

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 20 – 24 April, 2021

S.No.	Section	20.04.2021 (Tuesday)	21.04.2021 (Wednesday)	22.04.2021 (Thursday)	23.04.2021 (Friday)	24.04.2021 (Saturday)
1.	<b>Phy. Education</b>	Fitness exercise - 10 Jumping jacks, burpees, crunches, front lunges, pushups, squats, calf raises, knee lifts, plank, mountain climbers				
2.	<b>Vocal Music</b>	Manipuri Lok geet (Sthayi)	Manipuri Lok geet (Antra)	Manipuri Lok geet (Sthayi with Taal)	Manipuri Lok geet (Antra with Taal)	Revision
3.	<b>Drama</b>	Voice exercise from stomach, use – आ	Voice exercise from chest, use – ह	Voice exercise from throat, use – इ	Voice exercise from Nasal , use – न	Voice exercise from Head, use - ए
4.	<b>Integrated Activities</b>	रंगीन पेपर से मास्क बनाना	--	रंगीन पेपर से फिंगर पपेट बनाना।	रंगीन पेपर से चिड़िया बनाना।	रंगीन पेपर से मछली बनाना।
5.	<b>Weaving</b>	Different types of Paper weaving				