

Children's University
Shishu Paramarshan Kendra
Year March 2021 to December 2021

Report

The personality of a human being is Panchakoshatamyak. Panchakoshamataka means - covered with five coverings. Every human being is complete within. To get one's original identity by removing the coverings on one's 'self' is the all-round development and in Indian culture to make man recognize his original nature is the main objective of education. According to Swami Vivekananda – 'Education is the revelation of the inherent perfection in man'. If we think in this context, complete knowledge is inherent in the child. But as it is covered with five cells, it is not visible. All that is needed is its disclosure. There are five koshas – Annamayakosh, Pranamayakosh, Manomayakosh, Vijnanamaykosh and Anandamayakosh. One can be reached to his real identity only by developing these five cells.

The body made up of Panchamahabhutas, the body which is produced from food is called Annamayakosha. This is the first and very gross kosha. From this the subtle kosha is the Pranamayakosha. Prana is the energy that pervades the complete body and drives the body. Manomayakosh is even more subtle than this. The mind is the origin of thoughts and feelings. Vigyanmayakosh is the subtlest of the three koshos. But the most subtle kosha is the Anandamayakosa in which Happiness: Above sorrow, emotion and conscience, the nature of human beings is found as treasure of joy. To gain control over these five koshas means to develop them. Controlling the anna mayakosa means – developing the gross body to its full potential. If there is any kind of error or imbalance in the development of the annamayakosha, then the complete focus of the human being will remain on the gross body and his consciousness will spend his life in the form of the annashamayakosha. Development of prana means – making the prana powerful/strengthening and maintaining its rhythmicity. Gaining control over emotions and thoughts, making them more sublime and cultivating concentration is the development of Manomayakosha. Awakening consciousness in human beings is the development of Vigyanmayakosh. On the basis of the knowledge gained through *Viveka/Intellect Buddhi*, the self of the human being enters the Anandamayakoshka, through which 'self' Recognition is achieved.

All-round development is not only completed by the development of panchakosha, but it is equally necessary to establish harmony between all these koshas. The process of all-round development of the human-personality is completed only when a rhythm is developed between Annamaya, Pranamaya, Manomaya, Vigyanamaya and Anandamaya Koshas. Not only this, but such an all-round developed person develops extremely intimate and rhythmic relationships with the whole universe.

The infant stage is the foundation of all life. What the child experiences during this period has lifelong effects. The period from conception to five years is the most important period of human life. It is called golden period. Because during this time the infant's receptiveness is very intense. A child's instinctive development takes place in a loving home environment. Love, security, joy and independence – are important factors in infant development.

From birth to five years, an infant develops very rapidly and learns a lot from the attitudes and behaviour of its parents and family members. The child gets the education of things like daily routine of parents or family members, language, home environment, responsibility, sense of duty, dedication, sacrifice, service-goodness etc. from the family itself. So in our ancient tradition, there was an intersession of informal education for five years which was centered on the 'family'. Children get pleasure from the stories, songs, hymns, folk songs and myth stories told by the family members especially the grandparents, apart from that, the feelings, emotions and rituals are instilled in the child. This non-formal education process lasting for five years is called sanskar - process.

Many mothers today start sending the child to school for two or two and a half years to educate him more quickly to keep him standing in the competitive world. But as mentioned earlier, it is the love and warmth during this time that makes the learning process of the child easy, natural and intense. In the unfamiliar environment of school, the infant feels scared and his development is stunted.

Apart from this, due to the nuclear family, parents face problem for not having the right guidance in regard of children's health. They are curious to know what kind of stories should be told to children for the development of senses and emotions, songs for quiet sleep, prayers for culture-irrigation, hymns, what should be the duty of family members' to raise a child etc. Parents experience many problems and confusions regarding the raising of child. Thus, Keeping all these things in mind, Shishu Paramarshan Kendra has been

established by Children's University to resolve the problems and confusions of parents and to provide psychological guidance regarding child rearing and development.

The Tapovan centers run under the Children's University provide many activities to the mother before conception and during pregnancy. Even after the birth of the baby, the Shishu Paramarshan Kendra has been functioning since 23 January 2017, so that parents and families can take complete care of the baby, and remove various confusions related to childcare.

Concept of Infant Counseling Center –

- Center for physical, mental, spiritual, intellectual and spiritual development of the infant.
- Guidance and understanding of infant activities up to three years.
- Guidance on proper child rearing.
- Guidance regarding a healthy family environment.

Objectives of Shishu Pramadhan Kendra

- Providing guidance to mothers of infants from birth to three years.
- To provide guidance regarding the needs of the child according to the stage of child development.
- To guide parents as well as family members to build a healthy, happy and peaceful family for best development of child.
- Conduct research on various aspects of child development and guide parents according to its findings.
- To guide the parents based on the research done on the various problems of the child.
- Conduct research on various aspects of pregnant mothers and provide guidance to parents and family members based on the findings.
- Researching the problems of expectant mothers and providing guidance to parents and families based on the findings.
- Provide guidance to families based on research and findings on the interrelationships between family lifestyle, child rearing and dimensions of infant development.

The Tapovan center run under the Children's University provides many activities to the mother before conception and during pregnancy. The Shishu Paramarshan Kendra has been functioning since January 2017 with the aim that even after the birth of the baby, the parents and the family can take complete care of the baby, remove various confusions related to childcare.

With the aim that parents can get guidance on how to raise a child at home during the corona epidemic, classes of Shishu Paramarshan Kendra were started online from March 2021 Monday to Friday from 12:00 pm to 1:30 pm.

