

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 13 – 17 April, 2021

S.No.	Section	13.04.2021 (Tuesday)	14.04.2021 (Wednesday)	15.04.2021 (Thursday)	16.04.2021 (Friday)	17.04.2021 (Saturday)
1.	Phy. Education	--	--	<ul style="list-style-type: none"> • Jogging • All rolling & basic breakfall exercise in movement • All advance ukemis in movement • All crolling exe. • Shadow uchikomi in movement • Pulling uchikomi with thera band • Shadow uchi komi newaza 	<ul style="list-style-type: none"> • Good morning exe. • Normal uchi komi • Combination shadow uchi komi • Pulling chin ups with judogi • Dumbbell • Push up slow 	<ul style="list-style-type: none"> • Warm up exe. • Power exercise – Rope pulling & climbing, Sapate push up, Dumbbell exe., half sit & jump
Kids indoor training circuit – Run in place, Bicep curls, Run in place, Push ups, Jumping Jacks, Heel to bottom						
2.	Vocal Music	संत दादू दयाल द्वारा रचित भजन (स्थाई)	--	भजन (अंतरा 1)	भजन (अंतरा 2)	पूर्ण भजन दोहराया जाएगा।
		Gazal (Sthayi)	Gazal (Antra)	Gazal (Sthayi with Taal)	Antra (Antra with Taal)	Revision

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3.	Handicraft	Paper tie craft	How to make paper shirt	How to make paper pant	How to make paper folding envelopes	How to make paper hen
4.	Bharatnatyam	सप्त ताल का अभ्यास करना।	ध्रुव ताल के स्वरूप अनुसार उसे चतुश्र जाति में लगाना सीखना।	सीखी गई ताल का अभ्यास करना।	ध्रुव ताल के स्वरूप अनुसार उसे खंड जाति में लगाना सीखना।	सीखी गई ताल का अभ्यास करना।
5.	Drama	Angika Abhinaya	Skit play about the Dr. Bhimrao Ambedkar	Vachika abhinaya	Aharya abhinaya	Saiwika abhinaya
6.	Museum	<p>‘Fun with Numbers’ Aim: To make children aware about various Indian mathematicians, learn math’s tricks and know about a Museum related to it, so as to make maths an interesting subject for them. (Three days a week programme) Day 1: Introducing children to the famous Indian geniuses in the field of Mathematics. Day 2: Exploring few maths tricks in fun way. Day 3: Knowing more about maths by exploring a Museum.</p>				
7.	Weaving	Handloom in India	--	Types of weaving	Carpet weaving	Paper weaving