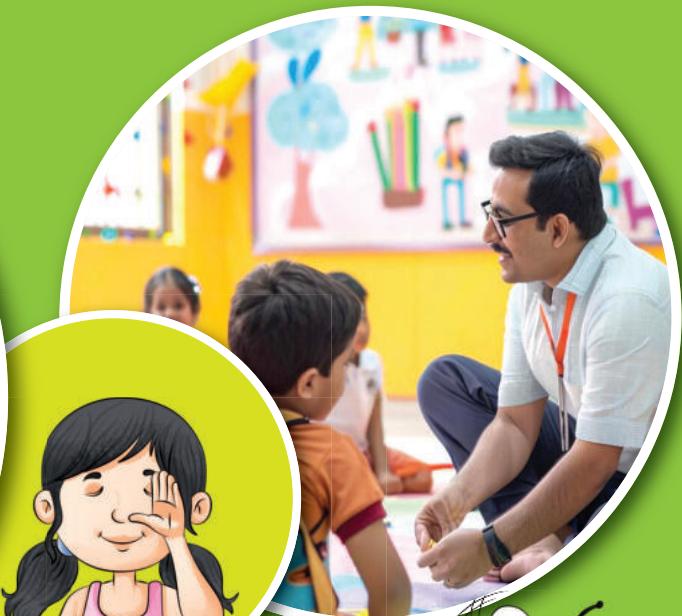




# Balvatika

1 2 3

An Interactive and Integrated Course



 Pratyush  Arun  Uday

# Our Vision

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Bhartiya Shiksha Board (BSB) has developed a national education system that seamlessly integrates cutting-edge scientific research in brain development, child psychology, and learner-centric pedagogical approaches with the venerable traditions of our indigenous schooling model — the Guru Shishya Parampara. In doing so, the BSB curriculum embodies a balanced synthesis of wisdom from ancient Indian knowledge systems (IKS), and contemporary scientific advancements and technology.

Aligned with the guidelines of the National Curriculum Framework (NCF 2023), the Board lays significant emphasis on Competency Based Learning, and the cultivation of 21st-century skills among students, right from the Foundational Stage up to the Secondary Stage. This approach aims to nurture critical thinking and problem-solving abilities, essential for lifelong learning and success in a dynamic world. Moreover, the Board acknowledges the pivotal role of continuous professional development of educators, to ensure that they are equipped to transact the curriculum effectively and maximize student learning outcomes.



Swami Ramdev and Acharya Balkrishna envision an educational system that cultivates well-rounded individuals who are not only intellectually proficient, but also morally and spiritually grounded. Their perspective on education seamlessly integrates traditional Indian wisdom with contemporary educational practices, focusing on self-realization and holistic development. They emphasize the importance of instilling values such as discipline, respect, and moral integrity in students. According to them, education should help build the character and foster a sense of responsibility towards society and the nation. True education transcends textbooks and exams, nurturing the mind, body, and soul, and equipping individuals with the necessary 21st-century skills to positively impact society and the nation, in the modern world.



The vision of BSB regarding education aims to create a progressive, inclusive, and dynamic educational ecosystem, that empowers students to become responsible, innovative, and capable leaders of the future. In the contemporary educational landscape, there is a growing recognition of the need to integrate modern competencies with ancient wisdom and cultural heritage. This holistic approach aims to produce well-rounded individuals who are not only adept in contemporary skills, have the knowledge to prioritize economic growth, but also remain grounded in their cultural identity and ethical values. Education should foster scientific and technological advancements with environmental sustainability. It acts as a catalyst for promoting social justice and equality, shaping a society where every individual, regardless of their background, has the opportunity to thrive. Moreover, it encourages student participation and contribution, vital for shaping the economic, cultural, and democratic environment. Together, these elements forge a path towards a prosperous, progressive, and harmonious global community.

**Dr N. P. Singh**  
I. A. S. (Retd)  
Executive Chairman  
Bhartiya Shiksha Board

The **Bhartiya Shiksha Board** is pleased to present the **Balvatika series—Pratyush, Arun, and Uday**—designed for children aged **three to six years old**. This series aims to nurture joyful and engaging experiences among young learners: **Pratyush** (3-4 years), **Arun** (4-5 years), and **Uday** (5-6 years).