Inauguration of Onlineclasses of Shishu-Paramarshan was done by Dr. Rakeshbhai Patel, Director of “School of Child, Youth and Family Development” and Shishu Pramashan Center co-coordinator Shri. Divyabehan Rawal. Dr. Rakeshbhai Patel, in his address, said that Shishu Paramarshan Kendra teaches about human surroundings, environment and various activities for development of child holistically. A child has incarnated in this world not to fulfill your unfulfilled dreams but to fulfill the work ordained by God. A child counseling center will play an important role in the overall development of your child. Mr. Divyabhen Rawal clarified the concept of Shishu Paramarshan Kendra and congratulated all the mothers by welcoming them to the online center.

Shishu Paramarshan Kendra Online Class Schedule

Medium: Google Meet

Monday to Friday

Time : 12:00 PM to 1:30 PM

Online Class Time Sheet

Serial Number	Time (in minutes)	Detail	Monday to Friday
1	10	Prayer	Constant prayer
2	20	Music	<i>Prabhatiya / Devotional songs/ Dhoon / Lullabies/</i>
3	5	Verse	Theme based
4	10	Yoga Practice / Mudras / Pranayama	continuously
5	20	Activities for holistic development of the child according to the child's development	According to the age of the child
6	5	children's song	continuously
7	20	Guidance to parents regarding child rearing	Based on questions from parents or based on observation of center coordinator

Activities conducted during the year in Shishu Paramarshan Kendra for overall development of the child

One year from birth

Serial Number	Objective	Annamaya Kosha
1	Strengthening the body	<ul style="list-style-type: none">• Practice sitting the baby down by holding it with both hands• Practice making the child stand by holding it with both hands
2	Development of senses	<ul style="list-style-type: none">• To motivate to look at different things.• Ask the baby to see chandelier on top of cradle• To make the child experience the six <i>rasas</i>.• Put grains, pulses, ground wheat etc. in different utensils and ask the baby to touch them all one by one.• Touching different things like pistachio pods, <i>abhala</i>, velvet, feather wool, card (to feel the difference in smooth and rough touch)• To motivate the child to look in different directions through making sound to make the child respond.
3	physical development	<ul style="list-style-type: none">• To perform annarprashan.• Put the toy on a high object and children will try to pick it up.• Encouraging the child to turn by showing a toy• Encouraging the child to sit with the assistance of a chair• The mother should stand at a distance and encourage the child to

		<p>come to her.</p> <ul style="list-style-type: none"> • holding the child's hand and leading him up the stairs • Encourage the children to take the toy from the chair/Other objects.
4	Physical health	<ul style="list-style-type: none"> • Postures • Mudras

Serial Number	Objective	Pranamaya Kosha
1	Development of karmendriya	<ul style="list-style-type: none"> • Encourage kids to hold different objects, look at, touch and play with. • Catch stones, leaves, thermocol balls, pebbles etc. and put them in the bottle. • Passing objects or toys to each other. • To encourage speaking of new words. • Chanting Om. • Opening and closing the bottle cap. • Singing a verse. • Pouring beans, flour, water from one bowl to another using a spoon. • Encourage reaching over a pillow or other barrier to retrieve an object.
2	Development of auditory and visual senses	<ul style="list-style-type: none"> • Looking in the direction of the sound of the bell. • Recognizing Various sounds of kitchen utensils. • Fill the bottle with stones and then shake it to listen its sound • Music therapy.
3	Development of small tendons	<ul style="list-style-type: none"> • Movement of fingers and palms. • Putting colourful pebbles in a bowl and taking them out

		<ul style="list-style-type: none"> • Stuffing the toys into the basket. • Tear the paper into small pieces. • Picking leaves of Asopalav, Neem trees etc. from its broken branch • Punching holes in the box and stuffing the holes with small wood stick. • Wheat flour plaiting • Fold the paper in different shapes. • Doing tilak on the forehead. • Making paper balls. • Different clap sounds. • To rotate the bottle cap and bangle. • Doing finger painting. • Closing and opening the zip chain. • To encourage children eating by holding cooked khichdi or rice grains.
4	Development of ears	Applause of varying intensity. (Slow and fast clap sounds)
5	Development of vitality	<ul style="list-style-type: none"> • Making sounds of animals and birds • Jumping by holding hands. • Throwing, retrieving, and returning the ball. • Whistle blowing.

Serial Number	Objective	Manomaya Kosha
1	Social development	<ul style="list-style-type: none"> • Playing with other children. • Let others play with their own things or toys. • To introduce new faces and voices. • Doing group activity.
2	Development of concentration	<ul style="list-style-type: none"> • Filling colored stones in bowls and taking them out. • Pass the ball to each other and play. • Ask the baby to see chandelier on top of cradle • Fill Chana and rajma in bottle • Threading beads into a thin stick or rod. • Make a round hole in the lid of the plastic container and put round objects like wooden beads, sticks in it. • Activities like to encourage the child to find the balls hidden under the bowls, finding toys hidden in the sand. • Putting small buttons in a jar. • Children's songs • Bhajan • Dhoon • Lullabies • Prabhatiya
3	Stability	<ul style="list-style-type: none"> • Dumping the ball in a bucket. • Target games. • Make a line of chairs and ask the children to pass under them .
4	Healthy mind	<ul style="list-style-type: none"> • Postures • Mudras • Lullabies

