

A Report
of
Installation of Play Equipments
at
Primary School, Bamnauli, Block Budhanpur
Seohara, Bijnor, UP



12 March, 2022

Sponsored by-

Pragarth,

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Is there anything that sounds more joyful than the sound of children at play? The happiness on their faces and the sound of bliss in their voices show how much children enjoy being able to play even at school. It might look like just play but when children are active and running around a playground, enjoying swings, they are building critical development skills, such as the ability to collaborate with others, develop decision making skills and successfully take on leadership roles and generate creative ideas. Swings are excellent source of mood booster, swings are the powerful and most desired toy of children, being a child, a swing no matter of which type, is his/her best friend. To provide the best learning experience for students of Primary school, Pragrath installed the play equipment's: one playground slide and one climber in Primary School Bamnauli, Bijnor on 12 March, 2022.



Pic 1: Installation of Play equipments at Primary School, Bamnauli, Bijnor, Uttar Pradesh

Pragrath donated these two play equipments – slide and climber to Primary School Bamnauli, Block Seohara, Distt. Bijnor, Uttar Pradesh, keeping in view the following benefits:

1. **Intellectual Development and Well Being-** Playing stimulates the child's brain to develop various motor skills like writing, jumping, walking, detailed handwork, planning, and making good decisions.
 - Cognitive development from the use of swings includes problem solving, dramatic imagination, and mental representation. The swings are also responsible for helping with sensory stimulation. (Frost, 2004)
 - Sunlight (gained from time on playgrounds) stimulates the body to make Vitamin D, which is important to development, as well as learning.
 - The equipment in playgrounds helps children of any age level to develop motor skills.
 - The man who created the very first kindergarten, in 1837 said that playtime was deeply significant to the development of any child. (Bornstein, 2011)
 - Young kids have a less developed nervous system and cannot process information as relentlessly as adults. Sitting in classrooms for several hours without any break can lead to wasted time in the classroom.
 - The playground is becoming the last refuge of healthy overall development (social, cognitive, and emotional).
 - Climbing equipment stimulates cognitive skills like memory, problem solving, and visualization. It puts to use the perceptual motor skills and increases fitness ability. It enhances body and spatial awareness, and develops most of the motor skills.

2. **Helps in Physical Growth -** School playground equipment provides better physical health to children; the more they are exposed to outdoor play activities. If interesting and more equipment is introduced in the school playground, students will be lured to use the equipment. School playground equipment that are installed will involve climbing, sliding, balancing, and stretching. Outdoor physical activities will improve muscle strength, alertness, motor skills, and strategic behavior of primary school children. Children should have at least 60 minutes of moderate to vigorous physical activity every day — and the playground is the perfect place to get this done. Plus, when kids get into the habit of

exercising and see it as an enjoyable experience, it encourages them to remain active as they get older. Playgrounds are a vital aspect of healthy development, providing a place for children to get a full-body workout, including exercises that strengthen their arms, legs, torso and so on. From the cardiovascular system to the circulatory system, each is nurtured and benefited through vigorous play. Children see a vast variety of physical benefits through playground play:

- Improved flexibility and balance
- Development of overall motor skills, dexterity and hand-eye coordination
- Opportunities to learn how to control their movement
- Improved instincts
- Promotion of healthy heart and lung function
- Stronger muscles
- Improved immune function
- Lowered risk of obesity and diabetes

When children spend time on the playgrounds, they learn diverse skills and test their limits by trying out the various equipment. Slides, swings, climbers etc. encourage kids to develop their agility, speed, strength, balance and coordination.

Immune function is improved by exposure to sunlight, and even half an hour on a playground triggers the body's reaction.

- Swings provide a lot of physical development that includes grasping, balance, landing, jumping, pushing, turning, rhythm, pectoral muscle use, and more.
- Playgrounds are a prime location for allowing kids to maintain and build cardiovascular endurance and health.
- Research continually demonstrates that kids who are physically active in school are also likely to be physically active at home.
- Playgrounds provide a place for "full body" workouts that include exercises to strengthen the arms, legs, torso, shoulders, and so on. The cardiovascular system, circulatory system, and neurological system of the child are nurtured, too.

