

WORLD CLASS INFRASTRUCTURE



Reading
Corner



Library



Play Zone



Sleeping
Corner



Activity Area



GD GOENKA SCHOOL

Thrive. For Life.

(Under The Aegis of GD Goenka Group)

Dohra Road
Bareilly



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BAREILLY'S NO.1 DAY CARE SCHOOL

Where Every Child's Potential Blossoms!



Note : Day care facility is available for children of age 2.5 years and above

VIBGYOR CURRICULUM

V – Vision & Values



- Building a strong foundation of values, empathy, and good habits through daily routines and group interactions.
- Introducing children to respect, sharing, and kindness.



I – Imagination & Innovation

- Stimulating creative thinking through art, pretend play, and free expression.
- Hands-on activities like craft, clay modeling, and imaginative role-plays.

B – Body & Balance



- Focus on Gross Motor Development with activities like yoga, balancing, obstacle courses, and free play.
- Encouraging movement-based learning for better coordination and physical strength.

G – Grasp & Growth

- Fine Motor Skills development through puzzles, threading, scribbling, beading, and manipulatives.
- Strengthening hand-eye coordination and pre-writing skills.

Y – You & Your World



- Social Skill Building through circle time, storytelling, group activities, and peer interactions.
- Celebrating diversity, festivals, and emotions to help children understand their world.

O – Observation & Oral Expression

- Boosting language and communication skills through storytelling, rhymes, picture talks, and show & tell.
- Creating confident early speakers and expressive communicators.

R – Readiness & Resilience



- Preparing children for formal schooling with structured routines, concept clarity, and resilience-building activities.
- Personality development through self-help skills, independence training, and confidence-building tasks.



WORKING SCHEDULE 08:30 AM TO 05:00 PM

08:30 AM – 09:00 AM	Arrival & Free Play Time
09:00 AM – 10:00 AM	Breakfast Time
10:00 AM – 11:00 AM	Educational Activities (Shapes, Colors, Numbers, etc.)
11:00 AM – 11:30 PM	Fruit Break
11:30 PM – 12:30 PM	Creative Activities (Drawing, Crafts, Story Time)
12:30 PM – 01:30 PM	Educational Activities (English & Hindi)
01:30 PM – 02:00 PM	Lunch Break
02:00 PM – 03:00 PM	Nap Time / Quiet Time
03:00 PM – 04:00 PM	Gross / Fine Motor Activity
04:00 PM – 04:30 PM	Snack Time
04:30 PM – 05:00 PM	Free Play / Pick Up Time



WEEKLY MENU

Monday	
	Breakfast (250–300 kcal): Vegetable upma + milk Lunch (350–400 kcal): Dal tadka, jeera rice, cucumber salad, papaya cubes Snacks (150–180 kcal): Roasted makhana + fruit chaat
Tuesday	
	Breakfast (270 kcal): Idli with sambar + coconut chutney Lunch (400 kcal): Chole with rice, salad, seasonal fruit Snacks (160 kcal): Veg cutlets (air-fried) + smoothie
Wednesday	
	Breakfast (260 kcal): Poha with peas & peanuts + banana Lunch (400 kcal): Rajma chawal, beetroot salad, orange wedges Snacks (180 kcal): Sprouts chaat + buttermilk
Thursday	
	Breakfast (280 kcal): Stuffed paratha (aloo/paneer) + curd Lunch (380 kcal): Vegetable khichdi, ghee roti, salad sticks, melon Snacks (150 kcal): Steamed corn + aam panna
Friday	
	Breakfast (300 kcal): Pancakes (whole wheat) with honey + milk Lunch (420 kcal): Veg hakka noodles + manchurian balls (light, non-fried) + pineapple cubes Snacks (180 kcal): Garlic bread + fresh juice
Saturday	
	Breakfast (280 kcal): Besan cheela with paneer stuffing + chutney Lunch (380–420 kcal): Roti, aloo-methi sabzi, dal, carrot sticks, apple slices Snacks (170 kcal): Vegetable sandwich (brown bread, no mayo) + lemonade

Nutrition level

Average Daily Total: 750–900 kcal per child (sufficient for 3–6-year-olds at daycare).
Balanced with carbs, protein, vitamins, and hydration.
Mix of Indian traditional meals + one fusion/continental day.

Note: This is a representational menu and items are subject to change depending on availability