

Nurturing and Empowering the change makers of tomorrow in unison with NEP 2020

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FARIDABAD : Every child is born with unique and inherent potential which can be unlocked by providing the tools for lifelong growth. At Jiva we are committed to nurturing and empowering every child to become the Change Makers that this world needs. For the last 3 decades Jiva Public School has taken inspiration from indigenous knowledge systems to create a learning system that nurtures the inherent abilities and growth competencies in every child. With access to the collective wisdom of "Jiva Ayurveda" and "Jiva Institute of Vedic Sciences and culture", Jiva Public School uses indigenous principles of learning and sources of knowledge to provide the students a strong foundation rooted in mindful traditions. We integrate physical, mental, emotional and spiritual growth of every child through our pedagogy and integrated practices.

Growth comes from within

We believe growth cannot be enforced externally, it has to be triggered from within the child. Teachers at Jiva use unique frameworks developed by Jiva to bring an internal transformation in the students.

Growth unlocks when we nurture the Swabhaav or True Nature

We believe every child has a unique prakriti, which is a combination of multiple intelligences and multiple natures. Our educational approach is built around nurturing this uniqueness rather than a size fits all approach.

Building Growth Competencies for life

Jiva believes in creating Growth Competencies in its students by integrating academics, skills and values in the learning system. Empower-



RISHI PAL CHAUHAN

ing the students with lifelong ability to grow and face new challenges of life with conviction.

Unlocking the 'Enduring Growth Mindset'

We have drawn from the deep wisdom of our Vedic traditions to cultivate lifelong 'Growth Mindset' in all the Jiva learners. The Enduring Growth Mindset is a combination of four competencies or strengths that help every child develop the capability to overcome and stand against anything that might come their way in this fast changing world. It enables the child to choose the right way, move on the right path and turn this world into a better place.

1. Self Awareness

The critical component of self-awareness allows children to understand their own strength, weakness and empower them to become familiar with their own abilities and tendencies.

2. Self Mastery

Jiva has developed systems and practices that allow every child to practice self-mastery and take charge of their continuous self-improvement and become resilient.

3. Social Empathy and Intelligence

All knowledge and skills today need to be practical applicable and usable in the real time. Every child must have the ability to think as an individual and be highly effective as the member of

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a group – whether a team or an organisation.

4. Decision Making and Ownership

Jiva's learning system empowers students to become effective decision makers by honing the ability to be goal oriented and take decisions that makes one successful in life.

Tools and Frameworks

Jiva has developed and perfected several tools over the last 30 years. Each tool focuses on developing different growth competencies in every child and empowering them with capabilities that are over and above the standard knowledge and skillsets.

Prakriti

Ayurvedic principles of well-being are built into the daily life of the school, each of its students and teachers. We conduct a Vatta, Pitta, Kapha (VPK) analysis of every student. This helps them lead a life suited to their unique body type. From the food they consume to the kind of activities, they respond best. To an understanding of their own Prakriti ensures our students are aware and capable of managing their own well-being.

Multiple Intelligence – Multiple Natures (MI-MN)

The MI-MN system helps in identifying and nurturing the inherent nature of every individual at Jiva to guide them on their own

growth paths. Embodying the 'Situating in Self' principle of Ayurveda, the MI-MN framework allows students to apply their self-knowledge and strengths in a challenging and rewarding manner.

Swadhyay

A consistent Swadhyay practice is meant to develop socio-emotional skills and sensitivity, aid in decision making, build resilience and confidence in the self. Jiva believes in the power of looking inwards to engage more fruitfully with the world outside. A constant and consistent dialogue with self is built and triggered in every child. This is done through prompts and building curiosity about one's inner thoughts and feelings.

Self, Others and Environment

The "Self, Others, Environment" framework is a way to channelize the power to enhance and advance not just the self, but also the society. SOE helps every individual at Jiva to understand every interaction, every decision through multiple perspectives and bring alive the principle of interconnectedness.

DincharyaKeNiyam

DKN is a blueprint for action. The streams of self-awareness and strengths, conscious decision making and social empathy can be impactfully put into practice by learning how to work to work towards one's goals. In the early years, Dincharya practice provides a sense of stability to every child. As the students enter higher classes, this foundation helps them on their path to self-mastery, through an inner sense of discipline.

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