

## Vivekananda Paathshala

February 2025

*“As one person, I cannot change the world, but I can change the world of one person.”*

In our ongoing efforts to support the local community, Jaspal Kaur Public School continues Vivekananda Paathshala, aiming to provide quality education and resources to the needy. This initiative, aligned with the **United Nations Sustainable Development Goals (SDGs)** such as **No Poverty, Quality Education, and Reduced Inequalities**, focuses on **bridging the educational gap and fostering a love for learning among all children, regardless of their socio-economic background**. The students participate enthusiastically, demonstrating their eagerness to learn and grow, reflecting JKPS's commitment to inclusive education and community service.



A lesson on gender was conducted in the paathshala which promoted equal opportunities and challenged gender norms.

Children participated in activities like the fanfold exercise, we encouraged Hands-on learning. The hands-on approach also supported their gross motor skills, and the stationery distribution added a joyful touch to the session.



By engaging children in **origami and creative expression**, the session fostered **hands-on learning, cognitive skills, and artistic creativity**. The activity at **Vivekananda Paathshala** aligns with **Sustainable Development Goal (SDG) 4: Quality Education**, which promotes inclusive and equitable learning opportunities. The involvement of student volunteers also reflects **SDG 17: Partnerships for the Goals**, emphasizing collaboration in education. The joy of learning and creating their own scenes made the experience both **educational and enriching** for the children.





The lesson on **warm and cool colours** promoted creative and inclusive learning. By exploring **colour theory and its effects**, children developed **artistic skills, critical thinking, and self-expression**. The hands-on activity, where they used **warm tones for backgrounds and cool tones for objects**, reinforced their understanding of **visual contrast and composition**. This interactive approach fostered **engagement and creativity**, making learning both meaningful and enjoyable.



Our yoga session aligns with SDG Goals of **Good Health and Well-being**, which promotes physical and mental wellness. Starting with **breathing exercises and basic stretches** helped improve **flexibility, posture, and relaxation**. The inclusion of yoga asanas like **Ushtrasana (Camel Pose), Paschimottanasana, and Poorvotanasana** enhanced **strength, balance, and mindfulness**. Such activities contribute to overall **health, stress reduction, and** fostering a holistic approach to fitness.



In a transformative initiative aimed at providing **holistic education**, a group of students of Vivekanand Paathshala participated in a **Multiple Intelligence Adventure Camp** organised at the school on 20<sup>th</sup> February 2025. This camp was designed to **harness and nurture the diverse learning methods of the students, to build self-confidence, social skills, and resilience and to foster teamwork, problem-solving, and creativity to create an inclusive learning environment where all children, regardless of their backgrounds, can thrive**.

The adventure camp provided an engaging and interactive atmosphere for students, where they were able to explore their individual strengths through a variety of activities.



The **adventure camp** began with a **zipline activity**, where students participated enthusiastically. **Physical activities** enhanced **team-building, coordination, and problem-solving**, while **group exercises** like **dance, art, and pottery** fostered **teamwork and creativity**.

The camp had a **profound impact**, boosting **self-confidence** as students discovered new talents and stepped out of their comfort zones. **Hands-on activities** helped bridge **theory and practice**, improving retention and understanding. The students received **gifts**, making the experience joyful.



This session aligns with **Sustainable Development Goal (SDG) 4: Quality Education**, which emphasises on inclusive, equitable, and innovative learning opportunities. By allowing **volunteers** to lead the class, the session promoted **peer learning, leadership, and communication skills**. Using **visual aids and real-life examples**, made complex topics like **Reflection, Refraction, and Dispersion of Light** more accessible, ensuring **better retention and practical understanding**. This **student-led approach** not only enhanced knowledge but also fostered **collaboration and confidence**, making learning both engaging and effective.



A wonderful session was conducted with the children of Vivekananda Paathshala about opposite words (**antonyms**) and **विलोम शब्द**. The session was filled with enthusiasm as the children actively participated in learning and engaging with new words.

They not only understood the concept well but also confidently wrote down opposite words and even framed sentences using them.

Engaging in sports promotes **physical fitness, teamwork, and discipline**, while also fostering **confidence and social inclusion**. Such opportunities help bridge **socio-economic gaps**, ensuring that all children, regardless of background, have access to **recreational activities** that contribute to their **holistic development**.

Vivekananda Paathshala stands as a pillar of our Community Outreach Program, embodying JKPS's unwavering commitment to education and service, a legacy we continue to uphold with dedication and pride.