These textbooks have been developed with a **practical and child-centred approach**, thoughtfully integrating the **diverse dimensions of Indian culture** and the guiding principles of the **National Education Policy (NEP)** to ensure the **holistic development of every child**.

A child's **first school is the home**, and their **first teachers are their parents**. From their immediate environment, children naturally absorb foundational knowledge—**language, habits, behaviour, values, and a sense of responsibility**—which together lay the **foundation for lifelong learning**.

## BSB's Foundational Years' Programme

### Key Points of the National Education Policy forming the basis of this curriculum

- Value-Based Education
- Positive Learning Environment
- Interesting and Experiential Activities
- Cognitive, Physical, Mental, and Linguistic Development
- Social and Emotional Development
- Early Childhood Care and Education (ECCE) and Panchakosha
- Yoga, Sports, and Physical Activities
- Foundational Literacy and Numeracy (FLN)
- Mother Tongue / Regional Language
- Art and Culture Integration
- Learning Connected to Real-life



## Key Points of NCF–FS forming the basis of this curriculum

**Holistic Development:** Focus on all domains — physical, socio-emotional, cognitive, language, aesthetic, and cultural.



**Panchakosha Vikas:** Development of body, energy, mind, intellect, and spirit for overall growth.

**Play-Based Learning:** Learning through play — free, guided, and structured activities.

**Activity-Based Approach:** Use of stories, songs, rhymes, art, craft, games, and outdoor play.



**Child-Centered Learning:** Rooted in children's life, home, and local environment.

**Language:** Mother tongue/Regional language used for instruction; smooth transition to other languages.

**Foundational Literacy & Numeracy (FLN):** Focus on reading, writing, and number sense.

**Hands-on Learning:** Use of concrete materials, manipulatives, and oral language activities.



**Assessment:** Continuous and observation-based; no formal tests.

**Portfolio & Observation:** Children's work and teacher notes used for progress tracking.

**Inclusive & Flexible Learning:** Respect for different learning speeds and needs; context-based teaching.

**Learning Environment:** Safe, clean, cheerful classrooms with indoor and outdoor spaces.

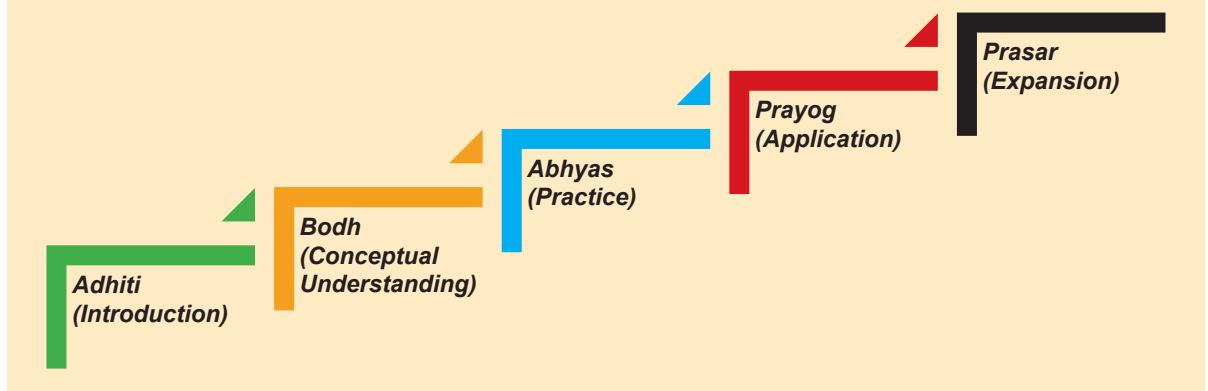
**Role of Teachers & Parents:** Teachers act as facilitators; parents and community play key roles.



**Real-life Connection:** Learning linked to daily life, nature, and experiences—focus on understanding, not memorization.

## Panchpadi

The Bhartiya Shiksha Board emphasises a five-step learning process called 'Panchpadi', which provides a useful framework for teachers to plan and organise classroom instructional practices.

