

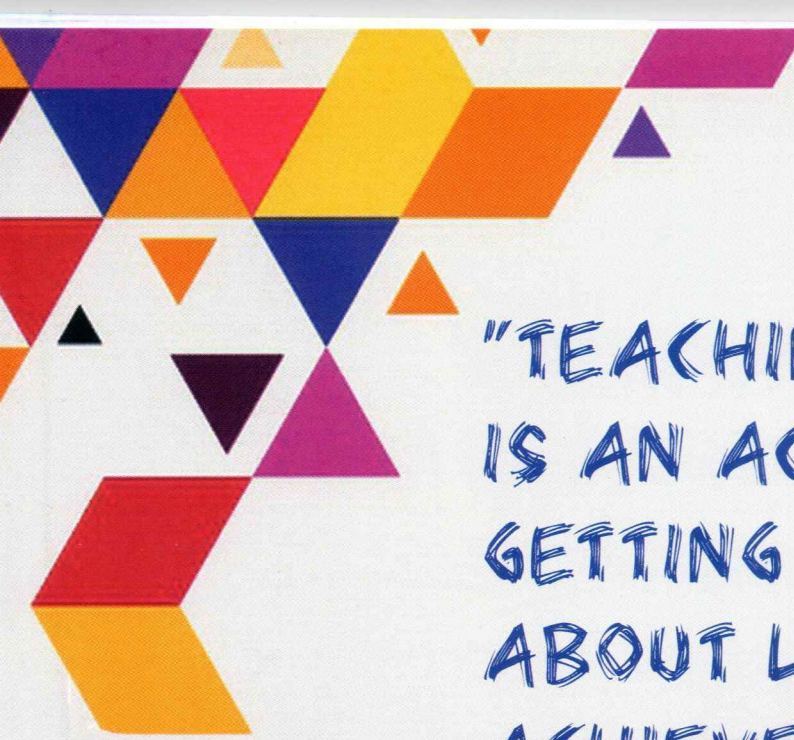
SPECTRUM

2020-21



**PATANJALI NURSERY SCHOOL &
PATANJALI RISHIKUL NURSERY SCHOOL**





"TEACHING CHILDREN
IS AN ACCOMPLISHMENT,
GETTING CHILDREN EXCITED
ABOUT LEARNING IS AN
ACHIEVEMENT."

ROBERT JOHN MEEHAN

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Stepping into the World of Learning



We in Patanjali Nursery School believe that building a strong foundation is important for a child's development as it gives cognitive skills & abilities, communication skills, and social competence. It allows children to reach their full potential and helps in their all round development-intellectual, social and emotional.

Our goal is nurturing young minds in a safe and stimulating environment. We want to make learning interactive and participative and foster a child friendly environment. Children are being exposed to books and other attractive printed materials.

At this early learning stage teachers are engaged in developing –

- Language skills in the children.
- Increasing their knowledge
- Making them familiar with sounds & phonetics
- Teaching them numbers & counting

We want to make the children self reliant, cooperate with others & participate in group activities.

The ongoing pandemic has led to a sea change in the educational system. From physical classroom we had to shift to virtual classrooms. Our teachers have worked hard to connect with the children, engage them in creative activities. Fascinating videos are being shared with them. Our teachers have prepared very attractive activity books. Parents have to come forward and help in this kind of learning. They must ensure that their child is able to use Activity Books effectively. They must also see that the children do not miss their writing practice. Our teachers are always there to correct their worksheets & help the children to overcome their shortcoming.

Parents must play a proactive role. You need to let go, allow the child to make mistakes, learn from his/her mistakes. Please do not command but become a friend, play with the child, learn to have fun together. In such a loving environment learning will naturally happen.

Let us respect the efforts of the children instead of trying to better them. Over parenting leads to dependency. Children lose their independence & self confidence & cannot handle challenges themselves.

We must be supportive & encouraging. We must help in building their imaginative skills, encourage new ideas, involve the child in exploring new avenues, encourage free play. Gift your child the reading habit. It is important to read together. Given the right guidance at the right time any child can be made to realize the true potential. We must be caring not commanding, children do not like to be ordered around.

Both teachers & parents must act as facilitators give the children attention, freedom & encouragement. We have to nurture them with care and love.

– Dr. Krishna Gupta, President



LEARNING

IS A TREASURE THAT WILL FOLLOW ITS OWNER EVERYWHERE

“Somewhere, something incredible is waiting to be known.”

— Carl Sagan

I came across this amazing quote quite suddenly when I was looking for some information in the internet and realized how relevant it is for all of us: children, parents and teachers. There is never any point in the life of a person when he can sit back and say. “There is nothing more to learn, I can relax with the comforting thought that the universe around me is an open book. I know it all.”

Education is not just about the subjects that are learnt and taught in school. Becoming educated is not restricted to being in school and then in college, gathering certificates and feeling proud of oneself. It is a lifelong exercise that can be unbelievably exciting if only we wish to jump onto the train of experience and take a trip to every conceivable place on the earth. Now we know that this cannot be done literally, so how do we manage it, first in school and then as we go on through the journey of life?

First, we all have to be on the same page: children, teachers and parents have to understand that education is not restricted to lessons taught in the classroom from text books. Parents and teachers must encourage children to ask as many questions as they can. For it is in wanting to know that will result in actually getting to know. The thirst for knowledge is not restricted to the child. It is also essential for a parent and a teacher to keep adding to their own knowledge bank by keeping their eyes and ears open and by reading as much as possible and ensuring that children develop these habits as well.

Schools these days are not only meant to attain information and knowledge only, rather they are platforms for collaboration of thoughts and ideas. At Patanjali Group of Schools, we believe that the true strength in our classroom lies in collaboration of learners, not in the knowledge of one Expert. Aristotle once said that “Educating the mind without educating the heart is not education”. Even as we impart the education to match the advancement in technology and processes, we guide our children towards right principles, ethics and moral values. We offer our students a stress-free learning environment which encourages creativity and critical thinking. Our unique teaching and learning process with a proper blend of theory and practice crosses the boundaries of nations towards global excellence.

The parents are the most strengthening power in moulding the future of children. We value regular contact with parents / guardians, and regard the home-school partnership as an essential part of the education process. We are always looking for new ways to involve parents in the life of the school. We are always open to refreshing views and suggestions which can add more value to the students of our school. The consistent support we get from our esteemed parents empowers us to do more and more. I pay my gratitude to them for their faith in us.

— Rekha Baid, Director

Readiness for School



It is an honour and privilege to be the Headmistress of Patanjali Nursery School.

The school that stands for excellence and constantly sets highest standards. Ours is an institution which fine tunes the potential of each child and endeavors to build a holistic culture that values each child and recognizes their unique innate passion.

The development of academic skills and the moulding of aesthetic sense are possible only in an environment which has qualified staff, and an environment which is stimulating, exciting, happy and safe.

As I took over the baton as PNS Headmistress, I considered it my prime responsibility to translate and share my knowledge and vivid experiences of grooming these children as their parents are also looking forward to see their little buds blossom into beautiful flowers.

Persistent observation on children's behaviour pattern has made me realize that their world is filled with wonder, excitement and curiosity. I also ensure that my team of facilitators, my enthusiastic teachers would continue to work passionately with every child, and promote what he or she is expected to do in the three years of journey with us.

We dream of making lasting impressions and like the famous fairytale, want to open their eyes to the immense wealth of opportunities with an 'open sesame'. All the activities in the school, be it the assemblies, classroom activities or the play time prepare the children to develop these life skills, know their potential, teach them to share, wait for their turn, empathise, complement each other and groom them with fineness to be socially responsible humans. The other thing that is most needed is the support and interest of the parents as well.

We look forward to a successful year for your child's holistic growth. I wish the students, teachers and parents very 'Happy Schooling.'

— Vibha Srivastava
Headmistress

Celebrations

The festivals of India reflect the country's rich cultural heritage. These festive celebrations bring with them a wave of excitement, happiness and hope in the most difficult times.

Our 'growing' children should know the true meaning of rituals, cultures and the importance of festivals. Celebrating festivals in school has become an integral part of learning and building a strong cultural belief. Such celebrations bring the students closer to each other's tradition and cultural belief.

Earth Day:

"We do not inherit the planet earth from our ancestors, we borrow it from our children". Earth day is celebrated on 22nd April every year to create awareness about protecting our planet and preserving the environment. The importance of earth day was discussed and the students took a pledge to preserve and conserve their self-sustaining planet.



Mother's day:

Mothers are not the ones that have never struggled, yet they are the ones who never give up despite the struggles.

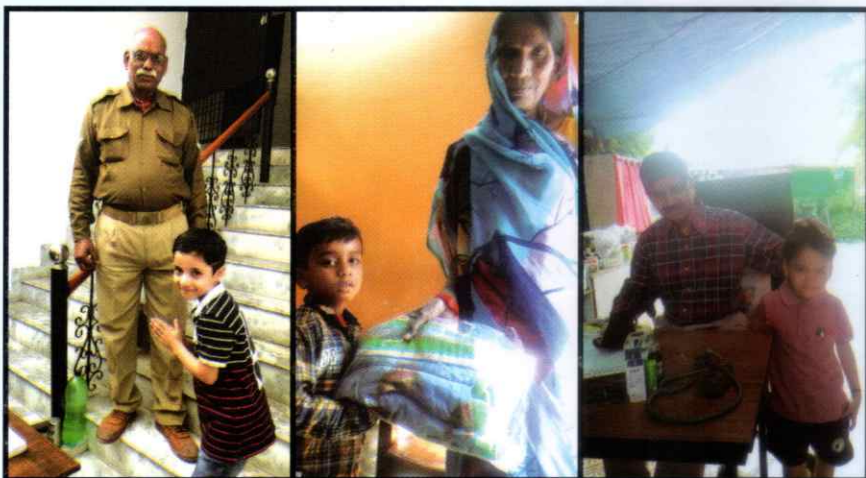
Mother's day is a celebration of honouring motherhood. It is a day devoted to all mothers across the globe for their selfless love and sacrifice. Mother is the greatest gift, God has provided us.

Labour day:

Genius begins great works; labour alone finishes them.

— Joseph Joubert

Labours day is an important day that is observed to celebrate, honour and appreciate the contribution of workers and their hard work.



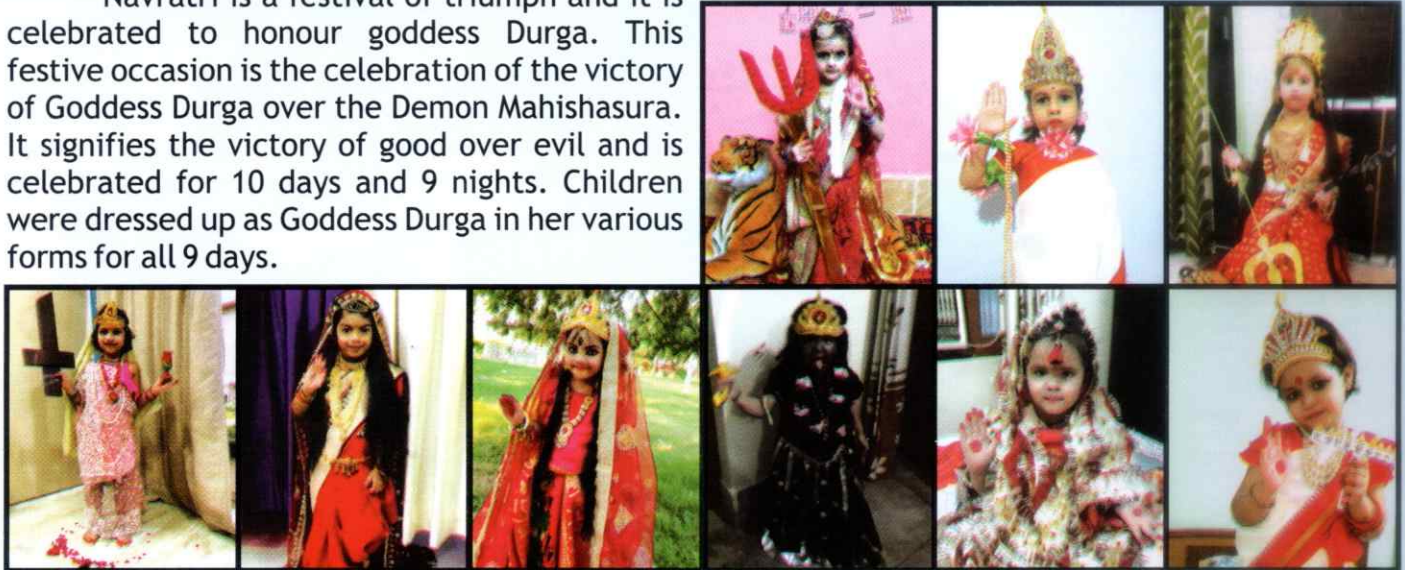
Swaraj week:

A week before Independence Day is celebrated as swaraj week. Children were told about the meaning of Swaraj through a story by the teacher. Children did different activities related to Swaraj like colouring of national flag and symbols, saying slogans of different freedom fighters.



