

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 6<sup>th</sup> to 10<sup>th</sup> October, 2020

S.No.	Section	06.10.2020 (Tuesday)	07.10.2020 (Wednesday)	08.10.2020 (Thursday)	09.10.2020 (Friday)	10.10.2020 (Saturday)
1.	<b>Stitchery</b>	Master Sleeve/Simple Half Sleeve.	Full Sleeve.	Bell Sleeve	Puffed Sleeve.	Petal Sleeve.
2.	<b>Phy. Education</b>	Agility exercise & retention ability exercise	Outdoor workout breathing exercise	Lower body workout	Front abdominal Muscle workout	Back abdominal muscle workout
3.		<ul style="list-style-type: none"> <li>• Uchikomi Shadow with theraband</li> <li>• Situps</li> <li>• Shadow Uchikomi Both side</li> <li>• Sapate</li> <li>• Pulling with theraband</li> <li>• Shadow uchikomi</li> <li>• Dumbbell exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging</li> <li>• Chinups with gi</li> <li>• Side to side lunges</li> <li>• Climbers</li> <li>• Sitting twists</li> <li>• Squats</li> </ul>	<ul style="list-style-type: none"> <li>• Surya Namaskar</li> <li>• Shadow Uchikomi in combination both side</li> <li>• Speed combination uchikomi</li> <li>• Rolling &amp; chart wheel exercise</li> <li>• Cross punch sit ups</li> </ul>	<ul style="list-style-type: none"> <li>• Spider walk front &amp; back, both side</li> <li>• Sit &amp; walk</li> <li>• Jogging</li> <li>• Sit &amp; Jump</li> <li>• Jogging</li> <li>• Walking in Jigo-tai position</li> <li>• Jogging</li> <li>• Long jump on one leg &amp; stay than other leg jump</li> <li>• Jogging &amp; push ups about turn</li> </ul>	<ul style="list-style-type: none"> <li>• Chin ups with gi</li> <li>• Gripping lung with judo gi</li> <li>• Dumbbell Exr.</li> <li>• Push up slow</li> <li>• Gripping lung with gi</li> <li>• Shoulder exercise with dumbbell</li> </ul>
4.	<b>Museum</b>	Introducing children to the topic of	Story Telling Session based on the life of Mahatma Gandhi,	Virtual tour of Museum Section's Jute	Virtual tour of Museum Section's Gaurav Gatha	Story telling Session under the programme "

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		'Celebrating Gandhi Jayanti' along with his teachings.	followed by activity	Pradarshini which is based on the teachings of Mahatma Gandhi i.e. To be self-dependent	Gallery showcasing Mahatma Gandhi's contribution to our freedom struggle.	Knowing Shaheed Bhagat Singh through the eyes of Museum"
5.	<b>Bharatnatyam</b>	सीखे हुए भाग के हस्त संचालन को सीखना।	अलारिपु के कुछ अन्य पाद संचालन को सीखना।	सीखे हुए पाद संचालन को हस्त संचालन सहित सीखना।	अलारिपु के अंतिम भाग के अंशों के पाद संचालन को सीखना	पाद संचालन को हस्त संचालन सहित सीखना।
6.	<b>Vocal Music</b>	Introduction of Raag Kaafi	Sthayi of Bandish in Raag Kaafi	Antara of Bandish in Raag Kaafi	Taans in Raag Kaafi	Revision of Raag Kaafi
7.		Braj lok geet (Sthayi)	Lok geet (Antra)	lok geet (Sthayi with Taal)	lok geet (Antra with Taal )	Revision of All
8.	<b>Drama</b>	Improvisation Scene work	Character improvisation	Action reaction to	How to imagination about the character	How to groups work for play
9.	<b>Astronomy</b>	Everything about planets – Mercury, Venus, Earth, Mars				