- "Overhead equipment" such as "climbers" and "jungle gym" equipment enhances upper body strength while targeting skills such as grip strength, coordination, hand-eye coordination, visual perception, and more.
- The pineal gland is stimulated by daylight, and this regulates a child's biological clock. (Ross, 2012)
- Daily exercise in a playground can do wonders for reducing the risks of obesity or helping a child to lose weight.
- Physical activity also stimulates brain activity, and improves circulation to the blood vessels in the brain. This brings water, oxygen, and glucose to the brain at a higher rate than it does to the brain of the sedentary child.

3. Enhances Social Skills - Children with school playground equipment will be encouraged to use it together, thereby enhancing their social interaction. This group game creates an opportunity for the kids to develop confidence, talk, and interact while playing. It further enhances their skill to take care of the adult relationship, work in groups or the wider community in the future.

Playing in the playground inculcates learning tenacity, endurance, get rid of frustration, sharing, empathetic feeling, and expression of thoughts and ideas.

Playgrounds are not generally a solitary activity. Whenever you visit a playground, other kids are bound to be there. When children meet other kids on the playground, it teaches them important lessons about social norms and how to interact with others, all of which will come in handy in adult relationships and their future workplace. Learned social skills include:

- Getting along
- Agreeing on rules and cooperating
- Taking turns and patience
- Resolving conflict
- Overcoming shyness
- Sharing and friendship
- Accepting diversity as they meet children of all ages and backgrounds

4. Enhances Creativity & Imagination - Playground furnished with equipment stimulates creativity in children. Children do more than slide, swing and climb when on a playground. Just listen to the conversations, and one will realize a variety of other make-believe games are taking place. Imaginary play is a given whenever kids are on the playground. When children use their imagination and play make-believe, it teaches them social roles. Creativity also fosters a child's ability to problem-solve and develop their personality. By using their imagination, kids can try out different ideas and identities. This helps them construct a strong sense of self, as they discover their likes, dislikes and beliefs. Although developing self-identity will continue throughout their young life, the foundation begins with these innocent make-believe activities on the playground.

- Playgrounds provide kids with playtime unencumbered by pre-conceived stories, characters, and plot lines. Instead, kids make up the rules, the story, and engage fully in the creative process of play.
- Playgrounds provide a sense of security and yet allow any child complete freedom - of imagination as well as physical freedom.
- Imaginary play is guaranteed whenever a child is on a playground, and this in turn fosters the growth of individual imagination, problem solving, and personal development.

5. Facilitate Learning - School playground equipment creates a space to learn various things that can be beneficial while learning in the classroom.

6. Discovers Talent- Playground with a range of equipment offers children the chance to discover and refine their talents.

7. Learning Through Play - Play is a spontaneous activity children engage in to have fun. Experts in a variety of fields including psychology, biology, health and education have conducted a multitude of studies on the concept of childhood play all proving the same critical fact — play is an essential aspect of learning. When children play, they gain a huge variety of skills:

- Coordination

- Motor skills
- Cognitive abilities
- Social awareness
- Language

Play is fueled by a child's curiosity. As a child grows, their play becomes more complex. Without being able to play, children's ability to develop and learn is stunted. Just as eating and sleeping are essential to a child's health, so too is play.

Playgrounds with swings are the perfect place for children to engage in free play. Structured play — including sports or organized activities — differs from free play. When children are on the playground, different structures and spaces give them the freedom to choose how they want to play. They can explore their own natural tendencies, interact with a broader range of age groups and awaken their creative instincts.

8. Emotional Impact - The physical and social benefits of play are more obvious. However, there are also subtle emotional changes in your child's wellbeing that may not be as recognizable, yet are still vitally important. Physical activity and unstructured playtime on a playground serve as a healthy way to help children deal with their emotions and reduce stress levels. Not only can play serve as a distraction from their problems, but happiness is a natural byproduct of outdoor activities.

Children experience many other positive emotional impacts when they're allowed the freedom to play on a playground. Playground play around swings benefits children because it:

- Boosts self-confidence and self-esteem as they master challenging playground structures
- Allows them to retain a sense of control unavailable in many other parts of their lives
- Lowers tendencies to misbehave or bully, as kids' attention is diverted with more positive activities
- Teaches them how to deal with challenges in a healthy way

9. Makes Education More Fun - When a child's school has a playground with swings, these short breaks allow kids freedom and fun, which, in turn, makes the educational experience

more fun. In fact, researchers now understand the importance of playgrounds in schools and how they have an important impact on a child's ability to learn and develop.