Navratri:

Navratri is a festival of triumph and it is celebrated to honour goddess Durga. This festive occasion is the celebration of the victory of Goddess Durga over the Demon Mahishasura. It signifies the victory of good over evil and is celebrated for 10 days and 9 nights. Children were dressed up as Goddess Durga in her various forms for all 9 days.



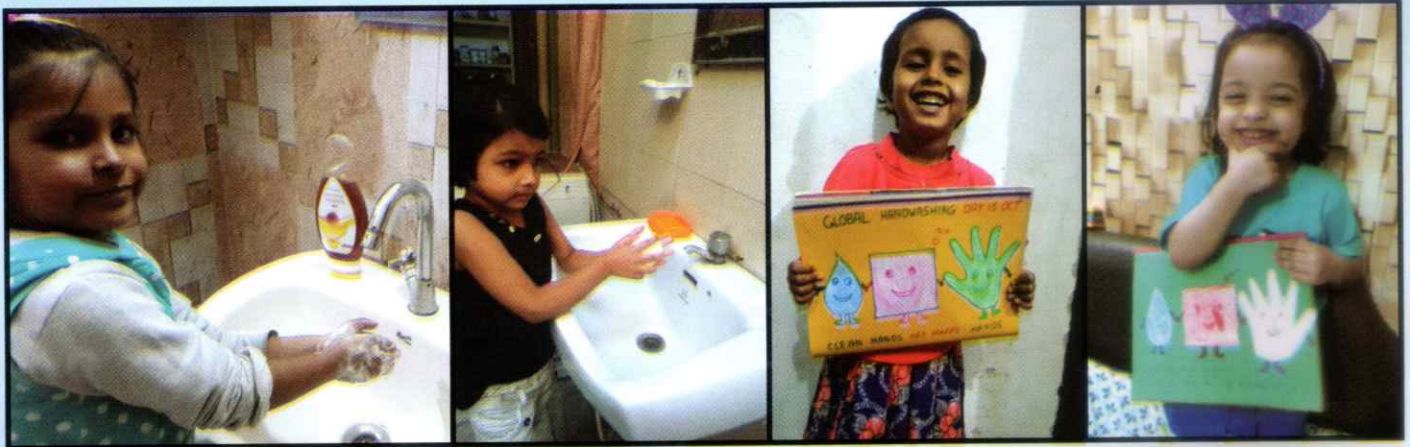
Dussehra:

Dussehra also known as Vijayadashami is a major festival which signifies the victory of good over evil. Dussehra is the day when Lord Rama, one of the avatar of Vishnu, killed the ten headed Ravana in the great Indian epic of Ramayana. Children made stick puppets of Ravana and were dressed up in different characters of Ramayana.



Global hand washing day:

Global hand washing day is observed on October 15. The day in a way tries to spread awareness about the importance of hygiene.



Gandhi jayanti:

Gandhi jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi. Some children were dressed up as 'Bapu'. Learners were told about Charkha and Khadi and bapu's famous three monkeys which symbolize Speak no evil. Hear no evil. See no evil.



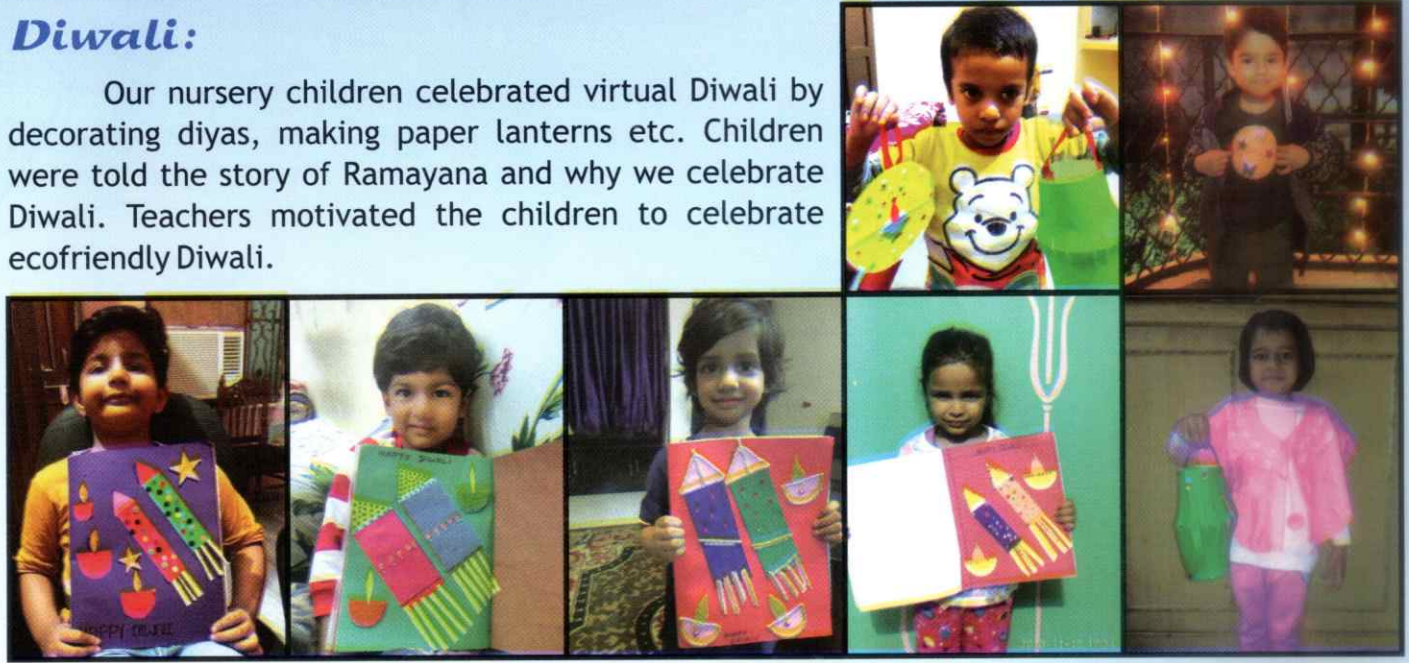
Raksha Bandhan:

Rakshabandhan is one of the most endearing way to celebrate the bond between a brother and sister. It reflects the bond of protection given by a brother to his sister by tying a holy thread around the wrist of her brother. Colourful Rakhi making activities were conducted by the teachers. The little ones participated with great enthusiasm.



Diwali:

Our nursery children celebrated virtual Diwali by decorating diyas, making paper lanterns etc. Children were told the story of Ramayana and why we celebrate Diwali. Teachers motivated the children to celebrate ecofriendly Diwali.



Gurupurnima:-

गुरु बिना ज्ञान नहीं
ज्ञान बिना आत्मा नहीं
ध्यान, ज्ञान, धैर्य और कर्म
सब गुरु की ही देन है।



Guru Purnima is celebrated to honour our teachers, who remove the darkness from our minds. The little ones showed their love and gratitude by making beautiful cards for their teachers.

Janamashtami:

Janamashtami is celebrated as the birth day of Lord Krishna. Children were dressed beautifully as Krishna and Radha. Children made colourful bansuri.



Republic Day:

Republic Day is one of the most historical events of our country. This year we celebrated the 72nd Republic day on the virtual platform. Children made tri colour flag and they sang the national anthem to show their gratitude and respect towards the country.



Independence Day:

This year our school celebrated the 74th independence day on the virtual platform with great enthusiasm and with intense feeling of patriotism and nationality. Children were dressed up as freedom fighter and delivered some of their famous slogans.



Christmas:

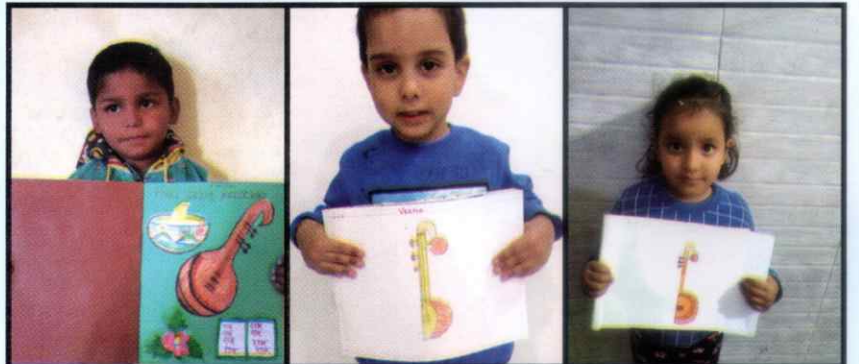
Christmas is celebrated on 25th December every year. This festival commemorates the birth anniversary of Jesus Christ. Children celebrated Christmas by decorating artificial pine tree with lights and stars and many were dressed up as Santa Claus.



Basant Panchami:

सरस्वतिमहाभागे विद्येकमललोचने ।
विद्येरूपेविशालाक्षि विद्यादेहिनमोऽस्तुते ।

Children celebrated Basant Panchami to gain blessings from Goddess Saraswati who is the Goddess of knowledge, music, arts and language.



Feed back

In the given circumstances, online mode of teaching was proposed by the school for which we were a little apprehensive about at the start. In the due course of time, we gained confidence in the online mode of teaching due to the way the classes were organized and the way attention was paid to the parent's grievances. Online classes enhanced comfortable learning environment in these testing times although we really missed the physical mode of classes. The daily videos and information which were sent to us through WhatsApp group of class were helpful. Also, we appreciate your efforts in making sure that kids do eye exercise during online sessions, which shows your thoughtfulness. The value education and prayers right at the start of the class was something that we really liked.



Our daughter, Meha, also enjoyed the co-curricular classes (art and craft, music, yoga and games, conversation, Dance) that were conducted along with the academic classes. We are thankful to all the teachers of school who made this possible. Online celebration of festivals/events was another thoughtful gesture on the part of teacher(s) as it provided the kids with the opportunity to celebrate the events with the classmates.

Our special thanks to you ma'am. Meha is fortunate that she got you as her first teacher. It has been sheer treat to listen to you during the class hours for all of us. Thanks to the online classes that we, the parents, also got to attend your classes. Meha's continued interest in classes every morning coupled with her enthusiasm stands testimony to your inspiring teaching. A fine balance of gentleness while being judiciously strict and the encouraging nature of yours has instilled the required confidence in Meha. You are one of very few people to whom Meha really admires.

Thank you for being so kind and considerate.

Nursery-R1

Thank you to Principal ma'am and teachers.... who have arranged wonderful and very effective online classes. Due to your hard efforts my child is getting education in a safe and comfortable environment at home.

I feel proud to mention that school is providing good online studies along with the awesome co curricular activities.



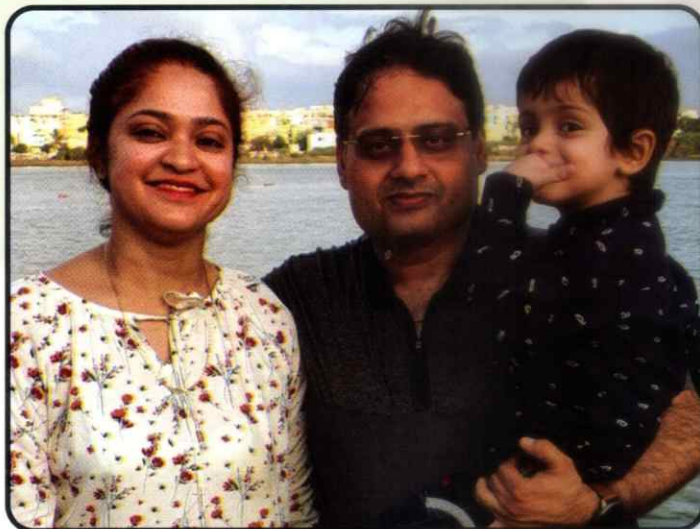
As a mother, I was wondering how small child will cope up as it is a new concept of learning but today I wanted to thank "Richa ma'am" for all her wonderful efforts for the development of the child. Your patience and commitment towards our children, is really commendable.

