

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 24<sup>th</sup> to 28<sup>th</sup> November, 2020

S.No.	Section	24.11.2020 (Tuesday)	25.11.2020 (Wednesday)	26.11.2020 (Thursday)	27.11.2020 (Friday)	28.11.2020 (Saturday)
1.	<b>Stitchery</b>	How to make a <b>CROCHET KEYCHAIN.</b> (Part-1)	How to make a <b>CROCHET KEYCHAIN.</b> (Part-2)	How to make a <b>CROCHET MOBILE POUCH.</b> (Part-1)	How to make a <b>CROCHET MOBILE POUCH.</b> (Part-2)	How to make a <b>CROCHET HAIR PIN.</b>
2.	<b>Phy. Education</b>	Jogging & Warming up exercise, All rolling exercise, Tai Sabaki with shadow uchikomi	Warming up exercise, Leg workout	Jogging & warming up exercise, Ne-waza solo drill	Warming up exercise, lifting uchikomi with any partne, Uchi Mata, Moroto gari etc.	Marathon, Stretching exe. Light uchikomi.
3.		20 minute power yoga workout – strengthen and stretch from head to toe = child’s pose, down word facing dog, Sun salutation ‘A’, High plank, Chaturanga pushups, biceps curls, chart fly, leg lift, Shavasana.				
4.	<b>Museum</b>	Celebrations (A twelve day long Programme to be conducted during whole month of November)				
5.	<b>Bharatnatyam</b>	सुचिहस्त विनियोग के प्रथम आधे भाग को सीखना।	1 और 2 कुदित्मेट्टू अड्डवु का अभ्यास करना।	सुचिहस्त विनियोग के शेष आधे भाग को सीखना।	3 और 4 कुदित्मेट्टू अड्डवु का अभ्यास करना।	इस सप्ताह सीखे हुए विनियोग का अभ्यास करना।
6.	<b>Vocal Music</b>	Shanti Geet (Sthayi)	Shanti Geet (Antara 1)	Shanti Geet (Antara 2)	Shanti Geet (Complete song revision)	Bhajan
7.		Bhajan (Sthayi)	Bhajan (Antra )	Bhajan (Sthayi with Taal)	Bhajan (Antra with Taal)	Revision

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8.	<b>Drama</b>	Script design	Voice modulation	How to read script	How to design costume	How to analyse about the character
9.	<b>Folk Dance</b>	Basic step of Bihu dance	Practice of basic Bihu dance moment	Practice of Bihu dance body language hand movement with foot work	Starting of song with body language hand movement and footwork	Practice with music of Bihu dance
10.	<b>Integrated Activities</b>	पेपर स्ट्रीप से बिल्ली बनाना।	पेपर से चूहा बनाना।	पेपर से डॉगी मास्क बनाना।	रंगीन पेपर से सर्कल वाली मछली बनाना।	पेपर स्ट्रीप से हाथी बनाना।
11.	<b>Astronomy</b>	ECLIPSE week SOLAR Eclipse, LUNAR Eclipse Difference between Solar & Lunar How tides work In eclipse				
12.	<b>Clay Work</b>	We will make model based on the different type of birds				
13.	<b>Computer</b>	M.S. Excel				
14.	<b>Weaving</b>	Different type of Carpet weaving				
15.	<b>Tabla</b>	Aroh Avroh & Pakad of raag Bhupali				