The session was distinguished not merely by lecture-style delivery, but by active participation — teachers stepped forward to perform folk songs and dances from their home states, transforming the

workshop into a living tapestry of Indian culture.

Mr. Narayan R ,PRT Music, pm Shri KV Kanjikode performed a malayalam folk song followed by a Devarkarma folk song from Chattisgarh presented by course participants.

The resource person actively encouraged teachers from different regions to share their own knowledge, creating a collaborative learning environment where every voice was valued.



The session was firmly grounded in pedagogy, with Mrs. Priya VK offering concrete suggestions on how folk music can be incorporated into school curriculum and classroom activities.

One of the most memorable aspects of the session was the active participation of the teachers themselves. Rather than remaining passive observers, participants were invited to perform folk songs and dances from their respective states. Our teacher participants Ms. Sharmila, Mr. Kunthal Ramesh Patel, Ms. Priya Bajpai, Ms. Monika Sharma and Mr. Akash performed

Bengali, Gujarati, Mythili, Banarasi kajiri and Mirzapur Kajiri during the session.

Afternoon session started after the lunch at 2.15pm with an Oriya song by Mr. Ankit Jaiswal.



The resource person Mr Benny PP conducted the first session during the afternoon on the topic breath control and voice training.

The second day of the Music Teacher's Workshop continued its focus on practical skills, with a dedicated session on the critical role of breath control in vocal performance. Proper breath control is the cornerstone of effective singing. It provides the power source for vocal production and directly impacts the quality, consistency, and

longevity of a singer's voice.

Key Topics Covered:

- Importance of breath control in singing
- Main uses and applications of proper breathing techniques
- Sustaining notes for longer durations
- Improving pitch stability
- Increasing vocal power and projection
- The physiological process of sound production

Associate Course Director Mrs. Jayakala Srinivas enriched the session by contextualizing the technical content within the broader framework of music education. Her contributions highlighted why breath control and voice training are essential knowledge for music teachers.

Teachers who understand breath control can guide students toward healthy singing practices, preventing strain-related injuries and voice damage that can have long-term consequences.

As a continuation of folk song performances by the teachers, Mr. Vijender Kumar Dhawankar, PRT Music performed a Rajasthani song. The flute performance by Mr. Abhishek Rathore was the immediate next item after the tea break at 3.30pm.



A Kannada folk song was performed by Mrs. Gayathri, PRT Music PM Shri KV Kannur and Mrs. Ritu Divakar, PM Shri KV No1 Calicut, followed by a Telugu song by Mrs. Nisha Chandran, PM Shri KV INS Dronacharya. Melodious folk songs from Uttarakhand and Malwa were presented by Mr. Nithish Chandra, KV No1 CPCRI Kasargod and Mr. Sathish Patidar, PM Shri KV Chennerkkara.

The session reinforced that folk music is a living tradition — constantly evolving while remaining rooted in community identity. Teachers were encouraged to document and preserve local folk forms in their own regions as part of their professional practice.



The Director ZIET Mysuru visited the workshop during the performance session. He recommended that the music room should be kept handy, beautiful, and attractive to students in order to encourage greater participation and foster creativity. It was further suggested that the assembly stage should be beautified to create an inspiring atmosphere for school functions. He also advised making session reports more appealing by adding photographs for better documentation.

REPORT OF DAY 3



The day commenced with the morning assembly conducted by Group 2. The assembly began with Vande Mataram, followed by the prayer and the usual segments including Thought for the Day, News, and New Words. The assembly concluded with a beautiful special song emphasizing the importance of education in life. The presentation was well-organized, meaningful, and appreciated by all participants.

The first session was led by Mrs. Jayakala Shreenivasa on Lesson Planning for Music. She emphasized the importance of maintaining a music diary and explained its role in effective classroom management and documentation. A sample lesson plan was presented, covering essential components such as Topic, Class, Duration, Content, Meaning, Learning Outcomes, and Evaluation. She also discussed the alignment of music education with NEP 2020, highlighting its key principles and relevance to music teaching. The session further provided valuable insights into the role of a music teacher and career opportunities within KVS, inspiring all participants.



