



# **SALWAN EDUCATION TRUST**

## **A REPORT ON NAVTIKA NATIONAL SYMPOSIUM 2.0 5<sup>TH</sup> AUGUST 2023**

“We want that education by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one’s own feet.” -Swami Vivekananda



## **ACKNOWLEDGEMENT**

I would like to acknowledge and convey my gratitude to Dr Indu Khetarpal and Shri Sushil Dutt Salwan, Chairman, SET for their benevolence in encouraging us to organize the Navtika National Symposium 2.0. The support extended by the Principals, Vice-Principals and Headmistresses across SET schools for circulating the invite widely is duly appreciated and acknowledged. I also appreciate Ms Priyanka Barara for giving the welcome address , Ms Rashi Oberoi for moderating the session and Ms Sonia Wadhwa for giving the opening address .The technical support lent by the IT team, SPS Gurugram, Sector 15 is also duly appreciated and acknowledged.

## Report

### The 2<sup>nd</sup> Edition of NAVTIKA National Symposium 2023 On

### 'Pancha Kosha: Learning to Relearn and Discover the Essence of Contemporary Education'

Date: Saturday, 05 August  
2023

Mode: Virtual Platform

No. of attendees: 648 on screen



**SALWAN EDUCATION TRUST**  
Cordially invites you to the

## NAVTIKA NATIONAL SYMPOSIUM 2.0

on

### 'PANCHA KOSHA : LEARNING TO RELEARN AND DISCOVER'

under the banner of

# NAVTIKA

A Journal of Early Childhood Care and Education by Salwan Education Trust

5<sup>th</sup> August, 2023  
03:00 PM - 04:30 PM IST  
Zoom Platform

Scan QR Code to Register

**KEYNOTE SPEAKER**



**Prof. (Dr.) Venita Kaul**  
Director Emerita,  
Centre for Early Childhood Education and Development  
Ambedkar University, New Delhi

**MODERATOR**



**Rashi Oberoi**  
Head of Primary Wing  
Salwan Public School  
Regendra Nagar

**PANELISTS**



**Dr. Seema Negi**  
Classroom Principal  
Sangam World School



**Ms. Devika Nadig**  
Teacher  
Shikshangan Education Initiatives  
Pune



**Dr. Shipra Suneja**  
Assistant Professor  
Azim Premji University



**Dr. Vasavvi Acharjya**  
Founder and Chairperson of  
Early Childhood Development Forum  
Founder and Managing Director  
of Tender Peetha Preschools and JRFs



**Ms. Amrit Nagpal**  
GSA Area Consultant  
Curriculum Analyst  
Shikshangan and Navan Gosh



**Ms. Seema Tuli**  
Principal, Shikshangan  
Amar Jyoti School Delhi

Regd. Office : Salwan Montessori School, Sector-5, Gurugram - 122001 (Haryana)  
E-mail : navtika@salwanschools.com, Telephone : 0124-4295186, +918851406607

**REGISTER NOW!**

Time	Duration	Session Details	Speakers
3:00 PM	5 mins	Welcome Address	<b>Ms Priyanka Barara</b> Editor, Navtika
3:05 PM	5 mins	Briefing about Navtika	
3:10 PM	10 mins	Keynote Address Topic: Offering the right support to teachers for Activity Based Education	Prof (Dr) Venita Kaul
3:20PM	10 mins	<b>Sneak Peek into the Best Practices from Early Childhood Classrooms</b>	
3:30PM	55 mins	Panel Discussion Round 1 Round 2 Topic: Pancha Kosha: Learning to relearn and discover the essence of the contemporary educational landscape  Panchaadi: Ways of Learning	<i>Panelist:2- 3 min each Panelist 8-10 min each</i> <i>Moderator: Ms. Rashi Oberoi</i> Speaker 1 Dr. Seema Negi Speaker 2 Ms. Devika Nadig Speaker 3 Dr. Shipra Suneja Speaker 4 Dr. Vasavvi Acharjya Speaker 5 Ms. Amrit Nagpal Speaker 6 Ms. Seema Tuli
4:25PM	5 mins	<b>Q&amp;A session</b>	
		<b>Quiz</b>	
4:30PM	5 mins	Closing Remarks	<b>Summing up by the Moderator</b>  <b>Ms. Rashi Oberoi</b>
4:35PM	5 mins	Valedictory	<b>Ms. Sona Gombhar</b> Head, Salwan Montessori School, India

**NAVTIKA**, a quarterly Journal on Early Childhood Education (ECE), has not only created a niche in the world of early childhood learning, it is taking leap ahead, far beyond being a journal, serving not just as a practical tool but as an interactive forum to address the concerns of parents and educators related to Early Childhood care.