I appreciate the teaching methodology of "Patanjali Nursery School".

Nursery-A

This was my first online learning experience. My son's teachers were very supportive; they guided my child very well, specially Richa Ma'am. Initially my son was apprehensive with this mode but slowly he learned his subject and became friendly with technology too. I really love the way his class teacher helped at every phase of online teaching.

Nursery -A



We are blessed to have a class teacher like you. We appreciate your efforts, hard work, care and dedication you have put in for educating our kids.

Nursery -C

Ma'am you are the best class teacher in this world, your teaching methodology is very different and unique from others. The way you make him understand, the way you teach, the way you guide and shape the class it is amazing. Teacher like you is a blessing for my child. Not only students their Parents also learnt lot of things from you during on line classes.

Thank you Ma'am for being wonderful teacher in his life.

Nursery-B



Domains of Child Development

1. Motor development
2. Cognitive development
3. Language development
4. Socio-emotional development

1. Motor development
 - (a) Gross motor development
 - (b) Fine motor development

1. Gross motor development :

Gross motor skills are the abilities usually acquired during childhood as part of a child's motor learning.

Activities

Yoga and games



Dance



2. Fine motor development :

Fine motor skills are the co-ordination of small muscles in movements usually involving the synchronisation of hands and fingers with the eyes.

Activities

Colouring



Writing



3. Cognitive development :

Cognitive development means how children think , explore and figure out things. Through cognitive skills a child uses his/her brain to think, learn, read, remember pay attention and solve problems. It is the development of knowledge, skills, problem solving which help children to think and understand the world around them.

Brain development is part of cognitive development.

Activities

Sequencing



Practice shapes and colours



4. Language development :

Language development supports many other aspects of development like cognitive and social development.

Language development starts with sounds and gestures then continues with words and sentences. We can support language development in children by talking a lot to them and by responding when the children communicate with us.

Activities

Rhymes



Story Telling



Role plays



Conversation

"Every good conversation starts with good listening."

Conversation helps our toddlers to understand social skills such as empathy, kindness and how to be a good listener.

5. Socio-emotional development:

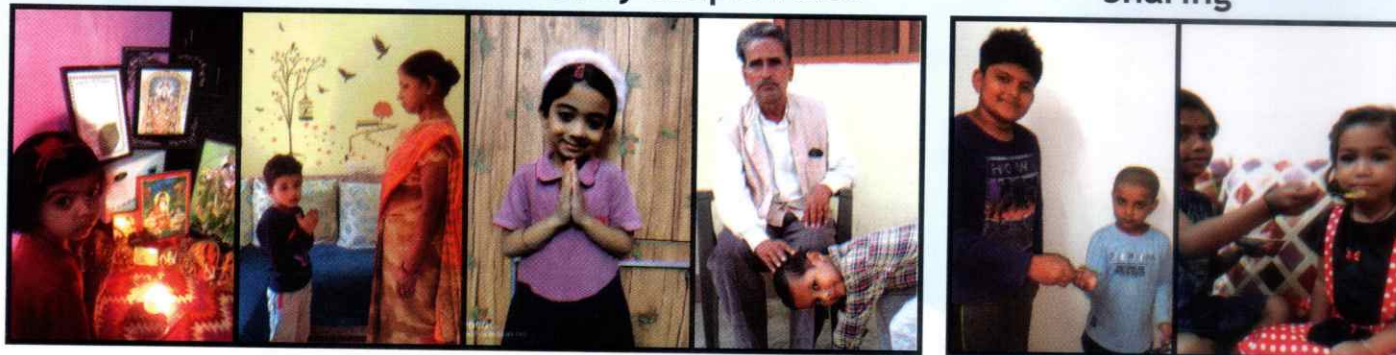
Positive social and emotional development is important. It influences a child's self-confidence, empathy, the ability to develop meaningful and lasting friendships and partnerships. They develop sense of importance and value others.

Activity

Good manners

Obey simple rules

Sharing





Importance of **Play Way Method** in the early years of learning

Play is learning for the child

The play way method of education is about giving the child absolute freedom to grasp, explore and absorb knowledge by his or her own way. Play based method of teaching believes in the ability of children to learn by themselves. There is no direct teaching but the environment is carefully set up by the teachers to ensure the child explores, questions and understands the world around him. Play Way method of learning is a complete package that enables overall development of the child by developing in terms of feelings, intellect and skills parameters. This method is 'activity based' or 'hands on experience' learning. Children step out of their home and from the familiar surroundings to learn among different people which include their peers and teachers. We, the teachers of Patanjali group of Schools provide our children a familiar and playful environment where they feel free and secured and where they can share their love, care and imagination with their peers and teachers.

Advantages of play way learning

Children are happiest when they are engrossed in play. That can happen in different forms like playing with toys or playing outdoor games. Children improve their Motor skills, enhance their imagination and creativity by playing.

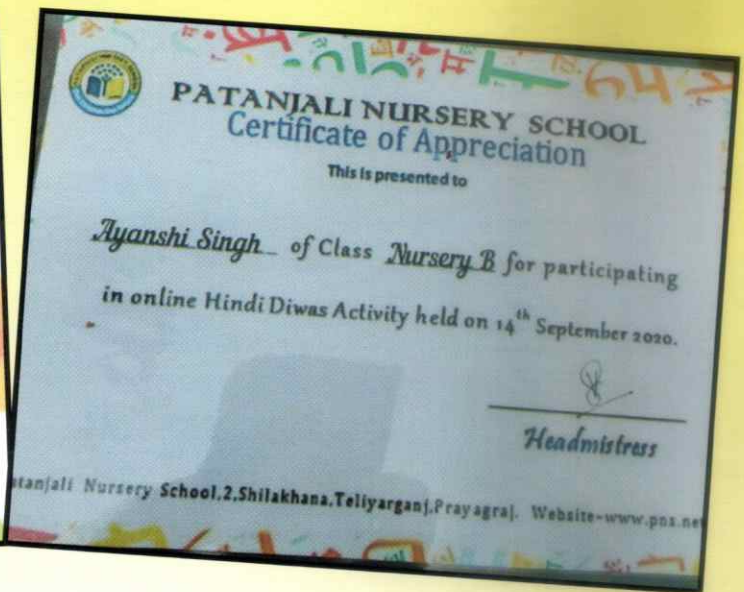
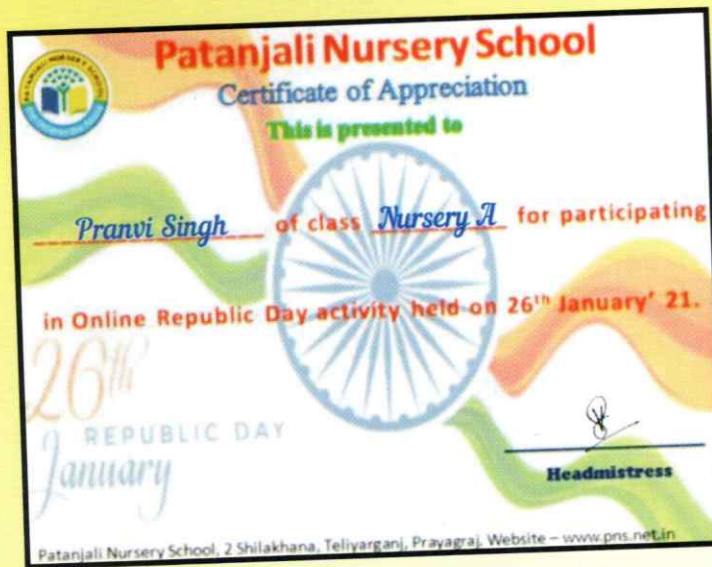
Playing enhances various aspects of a child's development. Such as –

1. **Physical values** – A child's body development is influenced by physical activity. It provide opportunities for the movement of various part of the body which help in child's muscular development.
2. **Intellectual value** learning is more effective when a child is more curious to learn play. We provides many opportunities to learn while playing.
3. **Social value** – This methodology give children a chance to play and work with their peers. Through this they learn to co-ordinate, wait for their turn, to take lead and to follow.
4. **Emotional value** – Play helps in stabilizing the emotion of children. They can overcome shyness, timidity, stress and sensitiveness.
5. **Development value** – Developmental value is an important means of growth. It provides opportunities for the overall development of a child.
- 6- **Educative value** – It is a great motivating force for a child. Play way activities are based on the needs of the children. It follows learning by doing and practice, which is very much effective then orals.

Hence through play way, children learn to co-operate and help each other while playing. Along with gaining knowledge it inculcate various other skills in a child. It helps them to connect with peers and teachers easily facilitating the overall and holistic development of a child.

– Richa Yadav

Appreciation



God Appears Only In Deep Celebration

Celebration is unconditional. Every celebration brings immense joy and pleasure for both Mind and Soul especially when it is blended with our rich heritage and great Indian Culture. So, continuing our trend of celebrating the best of modern and scientific age with our multifaceted culture we look forward towards the gala of feasts and festivals this year also.

Mother's Day:

- M** - is for million things she gave me.
- O** - means that she is growing old.
- T** - is for the Tears she shed to save me.
- H** - is for her Heart of purest gold
- E** - is for her Eyes with long-lasting love.
- R** - means right, and right she'll always be.

Mother's Day is celebrated to honour mothers and motherhood, her selfless love and influence in society. On this day, the virtual celebration started with the morning assembly followed by a song 'I LUV MY MOMMY'.

A beautiful creative CARD & BOUQUET making activity was conducted conveying the message "Mothers love is bliss, is peace".



Swaraj Week:

This year we celebrated a virtual Swaraj Week from 10th August to 15th August 2021.

The week commenced by explaining young learners the meaning and significance of 'Swaraj'. Patriotic songs were sung in Khadi attire by the champs with high spirit of oneness, love and devotion to their country.



Children were dressed up as National leaders and recited English and Hindi poems which filled everyone's heart with patriotism. The kids truly had a blast during this week. The week came to an end with the singing of the National Anthem on 15th August which amazed the minds and warmed the hearts of our little ones with the spirit of Nationalism.

Rakshabandhan:

Raksha Bandhan is a festival which celebrates the bond of love between a brother and a sister. 'Raksha' means protection and 'Bandhan' means bond.

This year Rakshabandhan was celebrated online very enthusiastically. The children made 'Rakhees' using different articles like silken thread, glitter sheets, ribbon etc. and the children enjoyed this activity. Children danced on the song "Phoolon Ka Taaron ka" on the virtual platform. Last but not the least a video was compiled to narrate the story of Rakshabandhan to make them aware of our rich cultural heritage.



Janmashtami:

Patanjali Nursery School celebrated Janmashtami on 11th August with great enthusiasm and fun on the virtual platform. Janmashtami is celebrated as the birthday of Lord Krishna, one of the most powerful and famous reincarnations of Lord Vishnu. To mark this occasion learners were asked to dress in the attire of Lord Krishna, 'Radha', 'Gopiyaan' and Gwals. Teachers narrated a story of Lord Krishna and explained why this festival is



celebrated. A colourful “BANSURI MAKING ACTIVITY” was also done on this auspicious occasion. The event concluded with a strong message of “Victory of Good over evil”.



Gandhi Jayanti:

Gandhi Jayanti is one of the major national festival of our country. This year the birth anniversary of 'Bapu' was celebrated online reliving the



spirit of Nationalism. Children dressed up as Gandhiji in their live classes and spoke few patriotic lines. The bhajan “Raghupati Raghav” was beautifully sung by the children to remember Bapu and his teachings.. In art and craft online session, “Stick Puppets of three Monkeys” were made and coloured. The thought of Gandhiji 'See no evil', 'Speak no evil' and 'Hear no evil' was conveyed to children effectively.

