

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 1st to 5th September, 2020

S.No.	Section	01.09.2020 (Tuesday)	02.09.2020 (Wednesday)	03.09.2020 (Thursday)	04.09.2020 (Friday)	05.09.2020 (Saturday)
1.	Photography	Product photography examples and tutorials from Tuesday to Saturday				
2.	Clay	We will make different type of dinosaurs				
3.	Weaving	Different types of Weaves				
4.	Environment	--	Moisture in the Air	Humidity in Air – make your own measuring kit	Online interaction with children and doubt class	Anemometer
5.	Integrated	रंगीन पेपर से फूल बनाना।	रंगीन से 3डी चिडि या बनाना।	रंगीन पेपर मास्कड बनाना।	अखबार से फूल बनाना।	रंगीन पेपर से चिडिया बनाना।
6.	Woodcraft	How to make a flower in wood inlay	How to make a photo frame from wood sticks	how to make toy in wood	How to make a design in wood	Practice of making by children's.
7.	Stitchery	Children will learn how to do 3D Flower Embroidery.	How to make your own Flower Stamen (Pollen).	How to make a Flower with Organdy Fabric.	How to make Fabric Earring.	How to make a Fabric Book Cover.
8.	Phy. Education	Daily Yoga exercise (Asanas)	Imagery Training (20 min)	Fartlek Training exercise	Circuit training exercise	Cardio training exercise
9.		Good warming up exercise – Uchikomi in movement speed uchikomi with	Jogging – Uchikomi with jogging, duck walk, sit & Jump long, side to side lunges, climbers push up	Jogging – Pulling exercise with theraband speed, uchikomi with	Jogging – High knee, Half jack, standing leg raises, squats, Push up, forward lunges,	Good warming up exercise – pull ups, dumbbell exercise, push ups, body weight jump squat,

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		theraband, dumbbell exercise, pulling exercise with one hand with theraband, chin ups with gi		combination, any two techniques, shadow uchikomi, sit ups	plank jump, climbers, plank leg raises	dumbbell push press, pull ups
10.		Wake up exercises – Jumping Jacks, Run in place, Head in toe, spin jumps Focus exercises – Tree pose, figure 8 warrior 1 pose, Airplane post, Cross over pose. Strong exercises – Chair pose, Boat pose, Reverse table, Squats, Superman pose. Stretching exercises – Twist pose, chest stretch, back stretch, lunge stretch, side bending				
11.	Museum	Informing children in detail about ranges of Himalayas and important peaks of Himalayas and their location, followed by activity.	Briefing children to wild Life, Plants and Agriculture in Himalayan Mountains followed by activity.	Giving children information about Vindhaya and Aravali ranges followed by an activity.	Discussing about Purvanchal and Satpura Ranges. Followed by activity	Introducing children to the states covered by these mountains ie Vindhaya, Aravali, Satpura and Purvanchal ranges and wild life there. Followed by activity
12.	Bharatnatyam	'तत्त धित्त ता ' अडवु के पाद संचालन को सीखना।	'मयुर हस्त विनियोग' के आधे भाग को सीखना।	'तत्त धित्त त ' अडवु के पाद संचालन को हस्त संचालन सहित सीखना।	'मयुर हस्त विनियोग ' के बचे हुए शेष मुद्राओं को सीखना।	इस सप्ताह सीखे हुए सभी क्रियाओं का अभ्यास करना।
13.	Vocal Music	Tarana in Raag Alhaiya Bilawal.	Sufi song about Hazrat Amir Khusro Nizamuddin.	Patriotic Song.	Kabir Bhajan.	Since this day is celebrated as Teacher's Day in India, we will sing a song for teachers.

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14.		Malyalam lok geet (Sthayi)	Lok geet (Antra)	Lok geet (Sthayi with Taal)	Lok geet (Antra with Taal)	Revision of All
15.	Astronomy	About Universe	Our Galaxy – Milky Way	Life of a Star	The sun	The planets
16.	Drama	Play reading	Focus	Listening	Quick thinking	Vocal and dance drama
17.	Folk Dance	now will start of second half Paragraph without music	will practice of second half paragraph with music	will practice of second half and settle the body language with song	now will practice of 2nd half music part and paragraph also with song	will finish of second half properly with body language and footwork and hand moment with song
18.	Computer	राष्ट्रीय बाल भवन में 1 सितंबर से 18 सितंबर तक जो हिंदी पखवाड़ा का आयोजन होने जा रहा है , कंप्यूटर विभाग द्वारा हिन्दी ऑफलाइन , ऑनलाइन , फॉन्ट्स, इनपुट लोग इत्यादि की ऑनलाइन 1सितंबर से 19 सितंबर 2020 तक प्रतिदिन अलग अलग विषय पर ऑनलाइन क्लास का आयोजन किया जाएगा तथा इसको सरल बनाने के लिए प्रतिदिन वीडियो भी डाली जाएगी				
19.	Sitar	2nd paragraph of Jhala in raag kalyan (part-1)	2nd paragraph of Jhala in raag kalyan (part-2)	3rd paragraph of Jhala in raag kalyan (part-1)	3rd paragraph of Jhala in raag kalyan (part-2)	how to play all the three paragraphs of Jhala together
20.	Radio & Electronics	Demonstration about Electricity	Learning Safety precaution	Electricity transmission & distribution	Identification of components, tools & common symbols	Connecting one lamp with one switch