Serial Number	Objective	Vigyanmaya Kosha
1	Identifying shapes	<ul style="list-style-type: none"> • Show pictures of different shapes
2	Identification of sound intensity	<ul style="list-style-type: none"> • Applause of varying intensity
3	Identification of colors	<ul style="list-style-type: none"> • Show colorful story cards
4	Inspection	<ul style="list-style-type: none"> • Finding hidden toys or objects.
5	Distinguish	<ul style="list-style-type: none"> • Recognition of sounds of khanjari, manjira, bell, bell, tabla etc
6	identification	<ul style="list-style-type: none"> • Pointing to objects and saying their names. • Identification of body parts.
7	precision	<ul style="list-style-type: none"> • Putting things or toys in the right place
8	Inspection	<ul style="list-style-type: none"> • Play with Finger puppets
9	Language-development	<ul style="list-style-type: none"> • Children song, Storytelling, Devotional songs, dhoon, Prabhatiya, Verse

Serial Number	Objective	Anandmaya Kosha
1	Giving love and warmth	Communicate by touching your hand over the infant's head and making eye contact
2	Beauty of nature	<ul style="list-style-type: none"> • Excursions in the premises
3	Introduction to Water Element	<ul style="list-style-type: none"> • Playing with toys and balls in the tub while bathing. • Try to touch the flow of tap water • To splash in water. • Water the plants by making a bottle fountain. • Add soap to water and play with bubbles. • Put thermocouple balls, stones, shells, shells

		etc. in the water and take them out with a tea strainer
4	Introduction to Earth Element	<ul style="list-style-type: none"> • Making different shapes with the help of a bowl, glass or other vessel soaked in sand • Fill sand in a pot with your fist. • Making hand and foot prints on sand spread on floor.
5	service	<ul style="list-style-type: none"> • Giving chapati to cow/dog. • Feed the bird. • Watering plants or trees.
6	joy	<ul style="list-style-type: none"> • Play soft nature music.
7	Spiritual development	<ul style="list-style-type: none"> • Chanting Om. • Singing a verse.
8	The joy of creation	<ul style="list-style-type: none"> • Doing finger painting • Making sensory color bags
9	Gratitude	<ul style="list-style-type: none"> • Offering flowers and leaves to God
10	Immersion	Prayer Devotional songs Dhoon Prabhatiya verse

One to three years

Serial Number	Objective	Annamaya Kosha
1	Strengthening the body	<ul style="list-style-type: none">• Let the child jump from a comfortable high place.• Hanging actions with hand.
2	Development of senses	<ul style="list-style-type: none">• Experiencing six <i>rasas</i>.• Put grains, pulses, ground wheat etc. in different utensils and ask the baby to touch them all one by one.• Touching different things like pistachio pods, <i>abhala</i>, velvet, feather wool, card (to feel the difference in smooth and rough touch)
3	physical development	<ul style="list-style-type: none">• Put the toy on a high object and children will try to pick it up.• holding the child's hand and leading him up the stairs
4	Physical health	<ul style="list-style-type: none">• Postures• Mudras• Pranayama

Serial Number	Objective	Pranamaya Kosha
1	Development of Karmendriyas	<ul style="list-style-type: none"> • Passing things or toys to each other. • To encourage speaking of new words. • Chanting Om. • Opening and closing the bottle cap. • Singing a verse. • Pouring beans, flour, water from one bowl to another using a spoon. • Encourage reaching over a pillow or other barrier to retrieve an object. • Jump in a shape line at a fixed distance. • Dropping the rings.
2	Development of small muscles	<ul style="list-style-type: none"> • Putting colourful pebbles in a bowl and taking them out • Stuffing the toys into the Basket. • Tear the paper into small pieces. • Picking leaves of Asopalav, Neem trees etc. from its broken branch • Punching holes in the box and stuffing the holes. • Folding paper into different shapes. • Doing tilak on the forehead. • Making paper balls. • Different clap sounds. • To rotate the bottle cap and bangle on floor. • Doing finger painting. • Fill in the color with crayons. • Closing and opening the zip chain. • Recognizing the vegetables- planting peas, turnips, garlic etc. • Making an impression on paper with a

		<p>thread dipped in water color.</p> <ul style="list-style-type: none"> • Dip the bud in color and make an impression on the paper. • Unlock – Lock. • Making Rangoli. • Making archways by punching Asopalav leaves. • Practice to untied the thread. • Wrap a woolen cord in a bangle.
3	Development of Karnendriyas	<ul style="list-style-type: none"> • Applause of varying intensity. • Encouraging to move with closed eyes in the direction mother calls.
4	Development of vitality	<ul style="list-style-type: none"> • Making sounds of animals and birds. • Jump with holding hands of mother. • Throwing, retrieving, and returning the ball. • Whistle blowing. • Make a paper bag

Serial Number	Objective	Manomaya Kosha
1	Social development	<ul style="list-style-type: none"> • Playing with other children. • Let others play with their things or toys. • To introduce new faces and voices. • Eating in groups. • Making Rangoli together for Diwali and other celebrations.
2	Development of concentration	<ul style="list-style-type: none"> • Filling and removing colored stones in bowls. • Pass the ball and play with it. • Fill chana and rajma in bottle • Threading beads into thin string or rod. • Make a round hole in the lid of the plastic

		<p>box and put round objects like wooden beads, sticks in it.</p> <ul style="list-style-type: none"> • Cut a hole in the shape of an ice cream stick and insert an ice cream stick. • Encourage the children to find the balls hidden under the bowls. • Putting small buttons in a jar. • Encourage the children to find toys hidden in the sand. • Arranging pieces of stone or paper into fixed shapes. • Targeting task activities. • Throwing the ball in the tub from a little distance. • Making impressions of okra, straw, ear bud etc. • Filling water bottles. • Filling the bottle with sand. • Filling the thermocouple balls in the bottle. • Sticking leaves of Asopalav, Neem trees. • Threading the beads in thin stick. • Threading the needle under full observation. • Sticking thermocouple balls in paper. • Filling the water bottle with a funnel. • Children's songs <ul style="list-style-type: none"> • Bhajan • Dhoon • Devotional songs • Prabhatiya
3	Stability	<ul style="list-style-type: none"> • Dumping objects in a bucket. • Target games. • Make a line of chairs and ask the children to pass under them. • Make a line of chairs and ask the children to pass the ball under them.

