

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 18th to 22nd August, 2020

S.No.	Section	18.08.2020 (Tuesday)	19.08.2020 (Wednesday)	20.08.2020 (Thursday)	21.08.2020 (Friday)	22.08.2020 (Saturday)
1.	Photography	This week we will discuss on food photography with examples.				
2.	Clay	We will make some useful things from clay				
3.	Weaving	Rayon	Nylon	Polyester	Acrylic	Spandex
4.	Environment	Soil pH- online interaction with children	Magic bottle – air pressure	Porosity of Soil	Compost making in jar	Online class on humus formation and mulching of soil.
5.	Integrated	पेपर स्ट्रीप से खरगोश बनाना।	गत्ता और पेपर से दिवार पेन स्टैंड बनाना	रंगीन पेपर से मास्क बनाना।	रंगीन पेपर से बिल्लीट बनाना।	रंगीन पेपर से फूलों वाला तोरन बनाना।
6.	Woodcraft	How to make flower tree by ice cream stick	How to make a painting by waste wood	How to make wood toys by wood	How to do carving in wood	Practice of making flower by children.
7.	Stitchery	How to make a 3D Fabric Origami Butterfly	How to make Honeycomb Smocking. (Part-1)	How to make Honeycomb Smocking. (Part-2)	How to make Smocking stitch with Hand embroidery. (Part-1)	How to make Smocking stitch with Hand embroidery. (Part-2)
8.	Phy. Education	Warm up exercise- suryanamskar, yoga exercise	Full body circumduction, fundamental movement	Speed workout, sprint, running, walking	Strength endurance workout, upper slower body	Flexibility workout, front & back abdomind
9.		Good warming up exercise (Metabolic circuit-1)	(Metabolic circuit-2) Chin up, squat jump, skipping, pulling with theraband both hand,	Warming up exercise Shadow uchikomi both	Good warming up exercise Sitting twists, crocodile walk front	Good warming up exercise Fast high knee, lunges, dumbbells,

S.No.	Section	18.08.2020 (Tuesday)	19.08.2020 (Wednesday)	20.08.2020 (Thursday)	21.08.2020 (Friday)	22.08.2020 (Saturday)
		Body weight squats, push ups, skipping, chin ups shuttle Runs, scooping push up (desi round push ups) Have a five minute rest and repeat other 2 rounds	squats with theraband, pulling with one hand left & right	side with theraband, chin ups 10x5 sets, shadow uchikomi both side ushi meta, lunges side to side	& back, 2 sit ups 2 push ups 2 squats fast, chin-ups 90° with twists	push up slow, sapate.
10.		Indoor exercises for kids (even If you don't have much space) Freeze Dance, Learn some moves, balloon volleyball, book worm workout, hallway soccer, cras carry, Yoga jenga, Hula Hoop, Broom Hockey, marble Toe race.				
11.	Museum	Giving children introduction about dances of India, its origin, its importance and its types followed by activity.	Discussing about Classical dances of India, its types and discussing few of them followed by activity.	Continuing with the classical dances of India, followed by activity.	Making Children aware about Folk dances of India, discussing few of them followed by activity.	Continuing discussing Folk Dances of India followed by activity.
12.	Bharatnatyam	'मंडी अड्डवु ' के प्रथम पाद संचालन को सीखना।	'अर्धपताक' हस्त विनियोग के आधे भाग को सीखना।	'मंडी अड्डवु ' के द्वितीय पाद संचालन को सीखना।	'अर्धपताक' हस्त विनियोग के बचे हुए मुद्रा को सीखना।	इस सप्ताह सीखे हुए अड्डवु तथा विनियोग का अभ्यास करना।
13.	Vocal Music	Kumauni lok geet (Sthayi)	lok geet (Antra)	lok geet with Taal (Sthayi)	Antra (with Taal)	Revision
14.		Introduction of Raga Bihag.	Sthayi of Bandish of Raga Bihag.	Antara of Bandish of Raga	Simple taans in Raga Bihag.	Revision of Aaroh Avroh, Bandish and

S.No.	Section	18.08.2020 (Tuesday)	19.08.2020 (Wednesday)	20.08.2020 (Thursday)	21.08.2020 (Friday)	22.08.2020 (Saturday)
				Bihag.		Taans in Raga Bihag.
15.	Astronomy	What is Planetary Science (part 1)	What is Planetary Science (part 2)	What is Astrometry	What is Observational Astronomy (part 1)	What is Observational Astronomy (part 2)
16.	Drama	Comedy and tragedy drama	Solo performance	Mine improvisation	Musical theatre	Street theatre
17.	Folk Dance	will practice of first half Lavni dance with music	now we'll start 2nd half of Lavni dance footwork and hand moment without music	will practice of 2nd half footwork and hand movement with song	now practice more moment of Lavni dance without music	will finish of 2nd half Lavni dance with music
18.	Computer	How to make custom search for your blog	How do I follows blogs	Google SEO से improve कीजिए पेजरैंक और बनाइए High Traffic Hindi Blog	- Google SEO Hindi guide - Create a search engine for your Blogs	-How to redirect blogger URL to another URL -Read more buttons for blogger