

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 21st to 25th July, 2020

S.No.	Section	21.07.2020 (Tuesday)	22.07.2020 (Wednesday)	23.07.2020 (Thursday)	24.07.2020 (Friday)	25.07.2020 (Saturday)
1.	Clay	We will make model based on the topic of natural environment.				
2.	Weaving	Different types of woven Rakhis				
3.	Aquarium and Environment	Kaziranga National park-documentary and Floating lemon	Plant's life	Why do flood occur?	Food web visible in home	Online interaction session with children
4.	Woodcraft	How to make a key ring by wood	How to do framing of painting	How to make a design in wood inlay technique	How to make toys by wood	Practice of making flower by children.
5.	Integrated	Making Flower wall hanging	Making hawk from Pipe and paper	Making Damru from Paper	Making pencil stand from paper	Making mask from paper
6.	Aeromodelling	Best Fighter Aircraft- MIG-21 Bison	The Fighters- MIG-29 & MIRAGE-2000	What are Transport Aircraft?	Indian Transport Aircraft	IL-76 & C-17 Globe master
7.	Stitchery	How to do HEMMING STITCH by hand	How to make FABRIC BUTTON by hand.	How to make a knife pleat RUFFLE.	How to make a CORDED PIPING.	How to Sew GATHERS by hand.
8.	Phy. Education	<ul style="list-style-type: none"> Shadow uchikomi both side Puling exercise with theraband Arm Exercise 	<ul style="list-style-type: none"> Jogging- 20 to 40 , good warming up exercise. Zig zak side running Leg technique uchikomi – sweep 	<ul style="list-style-type: none"> Light uchikomi any five techniques Combination uchikomi any five technique 	<ul style="list-style-type: none"> Counter uchikomi any five techniques both side Pulling uchikomi with thera band Stomach 	<ul style="list-style-type: none"> Crocodile walk –front Push ups & side 2 step walk both side Clapping

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			<ul style="list-style-type: none"> • Kouchigori • Ouchigori • Both leg long jump & stop 	<ul style="list-style-type: none"> • Sapate – opposite direction 	exercise twisting	<ul style="list-style-type: none"> • push ups • Chin up with uniform • Dumbbells or brick
9.		Discuss about sports psychology	Teach the fartlek training	Discuss about fundamental move	Teach the anatomy	How to preparing competition
10.	Museum	Introduction about Museum, its importance, different kinds of Museums, discovering one Personalia Museum, followed by activity	Giving children information about another Personalia Museum and discussing why the two Personalia Museums differ. Followed by an activity.	Introducing Art and Archeology Museum to children and discussing one Art and Archeology Museum, followed by activity.	Briefing children about another Art and Archeology Museum and how these two museums differ followed by activity.	Informing children about Transport Museum and discussing about one kind of Transport Museum, followed by activity.
11.	Bharatnatyam	तेई तेई तत ता ' अडवु के प्रथम हस्त संचालन को पाद संचालन के साथ सीखना।	'तेई तेई तत ता ' अडवु के द्वितीय हस्त संचालन को पाद संचालन के साथ सीखना।	भरतनाट्यम मे तांडव तथा लास्य को समझना ।	'तेई तेई तत ता ' अडवु के तृतीय हस्त संचालन को पाद संचालन के साथ सीखना।	सीखे हुए ग्रीवा भेद , शिरो भेद तथा दृष्टि भेद 'का अभ्यास करना तथा इस सप्ताह सीखे हुए सभी हस्त संचालनो का पाद संचालनो के साथ अभ्यास करना।
12.	Vocal Music	Introduction of Raga Yaman	Sthayi of Bandish of Raga Yaman	Antara of Bandish of Raga	Simple taans in Raga Yaman	Practice of Aaroh-Avroh-Pakad,

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				Yaman		Bandish and Taans in Raga Yaman.
13.		Dadra (Sthayi)	Dadra (Antra)	Dadra (How to sing in Taal)	Raag use in Dadra	Revision of all
14.	Astronomy	Types of Galaxies	What is Hubble Space Telescope	How does Hubble Space Telescope work	What are Quasars	Sunspot
15.	Home Management	parsley potato	ravioli with white sauce	brown bread	jam tart	eggless Swiss roll
16.	Drama	Idgah natak by 'Munshi Premchand'	Stage craft	Facial exercise	Many different types of expression	Tongue twister voice modulation
17.	Folk Dance	starting of 3 half of Rajasthani song with footwork and hand movement	we practice of starting 3 half footwork and Rajasthani hand movement with music	we do more Rajasthani movement without music	we practice more Rajasthani dance movement with music	will finish of Rajasthani dance with music
18.	Computer	Best way to connect any Printer to your phone	How to solve hanging problem in smartphone	Google Now voice commands	How to connect Android phone to computer	What is Virtual Reality? How to keep your phone from over-heating?