10. Playgrounds with swings show Kids the Value of Community - Playground advocates note that social interaction benefits society as a whole because they are locations where kids of any race, age, and economic status can socialize and play. This prevents poor parental attitudes from impairing a child's sense of self and the world.



Pic 2: Installation of Slide at Primary School, Bamnauli, Bijnor, Uttar Pradesh

School playground equipment positively impacts children's emotional, social, physical, and mental growth. Various other advantages include increased self-esteem, critical thinking skills, and a strong immune system. Considering all these benefits Pragarth donated two Play equipments – Slider and Climber to a Government Primary school, Bamnauli situated in a rural area where

children have just dreamt of these swings. Sliding and climbing on these swings makes them giggle, laugh and enjoy these swings.



Pic 3: Students enjoying Slide donated by Pragrath at Primary School, Bamnauli, Bijnor, Uttar Pradesh

Dr. Deepali Tyagi (Founder, Pragrath) & Mr. Dharamchand Jaiswal from Pragrath were welcomed by Mr. Mohd. Shadab, Head Teacher, staff and students of the school. Mr. Shadab lauded the efforts of the Pragrath in making the dream of these rural children come true.

Mr. Vivek Bansal, District Coordinator (Training), Bijnor District, UP graced the occasion and congratulated Mr. Shadab, Head Teacher, Primary School, Bamnauli for initiating the communication with Pragrath to provide a better teaching learning environment to the school.



Pic 4: Installation of Climber at Primary School, Bamnauli, Bijnor, Uttar Pradesh

Mr. Bansal also thanked Pragrath for their valuable contribution of installing play equipments-climber and slide for the all-round development of rural primary school. He also said “Playgrounds are safe spaces where kids develop crucial physical, social, emotional and imaginative skills necessary to gain self-confidence, improve coordination, and advance critical thinking capabilities” while lauding the efforts of Pragrath.

The event also got the coverage by various media houses. The news for the same published in Hukumat Express (Seohara edition), 13 March, 2022. The news also got the coverage in SUGAM PRAHARI न्यूज़ channel. (<https://www.youtube.com/watch?v=ldrRwZRHLyc>)

प्राग्रथ चेरिटेबल ट्रस्ट द्वारा खेलने के लिए झूले पाकर छात्रों के खिले चेहरे

हुकूमत एक्सप्रेस



सुरजननगर। प्राइमरी स्कूल बामनौली ब्लॉक बुढ़नपुर स्योहारा एन जी ओ प्राग्रथ एक पंजीकृत पब्लिक चेरिटेबल ट्रस्ट द्वारा झूले डोनेट किए। इस अवसर पर एन जी ओ की फाउंडर दीपाली त्यागी एवं धर्म जायसवाल की ओर से प्राइमरी स्कूल बामनौली के बच्चों को झूले के साथ साथ स्टेशनरी भी वितरित की गई। इस अवसर पर जिला समन्वयक प्रशिक्षण विवेक बंसल विद्यालय के प्रधानाध्यापक मोहम्मद शादाब रिमोज ,संजीव कुमार ,अनिल कुमार, वैभव चौधरी तथा एसएमसी के अध्यक्ष हृदेश कुमार व विद्यालय का समस्त स्टाफ एवं गांव के गणमान्य व्यक्ति आदि मौजूद रहे। झूले पाकर विद्यालय के बच्चों के चेहरे पर खुशी झलक उठी। विद्यालय के समस्त स्टाफ एवं बच्चों ने प्राग्रथ चौरिटेबल ट्रस्ट को आभार व्यक्त किया। इस ट्रस्ट के अंतर्गत शिक्षा स्वास्थ्य महिला सशक्तिकरण एवं स्वच्छता के क्षेत्र में विगत कई वर्षों से लगातार कार्य किया जा रहा है।

Pic 5: News published about Installation of Play equipments @ Primary School, Bamnauli, Bijnor, Uttar Pradesh

Shah times, Bijnor (13 march, 2022) also published the news to appreciate the efforts of Pragrath and the joy of children after getting swings in their school.



Pic 6: News published in Shah Times (Bijnor edition), 13 March, 2022



Pic 7: News coverage by Sugam Prahari News Channel, Bijnor on 12 March, 2022