To understand and give a broader perspective to the Panchakosha, the ancient concept of Education introduced by NCF 2022 and to make this an integral part of Early childhood education, the Salwan

Group of Schools under the aegis of Salwan Education Trust, New Delhi organized the second Edition of Navtika National Symposium on '**Panchakosha: Learning to Relearn and discover the essence of Contemporary Education**' under the banner of NAVTIKA in a virtual mode.

### **A Brief Introduction -PANCHA KOSHAS**

Pancha Koshas, originating from ancient Indian philosophy, refers to the five layers or sheaths that comprise an individual's existence, emphasizing the holistic nature of human beings. Vedanta investigates the human uniqueness into five layers/sheaths koshas or levels. It uncovers the fundamental components that give the universe and the microcosm system. It shows us the instrument of the body, brain, and soul, from the gross components that make up the actual body to the more inconspicuous parts of the psyche and awareness. It distinguishes every component, shows us its capability, and shows us the relationship of the multitude of components with one another.

All the enthusiastic participants from all across the schools including educators, principals, and parents were rendered a warm welcome, and the symposium was marked open, by **Ms. Sonia Wadhwa** from Salwan Junior School, Naraina. She also briefly introduced the sole aim and vision of Navtika which came into existence in the year 2007 incepted by Dr Indu Khetrapal, the Chief Editor of the magazine.



### **Important Announcements**

- The participants were told to ask the questions from the panelists once the panel discussion was over.
- She further informed that the participants attending the symposium would be given a certificate of attendance based on the feedback form.
- A certificate of appreciation will be awarded to those participants who will answer the quiz questions correctly.
- Flow of event was also shared by Ms Wadhwa

### Welcome address

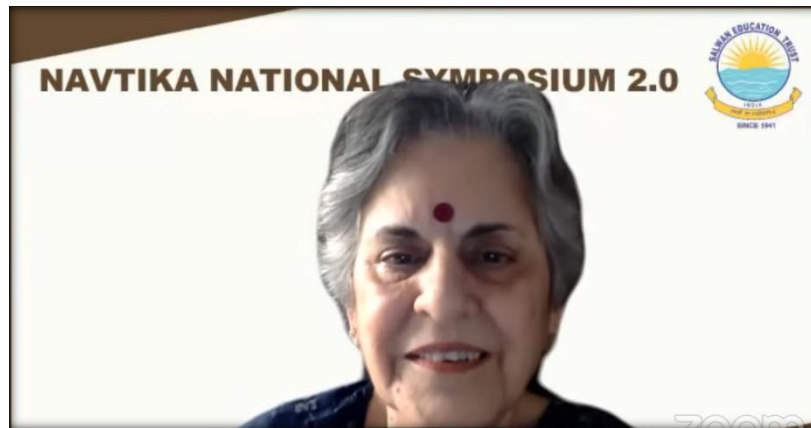
**Smt. Priyanka Barara, the Editor of Navtika** and the Principal of SPS, Rajendra Nagar proposed the welcome address. She brought about the relevance and significance of ancient education. She emphatically quoted, “The symposium is a testament of a collective commitment to pushing the boundaries of educational paradigms to the lengths of Panchadi ways of learning. We seek to explore innovative strategy, unconventional approaches and transformative ideas that hold the power to reshape the educational landscape of today and tomorrow.”



### Key Note Address

Topic: Offering the right support to teachers for Activity Based Education

**Dr. Venita Kaul** in her **keynote address** threw light on Play-Based Pedagogy. The methodology should have a larger canvas where each child is catered to and not narrowed to activity-based learning. She also talked about how the 3 Rs, the conventional practice at an early stage of life hampered the growth of a child. The playschool programme should provide all necessary foundational skills and competencies like the sensory, cognitive, concept, language, physical motor and socio-emotional development for school preparedness. She believed that teachers need to shift gears and must have a common vision. An indispensable support can be on-site mentorship. Teachers need to be transformed by facilitating teacher interaction as teachers learn a lot from each other, sometimes more than an external person. Another very significant tool for a teacher is Action Research where teachers are given the autonomy to do their research, explore and see what works. Finally, most importantly, she pinpointed that teachers should be celebrated and appreciated for the efforts they put in.