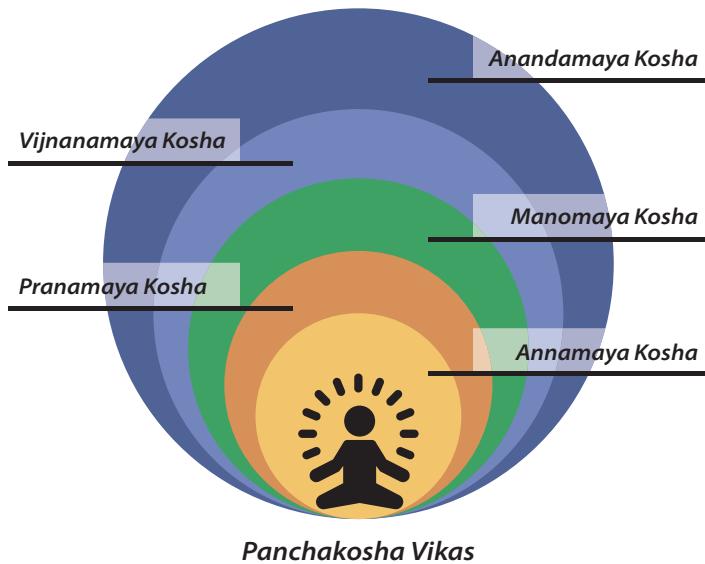


## Panchakosha Vikas

Panchakosha Vikas (Five-fold Development) - A keystone in Indian tradition.

A child is a complete being, nurtured through the five koshas or sheaths. The layers are Annamaya Kosha (physical layer), Pranamaya Kosha (life force energy layer), Manomaya Kosha (mind layer), Vijnanamaya Kosha (intellectual layer) and Anandamaya Kosha (inner self). Each layer exhibits certain distinct characteristics. The holistic development of a child takes into account the nurturing and nourishment of these five layers.

Specific types of practices are designed to enable the development of each of these koshas. However, the practices are designed keeping in mind that the koshas are interconnected; therefore, activities focusing on one aspect also contribute to the development of the others.

