

KENDRIYA VIDYALAYA LUMDING

CLASS: BALVATIKA-III



About Balvatika:

Balvatika is an early-childhood education programme introduced in the Indian school system for young children, generally in the 5–6 years age group, before they begin Grade 1. It is intended to provide a smooth transition from preschool/early childhood education to formal schooling.

Balvatika is based on the idea that young children learn best through play, exploration, activities, stories, conversation, music, art, movement, and interaction with others, rather than through excessive memorisation and formal examinations.

Background of Balvatika:

The concept of Balvatika is associated with the National Education Policy (NEP) 2020, which gives great importance to Early Childhood Care and Education (ECCE).

NEP 2020 recognises that the early years of a child's life are extremely important for physical, mental, emotional, social and cognitive development. Therefore, education during this stage should be enjoyable, flexible and appropriate to the child's age.

The policy places school education within a 5+3+3+4 structure. The first five years constitute the Foundational Stage, covering three years of preschool/Anganwadi education followed by Grades 1 and 2. Balvatika is intended to strengthen the preparation of children before they enter Grade 1.



Vidya Pravesh of Balvatika-III students

Key Features of Balvatika

1. **Play-based Learning:** Children learn through games, toys, stories, songs and fun activities. This makes learning enjoyable and reduces pressure on young children.
2. **Holistic Development:** Balvatika focuses on the physical, mental, social, emotional and creative development of children, not just academics.
3. **Foundational Literacy and Numeracy:** Children develop basic reading, writing, speaking, counting and mathematical skills through simple and interesting activities.
4. **Activity-based Learning:** Drawing, colouring, puzzles, role-play, music and craft help children understand concepts through practical experiences.
5. **Social and Emotional Development:** Children learn to share, cooperate, communicate, take turns and respect others, helping them become confident and responsible.
6. **Creativity and Imagination:** Art, music, storytelling and imaginative play encourage children to express their ideas and develop creative thinking.
7. **Physical Development:** Indoor and outdoor games help improve children's strength, coordination, balance and fine and gross motor skills.
8. **School Readiness:** Balvatika prepares children for Grade 1 by developing the basic academic, social and emotional skills needed for formal schooling.

Some classroom activity photos





Play-based Learning

