

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 05 – 09, January, 2021

S.No.	Section	05.01.2021 (Tuesday)	06.01.2021 (Wednesday)	07.01.2021 (Thursday)	08.01.2021 (Friday)	09.01.2021 (Saturday)
1.	<b>Stitchery</b>	How to make a French Knot Flower.	How to make a Fluffy Flower Embroidery/Quilting Flower. (part-1)	How to make a Fluffy Flower Embroidery/Quilting Flower. (part-2)	How to make a Split Stitch Border Design. (part-1)	How to make a Split Stitch Border Design. (part-2)
2.	<b>Aquarium and Environment</b>	Atmosphere, Season's observation booklet etc.				
3.	<b>Phy. Education</b>	<ul style="list-style-type: none"> <li>Jogging, warming up exe.</li> <li>Newaza – Jogging &amp; front roll, chart wheel both side, neck bridge, spider walk, duck walk &amp; sit &amp; long jump, body weight squats, light jogging.</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exe.</li> <li>Exe. With partner – Hand walk with partner, Jump over the head &amp; under the leg, uchi komi with out gi, lifting uchi komi with partner, counter uchi komi.</li> <li>Sapate – star jump with puchups</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exe.</li> <li>Uchi komi with thera band</li> <li>Takoi waza in movement shadow uchi komi</li> <li>Takoi waza with combinations both side uchi komi.</li> <li>On the back fast cycling.</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exe. &amp; Aerobic Exe.</li> <li>Dozing Uchi komi both side &amp; grip.</li> <li>Dumbbell exe.</li> <li>Push ups</li> <li>Chin ups</li> <li>Back push ups on the box</li> <li>Hanging gi with chin ups</li> </ul>	<ul style="list-style-type: none"> <li>Marathon</li> <li>Stretching exe.</li> <li>Shadow uchi komi</li> <li>Push ups</li> </ul>
4.		<ul style="list-style-type: none"> <li>Good morning warm-up full body stretching toe to Head &amp; full body circumduction,</li> </ul>				

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		<ul style="list-style-type: none"> <li>• Outdoor workout (Surya Namaskar)</li> <li>• Upper Body Muscle strength workout.</li> <li>• Floor exercise without equipment.</li> <li>• Leg muscle strength workout</li> <li>• Types of Push-ups workout</li> <li>• Free Play match</li> <li>• After workout cool down should be must.</li> </ul>				
5.		<p>Children should do higher intensity and resistance activities every day. As these exercises will help to strength, flexibility muscles and bones. Examples are</p> <ul style="list-style-type: none"> <li>• Floor gymnastic in</li> <li>• Skipping</li> <li>• Climbing play ground activity</li> <li>• Plan</li> <li>• Lunges</li> <li>• Spot jogging</li> <li>• Body resistance exercises, such as sit ups and push ups</li> </ul>				
6.	<b>Museum</b>	<p><b>Making Map learning Fun -</b>  <b>To make children interested and curious towards reading maps</b>            Day 1 - Introducing children to the topic of Map learning in fun way            Day 2 - Continuing with the topic of map learning followed by fun - based activity            Day 3 - Continuing with the topic of map learning through lots of fun-based activities</p>				
7.	<b>Bharatnatyam</b>	प्रथम 3 स्थानक भेद को सीखना।	प्रथम 2 'तत् तेइ ताहा' अड्डवु का अभ्यास करना।	शेष 3 स्थानक भेद को सीखना।	शेष 2 'तत् तेइ ताहा' अड्डवु का अभ्यास करना।	सभी का अभ्यास करना
8.	<b>Vocal Music</b>	Saraswati Vandana in Raag Bhairavi Var de (Sthayi)	Saraswati Vandana in Raag Bhairavi Var de (Antara 1)	Saraswati Vandana in Raag Bhairavi Var de (Antara 2)	Bal Geet	Revision
9.		Braj lok geet	Braj lok geet (Antra)	Braj lok geet	Braj lok geet (Antra)	Revision

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		(Sthayi)		(Sthayi with Taal)		
10.	<b>Drama</b>	Street Play theatre	Solo act play	Play reading	Mime act	Comedy and tragedy drama
11.	<b>Integrated Activities</b>	रंगीन पेपर से मास्क बनाना।	रंगीन पेपर से सूरजमुखी फूल बनाना।	रंगीन पेपर से फिंगर पपेट बनाना।	बेकार सामान से चूहा बनाना।	अखबार से फोटा स्टैलड बनाना।
12.	<b>Clay Work</b>	We will make model based on different types of vegetables.				
13.	<b>Computer</b>	Data Validation in MS Excel	How to make search box in MS Excel	Learn about two formulas in Excel Rand and R and between which is very important etc.	How to compare different data in two Excel sheets in MS Excel	How to use IF formula-1 in Excel which is very useful in excel sheets
14.	<b>Weaving</b>	Different types of Woven greeting cards				
15.	<b>Photography</b>	Photoshop tutorial on different topics, editing photos on Photoshop				
16.	<b>Home Management</b>	Moong Dal Ladu	Paneer Bombay sandwich pakora	Konda bhujija	Mix Vegetable Pakora	Rajasthani Bharva Mirch
17.	<b>Radio &amp; Electronics</b>	--	Diode	Regulator I.C. 7805	Mini FM Transmitter with 2N3904 Transistor	Transistor.