

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 3rd to 7th November, 2020

S.No.	Section	03.11.2020 (Tuesday)	04.11.2020 (Wednesday)	05.11.2020 (Thursday)	06.11.2020 (Friday)	07.11.2020 (Saturday)
1.	Photography	Photography..... This week example and tutorials on product photography.				
2.	Stitchery	Beautiful wall hanging. (part-1)	Beautiful wall hanging. (part-2)	How to make jhumar by using waste bangle. (part-1)	How to make Jhumar by using waste bangle. (part-2)	Pom-pom flowers tree.
3.	Aquarium and environmental	1.Air pollution-documentary	Let's see pollution-make your own pollution catcher	Impact of pollution on plants	Air quality- data collection of air quality of different Cities	Online session - discussion with children
4.	Phy. Education	<ul style="list-style-type: none"> Jogging & warming up exercise, High knees, half sit up, standing leg raises, squats, push-up, forward lunges, plank jump out, climbers, plank leg raises Jogging & warming up exercise, Shadow uchikomi your takoi waza both side, squats, combination uchikomi Ang both side, Shadow uchikomi 5 time than jogging again uchikomi, Cross punch sit-ups, sitting twists Jogging & warming up exercise, Spider walk front & back, Pulling uchikomi with band, chin ups with gi, shadow uchikomi Ang technique, dumbbells exercise Jogging & warming up exercise, surya Namaskar, Flexibility exercises, standing quad stretch, standing side stretch, seated hamstring stretch, standing calf stretch, shoulder stretch, Back stretch, Butterfly stretch, Dhyana with Padmasana Marathon race 5 to 8 km. 				
		<ul style="list-style-type: none"> Good morning warm-up full body Circumduction exercise. Home Workout every day (Jumping, Standing Broad jump, high knees, chair position etc.) How to perform front abdominal exercise 				

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		<ul style="list-style-type: none"> • How to perform back abdominal exercise • How string muscle workout • Bicep brachii muscle exercise • Daily two thimmes breathing exercise • After workout 20 to 30 min. cooling down. <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>				
5.	Museum	Celebrations (Children's Day and Festive Season) (A twelve day long Programme)				
6.	Bharatnatyam	मुष्ठी हस्त विनियोग को सीखना ।	मुष्ठी हस्त विनियोग का अभ्यास करना।	शिखरहस्त विनियोग के प्रथम आधे भाग को सीखना।	शिखरहस्त विनियोग के द्वितीय आधे भाग को सीखना।	इस सप्ताह सीखे हुए विनियोग का अभ्यास करना।
7.	Folk Dance	Bihu dance from Assam with theory.	Basic movement of Bihu dance.	Practice of basic moment Bihu dance.	Practice of Bihu dance basic footwork and hand moment with Body Language.	Practice of basic movement Bihu dance.
8.	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
9.	Vocal Music	Bhajan (Sthayi)	Bhajan (Antra)	Bhajan (Sthayi with Taal)	Bhajan (Antra with Taal)	Revision of All
10.	Drama	Play skit work	Play skit preparing	Play skit blocking	Play skit making	Play skit yatra
11.	Integrated Activity	हाथी का मास्क बनाना।	बेकार सामान से फूल बनाना।	एंग्री बर्ड बनाना।	रंगीन पेपर से पक्षी बनाना।	रंगीन पेपर से फूल बनाना।

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12.	Clay	We will make model based on human face and birds.				
13.	Astronomy	What are morning stars and Evening Stars? How can we see with together? Story behind Venus & Mars Planet				
14.	Computer	how to make auto list and custom list in excel, how to use Skip Blanks and transpose function in excel				