### **Small peep into Pancha Kosha Vikas**

Soon after, all the participants got an opportunity to have a sneak peek of best practices which gave an insight into various aspects of holistic development of a child-like play-based approach, foundation literacy and numeracy, art integration, and inculcation of values through storytelling. All these form an integral part and parcel of early Childhood education.

<https://uploadnow.io/f/6N1Bw6v>



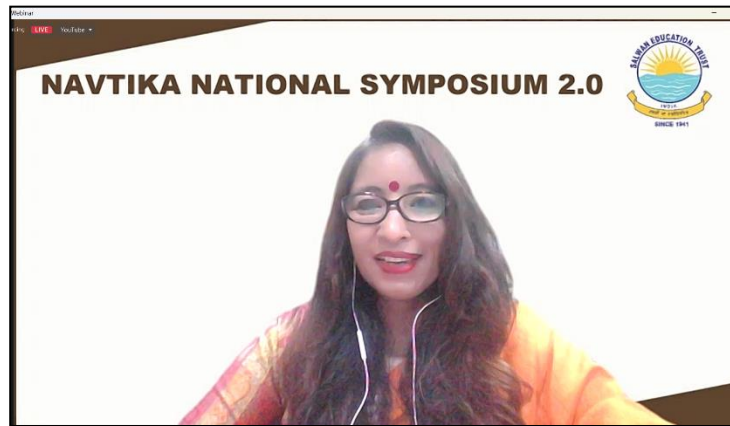
### **Panel Discussion**

This was followed by the commencement of a panel discussion **moderated by Ms. Rashi Oberoi**, the Head of the Primary wing, SPS Rajinder Nagar. Before introducing all the six eminent panelists, she beautifully set the tone by chanting the Sanskrit shloka, “*Vidya Dadati Vinayam Vinayad Yati Patratam, Patratvaddhanamapnoti Dhanadharmam Tatah Sukham.*”



What are the implications and potential benefits of adopting a Pancha kosha approach in ECCE both for individual and children and the overall education system?

The **first panelist** on the board was **Dr Seema Negi**, the Director and Principal, Sanjeevani World School, Mumbai. She, in her address, emphasized that the entire ecosystem of the school must resonate with varied practices. For children, everything should revolve around play. Obstacle activities like crawling, jumping, running, and allowing them to play in the mud enable them to come out of their comfort zone. This further helps in developing their Annamaya Kosha and Mano Maya Kosha. Incorporating **breathing exercises** helps in developing Pranayama Kosha. Each skill that a child learns, is visible learning. An atmosphere of appreciation is what will motivate students. She summed up the essence in one statement ‘Shiksha ka udaishya hai manushya banana.’ In the end, she also gave the five pillars of learning which are crucial to a child’s overall development.



What role does Pancha Kosha play in cognitive, intellectual and intuitive development? How can the concept of Panch Koshas be integrated into curriculum planning and instructional strategies in ECCE

To the query “What role Pancha kosha plays in cognitive, intellectual and intuitive development?” raised by the moderator to **Dr. Shipra Suneja**, she underscored a pertinent fact that the whole concept depends on how children sense the world. Each child should be perceived as an active participant. There has to be a connection between mind, body and spirit. It is important to look at the child in interaction with the environment be it physical, social or emotional. No development is in isolation. Secondly, a child’s relationship with human and non-human forms is also very significant. Thirdly, curricular experiences help in encouraging innate qualities like a sense of inquiry, curiosity, imagination and use of language. An integrated approach in education can facilitate synchronous learning in a child.



Most difficult part of implementing Inclusion Program and how can we collaborate with all stakeholders to support and implement Pancha Kosha

The **third panelist Dr. Seema Tuli** shared her insight on the challenges to inclusive education. Dr Seema Tuli indicated that the biggest challenge was the Attitudinal Barrier and reinforced the strong idea that Inclusion is not just limited only to children with special needs or disabilities, it is all about ensuring equity. She shared her thoughts on how all the stakeholders can be woven together to bring the correct outcome. She firmly said that equal responsibility leads to equal opportunities. Communities collaborating for the common mission leads to acceptance, promotion of social integration and active



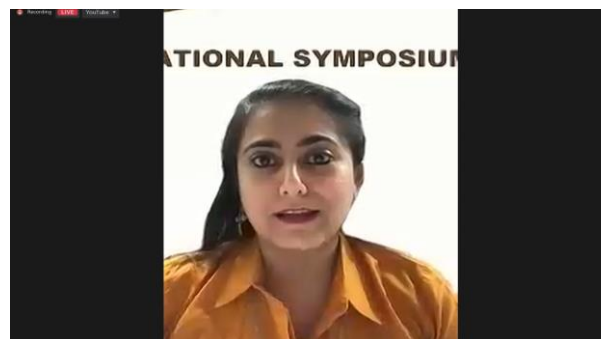
involvement in the holistic development of our children. Educational institutions are playing a massive role in the promotion of the overall development of a child. Inclusion and acceptance of diversity should be given the top priority from the grass root level.