		<ul style="list-style-type: none"> • Rotating a bangle or bottle cap on floor. • Punching holes with punching machine. • Walking on a straight line or a curved line. • Driving a cart or doll on a straight or curved line. • Walking on path of ropes placed on floor differently. • Build a tower by stacking the desired shape stones one above the other. • Painting in earthen pots. • Put the ball on the paper and hold it on both sides by the child and on other two sides by the mother and bring it to a fixed place.
4	Social development	<ul style="list-style-type: none"> • Acting story • Puppetry
5	Health of mind	<ul style="list-style-type: none"> • Postures • Mudras • Devotional songs

Serial Number	Objective	Vigyanmaya Kosha
1	Identifying shapes	<ul style="list-style-type: none"> • Show pictures of different shapes. • Cut out various shapes and paste them into a fixed figure. • Collect small and large locks and keys to make the child engage in activity to find the right key for the right lock.
2	Identification of sound intensity	<ul style="list-style-type: none"> • Applause of varying intensity.
3	Identification of colors	<ul style="list-style-type: none"> • Show colorful cards and ask the name of

		<p>colours.</p> <ul style="list-style-type: none"> • Making different color impressions with sponges.
4	Inspection	<ul style="list-style-type: none"> • Finding hidden toys or objects. • Finding different objects from the garden. • Finding a toy in a tub full of mugs. (Other items can also be taken) • Putting things in bath tub that float and sink into the tub. • Collect soil, compost and put pulses and grains like <i>mung</i>, <i>barley</i> etc. in it. Make the child pour water in it every day and ask to monitor the process. • Take water in a glass and add baking soda for inspection. (Colors can be added to water) • Observing by placing a pearl in a bottle filled with water. • Adding a drop of watercolor to water.
5	Distinguish	<ul style="list-style-type: none"> • Recognition of sounds of khanjari, manjira, bell, tabla etc. • Collecting different colored objects from all around. • Joining together objects of the same color from objects of different colors.
6	identification	<ul style="list-style-type: none"> • Pointing to objects around and saying their names. • Identification of body parts. • Making sounds of different objects/animals/birds. • Identifying characters from the story. • Draw eyes, nose, mouth on paper.
7	precision	<ul style="list-style-type: none"> • Putting things or toys in the right place. • Delivering the ball to a fixed spot.
8	Development of imagination	<ul style="list-style-type: none"> • Telling a picture story.
9	Development of synthesis	<ul style="list-style-type: none"> • Assembling different pieces of animals,

	ability	birds, human body parts and join them (puzzles)
10	Language development	<ul style="list-style-type: none"> • Storytelling. • Saying rhymes. • Singing poetry. • Singing a verse. • Motivate to describe the picture.

Serial Number	Objective	Anandmaya Kosha
1	Love and warmth	<ul style="list-style-type: none"> • Communicate by touching hand over the children's head and making eye contact. • Cuddling the baby a few times.
2	Prakriti Sanidhya and Saundya Bodha	<ul style="list-style-type: none"> • Excursions in the premises. • Show moon, stars, sunrise and sunset.
3	Introduction to Water Element	<ul style="list-style-type: none"> • Playing with toys and balls in the tub while bathing. • Try to touch the flow of tap water • To splash in water. • Water the plants by making a bottle fountain. • Add soap to water and play with bubbles. • Put thermocouple balls, stones, shells, shells etc. in the water and take them out with a tea strainer. • Transfer water from one tub to another with the help of a sponge.
4	Introduction to Earth Element	<ul style="list-style-type: none"> • Making different shapes with the help of a bowl, glass or other vessel soaked in sand or clay. • Fill sand in a pot with your fist. • Making hand and foot prints with sand spread on the floor. • Drawing different shapes with sand stone

		<p>finger in plate.</p> <ul style="list-style-type: none"> • Planting a tree by the child in nearby areas. • Making clay toys.
5	Introduction to air element	<ul style="list-style-type: none"> • Make and fly a paper airplane. • Making paper rolls.
6	service	<ul style="list-style-type: none"> • Ask the children to give chapati to cow/dog. • Ask the children to feed the bird. • Ask the children to pour the water for plants/trees.
7	joy	<ul style="list-style-type: none"> • Play soft nature music.
8	Spiritual development	<ul style="list-style-type: none"> • Chanting Om. • Singing a verse.
9	The joy of creation	<ul style="list-style-type: none"> • Making a telephone out of a plastic glass or matchbox. • Making sensory color bags.
10	Gratitude	<ul style="list-style-type: none"> • To offer leaves, flowers etc. to God.
11	Immersion	<ul style="list-style-type: none"> • Prayer • Devotional songs • Dhoon • Prabhatiya • Verse

