



Bal Bharati
PUBLIC SCHOOL
(An Institution of the Child Education Society (Regd.) Delhi)
BRIJ VHAR, GHAZIABAD

Summer Training Sessions/Capacity Building Program for Facilitators – May-2023

Pre School Levels (I & II)

Day and Date: Tuesday, 16th May 2023

SESSION 1

TOPIC: PHYSICAL & MOTOR DOMAINS & EARLY LEARNING

RESOURCE PERSON: MS. N. REKHI & TEAM GRHM

PARTICIPANTS: ALL PRE-PRIMARY HMS, & FACILITATORS BBPSS DELHI/NCR

TIMING: 9 a.m. to 10:30 a.m.

MODE: OFFLINE

About the Workshop:

A healthy mind dwells in a healthy body, health is the reflection of a sound mind and body. A proper diet and systematic exercise help us to build a healthy body.

As the education system increasingly responds to new societal, economic & digital needs, so is the need to ensure that the facilitators have sufficient capacity for a successful implementation of these reforms. Thereby, it becomes important for the facilitators to have adequate knowledge, willingness to make the changes and have materials to implement the reforms.

The Role of a Teacher is to shape the minds of the younger generation.

To stimulate the facilitators from all the Bal Bharati's of Delhi NCR, a workshop was organized on **Physical & Motor Domains & Early Learning at**



BBPS, Gangaram on 16th May 2023. The workshop was presided over by Ms. Nanu Rekhi, Head Academic council CES.

The Session began with Ms. Nanu Rekhi extending a heartfelt welcome to all the participants. It was one of the primarily needed workshops and was attended by over 125 facilitators.

Key Points Discussed in the Workshop:

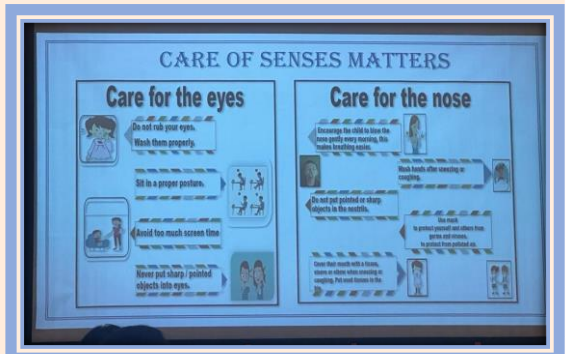
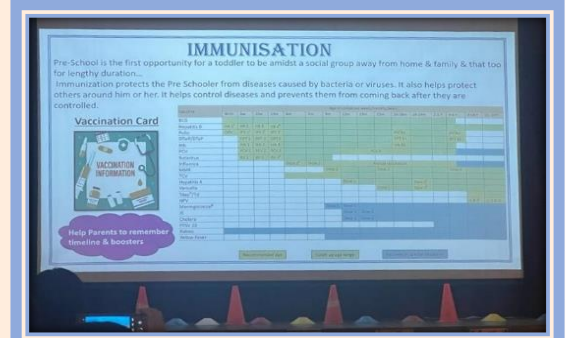
- ✚ Team Gangaram conducted an engaging workshop and discussed how physical and motor domains can strengthen curriculum's foundation.
- ✚ Healthy integration of all the developmental areas is very important for the child.
- ✚ The physical dimensions are developed through a focus on a balanced diet, traditional games, and adequate exercise, as well as yoga asanas (at the appropriate ages), which build both gross and fine motor skills. Learning to breathe in a way that provides necessary oxygen for the entire body is important; it trains the voice, and provides direction for increased self-awareness.

✚ **Important Aspects of Physical Development:**

- Blend of Nature & Nurture
- Physical Growth: In every class, height chart and weighing machine should be there.
- Immunization
- Regular Health Checkups in school
- Balanced Diet

- ✚ Outdoor physical exercise for at least 30 minutes everyday is necessary.
- ✚ A preschooler should get at least ten hours of adequate and peaceful sleep.

- ✚ **Readiness Activities** help children develop their visual memory, their attention span, and the ability to identify objects (visual discrimination). In terms of fine motor skills, these activities aim to refine children's ability to move their fingers and their hands.



- ✚ Happiness plays vital role in the motivation and well-being of preschool children.
- ✚ Sensory Integration is important to children's brain development because as they grow and are exposed to variety of sensory inputs, they will learn to organize them through Cognitive Pathways.

Learning Outcome:

Physical and motor skills increases concentration, improves eye – hand coordination, develops self – regulation, enhances critical thinking skills and promote spatial awareness.

The workshop was conducted in an interactional manner. It led to development of skills for the connection of different aspects, making novel connections, and looking at the curriculum as a whole.

Ms. Nanu Rekhi, made the efforts to organize this workshop in a commendable manner. This workshop was a huge success in terms of the knowledge shared and gained.

SESSION 2

TOPIC: NCF - SALIENT FEATURES & DEEPER INSIGHTS TO WORK ON UPWARD CONTINUITY IN EARLY LEARNING

RESOURCE PERSON: DR. VENITA KAUL, FOUNDER DIRECTOR (EX) OF CECED, AMBEDKAR UNIV.

PARTICIPANTS: BBPSs (PAN INDIA) & TWO REPRESENTATIVES FROM CLASSES I & II PER UNIT – (Delhi/NCR)

TIMING: 11 a.m. to 12:30 p.m.

MODE: OFFLINE & ONLINE

The session was inaugurated with Ms. Nanu Rekhi Montessori, advisor for CES, who attempted to set up this workshop in a commendable manner.

Ms. Nanu Rekhi (Montessori Advisor CES), commenced the event with an affectionate and a warm welcome to the resource person: Prof. Venita Kaul, who is Founder Director (Ex) of CECED at Ambedkar University, Delhi.

About the Workshop:

- ✚ Prof. Venita Kaul enlightened about the National Curriculum Framework for Foundational Stage.
- ✚ She educated everyone about the "SENSITIVE/ CRITICAL PERIODS" .



- ✚ This workshop aimed to create an awareness and focused more to work on upward continuity in early learning.
- ✚ It was one of the primarily needed workshops and was attended by over 125 facilitators.
- ✚ The session was highly informative and interactive.
- ✚ The workshop was conducted on the auditorium of BBPS GRHM and all the participants were engrossed in the workshop.



Key Points Discussed in the Workshop:

- ❖ Goals for Foundational Stage (3 years to 8 years) include:
 - Language development and early literacy
 - Physical and motor development
 - Cognitive development and Early Maths
 - Social & Emotional development
 - Creativity
- ❖ The medium of instruction should be mother tongue and gradually should move towards the second language.
- ❖ Play based pedagogy is very essential. Classroom activities, experiences and processes that are:
 - Child initiated
 - Keep child engaged
 - Activities that are both open ended and allow exploring the right answer.
 - Balance between **free** and **teacher guided**.
- ❖ Balanced Approach
- ❖ Language and Literacy go together.



Learning Outcome:

Overall, collaboration and socialization are the prime focus. Child's interest is important. Exposure should be given to them.

This workshop emphasized on NCF at Foundational Stage – the Upward Continuity for better learning outcomes and holistic development of the child.

The session was extremely useful and informative for all the facilitators. It was a very engaging session.