The second session was also conducted by Mrs. Jayakala Shreenivasan on Exploring Songs from the Bansuri Textbook of Class IV. The session included contributions from Mr. Vijendra, Ms. Priya Bajpai, Mr. Satish, and Mr. Kuntal Patel. Participants learned and practised a few beautiful Kashmiri and Assamese songs, gaining exposure to the rich cultural diversity reflected in the curriculum.



The third session was conducted by Ms. Priya V. K. on Use of ICT in Music Education. She explained various digital tools and software used in music education, including Digital Audio Workstations (DAWs), music learning applications, and relevant hardware and devices. The session highlighted the benefits of ICT such as interactive learning, immediate feedback, accessibility, inclusion, collaboration, creativity, and innovation. She explained how technology helps remove traditional barriers to music participation and enhances connectivity among learners.



The fourth session, Integrating Music with Movement and Dance, was a collaborative session for both Art and Music participants and was led by Ms. Priya V. K. She elaborated on the relationship between music and dance through concepts such as tempo, timing, mood, theme, and structure. The session explored how dance influences music through the visualisation of sound and co-creation

Participants gained valuable insights into Indian classical traditions, [including the concept of NTRR – Nada, Taal, Raga, and Rasa](#). The session also covered various taals and jatis of Indian music. She further demonstrated the Hast mudras described in the

Natyashastra and explained the Navarasas and their significance in artistic expression. The session concluded with a captivating Mohiniyattam dance performance by Ms. Priya leaving all participants amazed, inspired, and excited.

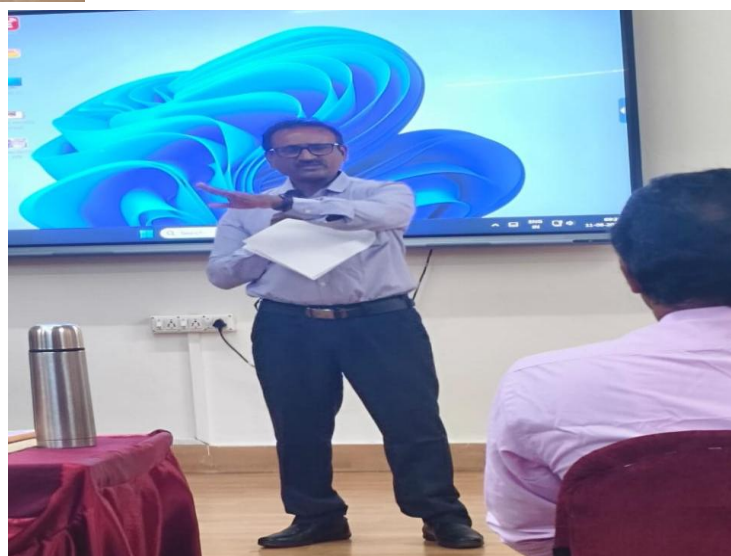
Overall, the day's sessions were highly informative, interactive, and enriching, providing participants with valuable knowledge and practical insights into music education and its interdisciplinary connections.

REPORT OF DAY 4



The morning assembly was presented by Group 3. The assembly was conducted with great confidence and creativity and included all the regular segments, beginning with vande Mataram, followed by the prayer, pledge, thought for the day, new word, and news .

The DC KVS and Director ZIET Mysuru Mr. P.I.T. Raja attended the morning assembly. He addressed the participants and emphasized the importance of maintaining a healthy balance between personal and professional life. He also highlighted the responsibilities of teachers during escort duties and stressed the need for ensuring the safety and well-being of students during escort duty. Thereafter, the DC randomly called some participants to present welcome songs. Mr. Satish Patidar, Mrs. Gayatri M. S., and Mr. Nitish Chandra delivered beautiful and melodious welcome songs that were appreciated by all



Mrs. Vineetha , the Course Co Ordinator shared important points related to the POCSO Act and discussed the precautions and responsibilities of teachers while dealing with children in the school environment.