Parenting Tips for Mothers in Online Classes

Number	Counselling Topic
1	How to increase children's immunity
2	Giving Guidance to mother about prevention of corona virus
3	What to do to protect children from corona infection?
4	Proper method of hand washing
5	Home Remedies to Boost Baby's Immunity
6	Ritual process
7	16 rites
8	Maternal diet
9	Cleanliness – clothes, nails, ears, nose, tongue, bed
10	Importance of breastfeeding, right way, effect of mother's thoughts on baby while breastfeeding, diet of breastfeeding mother, things to keep in mind while breast feeding
11	Importance of hymns, bhajans, tunes, prabhatiya
12	Baby clothes and selection of clothes according to the season
13	A selection of stories
14	Child's language development through story, nursery rhyme
15	How to massage and its importance
16	Benefits of massaging the infant by the mother
17	When and how to eat
18	Things to keep in mind when starting a super diet
19	Pediatrics and its home remedies
20	A nutritious dish for mothers
21	A nutritious dish for children
22	Stages of child development
23	Ways to talk to a child
24	Importance of yoga and pranayama for physical health of mother
25	Meditation and mindfulness practices for maternal mental health
26	Impact of parents' positive attitudes on children
27	A selection of toys

28	Impact of mobile phone use on family and child
29	How to do social development of the child?
30	How does music affect child development?
31	Causes and remedies for food aversion in children
32	How a child learns to speak
33	Home environment
34	Children's play area
35	Activities for physical, mental, emotional, social and cognitive development of the child
36	Importance of prayer
37	Kangaroo Mother Care
38	Bottle feeding harms the infant
39	Bathing method and things to keep in mind
40	Importance of Puppet
41	Importance of Music Therapy
42	Importance of Storytelling
43	Routines of children and parents
44	Impact of parents' positive attitudes on children
45	Use of mobile phones and its impact on physical-mental development of children
46	Causes and remedies for irritability in infants
47	Causes and remedies for stubbornness in children
48	Thumb sucking causes and remedies
49	Infant language development
50	Significance of chants, bhajans, tunes, prabhatias
51	Diet according to season
52	A selection of nursery rhymes.
53	Home decoration
54	Causes of burning saliva and its remedies
55	Things to keep in mind while teething, Dental care

Name of Experts

Number	Expert Name	Designation
1	Dr. Rakeshbhai Patel	Children's University (School of Child, Youth and Family Development) Director
2	Shri Divyaben Rawal	Children's University (Department of Toddler Education) Child Counseling Centre coordinator
3	Dr. Sunilbhai Jadav	Children's University (Department of Pre-natal Care and Education) Assistant Professor
4	Dr. Jalpaben Patel	Children's University (Department of Pre-natal Care and Education) Assistant Professor
5	Mrs. Krishnaben Thakkar	Children's University (Department of Food and Nutrition) Assistant Professor
6	Dr. Neetaben Chaudhary	Children's University (Department of Food and Nutrition) Assistant Professor
7	Mrs. Rajshriben Patel	Children's University Tapovan Centre, Gandhinagar Consultant
8	Dr. Nirali Shah	Physiotherapist
9	Dr. Hettal Mehta	Homeopathy doctor

Students affiliated to various courses under Children's University participated as subject experts for their practical papers and to benefit the beneficiaries of the Shishu Paramarshan Kendra.

Number	Name of Student	Course Name
1	Vrindabehan Chhatrola	M.A. Sanskrit
2	Mukti Patel	Prenatal Care and Education
3	Surabhi Bhagat	Prenatal Care and Education
4	Ushma Rami	Prenatal Care and Education
5	Meena Parmar	Prenatal Care and Education

Online Class Photographs:



