

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 26th to 30th May, 2020

S.No.	Section	26.05.2020 (Tuesday)	27.05.2020 (Wednesday)	28.05.2020 (Thursday)	29.05.2020 (Friday)	30.05.2020 (Saturday)
1.	Photography	Example of Shutter speed	Example of Aperture	Example of intersection of three	Example of comparative statement in photography	Example of diving frame
2.	Clay	Make sculpture based on sea creatures like any type of fish, turtle, snail etc.				
3.	Aquarium and Environment	Brain cap	Turmeric as indicator	In-vision ink	Air and space relationship	Magnet spinning toy
4.	Weaving	Cane/Reed Basket weaving	Hand fan weaving	Weaved Bracelet	Wall hanging weaving	Weaved Pen stand
5.	Physical Education	Bouncing & dribbling	Under arm throw	Over arm throw	Chest passing & catching	Chest passing & catching
6.		Daily Surya Namaskar	General warm-up in five days daily 20 min.	Discuss about strengthening exercise 20 min.	Describe fundamental movement in our body.	Free hand exercise its calisthenics exercise perform daily 20 min.
7.	Painting	Color Pencil drawing (age group 5-10 yrs)	Poster color techniques (age group 5-10 yrs)	Acrylic Painting (age group 10-15 yrs)	Doodle Art (age group 10-15 yrs)	Soft pastel painting (age group 10-15 yrs)
8.	Integrated	कोन वाली गुडिया बनाना।	अखबार से सितारे बनाना।	सरकल से पक्षी की पेंटिंग बनाना।	पेपर से मास्क। बनाना।	बैलेसिंग वॉल हैगिंग बनाना।
9.	Aeromodelling	How to make parachute paper model	How to make flying Rocket by paper	How to make jet plane by paper	How to make easy paper airplane that fly far	How to make Sukhoi SU-35 paper aircraft.

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10.	Stitchery	How to do Pico by hand	How to make a fabric Bood Mark	How to make a Thread Earring	How to sew Buttons o so they look like a flower	Children will learn traditional Embroidery Kantha Stitch by hand
11.	Wood craft	How to make tree by ice cream sticks	How to make flowers by ice cream sticks	How to make painting by Wood Dust	How to make photo frame by ice cream sticks	Practice all activity
12.	Museum	Introduction about plants and its parts and their functions. Followed by a fun based activity.	Giving children an exposure of how plants make their food, different kinds of plants, lifecycle of plant, followed by interesting activity.	Briefing children about plants and their uses followed by activity.	Making children aware about Herbarium, technique of making Herbarium, its functions. Followed by activity.	Making children aware about Herbarium, technique of making Herbarium, its functions. Followed by activity.
13.	Bharatnatyam	प्रथम तथा द्वितीय पक्कम अडवु के हस्त संचालन को सीखना तथा सीखी हुई 20 अस्थुक्त0 मुद्राओं का अभ्यास	पहले किये हुए अडवुओं तत तथा नट्ट का अभ्यास तथा भरतनाट्यम के विभिन्नह गुरुओं का ज्ञान	तृतीय तथा चतुर्थ पक्कय अडवु के हस्त संचालन को सीखना	नटेश कउतुवम का द्वितीय भाग सीखना तथा सीखे हुए अडवु कुदिते मेट्टू का अभ्यास करना।	बची हुई अस्थुक्तक मुद्राओं को सीखना तथा इस सप्तासह सीखे हुए सभी हस्त संचालनों का पाद संचालनों के साथ अभ्यास करना।
14.	Vocal Music	Nepali Geet	Rajasthani lok geet	Brief Detail about Rajasthani folk Music	Instruments use in Rajasthani folk Music	Brief detail about langas and Manganiar

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15.	Sitar	Some other lessons of Krintan	Basic lesson of Zamzama in Sitar	Basic knowledge of Taal while playing Sitar	Brief discussion on various gharanas of Sitar	Discussion about various Sitar maestros such as Pt. Ravishankar, Ustaad Vilayat Khan, Sh. Nikhil Banerjee etc.
16.	Astronomy	Practical – Making Telescopes	Practical – Solar Eclipse	Ral Facts about Universe	To know about Gravity	Practical – gravity
17.	Radio & Electronics	Homemade Air Cooler	Model of Wind – Turbine	Simple Touch sensor	Rain Alarm	Homopolar Motor
18.	Home Management	रायता बूंदी	गैस पर भुने बैगन का भरता	खोए के बिना लौकी की बर्फी	रबडी	मसाला पनीर
19.	Computer	Basic of MS Word	Basic of MS Excel	Basic of MS Power Point	Basic of Photoshop	Basic of PageMaker

Videos and photographs posted by most of the activity staff made by themselves on their Android phones

Reference videos from YouTube posted by Computer Section, Weaving, Wood craft, Radio & Electronics, Aeromodelling