Global Hand Washing Day:

'Global Hand Washing Day' is celebrated on 15th October with the objective to educate kids about hand washing. Hand washing is a small action that can have big benefits for children all over the world. The proper technique combined with a little soap and clean water prevents the spread of disease, keeps kids and everyone healthy. As it's long been known that doing something helps a person to remember it, our little munchkins did an activity, of drawing and colouring. Pictures of Water, Soap and Hand were drawn in their drawing book to learn and remember the importance of Hand Hygiene which must be a priority now and in the future.



Navratri & Dussehra Celebrations

Navratri was celebrated with joy and vigour at Patanjali Nursery School on virtual platform. Navratri is considered as one of the most auspicious time of the year. Students dressed up in Ghagra, Cholis and Kurta Pyjama presented scintillating dance GARBA and also worshipped Maa 'Durga' by reciting the shloka "YA DEVI SARV BHUTESHU" taught by



शैलपुत्री



ब्रह्मचारिणी



चंद्रघंटा



कूष्मांडा



स्कन्दमाता



काल्यायनी



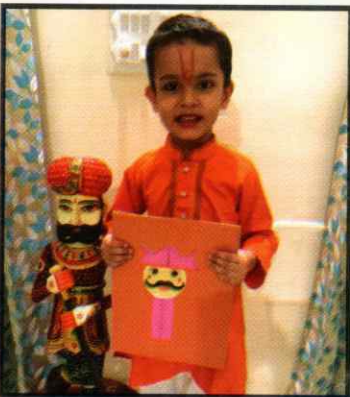
कालरात्रि



महागौरी



सिद्धिदात्री



Trayaksh Kumar



their teachers. Keeping the festive spirit alive, Dussehra also known as 'VIJAYADASHMI' was also celebrated on the same day enthusiastically. Dussehra celebration spreads the message of the victory of good over evil. The children were given values regarding good deeds of Lord Ram by a short virtual story. Various activities including Art & craft (Ravana making activity and Dandia dance drawing) glorified the occasion.

Diwali:

Diwali is one of the most celebrated religious festival of our country. This year Diwali was celebrated online very enthusiastically. The children made 'Rangoli' using vibrant coloured paper cutouts on disposable plates. They tried their little hands on decorative items also as to turn the work into more of an artistic piece. A wonderful video was also compiled to narrate the story of Diwali in which our little ones were dressed up as the characters of Ramayan. At the most, it was made sure that only home available things must be used for the activities with the will to receive and relive the spirit of this festival.



Children's Day:

Children's Day celebrations went virtually. A picnic was organised for the little ones to celebrate the birth anniversary of Chacha Nehru. The kids were dressed up in colorful attires and were looking beautiful. Mothers



prepared snacks of their choice and all relished the snacks in their homes without missing their group, as we may not be in the same physical space but are connected digitally. The children recited poems and danced on their favourite songs. It was a vibrant experience for everyone.

Christmas:

Christmas is a festival of Love, joy and happiness. Every year, this festival is celebrated on 25th December. This day is celebrated as the birthday of Lord Jesus Christ. In spite of the pandemic children celebrated Christmas with great joy and enthusiasm with their class teachers on the virtual platform.

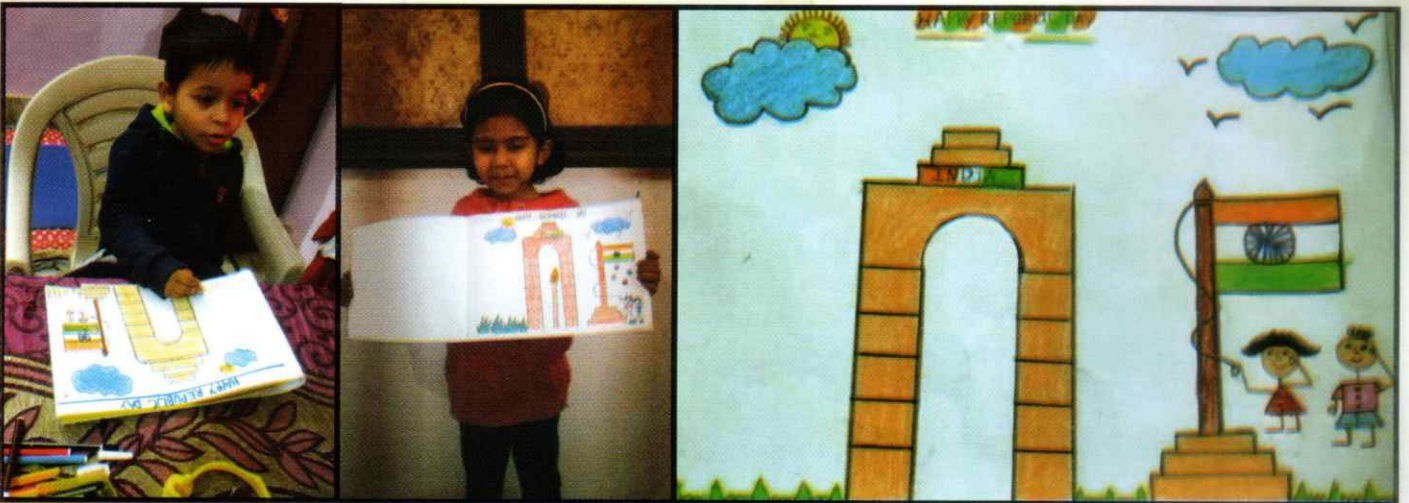


Republic Day:

Republic day is one of the most important historical event of our country.

We celebrate Republic Day on 26th January every year with great zeal.

This year the KG children celebrated Republic Day by drawing India Gate in their online class. They sang patriotic songs and also dressed up as National leaders. The atmosphere overflowed with the sentiments of Nationality. In the end, the students shared their thoughts related to the National festival.

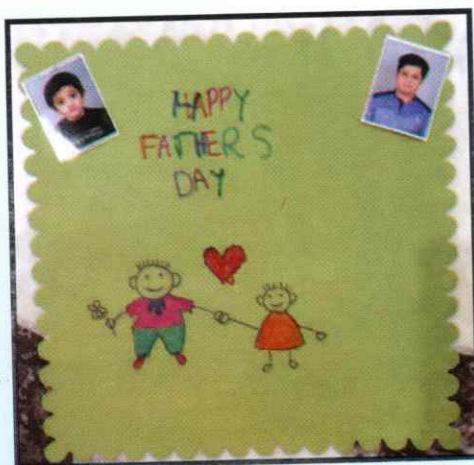
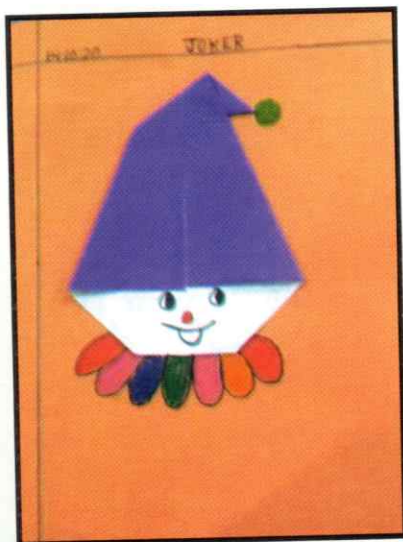
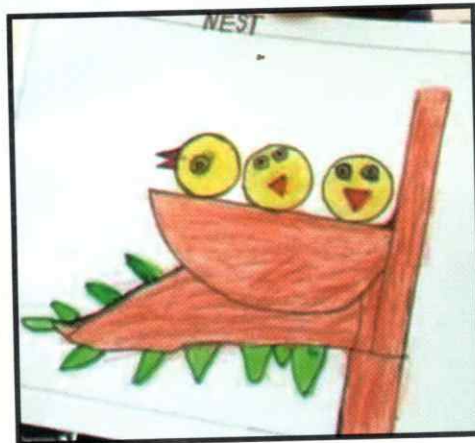


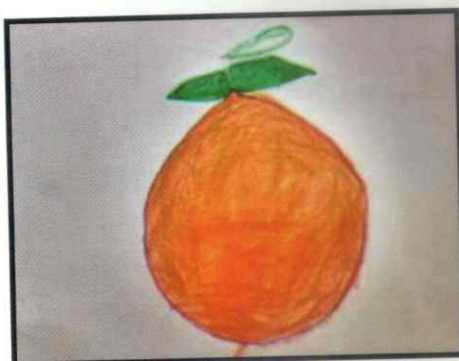
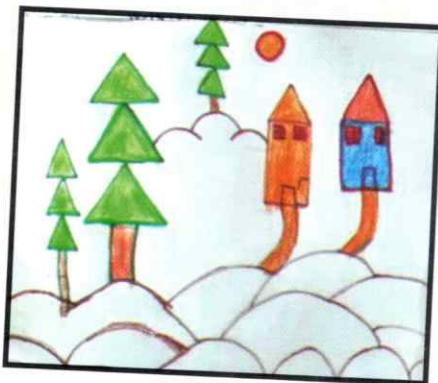
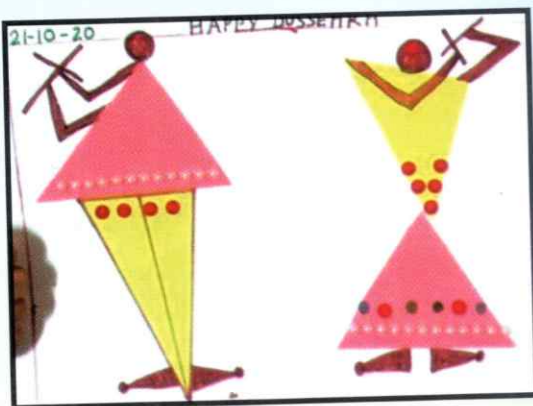
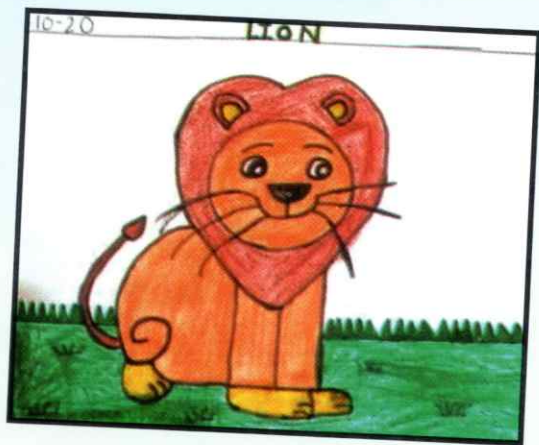
Sparkling Hands

Creativity involves breaking out of established patterns, in order to look at things in a different way.

Children inculcate the values from activities in their life. Their thoughts, ideas, and creativity is reflected in such activities.

I HEAR AND I FORGET, I SEE AND I UNDERSTAND, I DO AND I REMEMBER.







Energetic, Enthusiastic Endeavours



PATANJALI NURSERY SCHOOL CERTIFICATE OF APPRECIATION

This is presented to

Name Mrityunjay Tripathi Class K.G. A
for participation in Online Speech Activity
held on 13th August 2020

Headmistress

Patanjali Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in



PATANJALI NURSERY SCHOOL CERTIFICATE OF APPRECIATION

This is presented to

Name Aahansh Srivastava Class K.G. B
for participation in Online Recitation Activity
held on 14th August 2020

Headmistress

Patanjali Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in



PATANJALI NURSERY SCHOOL CERTIFICATE OF APPRECIATION

This is presented to

Name Karnika Singh Class K.G. C
for participation in Online Recitation Activity
held on 14th August 2020

Headmistress

Patanjali Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in



PATANJALI NURSERY SCHOOL CERTIFICATE OF APPRECIATION

This is presented to

Name Devanshi Singh Class K.G. D
for participation in Online Speech Activity
held on 13th August 2020

Headmistress

Patanjali Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in

NOKIA | ZEISS



Patanjali Rishikul Nursery School

Certificate of Appreciation

This is presented to

Aniket Singh of class K.G. R1 for participating
in Online Republic Day activity held on 26th January '21.

