

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 28<sup>th</sup> July to 1<sup>st</sup> August, 2020

S.No.	Section	28.07.2020 (Tuesday)	29.07.2020 (Wednesday)	30.07.2020 (Thursday)	31.07.2020 (Friday)	01.08.2020 (Saturday)
1.	<b>Photography</b>	Cultural festival photography, flying birds photography etc.				
2.	<b>Clay</b>	We will make model based on animals which living in icy place				
3.	<b>Weaving</b>	Different types of woven Friendship Band				
4.	<b>Environment</b>	1. Crocodile 2. Animals from leaves	Life cycle of butterflies	Balloon rocket	What are manuscript?	Online interaction with children
5.	<b>Integrated</b>	Making wall handing from colour paper	Making photo frame from colour paper	Mask making from colour paper	Door hanging of bird from color paper	Scenery making from color paper
6.	<b>Aeromodelling</b>	C-130 J Super Hercules	What are Helicopters	HAL Chetak & Hal Cheetah	MI-17 & Latest Helicopter-Chinook	
7.	<b>Stitchery</b>	How to make a WOOLEN RAKHI	How to make a KALAVA/ MOULI RAKHI	How to make a SILK THREAD RAKHI	How to make a MACRAME RAKHI	How to make a BEADED RAKHI
8.	<b>Phy. Education</b>	Kids friendly Yoga – Mountain Pose, Chair pose, tree pose, crescent moon pose etc.				
9.		How to increase flexibility	Muscle strength workout	Upper body muscle workout	Lower body muscle workout	Front & back abdominal exercise
10.		Good warming up exercise				
11.	<b>Museum</b>	Giving children information about another kind of Transport Museum and how these kinds of Museums differ	Introducing Textile Museum to children and discussing about one Textile Museum, followed by activity.	Briefing children about another Textile Museum and discussing how these two museums differ followed by	Informing children about Science and Technology Museum followed by activity.	Giving children information about Children's Museum followed by activities.

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		followed by activity.		activity.		
12.	<b>Bharatnatyam</b>	'तिरमानम् अड्डवु ' के पाद संचालन को सीखना।	'पताकहस्त विनियोग' के प्रथम आधे मुद्रा को सीखना।	'तिरमानम् अड्डवु ' के पाद संचालन को हस्त संचालन के साथ सीखना।	'पताकहस्त विनियोग ' के बचे हुए हस्त मुद्रा को सीखना।	'किट्टकधरीकिटतोम्' अड्डवु के पाद संचालन को हस्त संचालन के साथ सीखना।
13.	<b>Vocal Music</b>	Bhajan (Sthayi of Bhajan)	Antra of Bhajan	How to sing in Taal	Taal use in Bhajan	Revision of All
14.		Introduction of Raga Bhairav	Sthayi of Bandish of Raga Bhairav	Antara of Bandish of Raga Bhairav	Simple 2ans in Raga Bhairav	Revision of Aaroh Avroh, Bandish and Taans in Raga Bhairav.
15.	<b>Astronomy</b>	Gama-Ray bursts Astronomy	What are neutron Stars	What is White Dwarf	Spectrat Type Stars (Part 10)	Types of stars (part-2)
16.	<b>Drama</b>	An actor warm up voice	Improve body language	Analyses the character through rehearsals	Folk drama	Play improvisation according Raksha Bandhan
17.	<b>Folk Dance</b>	we talked about the Lavani dance and do some movement	we do some more movement and set the body language how will do the Lavani dance	will start the Lavni song and set the footwork with music	will practice the same thing	we finish the starting music part with footwork and with music
18.	<b>Home Management</b>	gulab ki kheer	balushahi	Krachi halwa	rasmalai	feerni
19.	<b>Radio &amp; Electronics</b>	Simple DC Motor	Electromagnet	Wireless power transfer	Vacuum cleaner using bottle	Energy Generator with DC motor