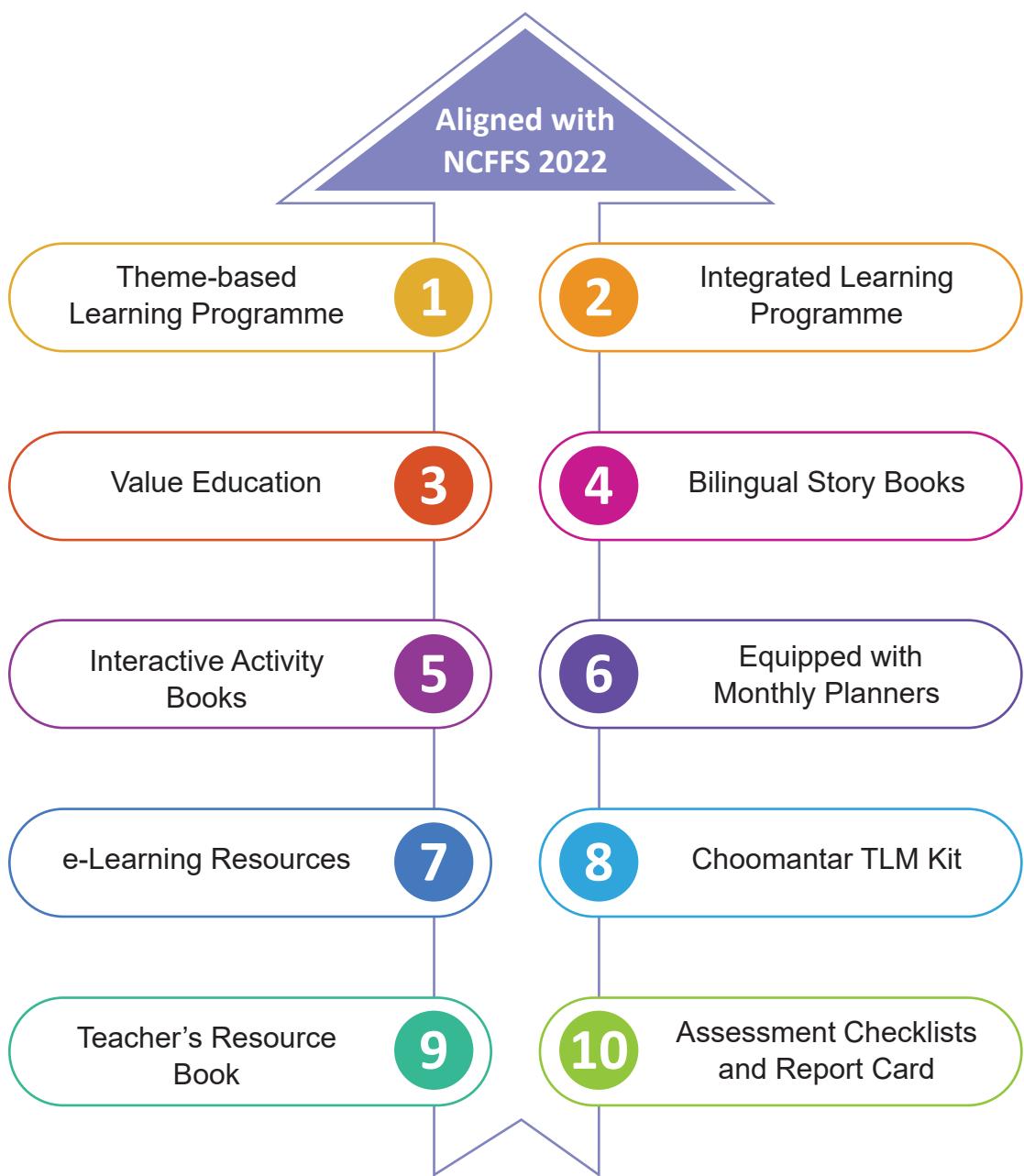


## Curricular Goals for Balvatika

Domains	Curricular Goals
<i>Annamaya kosha and Pranamaya kosha</i> (Physical Motor Development)	<b>CG-1</b> Children develop habits that keep them healthy and safe <b>CG-2</b> Children develop sharpness in sensorial perceptions <b>CG-3</b> Children develop a fit and flexible body
<i>Manomaya kosha</i> (Socio-emotional and Ethical Development)	<b>CG-4</b> Children develop emotional intelligence, i.e., the ability to understand and manage their own emotions, and respond positively to social norms <b>CG-5</b> Children develop a positive attitude towards productive work and service or 'Seva' <b>CG-6</b> Children develop a positive regard for the natural environment around them
<i>Vijnanamaya kosha</i> (Cognitive Development)	<b>CG-7</b> Children make sense of the world around them through observation and logical thinking <b>CG-8</b> Children develop mathematical understanding and abilities to recognise the world through quantities, shapes, and measures <b>CG-9</b> Children develop effective communication skills for day-to-day interactions in two languages <b>CG-10</b> Children develop fluency in reading and writing in Language 1 <b>CG-11</b> Children begin to read and write in Language 2
<i>Anandamaya kosha</i> (Creative and Aesthetic Development)	<b>CG-12</b> Children develop abilities and sensibilities in visual and performing arts and express their emotions through art in meaningful and joyful ways
<b>In addition to the above curricular goals, Positive Learning Habits is another relevant goal</b>	
Positive Learning Habits	<b>CG-13</b> Children develop habits of learning that allow them to engage actively in formal learning environments like a school classroom

## Highlights of BSB's Foundational Years' Programme

The Balvatika books are designed as an interactive and integrated theme-based learning programme for the Foundational Stage. The curriculum has been woven into nature walks, play, games, songs, stories, activities and skill-building tasks to connect learning to the child's life, and bring fun, enjoyment, curiosity, wonder, and other emotions to the classroom.



## Phonetic Approach for Sound- Symbol Association

In the phonetic approach, children are first taught how to listen, recognise, and pronounce sounds. BSB's Foundational Years' Programme uses the SATPIN approach, integrating phonics and Hindi clusters for sound-based, age-appropriate early literacy. In Balvatika, specific clusters are introduced systematically in both English and Hindi to build strong foundational skills.

