

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 27th to 31st October, 2020

S.No.	Section	27.10.2020 (Tuesday)	28.10.2020 (Wednesday)	29.10.2020 (Thursday)	30.10.2020 (Friday)	31.10.2020 (Saturday)
1.	Stitchery	Crochet dream catcher	Crochet coaster. (part-1)	Crochet coaster. (part-2)	Crochet earring	Crochet a hand sanitizer bottle holder
2.	Phy. Education	<p>Push up progression upper Body muscle workout</p> <ul style="list-style-type: none"> • Jogging & good warming up exercise • Scrolling – mat/ground, • Animal walk • Uchikomi with Band pulling • Chin ups • Chin ups with gi • Wall sit with hold dumbbells 	<p>Back muscle workout</p> <ul style="list-style-type: none"> • Jogging & warming up exercise • Running on the loader • Speed work • Sit & jump on the loader • One leg running on the loader • In ground sit & long jump front side • 	<p>Six exercise for 'V' shape workout</p>	<p>Full body burn workout</p>	<p>ABS burner workout/circuit Training</p>
<p>How much physical activities should do children (aged 5 to 16) to keep healthy – Aerobic exercise, Walking, Running, Games such as Tug of war, skipping with a lope, swinging on play ground equipment bars, climbing, sit ups, press ups,</p>						
3.	Museum	Introducing children to the topic and briefing	Discussing with children how to be vigilant while visiting	Doing Activities based on "Being Vigilant-Observing	--	Briefing children about Unity Day and discussing about our

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		children about how to be vigilant in their real life classrooms.	Museums or any historic monument site.	Vigilance Awareness Week		First Lady Prime Minister.
4.	Bharatnatyam	शुक् तुण्ड हस्त विनियोग के प्रथम आधे भाग को सीखना।	शुक् तुण्ड हस्त विनियोग के द्वितीय आधे भाग को सीखना।	स्ठिहस्त विनियोग के प्रथम आधे भाग को सीखना।	मुस्ठिहस्त विनियोग के द्वितीय आधे भाग को सीखना।	इस सप्ताह सीखे हुए विनियोग का अभ्यास करना।
5.	Vocal Music	Braj Lok geet (Sthayi)	lok geet (Antra)	Lok geet (Sthayi with Taal)	Antra (Antra with Taal)	Revision of All
6.	Drama	Body movement and eye contact	Solo improvisation	Imagination work according to the theme	How to play reading	Skit play according to many theme
7.	Sitar	How to play dir dir strocks after playing paragraphs of jhala	How to conclude raag by playing ending Tihai	Introduction of raag bhupali	Aroh Avroh of raag Bhupali	Pakad of raag Bhupali
8.	Astronomy	Dwarf Planets – Pluto, Ceres, Eris, Haumea, Makemake				
9.	Computer	<ul style="list-style-type: none"> • MS Excel • Conditional Cell Formatting In Ms-Excel • How to Make Excel File Password Protected • How to create a backup file in ms excel • How to Organize Rows Columns and Spreadsheet in Excel 				