Pancha Kosha supports the socio emotional development of children and the establishment of positive relationships in ECCE environment. How does NCF framework support the development of language and communication skills in early childhood?

**Ms Amrit Nagpal**, the fourth panelist in response to the question “What are the Challenges of the implementation of Panchakosha in curriculum.” shared her in-depth knowledge by comparing the term Pancha kosha with the peels of an onion which are interconnected and is often described as five layers or sheaths that envelops the core of our being. The aim is to realize the highest goal of our life through Pancha kosha i.e. Self-Realization. We come from a country of cultural diversity and socio-economic disparity, which itself is the biggest challenge. Not everyone’s belief systems would align with it. She emphatically stated that with challenges come opportunities. Correct exposure of various stakeholders to its philosophy is crucial for implementation.

A deeper understanding of the concept of Pancha kosha with an open mind can go a long way to adapt and practice. Pancha kosha no doubt helps in the personal growth of an individual as well.



What are different Panchaadi modes of learning how do they cater to the diverse learning styles and needs of children and needs

The next panelist **Dr. Vasavi Acharya** delved into five domains/ sheaths of Panchakosha and how it can be integrated or weaved into the learning process and help children imbibe multiple skills so that a bigger

learning takes place. She said that a child is born with a 'tabula-rasa' or an open mind and slowly they get introduced to varied concepts with the help of the environment. Therefore, when he steps into the school, the educator must understand the level of the child and should proceed from the known to the unknown. The second step is all about experiential learning where he learns to explore, discover, observe, discuss, and evaluate his learning process. The third step is the 'Abhayasa' where the concept learnt is reinforced. When children are learning academic concepts, they also learn values. She talked about the next step which was about integrating their knowledge into real-life applications. The final and most crucial aspect is the last phase which is an expansion of knowledge that comes through sharing with fellow students. This helps strengthen their knowledge further.



Assessment and evaluation processes in ECCE in alignment with the principles of Pancha Kosha

**Ms. Devika Nadig** brought to the fore her valuable inputs from her vast experience on the Universality of the Panch kosha concept in terms of Assessment. She highlighted the very fact that Pancha kosha is all about connecting with the highest inner self i.e., reaching the Anandmaykosha- where joy should not be compromised upon. There has to be some learning benchmark/ standard for measuring the wholistic progress of the child. Language and numbers are two indispensable ways that can help children unravel the mysteries of the universe. She appreciated the efforts of NCF and FLN which have created the right rubrics, the authentic tool to assess the holistic progress of a child. She concluded by saying that she was happy that the Progress card will now have a section for parents' comments and now they are looking forward to 360-degree holistic development of a child.



Storytelling shall be bilingual or monolingual

In the end, as a closing statement each speaker put forth their ideas on whether storytelling should be bilingual or monolingual and if Pancha kosha will surely be instrumental in the progress of a child. They all came up with a wonderful idea that stories should always be told in the language of children which they comprehend. Stories help them to go beyond their imagination and express themselves in their beautiful way thus developing all their faculties.

### **Valedictory Address**

**Ms Sona Gombar, Headmistress, Salwan Montessori School**, accorded a vote of thanks by expressing her gratitude to all the eminent speakers who had joined from various walks of life to share their expertise and in-depth knowledge on Pancha Kosha and its role in Early Childhood. She highlighted all the key takeaways of each speaker which were worth imbibing.

- Embracing change and building resilience are key factors in ensuring quality early childhood education.
- By staying up-to-date with current research and best practices, creating a positive and supportive learning environment, promoting effective communication, and practicing self-care, educators can help to build a strong foundation for the children in their care.
- Role of teachers in providing the right environment defining the criticality and importance of ECCE.
- Teachers need to be empowered by encouraging practices like action research, mentorship and exchanging their best experiences.



Overall, the interactive session on the Vedic concept of Pancha Koshas provided a transformative journey into the intricacies of human existence, offering participants a new lens through which to view their children and their world, and how integrating the wisdom of the Pancha Koshas into their children's lives can bring forth their holistic progress.

