

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 5th to 9th May, 2020

S.No.	Section	05.05.2020 (Tuesday)	06.05.2020 (Wednesday)	07.05.2020 (Thursday)	08.05.2020 (Friday)	09.05.2020 (Saturday)
1.	Photography	Rules of Composition	Strong points	Leading Lines	Division of frame.	Comparative statement.
2.	Clay	Swan making from vegetable / fruits	Peacock making from vegetable / fruits	Boat making from vegetable / fruits	Vegetable basket	Bouquet of roses
3.	Aquarium and Environment	Newton Disc-concept of white light	Fish – study of some internal organ of fish	Pinhole camera – rectilinear theory of light	Skeleton – Human skeleton with paper	Spinner – scientific toy
4.	Weaving	Parts of handloom machine	Handloom machine operation	Indian Charkha	How to make knotted carpet	Paper Basket activity
5.	Hostel	Mungfali ki burfi	Seasonal Vegi pulao	Rajsthani Mangod k isabzi	Maysoor paak	Crispy healthy atta ke methi or namak pare
6.	Physical Education	Surya Namaskar (daily 12 Asan)	Describe benefits of yoga	Describe to healthy diet (according age)	Discuss current affairs in Physical Education	Discuss new rules in field of physical education
7.	Integrated	Making photo frame from newspaper	Making Ziraf from newspaper	Making pencil stand from newspaper	Making cat from cardboard	Making tortoise from paper.
8.	Drama	Energizer work fun game jump-in-jompat	Voice modulation exercise with harmonium	According to them still image and Act play	Follow action mime and eye contact exercise	History of the abhinay sidhant by bharatmuni

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9.	Astronomy	Earth Rotation and revolution	The Moon and phases of Moon with practical	Solar Eclipse & Lunar eclipse	Globe – altitudes and longitudes	Time Calculation
10.	Aeromodelling	What is Airfoil Shape	What is wind & its type	Types of Aeromodelling	Different types of Paper Aeromodeling	What is Chuck Glider
11.	Handicraft	How to make flower pista shell craft	Plastic bottle jewelry craft	Waste egg tray wall hanging	Different New paper craft	How to make Collage.
12.	Stitchery	How to make a Coaster by using waste C.D. and clothes.	Some Embroidery Stitches and their uses.	How to make a Bunny and Teddy by folding towel.	How to make an Apron by using waste jeans.	Different types of Sewing Needle and their uses.
13.	Wood craft	How to make book mark by Ice Cream stick	How to make fighter plane by Ice Cream stick	How to make photo frame by Ice Cream stick	How to make pen stand by Ice Cream stick	Practice all activity.
14.	Sitar	How to take the perfect position while playing sitar & introduction of various parts of sitar.	Basic to moderate exercises of sitar.	Exercises of meend & gamak in sitar.	Aroh, Avroh & pakad of raag kalian.	Bandish & taan in raag kalian.
15.	Tabla तबला कार्य कलाप	विधार्थी को निष्पादन कलाओं उनके प्रकार एवं संगीत के विषय में जानकारी देना। संगीत, लय, ताल, छंद, मात्रा, विभागसम्, ताली	विधार्थी को तबला रखना तबले कि बैठक तथा तबले पर बच्चे कि उंगलियों को सही ढंग से रखना सिखाना। विधार्थी को तबले के विभिन्न भागों दाया , डंगगा, किनारा, लौ, स्याही,	बच्चों के तबले के प्रारंभिक बोल जैसे:- गे, धे, ना, ता, धा, इत्यादि बजाना सिखाना। बच्चो को क्रमशः अंगुष्ठा, तर्जनी, मध्यमा, अनामिका	प्रारंभिक बच्चों में अच्छी ताल के पश्चात विधार्थी को कुछ कठिन बोल जैसे: - तिरकिट, कल, कन्ता, तूना इत्यादि का प्रारंभिक अभ्यास करना।	तीनताल

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		खाली कायदा पलटा लग्गी इत्यादि के बारे में बताना। विधार्थी को तबले के संक्षिप्त इतिहास इसका निर्माण तथा कलाकारों के विषय में परिचित करवाना।	मैदान, गुडरी, गिट्टे, बद्दी एवं गजरा के विषय में परिचित कराना।	एवं कनिष्ठा इन सभी उंगलियों के प्रयोग सिखाना। बच्चों को अभ्यास के प्रारंभिक पलटे जैसे:- धे, धे, ना, ना, धा इत्यादि सिखाना।	बोलों का अच्छा अभ्यास होने के पश्चात विधार्थी को ताल बनाना आरंभ करना चाहिए। तबले में सबसे पहली एवं सबसे प्रमुख बात है तीन ताल। विधार्थी को सर्व प्रथम यही ताल सिखनी चाहिए।	
16.	Museum	Introduction about Paridhan (clothing) and how its existence can be traced in our history.	Giving children an exposure of different Indian State, their culture, festivals and traditional clothing.	Briefing children about specialty of clothes of different states like their weave, material, style, print etc. Followed by activity.	Briefing children about interesting facts about Paridhan through interesting videos.	Learning Tana and Bana and preparing weave through waste material.
17.	Bharatnatyam	5 to 8 tatta adavu	1 to 4 natta adavu with hand movements	10 more single hand gestures	1 to 4 double hand gestures	Revision of old dances

For weekly plan from 5th to 9th May, 2020.

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