The first academic session of the day, titled “**Music Assessment: Principles and Practices,**” was conducted by **Mrs. Jayakala Srinivas** . She began the session by sharing valuable tips on maintaining physical fitness .She explained various aspects of music assessment and explained that students can be assessed on the basis of pitch, rhythm, talent, creativity, and confidence. She also discussed the purpose of assessment in music and suggested innovative ways of making assessment more meaningful and engaging.

After the tea break, Mrs. Jayakala Srinivas continued the session by introducing participants to various aspects of Carnatic music and kaafi ragas. She also sang an old patriotic song and explained the role of music in developing cognitive skills. The participants learned a number of marching songs and gained insights into voice production techniques. The session further focused on the assessment of pitch, rhythm, vocal music, and instrumental music. She emphasized that assessment should be specific, timely, constructive, and encouraging. At the end of the session, Ms. Aastha presented a lively Katakya folk song, which added enthusiasm and cultural richness to the programme.



The post-lunch session was a collaborative session for Art and Music teachers. Mrs. Priya V. K. and Mr. Benny taught a Malayalam Onam song to the participants. Mrs. Priya V. K. and Mrs. Jayakala Srinivas taught the song “Shyamale Meenakshi” and a Malayalam patriotic song, providing participants exposure to regional musical traditions.

Later, Mr. Dushyant Yadav conducted an informative session on Indian rhythmic patterns and explained the characteristics of Dadra, Keherwa, and Teentaal.



Following the evening tea break, Mr. T. R. Rajesh, Resource person for the workshop for TGT Art Education conducted a session integrating visual arts with the theme of Bansuri. He introduced concepts related to nature art, aqua words, and creative expression through visual art. The session also included body movement activities, making the learning process interactive and engaging.



The final session of the day was conducted by Mr. Soumyadip Sen, Resource person for the workshop for TGT Art Education on “Crafting the Canvas from Bansuri” for Class

V. He discussed various pedagogical approaches and methodologies for teaching music effectively. He also demonstrated how music teachers can successfully integrate art-based activities into their classroom practices and conduct art-related learning experiences.

REPORT OF DAY 5

The assembly for the 5th day of the workshop was conducted by Group 4. It contained all the usual segments of the assembly . The special item was an inspiring song on woman empowerment. An Odissi performance by Ankit Jaswal ,PRT Music PM Shri KV Pattom was the highlight of the day.



The session focused on exploring songs from the *Kriti 1* textbook for Class VI. Participants practised melodies, rhythm patterns, vocal techniques, and expressive singing while appreciating the regional flavour embedded in the compositions. The training team facilitated interactive demonstrations, enabling teachers to strengthen their classroom transaction of the prescribed songs.

The second session provided participants with extended hands-on practice in teaching songs from *Kriti 1*. Emphasis was placed on accurate rendition, voice modulation, rhythmic precision, and learner engagement. Teachers collaborated with the training team to explore effective pedagogical strategies for developing musical skills and classroom confidence among students.

The Kannada and Gujarati songs from Bansuri were practised at the end of the session, once again.

Afterwards feedback was collected from the participants and they sat at the post workshop assessment.

The workshop ended with an elaborate valedictory function enriched by participant performances.

A WRITE UP ON THE SESSIONS TAKEN BY MS. JAYAKALA SREENIVAS ,THE ASSOCIATE COURSE DIRECTOR



Ms. Jayakala Sreenivas, Associate Course Director, played a pivotal role in shaping the academic framework of the Five-Day Capacity Building Programme for Primary Teachers (Music). Through her thoughtfully designed sessions, she addressed some of the most significant dimensions of contemporary music education, seamlessly aligning pedagogical practices with the vision of the National Education Policy (NEP) 2020. Her session on Minimum Levels of Learning and Inclusive Education through Music underscored the transformative potential of music as a universal medium capable of transcending individual differences and fostering equitable learning opportunities. Emphasising that every child possesses an inherent capacity to respond to music irrespective of background or ability, she explored strategies for ensuring foundational musical competencies while accommodating diverse learning needs.

