

## Vivekananda Paathshala-September Activities' Report

September was filled with various recreational activities along with a great amount of knowledge. Recreational activities have a considerate effect on the mind and the overall health of an individual helping the children of Vivekananda Paathshala to do good in their studies as well.



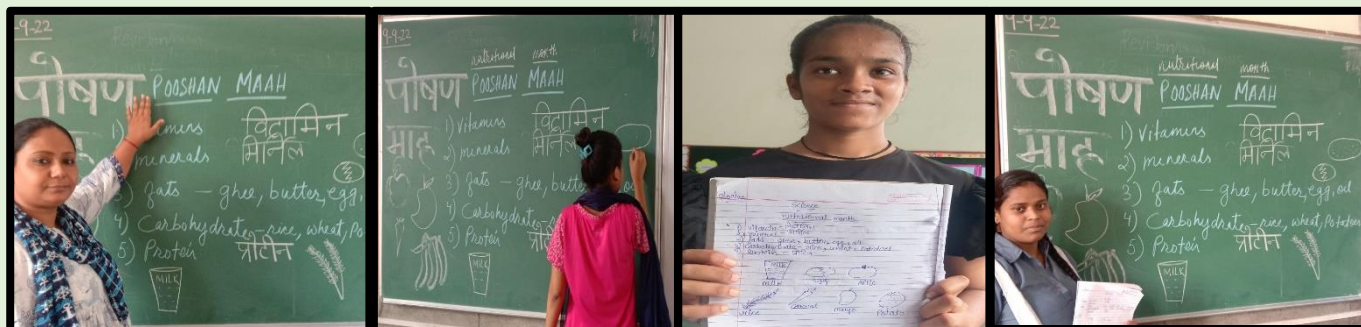
Story Telling Session - Storytelling is a great way to inculcate moral values in children. Stories create a magical sense of wonder in their minds and spark a child's imagination it also stimulates their curiosity. A storytelling session was organized for the children of 'Vivekananda Paathshala'. The session was based on ancient Indian tales of the mighty King Vikramaditya and ghost Betal. The story had a moral value too. Throughout the session, children were asked various tricky questions related to the story. Children were fully engaged, and they were fascinated by the voice modulation and facial expressions. Overall, it was an interactive session and a great

learning experience for children.

The children were also given dance classes. Dance does not only help the children to express emotions, thoughts and feelings but it also helps them to stay more creative, imaginative, self-motivated, disciplined and focused.



On the eve of Pooshan Maah, an awareness session on the importance of a balanced diet was conducted for paathshala students on 9 Sept. 2022. Students were made aware of the importance of various components of food and the food items they should add to their diet to achieve a balanced meal. They were also told about various deficiency diseases common among the Indian population and how these could be prevented. Students were interactive and shared their health-related issues and the kind of diet they take. They were curious to know





about the types of food they need to add to their diet. It was truly an engaging and fruitful session.

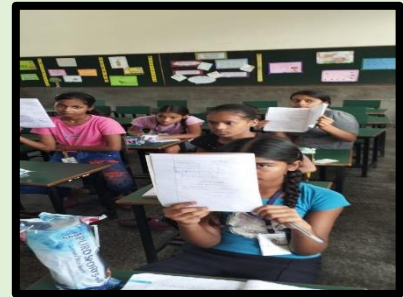
The children of Vivekananda Paathshala were also given yoga sessions where they were taught different asanas and their benefits. Yoga plays an important role in helping the body function more efficiently along with showing a way to live with a healthy mind in a healthy body. Yoga also offers a lot of physical

benefits such as maintaining good blood circulation, blood pressure, pulse rate etc.

Learning math through a plethora of puzzles and activities gives a child's learning a boost in many ways, helping them engage with numbers and enjoy it. It helps them to learn various maths concepts



and doesn't just give children an understanding of math but also helps them develop their problem-solving skills.



The students also learnt about fractions in math class. Fractions help children understand the nature of numbers and their interactions.

The students were distributed water bottles to support their needs.



There are many ideas to celebrate our special occasions but sharing our happiness by providing food to needy and hungry poor people makes our celebration more joyous and happier for ourselves. Just imagine the happiness we can bring to these people by giving them a nice treat. Similarly, JKPS also celebrated these children's birthdays with a cake-cutting ceremony and by giving them a treat or some useful things.

