

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 11th to 15th August, 2020

S.No.	Section	11.08.2020 (Tuesday)	12.08.2020 (Wednesday)	13.08.2020 (Thursday)	14.08.2020 (Friday)	15.08.2020 (Saturday)
1.	Photography	This week tutorial on photography of products using window Light and Reflected Light				
2.	Clay	We will make model based on any type of animals and birds				
3.	Aquarium and Environment	Why stars are not visible in day time?	Why do stars twinkle?	Prepare your own Astrolabe.	Structure of sun	Online interaction session with children
4.	Weaving	Independence Day woven card		Woven tricolour batch		Woven tricolour band
5.	Integrated	Making peacock from color paper	Making swings from waste and color paper	Making fish door hanging from color paper	Making Mask from color paper	Making bird from color paper
6.	Aeromodelling	Periodic Winds	Different Types of Periodic Winds (Part-1)	Different Types of Periodic Winds (Part-2)	What are Local Winds	Tertiary Winds
7.	Stitchery	Children will learn how to sew LADOO GOPAL POSHAK (DRESS) as the festival of SHRI KRISHANA JANMASTMI is coming.		How to sew CANADIAN SMOCKING. (Part 1)		How to sew CANADIAN SMOCKING. (Part 2)
8.	Physical Education	Full body warming up. head to toe 30 min.	--	Good morning warming up. Head to Toe 40 min.	Full body stretching warming up 40 min.	--
9.		Jogging 20 Min. good	--	Jogging 20 Min.	Jogging 20 Min.	--

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		warming up exercise Both side shadow uchikomi sealnage, Both side uchikomi with theraband sealnage , only pulling uchikomi Both & single hand, shoulder exercise with weight, sapate,		good warming up exercise Both side shadow uchikomi uchimeta, Both side shadow uchikomi uchimeta back side puch, squats & sit and jump, lunges side to side	good warming up exercise Both side osotogari uchikomi one leg in Air, both side osotogari to sarai uchikomi Sitting twists	
10.		Fitness exercises for kids at home Children should do these exercises day for at least an hour – Jumping jack, lunges, stretching, bridge lifts, book stretch, Rag doll, sun salutation, plank				
11.	Museum	A story telling session on Krishna Sudama'a friendship followed by activity.	Discussing about characteristics of our National Flag and discussing about the Journey it went through and its stages.	Continuing with the journey of National Flag to breach its present stage	Showcasing children India's freedom struggle through the eyes of National Children's Museum	--
12.	Bharatnatyam	'तेई या तेई ही ' अडवु के प्रथम तथा द्वितीय पाद संचालन को सीखना।	--	'तेई या तेई ही ' अडवु के प्रथम हस्त संचालन को सीखना तथा पाद संचालन के साथ अभ्यास करना।	--	'तेई या तेई ही ' अडवु के द्वितीय हस्त संचालन को सीखना तथा पाद संचालन के साथ अभ्यास करना।
13.	Vocal Music	Rajasthani lok geet (Sthayi)	Antra of Lok geet	lok geet (Sthayi with Taal)	lok geet (Antra with Taal)	Revision
14.	Astronomy	Astronomy & Its all	What is Astrobiology	What is	What is	What is

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		Branches		Astrogeology	Astrophysics (Part 1)	Astrophysics (part 2)
15.	Drama	Janmashtami Story	Observation skills	Body language and expression	Four aspects of Abhinaya according to Natyashastra	Skit of patriotism form
16.	Folk Dance	we practice of the starting Lavani dance music and set the body language of Lavni dance	we practice of the starting Lavni dance music with song and set the body language with song	now we practice of word to word footwork and hand moment with body language without song	we practice now word to word footwork and hand movement with music	we finish the first half of Lavni song
17.	Computer	What is SEO in detail	What is Blog and how to do blogging	Use Facebook Groups to get more fb blog Traffic	How to find and Read best Hindi Blogs	Starting a career in Blogging in Hindi