

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 15 – 19 December, 2020

| S.No. | Section | 15.12.2020 (Tuesday) | 16.12.2020 (Wednesday) | 17.12.2020 (Thursday) | 18.12.2020 (Friday) | 19 .12.2020 (Saturday) |
|-------|-----------------------|--|--|---|--|---|
| 1. | Stitchery | How to make a CHRISTMAS TREE by using Embroidery. (Part-1) | How to make a CHRISTMAS TREE by using Embroidery. (Part-2) | How to make some GIFTS around Christmas tree by using Embroidery. | How to make a SANTA by using Embroidery. (Part-1) | How to make a SANTA by using Embroidery. (Part-2) |
| 2. | Phy. Education | <ul style="list-style-type: none"> Warming up exercise with all rolling exercise. Shoulder techniques How to develop our technique Stretching exercise with cooling down | <ul style="list-style-type: none"> Warming up exercise Pulling with Thera band. Pulling single hand one by one Ippon Seoi Nage Uchikomi. Ippon Seai Nage Combination. Flexible & artistic exercise | <ul style="list-style-type: none"> Warming up exercise Haraigoshi technique – combination & counters. | <ul style="list-style-type: none"> Warming up exercise Haragoshi technique – both side | <ul style="list-style-type: none"> Merathon Aerobic Exercise Uchi komi Sapate |
| 3. | | <ul style="list-style-type: none"> Good morning warm-up general exercise Head to toe. Home work out every day – Surya Namaskar, Basic Asana, Kriyas. Lower body exercise | | | | |
| 4. | Museum | -- | Introducing the state, it's culture and discussing about its museums as store | Briefing Children about few types of Museum of Sikkim followed | Continuing briefing about few more Museums of Sikkim followed by activity. | -- |

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| | | | houses of its culture | by activity. | | |
| 5. | Bharatnatyam | सर्पसिर्शतथाहस्त विनियोग के प्रथम आधे भाग को सीखना। | नवरसों का अध्ययन करना। | सर्पसिर्शतथाहस्त विनियोग के द्वितीय आधे भाग को सीखना। | भारतीय शास्त्रीय नृत्य का अध्ययन करना। | इस सप्ताह सीखे गए विनियोग का अध्ययन करना। |
| 6. | Vocal Music | Ath Swagatam Swagat Geet Sthayi | Ath Swagatam Swagat Geet Antara 1 | Ath Swagatam Swagat Geet Antara 2 | Complete Swagat Geet. | Revision. |
| 7. | | Marathi lok geet (Sthayi) | Marathi lok geet (Antra) | Marathi lok geet (Sthayi with Taal) | Marathi lok geet (Antra with Taal) | Revision |
| 8. | Drama | Method acting | Theatre game's | Improvisation | Play story according to ward | Voice modulation exercise |
| 9. | Integrated Activities | FINGER PUPPET, CAT making from paper | | | | |
| 10. | Astronomy | Applied Astronomy Week- About Astronomy, Astronauts | | | | |
| 11. | Clay Work | We will make model based on the different types of flowers | | | | |
| 12. | Computer | Convert Images to video- MP4 joiner and video editor with Microsoft Photos - Microsoft Windows 10 | | How to Filter the Data in Excel | | |
| 13. | Weaving | Different types of basket weaving | | | | |
| 14. | Photography | Photoshop tutorial | | Photoshop editing tools | | |