In her session on Lesson Planning for Music Classes, Ms. Jayakala Sreenivas guided participants through the essential components of systematic instructional design, demonstrating how carefully structured lessons contribute to meaningful musical experiences. She emphasised the importance of articulating clear learning objectives, selecting age-appropriate teaching strategies, integrating practical activities, and incorporating formative assessment within the teaching-learning process.

Drawing upon classroom realities, she illustrated how effective lesson planning provides flexibility while ensuring continuity, progression, and competency-based learning. Participants were encouraged to design lessons that balanced theoretical understanding with experiential engagement through singing, rhythm exercises, movement, creative expression, and collaborative learning. Particular emphasis was placed on integrating the *Bansuri* and *Kriti* textbooks with joyful, activity-based pedagogies that foster curiosity, imagination, and sustained learner engagement

The concluding academic contribution by Ms. Jayakala Sreenivas focused on Assessment in Music Education, where she eloquently redefined assessment as an integral component of the learning process rather than a mere instrument of evaluation. She advocated the use of continuous, competency-based, and authentic assessment strategies that capture learners' progress across cognitive, psychomotor, and affective domains. Through insightful discussions, participants examined diverse assessment tools, including observation, performance-based tasks, peer assessment, self-reflection, portfolios, and descriptive feedback, enabling them to appreciate assessment as a means of fostering growth rather than measuring performance alone. Her session highlighted the importance of providing constructive feedback that motivates learners while respecting individual learning trajectories. Collectively, Ms. Jayakala Sreenivas' sessions reflected a coherent pedagogical philosophy grounded in inclusivity, thoughtful planning, and reflective assessment. Her scholarly insights, practical illustrations, and engaging facilitation significantly enriched the professional learning experience, equipping participants with the knowledge, skills, and confidence to cultivate joyful, meaningful, and competency-based music education in Kendriya Vidyalayas.

A WRITE UP ON THE SESSIONS TAKEN BY MS. PRIYA VK RESOURCE PERSON

Ms. Priya V. K., Resource Person, made a valuable contribution to the Five-Day Capacity Building Programme for Primary Teachers (Music) through her engaging sessions on Learning the Varied Culture of India through Folk Music, Use of ICT in Music Teaching, and Integrating Music with Movement and Dance. Her sessions reflected a balanced approach that celebrated India's rich musical heritage while embracing contemporary teaching practices. The session on folk music introduced participants to the diverse musical traditions of different regions of the country, highlighting their cultural, linguistic, and social significance. Through songs, discussions, and demonstrations, she illustrated how folk music serves as a vibrant medium for preserving cultural identity, promoting national integration, and nurturing an appreciation for India's pluralistic traditions. The session encouraged teachers to incorporate regional folk songs into classroom activities, enabling children to connect with the country's rich cultural tapestry in meaningful and enjoyable ways.



Her session on Use of ICT in Music Teaching demonstrated how digital technology can enrich music education and make classroom learning more engaging. Participants were introduced to a variety of digital resources and applications that support lesson planning, audio-visual learning, and interactive classroom activities. Ms. Priya emphasised the thoughtful integration of technology to complement traditional teaching methods rather than replace them. This was followed by two highly interactive sessions

on Integrating Music with Movement and Dance, where participants experienced how rhythm, movement, body coordination, and expressive actions can transform music lessons into joyful and participative learning experiences. Through practical demonstrations, she showed how movement-based activities help develop confidence, creativity, coordination, and expressive abilities while sustaining children's interest and enthusiasm. Her Mohiniyattam performance at the end of the session captivated eyes and hearts equally.

Throughout her sessions, Ms. Priya V. K. created an atmosphere of active participation, collaboration, and joyful learning. Her ability to seamlessly blend cultural heritage with innovative pedagogical approaches inspired participants to view music education as a dynamic process that nurtures creativity, inclusivity, and holistic development.