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nehal chaudhari

riddhi yas

Komal Chaudhary

Anjanaba Vaghela

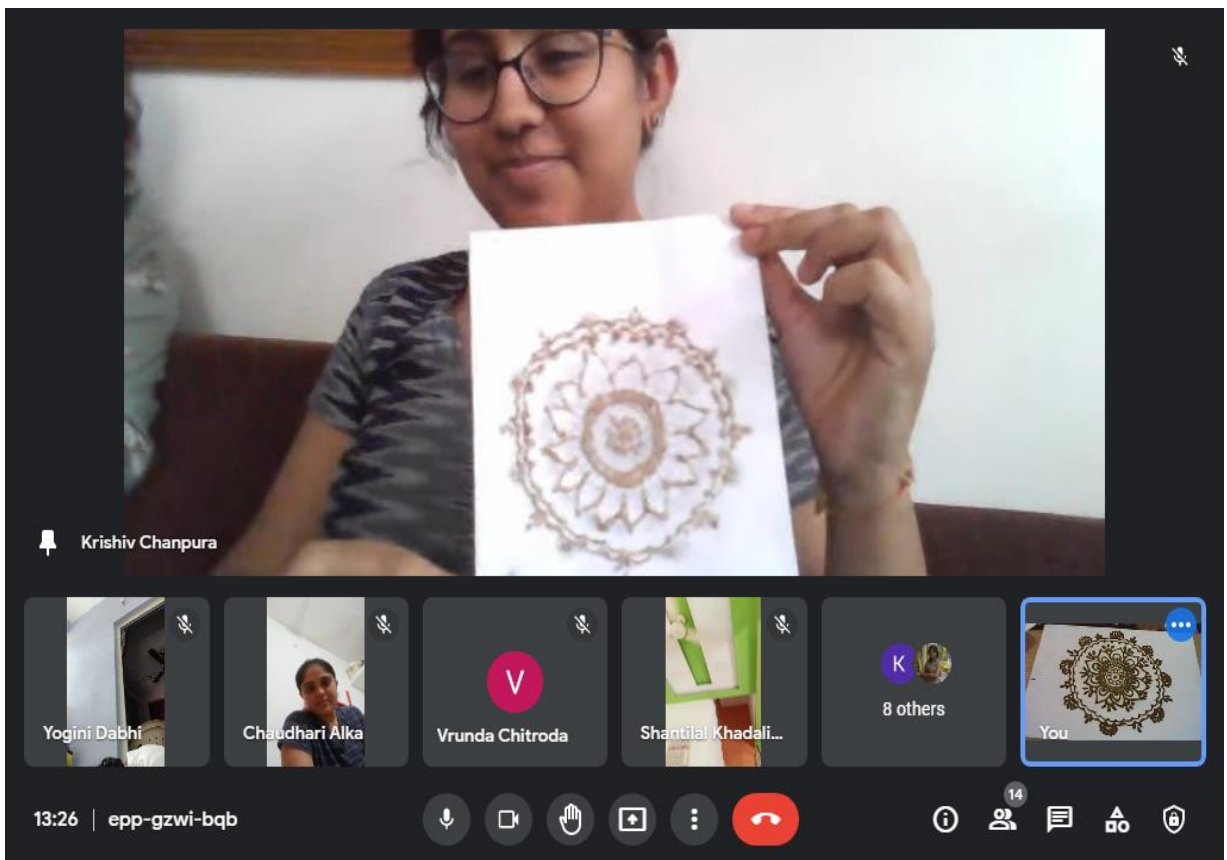
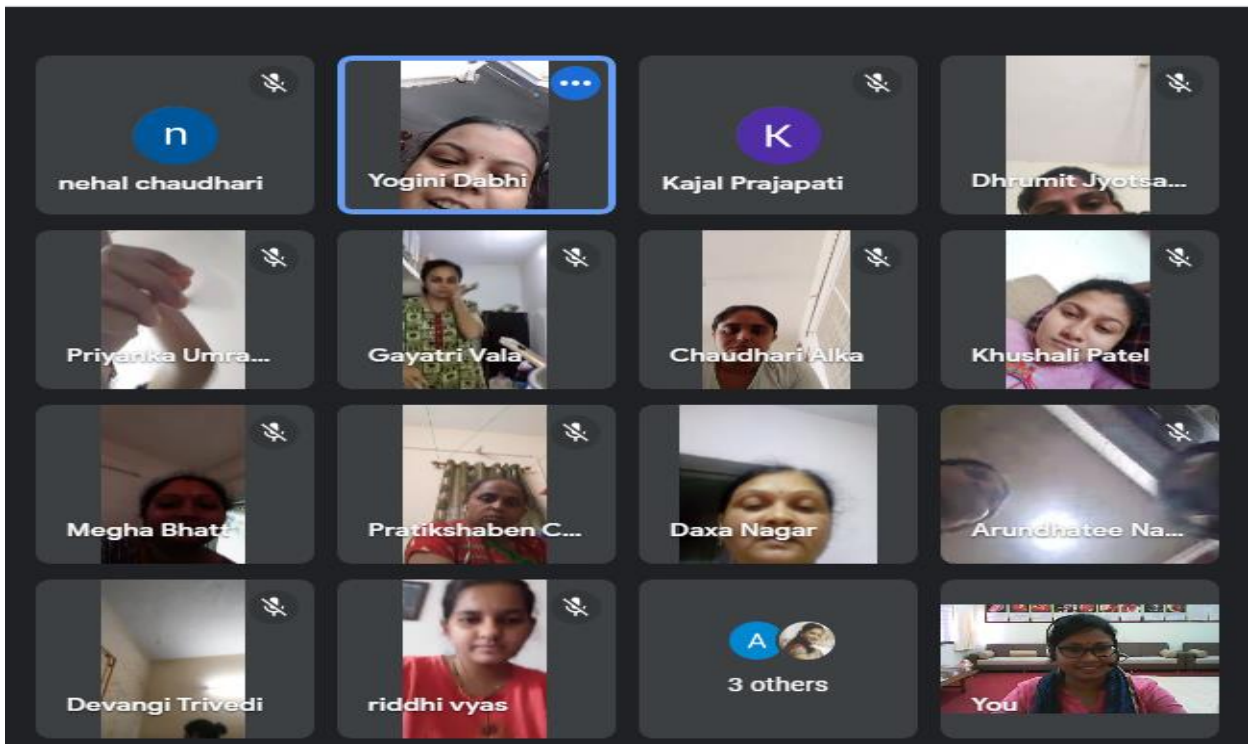
Khushali Patel

Yogini Dabhi

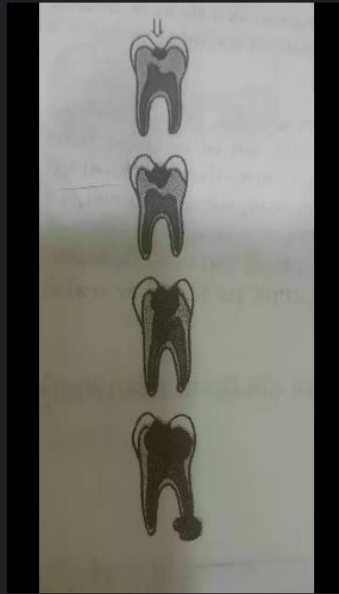
Dhrumit Jyotsana

7 others

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D Divya Raval is presenting



Divya Raval

Arundhatee Nayak

Khushali Patel

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શિશુ પરામર્શન કેન્દ્ર -21

1 To 3. Maluben Bhardarka, C.U.dharavi, C.U.Dr, C.U.Harshad, C.U.rakesh, C.U.sunil...

S.1 To 3. Khushali Patel

આજના વર્ગમાં બચપન ની ઘણી રમતો ની યાદ તાજી થઈ. સ્વચ્છતા ની માહિતી આપતા, સામાન્ય લાગતી વસ્તુ એટલે કે હાથ ધોવા માં કઈ કઈ બાબતો ની કાળજી લેવી એ પણ સમજાવ્યું. આજની વર્ગ ગમ્મત સાથે માહિતગાર પણ રહ્યો. 🙏

