

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 2nd to 6th June, 2020

S.No.	Section	02.06.2020 (Tuesday)	03.06.2020 (Wednesday)	04.06.2020 (Thursday)	05.06.2020 (Friday)	06.06.2020 (Saturday)
1.	Photography	Landscape	Portrait	Event	Photo story	products
2.	Clay	We will make sculpture based on wild animals like lion, cheetah, leopard, koala etc.				
3.	Aquarium and Environment	Cyclone and storm formation-children will learn about the tropical cyclone, storm formation.	Reflection of light	Refraction of light	World environment day celebration-theme for this year is "Time For Nature"	Eddy current
4.	Weaving	Jute Introduction	Jute basket weaving	Jute hand bag weaving	Jute box weaving	Woven jute flower basket
5.	Physical Education	<p>1. Squats – 60 second, 2. Push-ups – 60 sec., 3. Jumping Jack – 30 sec., 4. Lunges – 45 sec., 5. Plank – 30 Sec. Side Lifts – 30 sec.</p> <ul style="list-style-type: none"> • How to improve your Judo using an Uchikomi programme <ul style="list-style-type: none"> A. Normal Uchikomi – shadow Speed Uchikomi – shadow Power Uchikomi – with band B. Static Uchikomi – Pick 5 techniques and each technique in 20 sec. than perform (each technique – 3 Sets) <ul style="list-style-type: none"> 1. Taiotoshi – 20x3, 2. Osotogari – 20x3, 3. Seoi nage 20x3, 4. Ouchi gari - 20x3, 5. Uchi meta - 20x3, C. Moving Uchikomi – 5 attack in all diractions. <ul style="list-style-type: none"> 1. Taiotoshi – 20x3, 2. Osotogari – 20x3, 3. Seoi nage 20x3, 4. Ouchi gari - 20x3, 5. Uchi meta - 20x3, 				

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6.	Integrated	Making 3D fish with paper	Making cow mask with paper	Making 3D horse with waist material	Making flower with crap paper	Making paper Hut
7.	Aeromodelling	How to make flying paper Helicopter	Making Flying Paper Drone	How to make a simple Glider with foam plate	Making Indoor best Flying Airplane	Super Paper Boomerang Airplane
8.	Stitchery	How to use KANTHA STITCH to fill different shapes on cloth	How to do MIRROR WORK on fabric	How to sew a MINI COIN POUCH	Children will learn about some basic MACRAME KNOTS	How to make a FRIENDSHIP BAND
9.	Painting	Color Wheel / Practical Demonstrations (age group: 5 – 10 years)	Sketch Pen Drawings/ Paintings (age group: 5 – 10 years)	Charcoal Drawing (age group: 10 – 15 years)	Kalam Kari Techniques (age group: 10 – 15 years)	Abstract Paintings (age group: 10 – 15 years)
10.	Wood craft	Introduction of wood craft	What is wood carving	How to use waste wood in ART	How to make a flower by waste wood	Practice of making flower by children
11.	Museum	Introduction about Puppets and their history as a medium of entertainment. Followed by a fun based activity.	Briefing children about different kinds of puppets and way of handling them followed by interesting activity	Giving children an exposure of Puppet show, its uses and an introduction of Rajasthani Puppets. followed by activity.	Celebrating World Environment Day (5th June) and spreading awareness in tender minds.	Explaining in detail about Rajasthani Puppets. Followed by a basket full of fun based activities.
12.	Bharatnatyam	'तत तेई ता हा' अडवु का प्रथम तथा	भरतनाट्यम नृत्य मे ग्रीवा भेद (neck	'तत तेई ता हा' अडवु के तृतीय तथा चतुर्थ	भरतनाट्यम मे प्रयुक्त होने वाले वाधय यन्त्रों	' तत तेई ता हा 'अडवु के प्रथम तथा द्वितीय

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		द्वितीय पाद संचालन सीखना। सीखी हुई सभी असन्युक्त मुद्राओं का अभ्यास।	movement) सीखना तथा पहले किये अडवुओं का अभ्यास करना।	पाद संचालन को सीखना।	(musical instruments) का वर्णन तथा पहले सीखे हुए अडवु 'पक्क अडवु' का अभ्यास करना।	हस्त संचालन को सीखना तथा इस सप्ताह सीखे हुए सभी 'तत तेई ता हा' अडवुओं के पाद संचालन का अभ्यास करना।
13.	Vocal Music	Swar use in Folk Music	Taal use in Folk Music	Dadra (geet)	Geet based on Environment	Language use in Folk Music
14.	Sitar	Lessons of gitkari in sitar	Discussion about other Gharanas of sitar	Brief discussion on Ustad Vilayat khan sahab	Brief discussion about pt. Nikhil Banerjee	Sharing written notes of sitar with children
15.	Astronomy	Real Facts About Universe (Part-2)	Practical – How to make Kaleidoscope	The Earth	All layers of Atmosphere	Practical – Chandrayaan2 Model making
16.	Home Management	Aam Panna	Aam ka Achar	Mango Jam	Nachos with dip	Sprouts puffs
17.	Computer	Continue with Microsoft word daily with different Topics.				

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