Subjects	Pratyush		
English	I	II	III
	S, A	P, N, T, I, L, G	H, E, D, O
हिंदी	म, प, न	क, ल, आ, ट, ग	ई, त, टी, च, ओ, ओ, स, औ, औ

Subjects	Arun		
English	I	II	III
	R, C, U, B	M, V, Y, J, F, K	EE, X, W, Z, Q
हिंदी	घ, उ, ऊ, र, य	ब, ए, ई, अ, ड, डु, ए	द, ई, इ, ि, भ, थ

Subjects	Uday		
English	I	II	III
		oo, yoo, sh, wh	ch, th, bl, br
हिंदी	ह, ख, ट, फ, ज	व, छ, ऊ, ठ, ध, झ, ठु, ठु, श	ज्ञ, श्र, अं, त्र, ष, ण, क्ष, त्रृ



# Pratyush



An Interactive and Integrated Course  
for Balvatika 1



**ISBN**

978-81-19157-88-4  
978-81-19157-57-0  
978-81-19157-74-7

**ISBN**

978-81-19157-81-5  
978-81-19157-24-2  
978-81-19157-34-1



# Arun

An Interactive and Integrated Course  
for Balvatika 2



**ISBN :**

978-81-19157-94-5  
978-81-19157-30-3  
978-81-19157-84-6

**ISBN :**

978-81-19157-91-4  
978-81-19157-16-7  
978-81-19157-38-9



# Uday

An Interactive and Integrated Course  
for Balvatika 3



**ISBN :**

978-81-19157-21-1  
978-81-19157-96-9  
978-81-19157-76-1

**ISBN :**

978-81-19157-67-9  
978-81-19157-22-8  
978-81-19157-49-5

## Answer to Frequently Asked Questions on BSB Textbooks

### Q.1. How can a school get Affiliated/Associated with the Bhartiya Shiksha Board (BSB)?

**Ans.** Detailed instructions including Affiliation Bye-law are provided on our website. For more details, please contact via phone or WhatsApp the BSB Customer Support Number: 8954999000 Email: [affiliation@bsb.org.in](mailto:affiliation@bsb.org.in), BSB Office Hours: Daily from 6:00 AM to 10:00 PM

### Q.2. What is the USP of Textbooks developed by Bhartiya Shiksha Board (BSB) and how the BSB Textbooks are distinct from others?

**Ans.** The BSB Textbooks have been developed meticulously, selecting the base for modern education. Appropriate references are given from ancient Indian Traditional Knowledge scriptures, traditional practices and ethos. The objective is to enable students to grow as global citizens with 'Bharatiya' orientation. The content material in the textbooks is consistent in curriculum and in alignment with national educational standards. The Textbooks reflect the emphasis on the Competency Based Learning - CBL through a balanced synthesis of wisdom from ancient Indian Knowledge Systems -IKS, and the 21st century skills.

### Q.3. Where can I obtain a copy or set of the Textbooks?

**Ans.** Interested people can visit Bhartiya Shiksha Board website: <https://bsb.org.in> click on the "Availability of Books" section, select books and place an order. There are also local dealers of books to know list of these dealers or for any other assistance, you can contact at following no: Phone / WhatsApp: +91 89549 99000.

### Q.4. Provide some details about the team behind the development of the textbooks?

**Ans.** The Textbooks are developed by experienced subject experts, under the mentorship and guidance of the leading luminaries in Education, i.e.:

- Science Text Books under the guidance of **Dr H C Verma**, (Former Professor, IIT Kanpur and renowned author of many books like 'Concepts of Physics').
- Mathematics Text Books under the guidance of **Dr Hukum Singh** (Former Professor & Dean, Academics & Head DESM, NCERT).
- Hindi Text Books under the guidance of **Dr Pramod Dube** (Former Professor, NCERT) and **Dr Ram Darash Mishr** (Former Professor, Delhi University and renowned author).
- Social Science Text Books under the guidance of **Prof. Madhav Govind** of JNU and **Prof. S.C. Rai** of DU alongwith **Prof. Dr Shri Prakash Singh**, DU-South Campus.
- Sanskrit Text Books under the guidance of **Prof. Radhavallabh Tripathi** (Ex-Vice Chancellor), **Prof. Shri Nivas Varkhedi** (Vice Chancellor), **Dr. Vijay Pal Shastri** (Ex-Professor) - Central Sanskrit University.
- English Text Books under the guidance of the professors of DU and subject experts working with the Directorate of Education.

### Q.5. Can teachers or experts provide feedback or suggest improvements for the Text Books of Bhartiya Shiksha Board?

**Ans.** Bhartiya Shiksha Board is open to the feedbacks and suggestions for improvements from the experts, which, after deliberations by the "Text Books Development" teams, will be considered for incorporating in future editions.