1:32 PM

+91 73839 54845 ~Helu

આજના વર્ગ માં જોડકણાં કરાવ્યા. માટું બાળક જોડકણાં બોલે છે અને સાથે અભિનય પણ કરે છે. આજે હાથ કેવીરીતે ધોવા એની પદ્ધતિ શીખ્યા. ખૂબ ખૂબ આભાર દિવ્યા બહેન

1:37 PM

S.P.K.0 To 1.Nehal Chaudhary

આજ ના વર્ગ માં દિવ્યા બહેન ને બાળ ગીત, નવા નવા જોડકણાં, નાનપણ માં રમતા જોડકણાં. સ્વચ્છતા ની માહિતી આપી. આજ ના વર્ગ માં જ્ઞાન સાથે ગમ્મત પણ કરી. વર્ગમાં રોજ નવું જાણવા મળે છે. પ્રોજેક્ટ ધારા હાથ ને કઈ રીતે ધોવા જોઈ તેની માહિતી આપી. ખૂબ ખૂબ આભાર દિવ્યા બહેન રોજ તમે અમને નવીન માહિતી આપો છો.

1:42 PM

S.P. Kajalben

આજ ના વર્ગમાં સ્વચ્છતાની માહિતી આપી , નવા જોડકણાં , બાળ અભિનય ગીતો કરાવ્યા જેમાં ખૂબ જ મજા પણ આવી અને સારુ શીખ્યા. અમને રોજ કાંઈક ને કાંઈક નવું શીખવા મળે છે તે માટે ખૂબ ખૂબ આભાર.

3:00 PM



Ben

eficiary Experience:

નામ :- વાદોલા પ્રતિક્ષાબેન રાકેશકુમાર
ભાણડું નામ :- વાદોલા દેવબેન રાકેશકુમાર

ભાગવતો,

આજે હું બિલ્કુલ સુનિવર્તિતીમાં ચાલતા
શિશુ પચાસન કોઈ વિકાસો મારો અનુભવ આપતો
જુગાવી નથી છું.

આજ તો હું મોજ ખોલ અંતર વાળી
જ આ કોઈમાં આવી જતી પરંતુ આ અનુભવ
કોઈના કામ પછી માર પછે કોઈ અનુભવ છે.
હું મારી ભાણડીને માત્ર 23 દિવસની હતી અને
આ કોઈમાં આવી જતી હતી પછી લીડરશિબના
કારણે કોઈ બંધ થયું અને પછીની બધી
માતા આજે વાંચાર કોઈની આંતરવર્તન થઈ
માર કવચમાં આવી.

માત્રની આંતરવર્તન વર્તન કામગીરી પૂલ
જ મારી આવી જતી છે. તેમાં માતાનો સેડાલ છે
અને બંધ થીમ છે. ત્યારબાદ તે ભાણડો દાર
આ બંધ આંતરવર્તન તરત કરે છે. કોઈમાં
પૂલ આર કોઈવર્તીમાં પૂલ થાય છે. કોઈની
માતાઓના મોટા ભાગના પ્રજાનો કોઈ આવી મલ
છે. ત્યાં જ્યાં જ્યાં જ્યાં દુરા પૂલ છુટું બંધ
મહું આંતરવર્તન આવી છે.

હું મારા વિશે હું છતાં પહેલાં મુજબ
 વર્ષ હું ત્યાં કહેવામાં મારા પહેલાં બાબતને
 સદ્યે આપવી હતી. તે દરમિયાન હું તો જ
 બાબતોને લગતું શબ્દ બધું જોઈ ગઈ છું.
 પરંતુ આ અભિનવાદન વર્ષમાં અમને પણ
 જાણવાની તક મળે છે જેથી મારી એક
 વાતના સંદર્ભમાં ખૂબ મારી પીકચર ચર્ચ ગઈ છે.
 જોકે કંઈક ને કંઈક મળું જોખવા મળે છે.
 ત્યાં વર્ષમાં બાબતો મારે પાથરવા, સ્લાઈડ, કાર્ટ
 પ્રિક્ષણ સંદર્ભ, ગીતો, બાબતોનો, લાલચાં, ભજન,
 એકકણમાં શબ્દ બધું જોખવે છે. તેમાં પણ ખાત
 તો વાતોકથન અને અભિનવાદનો વિશે અને
 અન્ય અન્ય સમજ આપી હતી.

પહેલાં તો અધવાડવામાં એક જ વાત
 વર્ષ હતો અને તેથી તો પાંચ દિવસ વર્ષ
 લોધ છે. તે મને પડી જાય છે. વર્ષમાં એક
 વાત ખાત જોખવે છે અને તે છે બાબત
 આથી આપણું વર્ષ, જેમાં તેને અમને, તેથી
 આથી વાતથી, તેથી દ્વારા ઉચ્ચમાં ઉચ્ચમાં આપવી
 પ્રવૃત્તિનું નિરીક્ષણ વર્ષે. તેથી જ આ વાત
 એકવાર અમને જણાવે તો તેમના બાબતે
 કંઈ પણ કહ્યું હશે અથવા તે બાબત કંઈક
 કરવું હશે તેથી તેથી ગુસ્સો નહિ કરી શકે
 પરંતુ તે જુદી શબ્દ છે તે નિરખવાની
 કૌશલ કરવા.

