



पीएम श्री केन्द्रीय विद्यालय एम.ई.जी. & केंद्र
PM SHRI KENDRIYA VIDYALAYA M.E.G.&CENTRE



Bal Vatika

Bal Vatika programme is designed as a preparatory class for children before Grade 1 with a focus on developing cognitive, affective and psychomotor abilities through learning by fun classes.

The curriculum emerges from the interests, strengths and needs of the children.

We at Bal Vatika follow the **Play based Learning Pedagogy**.

- This allows the child to learn at his/her own pace.
- This creates child centered learning environment.
- It initiates self-education through enriching experiences.
- It develops skills with exposure to multi-sensory materials. We at Bal Vatika focus on areas of pre-reading, pre math, environmental studies, vocabulary and language skills.
- It also aims to develop and enhance the-Gross motor, fine motor skills, creative, analytical and thinking facilities in children.

Based on the National Curriculum Framework For Foundational Stage and to conceptualise a child-centred approach, to care, educate young children and to aim towards the optimal outcomes in Balvatika, 5 domains (Panchamahabutas) are conducted as follows-

1. Annamaya Kosha
physical development

To encompass healthy habits, routine hygiene, physical well-being and exercise activities such as morning warm up exercise, table manners etc are practiced on day to day basis at school .



2. Pranamaya Kosha
motor and vital development

To develop the vital or energy level, activities like yoga, surya namaskar etc Organised games such as sports/ race, balancing the objects are conducted during fun days .



3.Manomaya Kosha
(Socio-emotional development)

To sharpen the Mental and emotional aspects in a child, activities like story narration, puppet show ,pretend play, role play, jazz and music are performed.



4. Vigyanamaya Kosha
(Cognitive and Language development)

To develop the intellect, decision making, ability to differentiate, to stimulate curiosity and to foster love for learning activities like lacing the beads, dabbing, perplexing the puzzles etc are conducted on basis of age .



5. Anandamaya Kosha
(Creative -Aesthetic development)

In order to make learning permanent, long lasting and joyful. Bliss -centric activities are celebrated, which includes- national and cultural festivals, birthdays and film shows etc.. are exhibited.



Christmas celebration