26th
REPUBLIC DAY
January

Headmistress

Patanjali Rishikul Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in



PATANJALI RISHIKUL NURSERY SCHOOL

CERTIFICATE OF APPRECIATION

This is presented to

Name Advit Tiwari Class K.G. R3
for participation in Online Speech Activity
held on 13th August 2020

Headmistress

Patanjali Rishikul Nursery School, 2, Shilakhana, Teliarganj, Prayagraj. Website - www.pns.net.in



Child Nutrition & Mental Health

Childhood and adolescence is a period of rapid development. Both are critically important in developing a foundation for good physical and mental health.

Eating poor nutrient, high sugar, processed and junk food frequently leads to...

- Negative impact on future physical and mental health.
- Attention deficit Hyperactivity disorder.
- Poor learning memory.
- Depression anxiety.
- Emotional and behavioral problem.

ROLE OF PARENT :

- Teach your child good eating habits.
- Monitor their eating habits.
- Make mealtimes a priority.
- Give variety of vegetables & fruits to eat.
- Give whole grains, nuts, seeds, plants based protein, eggs, fish & poultry, dairy products & plenty of water.
- Talk with your kids, show interest in what's going in their lives.
- Set an example for your child, don't talk negative in front of them.
- Encourage & appreciate them even in small activities & achievements.
- Put limits on screen time.
- Avoid packaged & processed food when you can.
- Involve them in some physical activity & outdoor games .



Dr. Preeti Dubey
Dental Surgeon & Nutritionist
Mother of Kiaan Dubey
KG-R2

Parents Feedback



EKAIVALI RAWAL
(KG-A)

The COVID-19 pandemic tremendously affected teaching and learning in school as well as at the higher education levels. But, the teachers of Patanjali Nursery School are doing their job sincerely by engaging our wards in online teaching. The way of teaching is very much attractive, easy to understand and provides assignments/ educational videos from time to time. As I observed that our children are also attending and enjoying the online classes very sincerely and regularly. The teachers are focusing on quality teaching and engaging our children in some extracurricular activities like music, dance, yoga, art, and craft, etc. I am very much thankful to the teachers for their continuous effort in online teaching work.



DR. URMILA RAWAL



MISHIKA SINGH
(KG-B)

In such trying times as in COVID epidemic everyone was expected to do ones best to discharge ones duty keeping in mind the restrictions imposed.

I think the PNS administrator and its teachers did a good job so that the education and overall development of the students was hampered as little as possible.



DR. MAYANK SINGH



VINAYAK AGRAHARI
(KG-C)

Due to the COVID-19 pandemic the whole system was affected. Students also suffered by School closure. To continue the teaching learning process, the only way was the adoption of Online learning platform. Such a situation made the teaching and learning process very difficult. The little ones who are dependent on their parents for routine work put up with question mark on how they will be compatible with the online learning platform. As a parent of a little one I was also worried about my child's learning but I salute to the whole administration and teachers of Patanjali Nursery School as they worked very hard and have covered all the short coming very soon and nicely.



DR. PARVATI AGRAHARI

The videos, photos etc. were sent by them, reveal the story of their tireless efforts. Besides all these the celebration of each Festival, student's birthday, virtual class picnic, online hobby classes etc. all were excellent. I am totally satisfied with my ward's learning in the online classes during the session 2020-2021. A big thank you to all .



RUDRAN SAHA
(KG-D)

Today, I want to spare time to say about our experience with Patanjali Nursery School. When we got our little one admitted into Patanjali Nursery School (PNS) in 2020 in class KG, we heaved a sigh of relief thinking that we have succeeded in placing our kid under the care of best of teachers. But much to our dismay and disappointment, their classes in the school could not be started due to the scourge



MRS. ENAKSHI SAHA

of corona virus. Nevertheless PNS left no stone unturned to make up the loss by starting online classes conducted by very efficient teaching staff.

It was possible with focused approach and great dedication.

The teachers have made deep impressions on my son who is very fond of them. They are the first ones who have made their presence felt to my son till today.

It becomes possible with focused approach and great dedication, thanks to their efficient classroom management skills. My best wishes for their noble endeavors.



AADYA PRIYAVART
(KG-R1)

I would like to take this opportunity to thank all the teachers of Patanjali Group of Schools for putting together to teach our children. It is truly a new adventure for both the students and their teachers. Amid social distancing and stay home orders, teachers have turned out to be the real super heroes for children preparing lessons making kids learn through fun, all this through online learning is very difficult however you all are making sure that each child get proper attention and the learning is smooth. I really appreciate the

fact that focus is not just on finishing the syllabus but also ensuring that each kid learn properly at the same time maintaining discipline by keeping them engaged with various activities.

The kids also are enjoying co-curricular activities which are taking place along with the main subject and let us not forget that all this without being physically present calls for the highest appreciation. It makes kids look forward for the classes.

You are also making sure that kids do Eye exercises during the class to reduce the stress. It is really commendable.

It is indeed a very difficult time for all of us but the teachers are making sure that learning doesn't stop.

I am incredibly grateful to all the teachers and special thanks to Vandana Ma'am.

Thank you so much!!



MRS. ASHA PRIYAVART



SHREYA GUPTA
(KG-R3)

I "Dr. Nikita Gupta" mom of Shreya Gupta of class KG-R3 would like to thank the entire team of Patanjali teachers for their great job towards their students. My sincere gratitude towards the Management. Head Mistress and Teachers of Patanjali Nursery School for their dedication, hard work and kind behaviour towards students and great co-operation with parents.



DR. NIKITA GUPTA

Taking Care of Children during the Pandemic



The Covid-19 pandemic has drastically changed everyone's lives; we shifted from offices to a pool of wires and gadgets in our own bedrooms, from eating at our favourite restaurant to learning new recipes from you-tube and most importantly from school corridors and classrooms to the confines of our homes. It is disappointing to see that students are trying hard to cope with an entirely new method of learning while not being able to enjoy chatting and playing with their friends; it is quite natural that kids may feel bored and low- spirited during these difficult times. So, how can we as parents and teachers find a silver lining to this cloud?



The most important task is to make sure that the children continue to focus on their studies so that their learning process is not hampered but at the same time they do not feel burdened. Furthermore, they need to engage in fun activities in order to energise themselves. As parents, we can involve our kids in some wonderful board games that will get their brains ticking but in a fun-filled way. Also, all the kids possess some special skills or have some interesting hobbies like painting, cooking, dancing, singing, playing an instrument, reading and so on; the parents should take the responsibility of nurturing those skills by actively encouraging and helping them and getting involved in those activities. Teacher as well need to be sensitive towards the mental well-being of their students and accordingly plan

their sessions; incorporating little games and activities into their online classes is always a good idea while starting each class by asking the students about how they are doing both physically and mentally, would strengthen the teacher-student relationship and will make the child feel valued and loved.

Therefore, let's hope that these tough times pass soon and till then we as parents and teachers can keep our children's spirits sky high and fill their minds with positivity, happiness and hope. My love and regards to all my lovely students.

— Simpy Chaudhary
KG-D



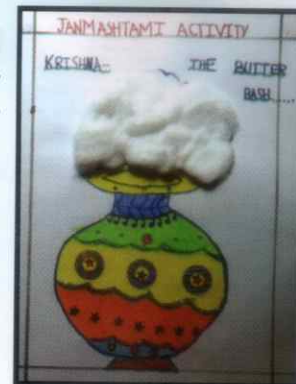
The greatness of a culture can be found in its festivals

Celebrations

Prep Section

Janmashtami: "Krishnam Vande Jagatguru"

On 11 Aug 2020 Janmashtami was celebrated virtually which flowered into a grand success owing to the absolutely zealous participation of our students, parents and teachers. Our teachers highlighted the significance of this blissful occasion by stressing on the relevant teachings of Lord Krishna with regard to the present situation. The tiny tots of prep dressed up themselves in the attire of Lord Krishna and Radha frolicking around with flutes. Students decorated beautiful butter pots, peacock feathers and matkas for KANHA their Best Friend. The celebration was indeed truly informative, enlightening and entertaining.



Diwali:

Welcoming the "Festival of Lights" virtually first time ever the students of class prep unfolded their creative abilities in a string of activities like Diya Decoration, making of auspicious Bandhanwars, and Lanterns. Teachers sensitized the students on ill effects of burning crackers and urged to celebrate Diwali with earthen diyas and candles and bring smile to other's face by donating sweets, clothes and gifts to needy people.



Bandhanwar Making



Diya Decoration



Colourful/Lanterns

Navratri:

Let us wake up to the blessing of Maa Durga. To celebrate the divine and auspicious festival of Navratri, the children of class Prep dressed up in nine different forms of Goddess Durga.



शैलपुत्री



ब्रह्मचारिणी



चंद्रघंटा



कुष्मांडा



स्कंदमाता



काल्यायनी



कालरात्रि



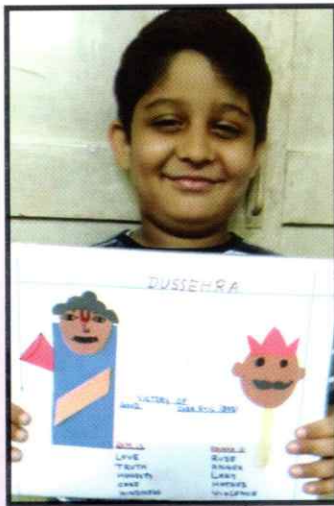
महागौरी



सिद्धिदात्री

Dussehra:

India is a land of festivals and celebrations. Dussehra is one of them. It is unique in its perception and significance. Dussehra marks the VICTORY OF GOOD OVER EVIL. Based on this idea our children made cut outs of Lord Ram and Ravan depicting the qualities of Lord Rama.



Basant Panchmi: आए महन्त बसन्त

साहस शील हृदय में भर दे
जीवन त्याग तपोमय कर दे
संयम, सत्य, स्नेह का वर दे
माँ सरस्वती
हम सब के जीवन में उल्लास भर दे।



Makar Sankranti:

Let your dream fly like a kite.

Raksha Bandhan:

'Rakhi' is a thread that binds two souls in a bond of joy forever.



Christmas:

The season of joy, love and happiness all around.

Old Memories, Big Moments

Global Hand Washing Day (15 October)

Clean Hands Safe Hands



Teacher's Day (5 September)

It is the supreme art of a teacher to awaken joy in creative expression and knowledge.



Yoga day (21 June)

YOGA IS A FLAME WHEN YOU LIGHT IT UP IT NEVER FADES

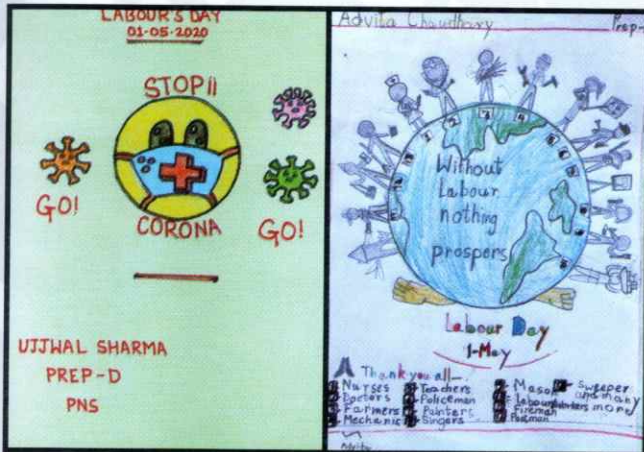
We celebrated THE INTERNATIONAL YOGA DAY at PNS on 21 June. The students performed yoga asanas and illustrated the benefits of each asan on the virtual platform. To inculcate the habit of yoga among our students we practice yoga in our online curriculum and we also have regular online Yoga class. Children are taught all the basic exercises to keep themselves fit and healthy.



Activity

Earth Day:

"The earth has enough for everyone's need but not enough for everyone's greed". With this idea PNS celebrated Earth day on 22nd April. Teachers took the day as an opportunity to teach the idea of "Think Green Go Green". They laid emphasis on the 4 R's Reduce, Reuse Recycle and Renew. Everyone took the pledge to keep the planet earth clean and green. Children promised to conserve and preserve our resources and save Mother Earth.



