




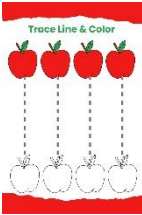











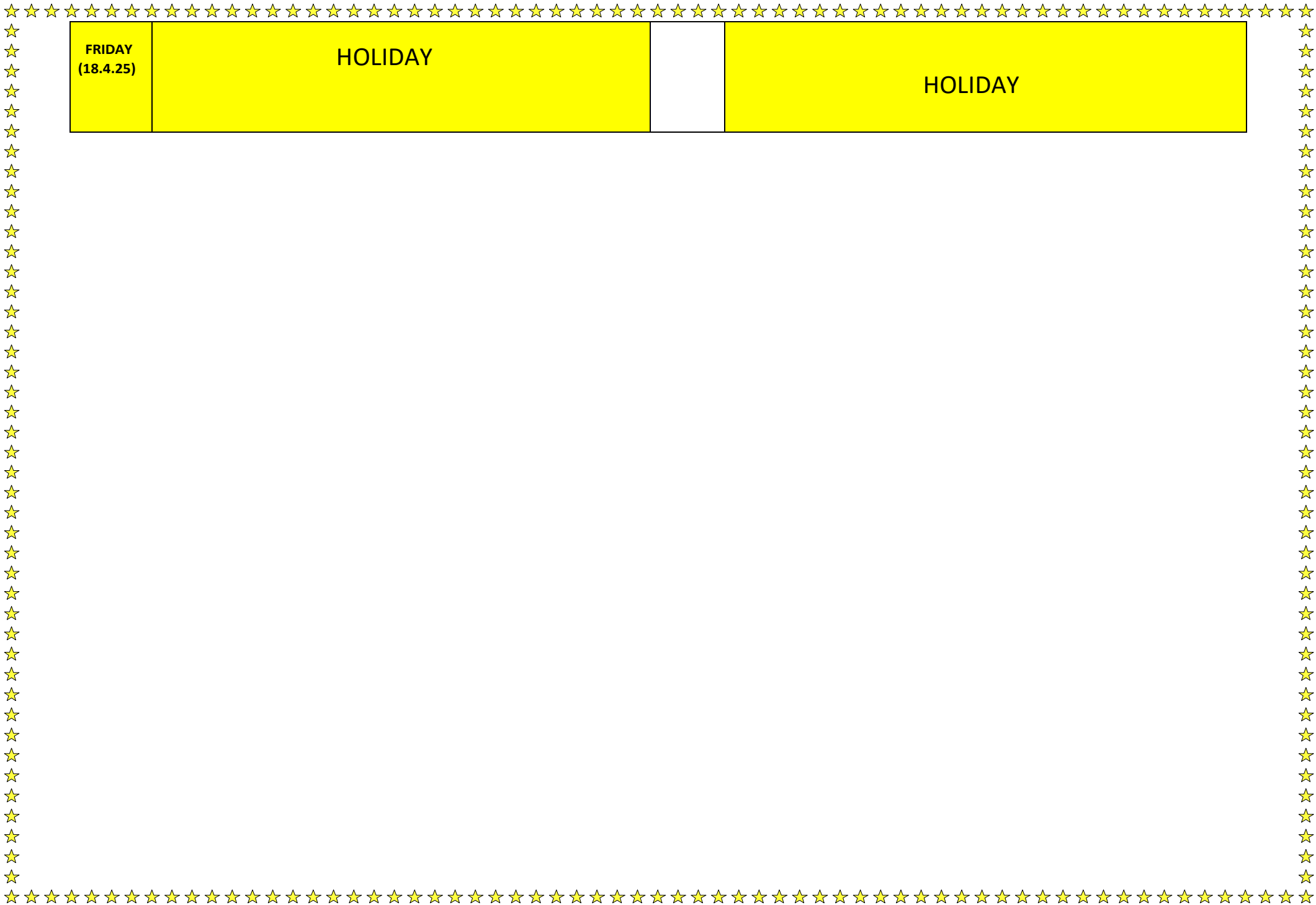
TIME TABLE (NURSERY)