અમુલ્યતાથી ઘણી બધી ભાંગી છે
દેશમાં સુધારાં અમરું જ કહીને કે આ વર્ષથી
હું પાલેલાં અપાલી લઈ લીં કરતાં પણ વધુ
માલિકી અને આખલા માળી છે, તે પછી બાબક
માટે હોય કે અંક માલ તરીકે મારા માટે
લોલ. હું તે અમરું દરદું દું કે લવી
અમરુંલાઈના લગાં જલદીથી ગરૂ થઈ જાય
જેથી જ અમરું પણ બાબકી માથે અમરુંદ-
કલ્લાલ કવી રાહીએ.

Pravghelg

પતિદાહીન વાદીલા

જુશાલી ફાઉન્ડેશન પટેલ
નિવાસ (૨ વર્ષ ૩ મહીના)

હું ફેબ્રુઆરીથી શિશુ પરામર્શન સાથે જોડાયેલ છું. મારા પતિ અમારા જાણનાં એડમિશન કરાવી લાવ્યા હતા, પરંતુ તે ઘણી મુશ્કેલી હતી કે શું કરાવશો, કેમ કરાવશો, શું હશે પરંતુ ઓનલાઇન વર્ગમાં જોડાયા પછી આ જાણ પ્રશ્નોનો ઉકેલ આવી ગયું. શિશુ પરામર્શન દ્વારા ત્રણ વર્ષ સુધીના જાણનાં સર્વાંગી વિદ્યાભ્યાસ થઈ શકે તેના માટેના પ્રયત્નો, પ્રયોગો, સમતો, સ્લોક, પ્રાર્થના, જાલગીતો, દાહરણ, અવનવી વાર્તાઓ કરાવવામાં આવે છે જેનાથી જાણનાં ભાગવત પ્રત્યે પણ ભાવના અને જોડાણ થાય છે. મારા અત્યાર સુધીના અનુભવમાં કહું તો સૌપ્રથમ જાણનાં રેતીના સમયે જન્મ પછી મારા જાણ તે ન કરતું, આ સમસ્યાને અલગ-અલગ શિક્ષકો અને મહાનુભવો જોઈ શર્યામાં લીધેલ અને એ લોકોના માર્ગદર્શન મુજબ મારા જાણને સમાડતી રહી, જેના પરિણામ રૂપે માવ સામાન્ય લાગણી જાણત પર મારા જાણ રેતીમાં અને માટે વડે સમતું થયું.

જુદી જુદી વાર્તાઓ સાંભળવા સાથે એ અલગ અલગ વાનગીઓ ખાતું થઈ ગયું. પ્રયત્નો અને સમતો જે અહીંથી સુચવવામાં આવે છે તેમાં જાણનાં જોતજોતામાં જોવિક વિદ્યા, સંગીત પ્રત્યેનો પ્રેમ, જુદા જુદા લોકો નોડે દુખવા-મળવાનું, સંસ્કારોનું વિચારનું, દિવ્ય સાથે જાણનાં જોડી શર્યાવાનું, માતૃભાષા પર પ્રેમ અને તેની સાથેનું જોડાણ સરળતાથી થઈ શક્યું. સંગીતી સમવાની તેને ખૂબ મજા પડે, તેને નવું નવું કરવાની, સાંભળવાની ખૂબ મજા પડે છે.

માતૃભાષા સરળતાથી પસાર કરવામાં અહીંથી મળેલ માર્ગદર્શન અને શર્યાઓ કરવાથી સરળ રહે છે. ઘણી મુશ્કેલી નો ઉકેલ મળે છે. સ્ટાર્ટ મોટી લાગતી વાત પણ સતત પ્રયત્ન કરવાથી આપણી જાણમાં સ્વીકારી શકાયેલ આવી

શહીદી અને છીએ તેની જાણ થઈ. જાળડો નોડે અત્યંત સંયમ અને શાંતિપૂર્વક સતત સહારાત્મક ભાવ તેમને આપવાથી તેમનામાં અલગ જ, ન જોઈ શકાય તેવી બદલાવ પણ જોવા મળે છે. માતા અને પિતા નોડે તેમનું નોડાણ વધે છે. મને આમાં નોડાઈને ખૂબ આનંદ અનુભવાય છે.

બધા શિક્ષકો, મહાનુભવો જે પણ વર્ગમાં અમને બધાને માર્ગદર્શન પૂરું પાડે છે તે બધા ગ્રેડદમ સહજભાવે ઘણું બધું સમજાવી જાય છે અને સરળતાથી ઘણી બાબતોનું સમાધાન મળી રહે છે. હું એવી ચિલ્ડ્રન યુનિવર્સિટી દ્વારા શિક્ષક પરામર્શન કેન્દ્ર ચલાવવા અને સર્વેને જાળડોનો ઉછેર પ્રકૃતિના ખોળામાં જાળડોને સખી સત-સતમાં ઘણું બધું જાળડોને શીખવી જાય છે અને તે સ અમને શીખવવા ખૂબ ખૂબ ધન્યવાદ પાઠવું છું, ચિલ્ડ્રન યુનિવર્સિટી નો આભાર માનું છું.

ભી.

ખુશાલી હાર્દિસ પટેલ