Labour's Day:

Labours are the foundation of our society. This year Patanjali Nursery School celebrated this day with great zeal and enthusiasm. Children made posters and drawings thanking the frontline helpers for their great contribution during the tough pandemic time.

Children's day:

Children are like leaves in a garden who should be nurtured carefully and lovingly. They are the future of the nation. To make it a memorable day for our little ones PNS celebrated Children's Day on the virtual platform.



Mother's Day:

Mother's day is a special day as it celebrates the bond of love and affection between the mother and the child. Mothers are the backbone of the family and make all things bright and beautiful. Children prepared cards for their mothers expressing their love, admiration and respect towards them.

National Festivals

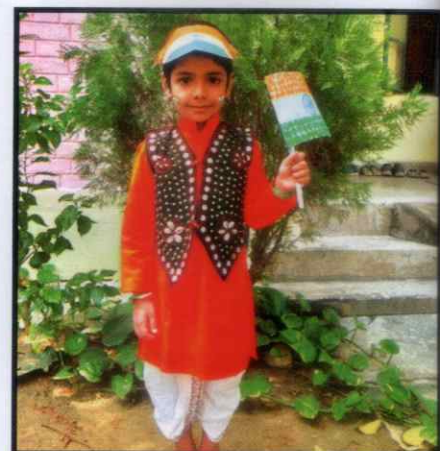
National festivals unite the diverse country like India with Harmony, Brotherhood and Unity. National festivals are "PRIDE OF INDIA", celebrating the spirit of Nationalism.

Independence Day (15 August)



Swaraj Week : मेरा देश मेरा गौरव

Swaraj means SELF RULE the idea behind this celebration was to inculcate the "PRIDE OF BEING INDIAN" among our children. It was a week-long celebration which started from 10th Aug to 15th Aug 2020. During this week various activities and enactments were conducted virtually by the students of class prep.

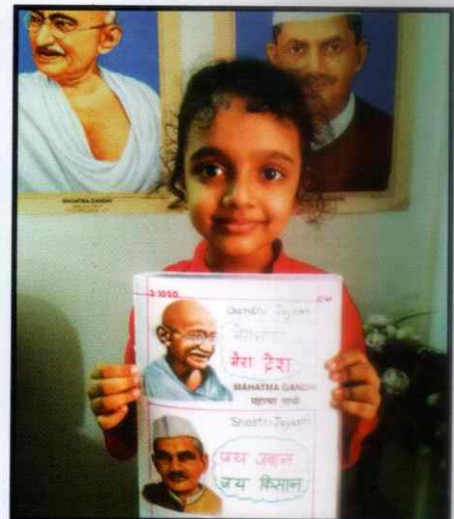
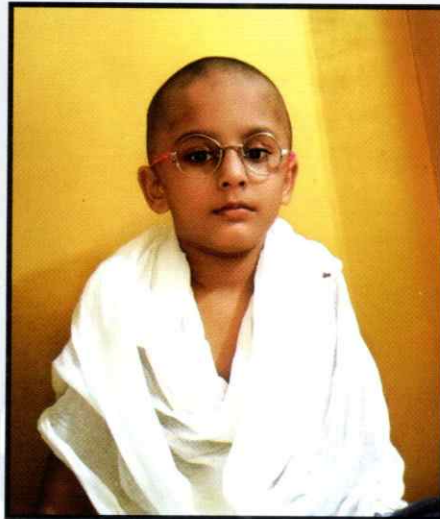
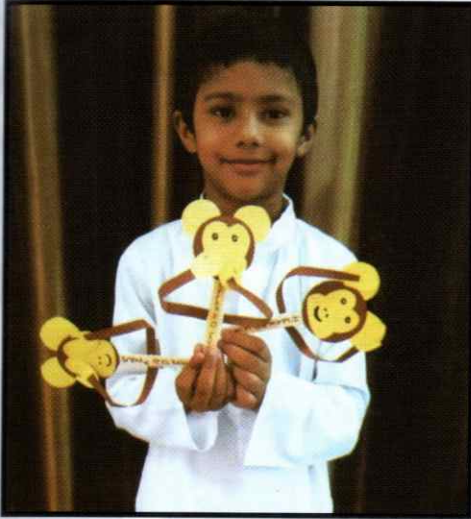


Republic Day (26 January)



Gandhi Jayanti :

Gandhi Jayanti is celebrated as "International Non Violence day". Children decorated their scrap book with the idea of "Speak no Evil, Hear no Evil, See No Evil". Children dressed up as Mahatma Gandhi spoke about his teachings and principles.



2nd October is also celebrated as the birth anniversary of Lal Bahadur Shastri "The forgotten man of India". Children decorated their scrapbook with the slogan "JAI JAWAN JAI KISSAN".

हिन्दी दिवस

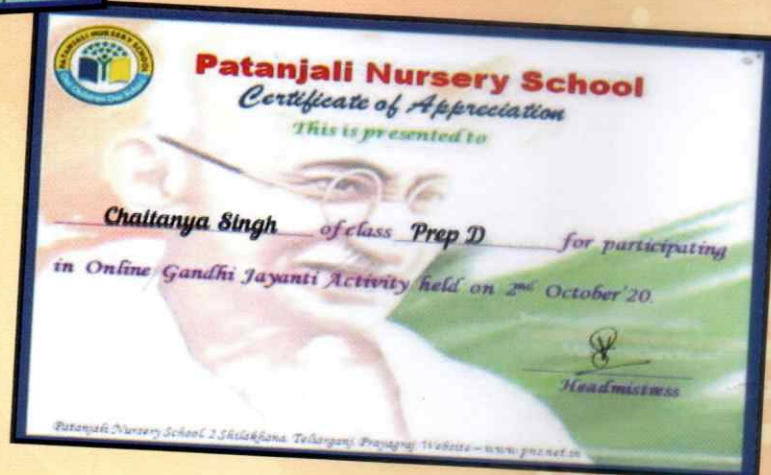
हिन्दी विषय नहीं, भाषा नहीं, भाव है, आधुनिक युग के माथे पर प्रेम प्रस्ताव है, हिन्दी, जहाँ संवेदनमृत है, लोगों के हृदय क्षीणकर, उसी तपती भूमि पर एक छांव है हिन्दी।

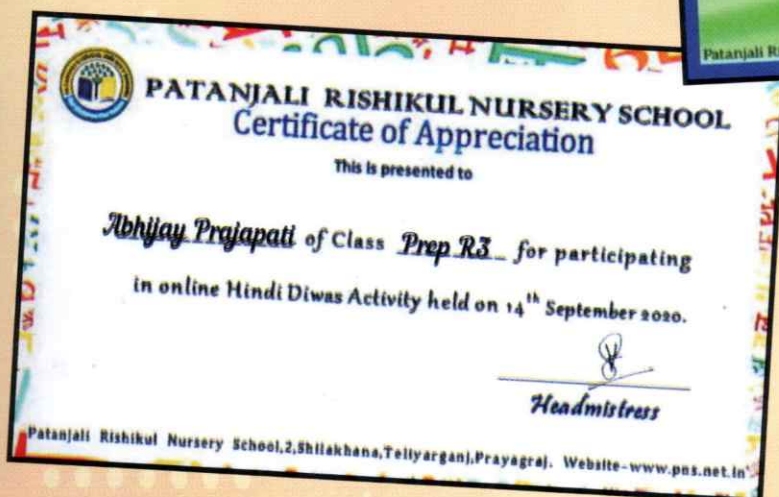
शिक्षा का उद्देश्य विद्यार्थियों के नैसर्गिक प्रतिभा का विकास एवं जन्मजात प्रवृत्तियों को प्रकाश मान करना होता है इसी उद्देश्य से पतंजलि नर्सरी स्कूल में विभिन्न क्रिया कला का आयोजन होता रहता है। इसी के अन्तर्गत पतंजलि नर्सरी स्कूल एवं गंगा गुरुकुलम नर्सरी स्कूल में वर्चुअल प्लेटफार्म पर हिन्दी दिवस बड़े ही जोश एवं उत्साह के साथ मनाया गया जिसमें प्रेप के नन्हें बच्चों ने हिन्दी दिवस पर कविता तथा हिन्दी भाषा के महत्व को बहुत ही सुन्दर शब्दों द्वारा प्रदर्शित किया।





E-Certificate
"The Virtual Appreciation"
Wings of Talent





E-Certificate
"The Virtual Appreciation"
Wings of Talent

Online Teaching Reviews By Parents



NAKSH GUPTA
(Prep-A)

During the lockdown which happened due to pandemic the schools were closed indefinitely and learning for the little ones was put on hold. But thanks to Patanjali Nursery School's Management, Headmistress and Teachers who accepted the challenge and provided online classes. Through these classes children did their regular studies and also co-curricular activities. Little kids learnt yoga, shloka chanting, games, dance, singing, art and craft and also values of life. The teachers also celebrated all the festivals and birthdays to boost up the moral of the children. We appreciate the efforts of teachers and give a big round of applause as they truly followed the Moto that learning should never stop.



MRS. NIDHI GUPTA



TARUNI GOEL
(Prep-B)

Children were excited to join new class but Pandemic had other plans. The classes had to be conducted online and nobody was prepared. However the school quickly got into action and the teachers learned the new technology overcoming all the challenges. The classes were held very systematically, they were enjoyable and never a burden. Even activities like picnic etc were held which kept the online school exciting. The teachers were very accommodating with kids anxiety and reluctance towards online classes. Overall during the difficult times, everyone made sure that learning continued smoothly.



DR. UTKARSH GOEL



HARDIK KRISHNA
(Prep-C)

Patanjali Nursery School followed the idea "Learning must go on" even during the hard pandemic time. The school provided holistic growth during the tough covid-19 period. I appreciate the hard work, co-ordination and organizational skills of the management, headmistress and teachers of P.N.S. I as parents, could not think of a better school and the teachers for my child to be in. Thank you for your guidance and support.



MRS. SEEMA CHAUDHARY



ADVITA CHAUDHARY
(Prep-D)

The outbreak of COVID-19 led to the school closure as a safety measure from pandemic. The school's meticulous and planned operation including face-to-face classroom teaching and learning, morning prayer, daily attendance, lesson plans, outdoor activities, etc. was transformed into an online mode practically overnight. In the effective implementation of remote education, the credit goes to all the PNS teachers, who successfully curated effective online tools, framework for effective online engagement, teaching-learning materials to bridge the gap between offline mode of teaching and virtual classrooms. Overall, great efforts were put in the



DR. MANOHAR YADAV

effective online teaching by the PNS teachers to enable the children to understand & develop their aptitudes and skills.



TAKSH GAMBHIR
(Prep-E)

We would like to say a big thank you to each and every teacher at PNS for ensuring that "Learning is an ongoing process." We are thankful for the hard work they have put in for the online sessions, explaining everything in a detailed manner each day. Even the assignments are easy to understand for the children. A big thank you to the management and headmistress for the stupendous amount of effort and guidance put in to mitigate the challenges during the lockdown.



MRS. PRIYANKA GAMBHIR



ATHARV DEVAK
(Prep-F)

The academic session (2020-21) was completely taught in online mode due to covid-19 pandemic situation. It was a great initiative taken by the school management and headmistress, to continue learning process without putting small kids at risk. It was indeed a wonderful experience and all the teachers put in their best efforts to educate and engage students in various co-curricular activities in online mode. We are highly thankful to team PNS for their guidance and support during tough times.



DR. RADHA RANI



NYSA MEHIRATTA
(Prep-R2)

The fear of Covid 19 and the suddenness of lockdown in April 2020 brought life to an unpredictable STOP. Children were shut at homes with no school no outdoor activities, Life evolves, our schools evolved fast. In 2 weeks time Patanjali Rishikul had developed a system of online education using Whatsapp and Zoom platforms. All the teachers of PRNS put in so much effort to call and guide each parent individually, to know each student and slowly and steadily a system of online home school, online games, music, dance, sports



DR. GURPREET BATRA

activities was started. This continued throughout the session and I admire all the teachers and administrative staff for the smooth arrangements, for their untiring efforts through festivals and vacation days too, making assignments, correcting online work. Praying for the world to be normal again, so children can be back to school soon.