THEME: POSHAN PAKHWADA

DAYS	8:00am-8:10am	8:10am-8:30am	8:30am-9:10am	9:10am-9:55am	9:55am-10:35am	10:35am-11:05am	11:05am-11:35am	11:35am-12:00noon
	Domains	Positive Habits	Language & Literacy Development	Numeracy		Physical Development	Aesthetic Development	Socio-Emotional Development
MONDAY (14.4.25)	HOLIDAY				L U N C H	HOLIDAY		
TUESDAY (15.4.25)	Free-Play (Settling Time)	Welcome Cleanliness Checkup Prayer & Group Singing	DISCUSSION ON - NUTRITION AND WELLBEING Teacher will discuss the various nutrients obtained from food like carbohydrates, proteins, vitamins, fats etc., and will emphasize on having a complete, rich diet for better well-being. POSHAN PLEDGE Teacher will teach a 'pledge' to the students on eating healthy and staying fit. Pledge:- I promise to eat	SEQUENCING – HANDWASHING STEPS (SEQUENTIAL CARDS) Teacher will demonstrate the steps of how to wash the hands, taking the soap and rubbing it properly in between our fingers. She will then provide them with some printed flashcards, asking them to arrange them in a proper sequence, giving a quick recall to their handwashing session		HEALTHY FOOD SCAVENGER HUNT The teacher will hide pictures or toys of healthy foods in the playground and will ask students to find them. 	RAINBOW FRUIT PLATE The teacher will demonstrate to the students how to make a 'Rainbow Plate' with different coloured fruits, discussing its benefits. 	BARNYARD MILLET BOWL – THE HIMALAYAN HEALTH MIX (DIETITIAN'S SESSION) Students will know about the different millets, learning their benefits by preparing a 'Barnyard Millet Bowl' with the school's dietitian.. 

			<p>healthy each day, Fruits and veggies in every way. Drink clean water, stay fresh and bright, Sleep on time and feel just right! Strong and happy I will be, A healthy child – that's me!</p> 		B R E A K			
WEDNESDAY (16.4.25)	Free-Play (Settling Time)	Welcome	<p>LEARNING ASSAMESE GREETINGS & FAMILY TERMS</p> <p>As part of our Multilingual Awareness Activities, our young learners took a joyful step into the culture of Assam! The teacher will introduce Simple Greetings – “NOMOSKAR” to greet each other.</p> <p>Family Terms – They were introduced to</p>	<p>INTRODUCTION OF STANDING LINE</p> <p>The teacher will introduce the standing line to the students</p> 		<p>YOGA SESSION</p> <p>The teacher will perform different yoga poses and educate students to exercise daily for a healthy life.</p> 	<p>PUPPET SHOW (FOLK TALES)</p> <p>The teacher will present a folk tale from Assam to the students through an engaging puppet show, bringing the story to life in a fun and interactive way.</p> 	<p>PUNJABI VIBES IN EVERY SIP – LASSI LOVE</p> <p>The teacher will teach the students how to prepare lassi by introducing them to its ingredients and guiding them through the recipe step by step.</p>

			<p>affectionate words for family: Deuta – Father Aai – Mothers</p> 				
<p>THURSDAY (17.4.25)</p>	<p>Free-Play (Settling Time)</p>	<p>Welcome</p> <p>Cleanliness Check Up</p> <p>Prayer & Group Singing</p>	<p>DISCUSSION ON - INDIAN TRADITIONAL FOODS</p> <p>The teacher will discuss the different staple foods and drinks of Indian states – Assam, Odisha, Punjab, and Maharashtra, differentiating them on the basis of spices used.</p> 	<p>TABLEAUS ON THE OCCASION OF WORLD HERITAGE DAY</p> <p>Beautifully curated state stalls representing Odisha, Punjab, Maharashtra, and Assam came alive with traditional attire, iconic landmarks, regional cuisines, and melodious folk music. The atmosphere transformed into a vibrant tapestry of colors, sounds, and flavors — truly a feast for the senses!</p> <p>A lively folk dance presentation further enriched the day, showcasing diverse cultural rhythms, gestures, and movements, emphasizing the message of unity in uniqueness and captivating the entire audience.</p>			 



FRIDAY
(18.4.25)

HOLIDAY



HOLIDAY