### Q.6. Can schools of other Boards like CBSE, ICSE and State Boards, use the Text Books of Bhartiya Shiksha Board?

**Ans.** The Text Books developed by Bhartiya Shiksha Board are in consonance with NEP-2020, NCF-FS 2022 and NCF-2023, and follow the national educational standards, hence, can be relevant for other Boards/Institutions, also.

**Q. 7. Which curriculum is followed by BSB and how is this different from NCERT pattern?**

**Ans.** The BSB textbooks are distinct due to their core focus on integrating traditional ‘Bhartiya Gyan Parampara’ with modern learning approaches and synthesize a balanced approach emphasizing Competency Based Learning (CBL) aligned with NEP- 2020 & NCF-2023.

**Q.8. Whether BSB textbooks are oriented to prepare students to different competences exam?**

**Ans.** Students studying BSB books will be well-equipped for competitive exams because the BSB curriculum is entirely based on NEP 2020 and NCF 2023. These national frameworks focus on the same conceptual understanding and competency-based learning required performing well in exams like JEE and NEET etc, ensuring students receive the necessary foundation to excel.

**Q.9. When are offline/online applications for all categories of affiliation generally permitted to be submitted according to the Bye-Laws.**

**Ans.** Online/Offline applications for all categories within the scope of these Bye-laws shall generally open on 1st January and shall close by 31st December of a particular calendar year. For more details read chapter no.10, clause no. 10.4.3 of Affiliation bye-laws.

**Q.10. What does Affiliation and Association mean?**

**Ans. Affiliation means** – Schools that are recognized by the State Government up to Class 8 and wish to get affiliated with Bharatiya Shiksha Board upto Class 10 or 12, or those schools that are already affiliated with any other education board upto Class 10 or 12 and wish to switch over to Bharatiya Shiksha Board.

**Association means** – Schools that are recognised by the State Government up to Class 8 and are fully committed to ensuring 100% implementation of all textbooks published by Bharatiya Shiksha Board, participation in teacher training programmes organised by the Board, and compliance with the Board’s assessment process during examinations — such schools are associated with Bharatiya Shiksha Board up to Class 8.

**Q.11. Can the school apply for affiliation even if the land is in two different campus?**

**Ans.** If school is already running upto class 8th in one campus and want to take affiliation from 9th to 12th in other campus. In this scenario the school can still apply for affiliation but the land should be under the same local government authority and in the same revenue areas. However it has to be decided by the Board on case to case basis.

**Q.12. Can the school use a common playground of a society or another school?**

**Ans.** Yes the school can use another ground but should have a proper permission from the local authority. If more than one school uses the same play ground then the game period should not be the same. Secondly it has to be nearby so that student can use that particular playground.

**Q.13. Are there any special provisions to take affiliation for Tribal area and Hilly area’s School?**

**Ans.** Yes, there are some special provision for notified Hilly and Tribal areas on the basis of Regional Characteristics to give impetus to Geo- Economic traditions and Eco-friendly culture of the location and in notified Tribal areas where BSB has also provided 50% fee concession for school affiliation fees.

**Q.14. Does BSB conduct teacher training?**

**Ans.** Yes, every Affiliated/Associated school shall organise Annual Training & Triennial Training. For more details read chapter no.16, clause no. 16.1 & 16.2 of Affiliation bye-laws.

**Q.15. What are the conditions under which a school’s affiliation with Bhartiya Shiksha Board may be revoked (Revocation of Affiliation)?**

**Ans.** If a School is found violating the provisions of the Affiliation Bye Laws/Examinations Bye Laws of the Board or does not abide by the directions of the Board, the Board shall have the authority to revoke affiliation of that school. For more details read chapter no.13, clause no. 13.2 of Affiliation bye-laws.



**Learning is the true imperishable wealth.**

—Thiruvalluvar



**The main aim of education is to create human awareness so that they can understand the difference between the truth and untruth.**

— Maharishi Dayanand Saraswati



**Education is the manifestation of perfection already in man.**

—Swami Vivekananda



**Awake, Arise and Educate.**

—Savitribai Phule



**The purpose of education is to make good human beings with skill and expertise.**

—A.P.J. Abdul Kalam



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