KAIRA MITTAL
(Prep-R3)

We offer profound gratitude and appreciation to all the teachers and the school management for putting tremendous efforts in reaching out kindergarten children and bridging the gap between online and offline classes. Yes, it is extremely difficult to make this age group sit and listen but with all the patience and sincerity of the teachers, children have not only gained knowledge but helped in instilling human values and creativity.

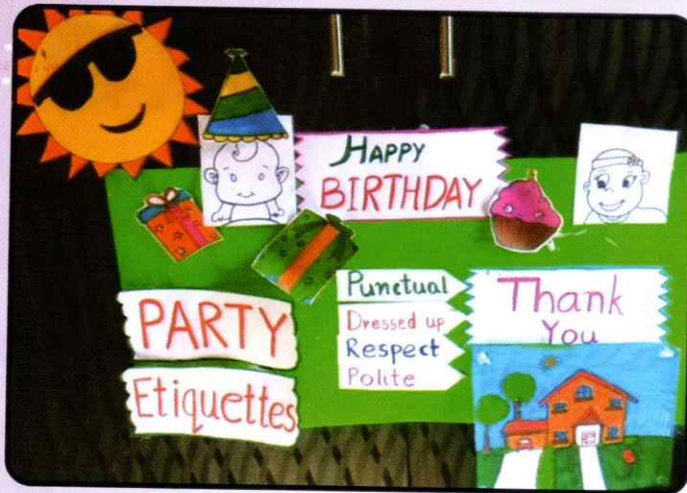



MRS. PARUL KINGER MITTAL

Thank you for creating healthy and happy environment in midst of pandemic.

Summer Camp

A virtual 15 days summer camp "SUMMERY FEAST" was organized from 5th May to 13th May to enhance the talents of the children during the Pandemic. During the lockdown as children were not able to move out, hence to channelize their energy and nurture creative attitude, a 15 days virtual Summer Camp was planned for prep children. The camp included Art and Craft, Dance, Music, yoga and Story Telling sessions. All these activities were organised under the able guidance of our creative teachers. It was indeed a wonderful experience. More than 200 students participated in this virtual fiesta.





SUMMER CAMP


Dear Parents,
I pray and hope that you and your family are safe and healthy.
We will begin with our summer break from 5th May 2021 till 23rd May 2021.
To ease the stress and provide relaxation, we are holding an online summer camp from 5th May 2021- 13th May 2021 to refresh, rejuvenate and energise our little children, in which they will enjoy themselves.

CLASSES: NUR,KG & PREP

THE LINK SHALL BE SHARED WITH YOU EVERYDAY.
I AM SURE I WILL GET YOUR COOPERATION AS ALWAYS AND TOGETHER WE WILL MAKE THESE CLASSES A SUCCESS.

REGARDS
HEADMISTRESS

OUR ACTIVITIES :
DANCE, MUSIC, ART AND CRAFT, STORY TELLING, PHONICS, QUIZ, VOCABULARY ACTIVITIES, YOGA AND MANY MORE FUN LOVING ACTIVITIES.



Hand Washing : **Clean hand save lives**



Keeping Hand Clean

- Hand washing is one of the best ways to protect yourself and your family from getting sick. Washing hands can keep you healthy and prevent the spread of respiration and diarrhoeal infection from one person to the next.

Key time to wash hands

- Before, during and after preparing food.
- Before and after eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhoea.
- After using the toilet.
- After blowing your nose, coughing or sneezing
- To prevent the spread of germs during the COVID-19 pandemic, you should wash your hand with soap and water for at least 20 second and use a hand sanitizer with at least 60% alcohol to clean hand BEFORE and AFTER.
- Touching your eyes, nose or mouth.
- Touching your mask
- Touching door handles, tables, gas, pumps etc.
- Hand washing can prevent 1 in 3 diarrhoea related sickness and 1 in 5 respiratory infection such as cold or the flu.
- Parents and care taker play an important role in teaching children to wash hands
- Hand washing can become a lifelong healthy habit if you start teaching at an early age
- Teach kids the five easy steps for hand washing
 1. Wet
 2. Lather
 3. scrub
 2. 4.rinse
 5. dry
- Lead by example by washing your hands.
- If soap and water is not available, use alcohol based sanitizer.
- Baby wipes are not designed to remove germs from your hands.
- Remember to make hand washing a healthy habit at home, school and play.

Dr. Vibha Singh

Mother of Advik Singh, Prep R3

Change in Education in pandemic from offline to online

Till now the educational institutions like schools, colleges were currently based on traditional methods of learning, that is face to face lectures in a classroom. But the sudden outbreak of the global pandemic challenged the education system across the world and forced educators to shift to an online mode of teaching overnight.

Combining face-to-face lectures with technology gives rise to blended learning and flipped classrooms; this type of learning environment can increase the learning potential of the students. Students can learn anytime and anywhere, thereby developing new skills in the process leading to life-long learning. Our teachers spend a lot of time in making effective strategies and using technologies so that they can provide quality education. A lot of issues are attached to online education but we cannot ignore the perks of it in times of such crisis...

Online Education help children wade through this complicated time of illness, Lockdown, Curfew, maintaining a very positive learning environment of our children.

Dr. Madhu Tiwari,

M/O Preksha Tiwari, Prep-A



Art and Craft is a boon in this pandemic!

"Art washes from the soul the dust of everyday life."

- Pablo Picasso

Art and craft have acted as a tool to face the pandemic as we diverted our minds towards the stillness and beauty around us which we could not do in the pre pandemic era.

Art plays a major role in shaping the mind of a child and enhancing his skills. When the world was stuck in grief, we tried to make our young minds practice creativity and pull them out of the mental distress since they were missing their school. We tried to make them active in observing and implementing the beauty around them, that too through virtual classes!

Learning the art and craft doesn't just foster the creative development of a child, but also assists in advancing and refining his or her core skills, which in fact goes towards boosting academic achievement as well. Having extra-curricular clubs in which young artists can pursue their hobby can engage and augment a child's cognitive and critical thinking abilities immensely.

Bilateral coordination is the ability to simultaneously utilise both sides of the brain, and is a good indicator of cognitive progress. For young kids, painting, sculpting, and sketching play an important role in helping to engage and evolve their visual skills, while also improving their knowledge of spatial relations.

Pursuing Art and Crafts has the inherent benefits of encouraging a child to exercise flexible thinking, distress, explore his or her individual creativity, and enhance learning through fun, the latter of which is the perfect indication of a healthy education system.

Kids used waste items to make various types of Art & Craft Activities, to celebrate and enjoy all festival like Independence Day Activity, Rakshabandhan Activity and Teachers Day Activity during pandemic through virtual mode. We have designed the list of various art and craft activities for Nursery, K.G., and Prep class kids in such a way, so that kids can enjoy the session and they can participate with full energy and excitement in class.

"Every child is an artist. The problem is how to remain an artist once he grows up."

- Nidhi Srivastava
Art/Craft Teacher



Scrap Booking Small Hands Creative Stands

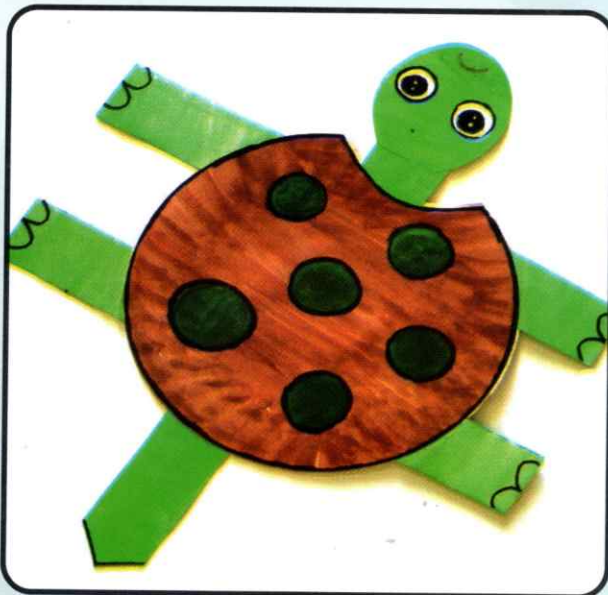
CARROT



5.12.20

X-Mass TREE

C.W



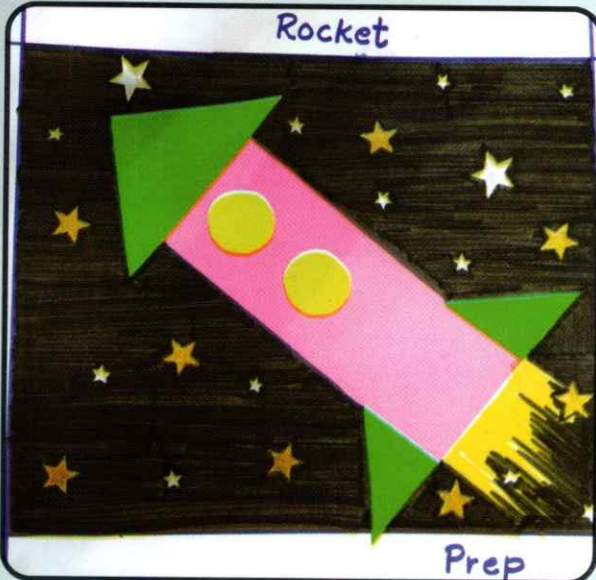
12.10.20

Dog - Origami

C.W



Rocket

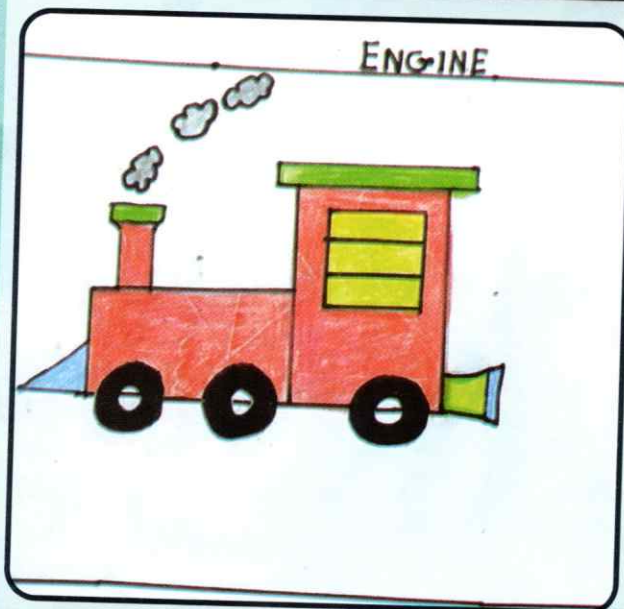
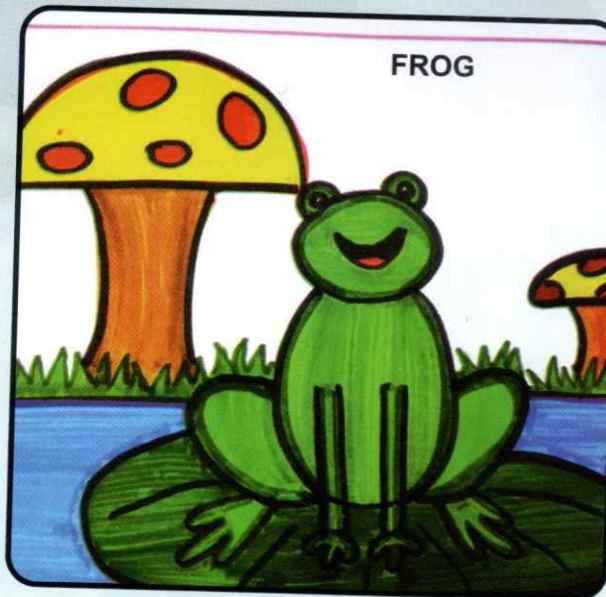
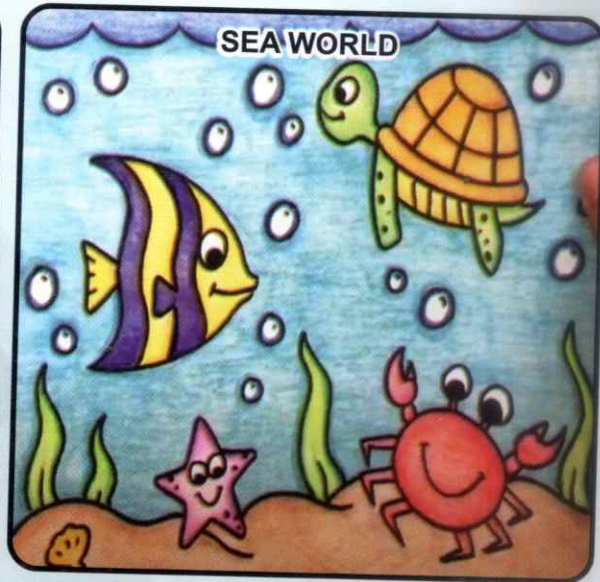


Prep

Reindeer bookmark

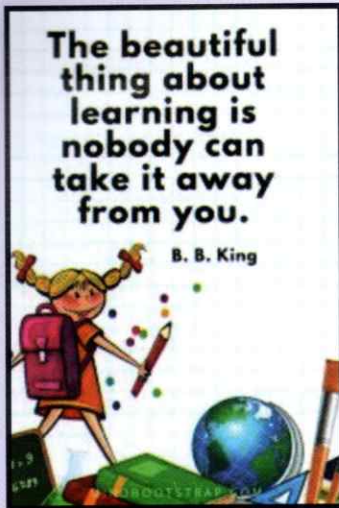


Scrap Booking Small Hands Creative Stands



Education is not the Learning of facts, but the training of the mind to think.

