

PM SHRI KENDRIYA VIDYALAYA ARMY AREA, PUNE

PRIMARY SECTION

INNOVATIONS AND BEST PRACTICES

1. PUPPET THEATER (Primary Section)

Learning through play is fundamental to our children's education, when children are highly engaged this leads to better learning experiences, helping to promote children's development further. Puppets help to stimulate children's imaginations as well as encourage creative play and discovery.

Puppets open a door to a child's imagination allowing them to create, explore and flourish. Breathing life and fun into classroom learning, puppet play is a powerful teaching tool in early education settings.

2. PRAYERS BEFORE MEALS

TO INCULCATE FEELINGS OF GRATITUDE, MINDFULNESS AND HUMILITY, CHILDREN ARE TAUGHT TO PRAY BEFORE TAKING THEIR MEALS. IT'S A GESTURE TO--

1. Expressing thanks for the food and blessings.
2. Recognizing the divine provision and interconnectedness.
3. Acknowledging dependence on a higher power.

It has Cultural Significance also. Some families may have tradition to pray before the meals .

Brings people together, fostering a sense of community and unity . it also instil a respect and honours the effort and resources invested in food preparation.

There are other benefits also . This practice might encourage introspection and self-awareness, Creating a peaceful atmosphereand promoting digestion.

There are Health Benefits also.

It Reduces stress and keeps the mind and body calm. Slower eating and mindful consumption lead to Improved digestion.