

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 7<sup>th</sup> to 11<sup>th</sup> July, 2020

S.No.	Section	07.07.2020 (Tuesday)	08.07.2020 (Wednesday)	09.07.2020 (Thursday)	10.07.2020 (Friday)	11.07.2020 (Saturday)
1.	<b>Photography</b>	We will discuss on food photography with example.				
2.	<b>Clay</b>	We will make different types of pet birds.				
3.	<b>Weaving</b>	Cotton	Silk	Linen	Jute	Wool
4.	<b>Environment</b>	Sundarvan – Documentary	Mangrove trees	Life cycle of Butterfly	Arthropoda	Online interaction session with children
5.	<b>Woodcraft</b>	Introduction to wood burning art.	How to do wood burning art.	How to make a design in wood from burning.	How to make painting from burning.	Practice of making flower by children.
6.	<b>Integrated</b>	रंगीन पेपर से बॉल बनाना।	सरकडें से फूल बनाना।	रंगीन पेपर से फूल बनाना।	गत्ते से ड्रूट बनाना।	रंगीन पेपर से उंगलियों की कठपुतली बनाना।
7.	<b>Aeromodelling</b>	Introducing of UAS	Different types of UAS	Role of UAS	Benefits of UAS	UAS flying
8.	<b>Stitchery</b>	Introduction to Different types of SEAMS. (Part 1)	Introduction to Different types of SEAMS. (Part 2)	Children will learn about TUCKS, their types and uses. (Part 1)	Children will learn about TUCKS, their types and uses. (Part 2)	Children will learn about DARTS.
9.	<b>Painting</b>	What are the different color theories?	What are the primary color?	What are the secondary color?	What are the tertiary color?	What are the monochromatic color?

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10.	<b>Phy. Education</b>	Kids 7 Min. Hit workout for self-regulation. 1. Frog Jump, 2. Bear walk, 3. Gorilla shuffle, 4. Starfish Jump, 5. Cheetah Run, 6. Crab crawl and 7. Elephant stamps.				
11.		How many type of sports medicine	How to use sports therapy	Describe the cold therapy	Heat therapy	Thermotherapy & psychodynamic therapy.
12.		Judo technique Basic, combination & counters A. Osoto gari B. Ouchi gari				
13.	<b>Museum</b>	Introduction about what led evolution of Money, designer of current symbol of Indian Rupee followed by activity.	Giving children information about journey of Indian Money. Followed by an activity.	Briefing children about journey of money from coins to paper money, modes of payment in India, followed by activity.	Informing children about Numismatics, Mint factories of India, followed by activities.	Virtual Tour of a gallery of National Children's Museum followed by related activities.
14.	<b>Bharatnatyam</b>	'पाइचाल' (Paichal adavu) धित तैयुम तत ता तेई अडवु के प्रथम तथा द्वितीय हस्त संचालन को सीखना।	भरतनाट्यम नृत्य मे नवरस के बारे मे जानना तथा समझना ।	भरतनाट्यम मे ' पाइचाल' (Paichal) अडवु धित तैयुम तत ता तेई के तृतीय तथा चतुर्थ हस्त संचालन को पाद संचालन के साथ सीखना ।	सप्त ताल का वर्णन तथा पाँचो जातियो के साथ सप्त ताल का उल्लेख ।	सीखी हुई सभी हस्त मुद्राओं का अभ्यास करना तथा इस सप्ताह सीखे हुए सभी पाद संचालनो का हस्त संचालन के साथ अभ्यास करना।
15.	<b>Handicraft</b>	Nekchand sculpture (repairing)	Nekchand sculpture (repairing)	Nekchand sculpture (repairing)	How to make Bookmark	How to make crepe paper flower.

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16.	<b>Vocal Music</b>	Bal Geet Tim tim Karte Taare	Kaare kaare badra	Aaya Basant	Baul geet	Sargam geet
17.		Introduction of Bharud	Bharud (Geet)	Bharud (How to sing in Taal)	Different types of Singing Styles (Maharashtra folk)	Revision of All
18.	<b>Astronomy</b>	Nebula	Brightest Star in the Night	Why so Stars Shine at Night	Amazing facts about Stars	Top Astronomy Event of July, 2020
19.	<b>Home Management</b>	light healthy matar chaat	suji ki jalebi	ghevar	aloo or poha vada	ripped mango frooti
20.	<b>Drama</b>	Scene work	Character improvisation	Street play	Action to reaction exercise	How to imagine voice
21.	<b>Sitar</b>	How to speak bandish of raag kalyan in taal	How to play antare ki taan in raag kalyan	Todas of 8 matra in raag kalyan (part-1)	Todas of 8 matra in raag kalyan (part-2)	How to speak today in taal
22.	<b>Folk Dance</b>	about the Rajasthani song and start the footwork and hand movements	practice of starting foot work and hand moment with music	will do some more Rajasthani movements	will finish the first half of Rajasthani song	will practice of first half with music