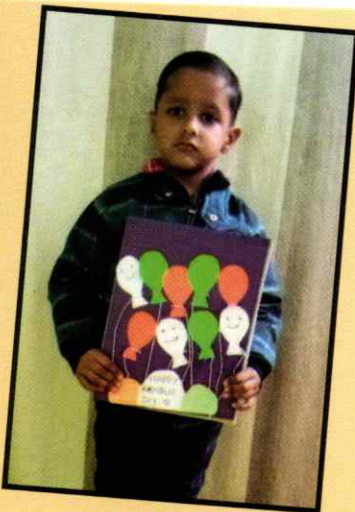
- Albert Einstein



MY TEACHERS ARE MY BEST FRIENDS



KEEP CALM, WASH YOUR HAND



PROUD INDIAN



MY RICH CULTURAL HERITAGE



PROTECT AND PRESERVE TIGERS



BE LIKE A DUCK-SWIM, WADDLE, WALK



MY CREATIVE CORNER



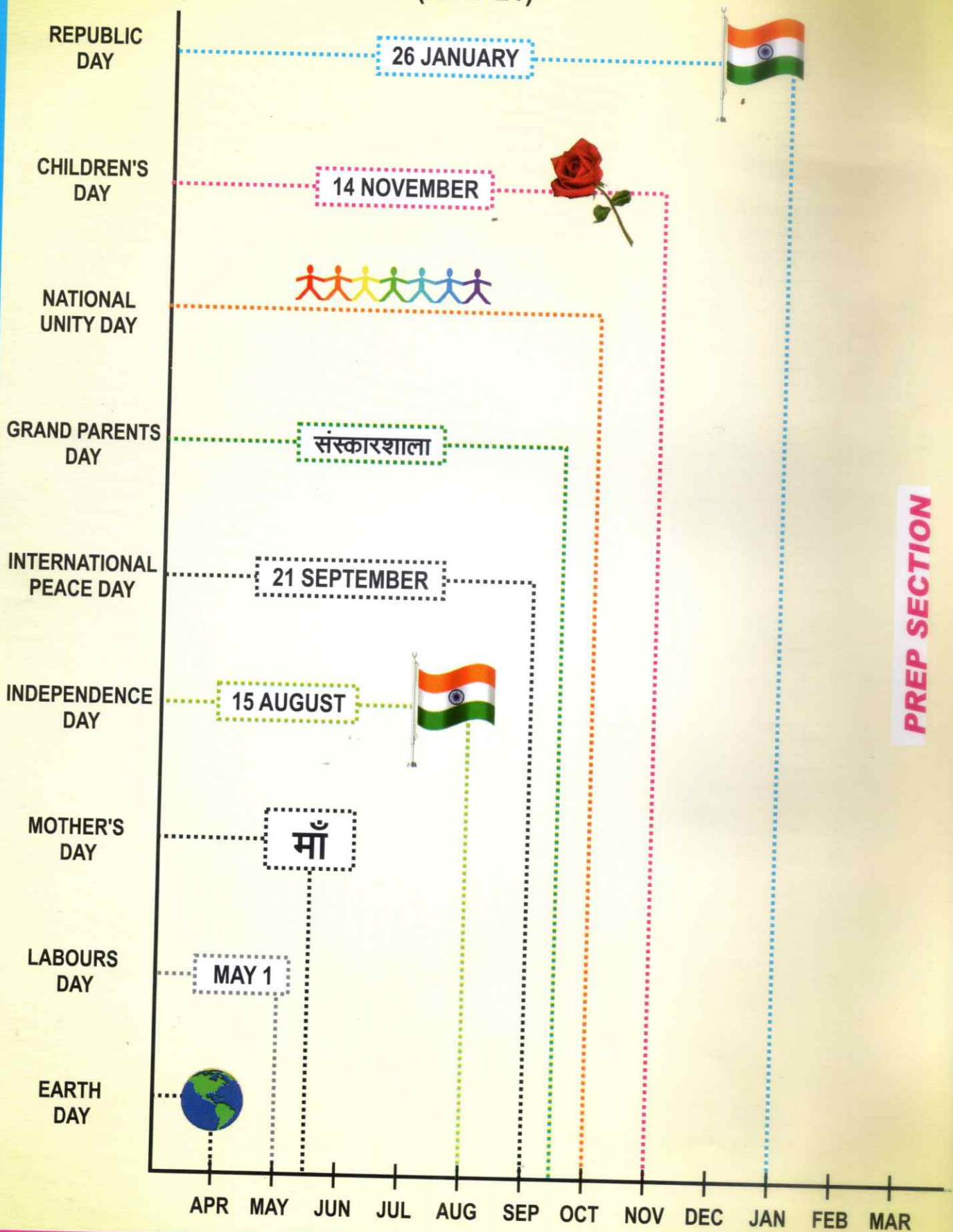
CHRISTMAS FESTIVAL OF GIVING AND SHARING

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(2020-21)

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PREP SECTION



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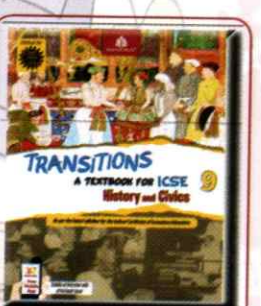
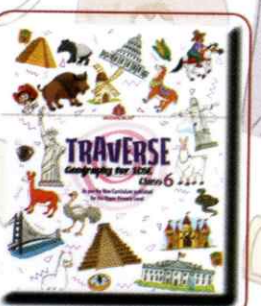
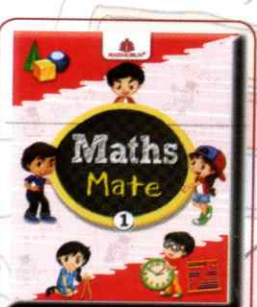
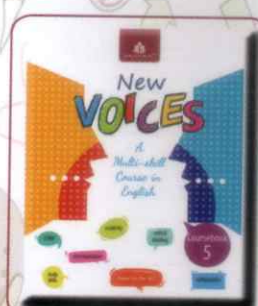
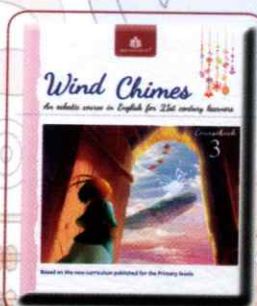
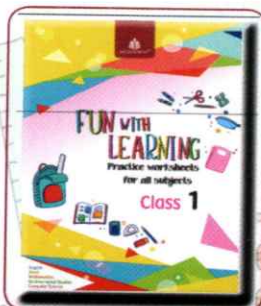
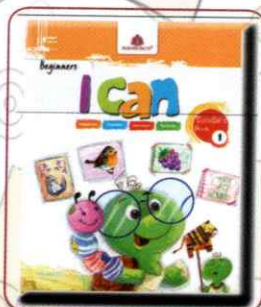


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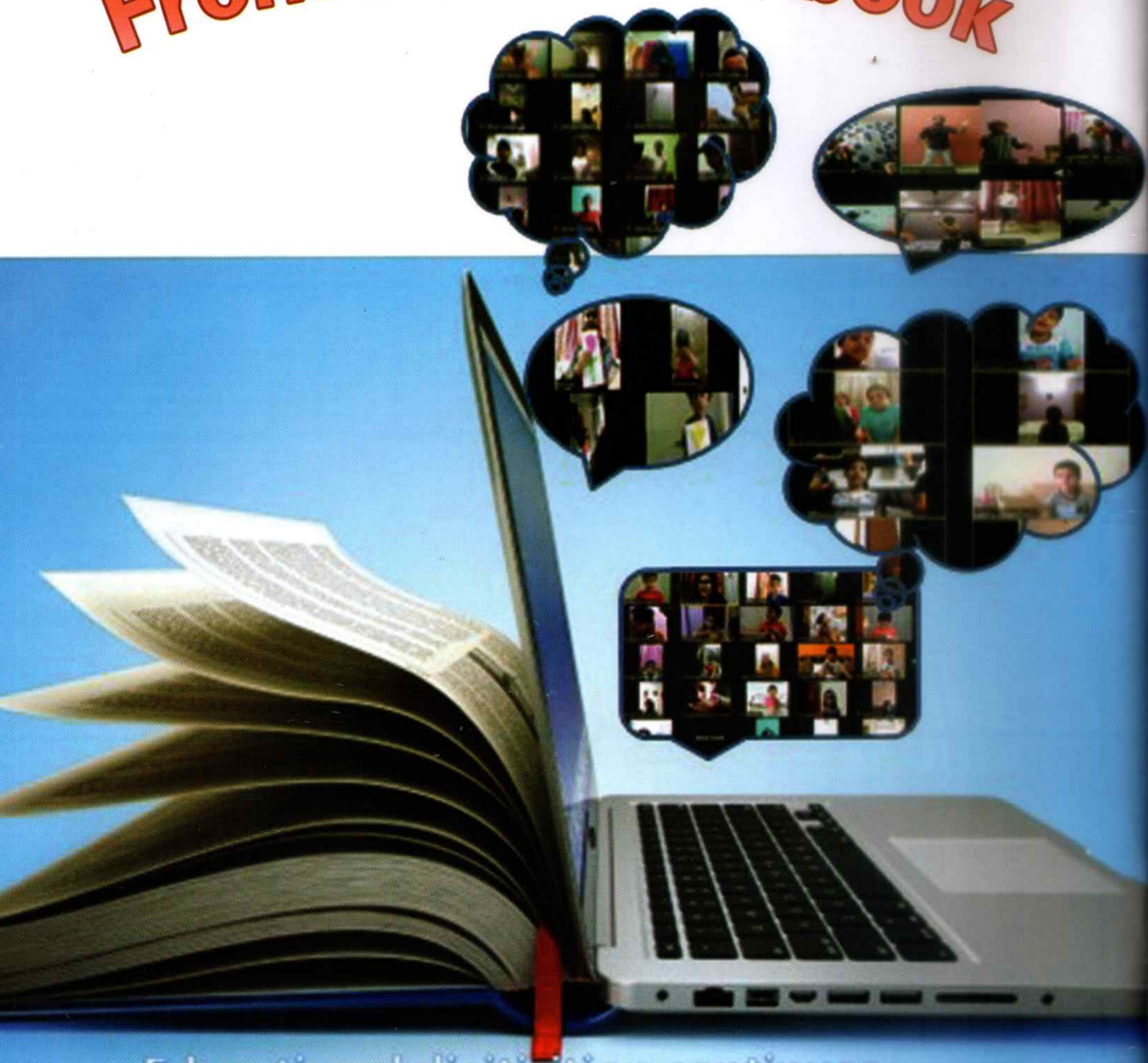
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