

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 22 – 26 June, 2021

S.No.	Section	22.06.2021 (Tuesday)	23.06.2021 (Wednesday)	24.06.2021 (Thursday)	25.06.2021 (Friday)	26.06.2021 (Saturday)
1.	<b>Phy. Education</b>	Sitting and balancing asanas for kids at home : - Child's pose, Cobbler's Pose, Cobra Pose, Bow Pose, Bridge Pose, Boat Pose				
2.	<b>Vocal Music</b>	Baal Geet (Sthayi)	Baal Geet (Antara 1)	Baal Geet (Antara 2)	Baal Geet Complete	Revision
		Qawwali (Sthayi)	Qawwali (Antra)	Qawwali (Sthayi with Taal)	Qawwali (Antra with Taal)	Revision
3.	<b>Bharatnatyam</b>	जतिस्वरम के तृतीय कोरवई के पाद संचालन को सीखना।	अभ्यास	जतिस्वरम के तृतीय कोरवई के हस्त संचालन को सीखना।	अभ्यास	पूर्ण तृतीय कोरवई का अभ्यास ।
4.	<b>Drama</b>	Play blocking	Play scene work	Play rehearsal	Play work with music	Play discussion with all artist
5.	<b>Weaving</b>	Indian tribal weaving of different tribes				
6.	<b>Museum</b>	<p><b>Topic : Be with Yoga, Be at home</b>  <b>Aim: To make children aware about healthy body and healthy mind.</b>  <b>(Four days a week programme)</b>  <b>Day 1:</b> Yoga and its traces in our ancient history followed by healthy and fun activities  <b>Day 2:</b> Story telling on healthy Food followed by understanding Ayurveda  <b>Day 3:</b> Importance of Balanced Diet through fun activities  <b>Day 4:</b> Glimpses of a Museum's gallery related to the topic, followed by activities</p>				
7.	<b>Photography</b>	Food photography				
8.	<b>Clay</b>	We will make model based on birds and animals				