

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 19<sup>th</sup> to 23<sup>rd</sup> May, 2020

S.No.	Section	19.05.2020 (Tuesday)	20.05.2020 (Wednesday)	21.05.2020 (Thursday)	22.05.2020 (Friday)	23.05.2020 (Saturday)
1.	<b>Photography</b>	मोबाइल फोन कैमरे का उपयोग। फोटोग्राफी के लिए-				
		Rules of composition	Using window light for portrait	Available light Table Top	Using reflector with available things	Using Artificial light available at home
2.	<b>Clay</b>	On the basis of nature every type of animal, bird, human face etc. will be made.				
3.	<b>Aquarium and Environment</b>	Food catcher – children will make toy of different animal's food habit	Charles law – children will understand the relationship between air pressure and temperature.	Oil and soap – children will observe soap's action on oil.	Osmosis – children will understand the osmoisis.	Sun dial – children will make Sun dial.
4.	<b>Weaving</b>	Pashmeena weaving J&K	Kanjeevaram weaving Tamilnadu	Patola weaving Gujarat	Tant weaving Bengal	Maheshwari weaving Madhya Pradesh
5.	<b>Physical Education</b>	Describe the Asana	Total ten asana will be performed	How to perform Asana	Discuss benefits of Asana	How many preventive measures in Asana
		Children should to exercise daily for at least one hour with the help of 1. Planks 2. Push up 3. Crunches 4. Stretching 5. Bridge lights 6. Back stretch				
6.	<b>Painting</b>	Pencil drawing and shading for 5-10 years age group	Oil pastel color techniques for 5-10 years age group	Jamini Roy style painting for 10-15 years age group	Terracotta pot paintings for 10-15 years age group	Mask painting for 10-15 years age group
7.	<b>Integrated</b>	Making Doll from paper	Making Pencil stand from paper	Making Peacock from color paper	Making tokari from Newspaper	Making Paper Hut

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8.	<b>Drama</b>	Body movement, fun game (big and small gesture)	Silent acting according to many things.	Paint game movement indicate with name	Play reading and still image act.	Drama skit.
9.	<b>Aeromodelling</b>	What is Control Line Aeromodelling	What is Radio Controlled Aeromodelling	What is Radio Controlled Glider Aeromodelling	What is Tow Line Aeromodelling	What is Drone? How to fly it.
10.	<b>Stitchery</b>	How to make a Fabric flower	How to make a Fabric Bird	How to make a Dream Catcher by using waste	Children will learn about embroidery stitch named Phulkari	Some tips about maintenance of Sewing Machine.
11.	<b>Wood craft</b>	How to make tree by Wood Dust	How to make flowers by Wood Dust	How to make painting by Wood Dust	How to make photo frame by Sweep Sink	Practice all activity
12.	<b>Museum</b>	Introduction about Indus valley Civilization and its important sites and cities. Followed by a fun based activity.	Briefing children about Architecture of cities and important features of town planning	Giving children an exposure of Art and Craft that prevailed during that civilization in a play way method.	Making children aware about their Agriculture and Food.	Giving children an exposure of their culture like religion, writing system, burial system, trade and transportation. Followed by a fund based activity.
13.	<b>Handicraft</b>	अखबार के माध्याम से प्रत्येक दिन विभिन्न प्रकार से कानों के कुन्डल/बाली/झुमके सिखाने की जानकारी दी जाएगी।				
14.	<b>Folk Dance</b>	Intro fisher folk dance	Footwork of fisher folk dance	Hand movement of fisher folk dance	Starting with fisher folk song with hand moment and footwork	Finish of fist half of a folk dance
15.	<b>Bharatnatyam</b>	Foot steps of	Pakka adavu hands	Characteristic of	Knowledge of	Practice of first

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		Pakka Adavu	and foot steps together	rukmini devi Arundel	Chandra and suraj where to wear	half alaripu
16.	<b>Vocal Music</b>	Introduction of warli tribe	Warli lok geet	Information about which type of language they use	How they perform	What's the instruments they use
17.	<b>Sitar</b>	Tough lessons of Gamak in Sitar	Knowledge of Basic meend in Sitar	Lessons of Moderate Level meend in sitar	Lessons of though level meend in sitar	Basic lesson of Krintan in Sitar
18.	<b>Astronomy</b>	The Black Hole	Our biggest Star – The Sun	Real Facts About Universe	Practical – Paper flying Rocket	Practical – Making Telescopes
19.	<b>Radio &amp; Electronics</b>	Simple DC Motor	Electromagnet	Wireless power transfer	Vaccum cleaner using bottle	Energy Generator with DC motor
20.	<b>Library</b>	Write an article about changes in life after lockdown	Create a story based on corona situation	Essay on the topic corona-Covid 19: its effects on society.	Write a poem in humorous way telling about corona effects on our lifestyle and society.	Write a Slogan to spread awareness and for prevention from covid 19

Videos and photographs posted by most of the activity staff made by themselves on their Android phones.

Reference videos from YouTube posted by Computer Section, Weaving, Wood craft, Radio & Electronics, Aeromodelling