

SALWAN PUBLIC SCHOOL, MAYUR VIHAR PHASE III

Month: July

Topic: National Curriculum Framework – Foundational Stage

Day and Date: Wednesday, 31 July 2024
Timings: 09:00 p.m. to 05:00 p.m.
Keynote speakers: Dr. Ajay Kumar Jha (Lecturer, Directorate of Education)
Dr. Bhavana Kulshreshtha (Academic Consultant)
Attended by: Bhavna Bisht, TGT Math Ahanthem Romita, TGT Science
Venue: SR Capital Public School, Shahdra

The capacity-building program for foundational educators commenced with the discussion on 'happiness hormones'—dopamine, oxytocin, serotonin, and endorphins—to set a positive and engaging tone. After introductions, Dr. Bhavana Kulshreshtha began the session by highlighting the relevance of the quote, "A teacher can never truly teach unless he is still learning himself." She emphasised the importance of continuous learning and self-improvement for educators, stating that as learners evolve, educators must also upgrade their skills and knowledge.

Session – I: The first session introduced the National Curriculum Framework (NCF) – Foundation stage, where Dr. Kulshreshtha explained the four types of learners: visual, auditory, read/write, and kinaesthetic. The discussion extended to brain development during the foundational years, aligning with the NEP 2020's approach to creating a nurturing environment that supports children's all-around development and prepares them for lifelong learning. A significant focus was on the concept of 'Panch Kosh' from ancient Indian philosophical traditions, detailing the five sheaths of human existence: Physical Health (Annamaya Kosha), Energy and Vitality (Pranamaya Kosha), Mental and Emotional Development (Manomaya Kosha), Intellectual Growth (Vijnanamaya Kosha), and Overall Well-being and Happiness (Anandamaya Kosha).



The session also highlighted the learning triangle, which emphasises the collaborative relationship between students, parents, and teachers. This triangle is crucial in enhancing the educational experience and fostering student success through effective communication and cooperation. Dr. Ajay Kumar Jha continued the session with a field activity involving ball catching, demonstrating the importance of inclusiveness. The exercise illustrated that everyone should have the opportunity to learn in a conducive environment, and that students often learn through modelling, making it essential for teachers to act as role models. Dr. Jha also discussed the significance of social and mental well-being and explained the NCF 2020's four parts: NCF for the foundational stage (released on October 20, 2022),

NCF for school education (released on August 23, 2023), with NCF for teacher education and NCF for adult education set to be released soon. He clarified the difference between curriculum and curriculum framework, emphasising fundamental principles such as every child's capability of learning, the centrality of care in learning, and the importance of play and activity in development.

Session – II: After lunch, participants engaged in group role play activity to address classroom conflicts and their resolutions. An innovative assessment activity called AMP Box (Answer Me Please) followed, where participants' names were drawn randomly to answer questions, ensuring attentiveness and equal opportunity for engagement. Dr. Bhavana stressed that educational content and learning materials should be sensorially engaging, allowing students to explore using all their senses, and highlighted the need for a print-rich environment in schools. She introduced the concept of flipped classroom pedagogy, which offers a flexible, student-centric learning environment, and discussed topics for circle time and theme boards. The session also covered activities for literacy and numeracy, along with various non-academic activities such as circle time, meal time, jumping, gardening, catching, festival celebrations, and social interactions. The workshop concluded with a discussion on the importance of time management, leaving participants with valuable insights and practical strategies to enhance their educational practices.



Conclusion:

The workshop successfully equipped educators with modern strategies and insights into the holistic development of students (3 years – 8 years). By fostering a deeper understanding of diverse learning needs and pedagogical approaches, the sessions highlighted the critical role teachers play in shaping future generations. Participants left with a renewed commitment to creating inclusive, engaging, and supportive learning environments.