

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 30th June to 4th July, 2020

| S.No. | Section | 30.06.2020 (Tuesday) | 01.07.2020 (Wednesday) | 02.07.2020 (Thursday) | 03.07.2020 (Friday) | 04.07.2020 (Saturday) |
|-------|----------------------|--|---|--|--|--|
| 1. | Photography | How to do Flower photography | How to photograph single flower | How to photograph bunch of Flowers | How to choose background for flower photoshoot | How to photograph arranged Flower s |
| 2. | Clay | We will make model based on cartoon | | | | |
| 3. | Weaving | Woven Paper fish | Woven decorative paper ball | Woven paper turtle | Paper optical illusion weaving | Woven magic card |
| 4. | Environment | Conservation of forest | travelling of water | octopus | solute and solvent | Density - oil and water |
| 5. | Woodcraft | How to make a portrait in wood inlay | How to make a photo frame from wood sticks | how to make alphabet in wood inlay | How to make a design in wood inlay technique | Practice of making inlay by children's. |
| 6. | Integrated | अखरोठ और आम की गुठली से मोर बनाना। | लकड़ी और आम की गुठली तीतली बनाना। | लकड़ी से आदमी बनाना। | अखरोठ और लकड़ी से खरगोश बनाना। | आम की गुठली से चूहा बनाना। |
| 7. | Aeromodelling | Introduction Of UAV | Different Types Of UAV | Role Of UAV | Benefits Of UAV | UAV Flying |
| 8. | Stitchery | Applique Work with Blanket Stitch | How to Sew a Continuous Bias Tape and its uses | How to make a Macrame key Chain | How to do Hand Embroidery on a Monogram | How to do 3D flower Embroidery with use of waste fabric |

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| 9. | Painting | Line drawing . (age group: 5 – 10 years) | Block Printing (age group: 5 – 10 years) | Book cover painting (age group: 10 – 15 years) | Water color painting (age group: 10 – 15 years) | Post card painting (age group: 10 – 15 years) |
| 10. | Phy. Education | 20 minutes Power Yoga workout will strengthen and stretch from (Hand to toe) Child's Pose – 5 breath (one breath means a complete breath in and out), Downward facing dog – 5 to 6 breath, Rag Doll – 5 to 6 breath, Sun Salutation A – 3 rep, High Plank – 10 to 15 seconds, chaturanga push ups – 3 rep. Upward facing dog – 1 full breath, weighted squats – 1 Minute, weighted lunges with biceps curls – 12 reps each side, Lawn mower rows – 12 reps each side. Oblique twists – 16 reps, Glute Bridges – 8 reps each side. Chest fly – 10 reps. Leg lift – 12 reps. Reclined spinal twist – 30 seconds. Shavasana – 30 seconds to 2 minutes. | | | | |
| 11. | | Biceps muscles workout 30 min. | Biceps muscles Brachi workout 30 min. | Triceps muscles workout 20 min. | Anterior pelvic lift workout 20 min. | Planter and dorsi movement exercise 20 min. |
| 12. | | <p>Good warming up exercise –</p> <ul style="list-style-type: none"> • Spider Walk Front side & back side • Spider walk Right hand and left hand side • Crocodile walk front side & back side • Crocodile walk both side right & left • Push up – 2 time & same position side walk right & left. 20 push up one side (2 sets) • Thigh sit up JIGOTAI position – Sit and Jump – 4 time, 4 step Right Side walk in Jigotai position, same left hand side (20 time each set x 4 sets) • Wall Sit your back take the wall (30 see each) (30 see x 4 set) • Sweep with fact Thera band both leg exercise (10 x 20 time) • Kouchi gari & ouchi gari with thera band (with foot) (10 x 20 time each Ex.) • (Per Exercise 20 sec Rest is must) | | | | |

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| 13. | Museum | Introduction about our Heritage, its importance and its classification followed by activity | Giving children information about classification of Intangible Cultural Heritage into oral traditions, customs, performance, rituals etc and then focussing on oral traditions. Followed by an activity | Briefing children about Social practices: rituals, festivals, traditional craftsmanship etc. followed by activity | Informing children about Performing arts (traditional music, dance, theatre etc) and practices concerning nature followed by activity | Making children aware role of Museum in safeguarding our Intangible Cultural Heritage followed by activities |
| 14. | Bharatnatyam | 'पाइचाल' (Paichal adavu) अडवु के प्रथम तथा द्वितीय पाद संचालन को सीखना। | भरतनाट्यम मे नृत , नृत्य तथा नाट्य को समझना तथा सीखे हुए अडवु 'तत तेई ता हा' का अभ्यास करना। | भरतनाट्यम मे 'पाइचाल' (Paichal) अडवु के तृतीय तथा चतुर्थ पाद संचालन को सीखना। | चार प्रकार के अभिनय का वर्णन तथा उनके बारे मे जानकारी । | सीखे हुए 'गणेश कऊतुवम ' का अभ्यास करना तथा इस सप्ताह सीखे हुए सभी पाद संचालनो का अभ्यास करना। |
| 15. | Handicraft | Simple paper flower | How to make paper hanging | Nek Chand sculpture (Repairing) | How to make origami pen stand | Nek chand sculpture (Repairing) |
| 16. | Vocal Music | Introduction of Abhang | Abhang | Abhang (How to sing in Taal) | Taal use in Abhang | Revision |
| 17. | Astronomy | Betelgeuse Supernova 2022 | Practical – Solar Eclips | Spotting Stars | How to recognize the POLE star | Top Astronomy Event of June, 2020 |
| 18. | Home Management | chocolate balls for kids by biscuits | chocolate mud cake | Mango cup cakes | how to place breakfast table setup | how to place lunch table setup |

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| 19. | Drama | Self Analysis and character | Improvisation drama | Voice speech and | Eye contact | Historical Background of acting |