A WRITE UP ON THE SESSIONS TAKEN BY MR. BENNY P P , RESOURCE PERSON

Mr. Benny P. P., Resource Person, made a noteworthy contribution to the Five-Day Capacity Building Programme for Primary Teachers (Music) through his highly practical and skill-oriented sessions on **Handling of Basic Musical Instruments – Correct Posture and Movements** and **Breath Control and Voice Training**. Recognising that effective music instruction begins with sound foundational practices, his sessions emphasised the importance of proper technique in developing confidence, accuracy, and musical expression. Through systematic demonstrations, he familiarised participants with the correct handling of commonly used musical instruments, highlighting appropriate posture, hand positioning, body alignment, and movement. He explained how these seemingly simple aspects play a crucial role in producing quality sound, preventing physical strain, and ensuring ease and comfort during performance as well as classroom demonstrations. The interactive nature of the session enabled participants to refine their practical skills while gaining confidence in guiding students towards correct musical practices.



The session on **Breath Control and Voice Training** further strengthened participants' understanding of the fundamental techniques required for effective singing and vocal instruction. Mr. Benny introduced practical exercises designed to improve breathing patterns, voice projection, pitch control, diction, and vocal endurance. Participants actively engaged in breathing drills, vocal warm-ups, and exercises that demonstrated the relationship between controlled breathing and expressive singing. He explained how regular voice training enhances vocal quality, supports sustained singing, and helps teachers maintain vocal health despite prolonged classroom teaching. The session also highlighted simple techniques that can be incorporated into daily classroom practice to help children develop clear, confident, and melodious voices while cultivating proper singing habits from an early age.

Throughout both sessions, Mr. Benny P. P. adopted a hands-on and learner-centred approach that encouraged active participation and continuous practice. His patient demonstrations, constructive guidance, and emphasis on mastering the basics enabled participants to appreciate the importance of strong technical foundations in music education. By combining theoretical understanding with extensive practical application, he inspired teachers to approach music instruction with greater precision and confidence.

A WRITE UP ON THE SESSION TAKEN BY MR.PATEL KUNTAL RAKESH BHAI, PR MUSIC,PM SHRI JV NO2 CALICUT



Mr. Patel Kuntal Rakesh Bhai, PRT Music, PM SHRI KV No. 2 Calicut, conducted an insightful session on Music Therapy for Mental Well-being, highlighting the profound impact of music on emotional, psychological, and physical health. The session emphasised that music is much more than a performing art; it is a powerful medium for promoting relaxation, reducing stress, enhancing concentration, and fostering emotional balance among learners. Through engaging discussions and practical demonstrations, he explained how carefully selected musical activities can create a positive classroom atmosphere that supports the overall well-being of children.

Mr. Patel introduced participants to simple yet effective music therapy techniques that can be incorporated into everyday classroom practices. Activities involving rhythmic patterns, breathing exercises, humming, singing, and listening to soothing music were demonstrated to show their role in reducing anxiety, improving focus, and encouraging positive emotional expression. He also highlighted the importance of creating a safe and joyful learning environment where music serves as a tool for self-expression, confidence building, and emotional resilience.

The session encouraged participants to recognise the therapeutic potential of music in school education and inspired them to integrate music-based well-being practices into their classrooms. It provided valuable insights into nurturing not only musical abilities but also the mental and emotional health of every learner.

PHOTO GALLERY



GROUP PHOTO

CHIEF TAKEAWAYS OF THE WORKSHOP

- Enhanced pedagogical competence in planning and delivering competency-based, inclusive, and experiential music lessons aligned with the principles of NEP 2020.
- Strengthened practical musicianship through training in voice culture, breath control, handling of musical instruments, and effective classroom transaction of the *Bansuri* and *Kriti 1* textbooks.
- Developed innovative teaching strategies by integrating music with movement, dance, visual arts, folk traditions, and ICT to create engaging and joyful learning experiences.
- Acquired effective classroom practices in lesson planning, assessment, and music-based interventions that promote students' creativity, participation, emotional well-being, and holistic development.
- Fostered professional collaboration and reflective practice through interactive sessions, demonstrations, and the sharing of best practices, empowering participants to enrich music education in Kendriya Vidyalayas.

LINK TO COLLECTION OF FOLKSONGS:

https://drive.google.com/drive/folders/1F01FwkxFzsd-D8P5hKP5_z4aUJlsEn5h?usp=drive_link

