

# PREMPURI BAL SANSKAR KENDRA



Since year 1998, Mrs. **DEENABEN MEHTA & Mrs. SMITABEN THAKKAR** has been organizing **BAL SANSKAR KENDRA** along with her team, which is run on purely voluntarily basis for children between 3 to 13 years.

During last few years, other branches of activities have been added. This has enhanced our activities to serve the society better. We are also contributing to wholistic development of the children associated with various programs.

Bal Sanskar programs include:

- I. **REGULAR BAL SANSKAR KENDRA – Engagement of children in cultural activities and value education**
- II. **YOGA SANSKAR KENDRA – Yoga especially for children**
- III. **TABLA CLASSES – Dedicated and experienced teacher for teaching tabla**
- IV. **SUMMER MELA – Multifarious activates with different themes every year**
- V. **BAL MAHOTSAV – Inter school cultural competition**

## I. REGULAR BAL SANSKAR KENDRA



For children age 3 to 13 years, every Sunday from 3.30 pm to 5.00 pm

### Activities include :

- Prayer
- Picnic – Boat Party, Diwali party, Christmas Party, Heritage Walk, Monson Picnic
- Mind & Memory, Indoor Games & Outdoor Game.
- Celebration of festivals (eg. Janmastmi, Guru Purnima, Friendship Day, Navratri, Diwali, Raksha Bandhan, Christmas, Kite Festival Father's Day, National Day.

- Mask making, Paper Quiling, Origami.
- Audio Visual Show, Puppet Show
- Fancy Dress Poetry Recitation, Elocution. Medical check-up, Drawing.
- Tatto/Face painting.
- Educational field Trips.
- Different Types of Workshops
- Clay Moulding
- Sports Day
- Stage Show, Talent Show
- Slock Chenting



## II. YOGA SANSKAR KENDRA

For Children aged 3-13 years every Saturday from 4 to 5 PM. It runs in 3 quarterly batches.

### Activities conducted are :

- ❖ Prayer
- ❖ Warm-up Exercise
- ❖ Asanas
- ❖ Mind & Memory games
- ❖ Surya Namaskar
- ❖ Breathing Exercise with balloon, Straw, Ball etc.
- ❖ Hand and Eye coordination
- ❖ Concentration Exercise
- ❖ Physical Exercise
- ❖ Candle gazing
- ❖ Puzzle
- ❖ Exercise with Drawing
- ❖ Stretching Exercise



- ❖ Posture Farming Exercise –CAT, TIGER etc.
- ❖ Facial Yoga
- ❖ Relaxation
- ❖ Shavasana
- ❖ Stage Show

### III. TABLA CLASSES



Tabla Classes are conducted by Prof. Rameshbhai Bhojak on Saturdays from 5 to 6 PM for Children above 7 years. Rameshbhai is an international tabla artist with 40 years experience in laying as well as teaching tabla.

### IV. SUMMER MELA

Summer Camps are organized every year in April month for Children between age group of 3-13 years from 3.30 to 5 pm.

Summer Camps are theme based.

#### Our previously held Summer Camps are as follows :-

- Community Helper, Fusion
- Utsav, Chota Nagrik
- Civic Sense, Good Manners
- Seasons of India
- Love Nature
- My Mumbai
- Yoga for Children
- Animal Kingdom, Aduafest
- Color Mela, Mother & Child
- Traditional, Pet World
- Game Khazana





- Celebration of Childhood
- Workshop on “PUPPET WORLD”

## V..BAL MAHOTSAV



Bal Mahotsav is one of the few pure Cultural Festivals in the city organized by Bal Sanskar Kendra, Prempuri Ashram. It provides a stage to Showcase the Student’s Talent through various competitive events to bring out the best of Indian Tradition.

Competitions range from Dance, Drama, Singing, Craft, Drawing, Mock Parliament, Mehendi, Flower Arrangement, Elocution, Essay Writing etc.



Nearly 600+ Prizes are to be won as well as trophies for School. It is a keenly fought competition between students of 200+ schools and over 5000 participants



**\\WELCOME//**