

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 8 – 12 December, 2020

S.No.	Section	08.12.2020 (Tuesday)	09.12.2020 (Wednesday)	10.12.2020 (Thursday)	11.12.2020 (Friday)	12 .12.2020 (Saturday)
1.	Stitchery	How to make a Ribbon Tussel.	How to make a satin ribbon stick.	How to make a Potli Button.	How to make a Ribbon Bow.	How to make a Beautiful Fabric Latkan.
2.	Phy. Education	<ul style="list-style-type: none"> Warming up exercise with all rolling exercise Stretching exercise & cooling down 	<ul style="list-style-type: none"> Running Aerobic exercise Pulling with Band Uchi Komi you takoi waza Sweeping with brick Half sit & jump exe. Well sit. 	<ul style="list-style-type: none"> Warming up exe. Neck bridge both side. Both side rolling with 2 puch ups Star jump. 	<ul style="list-style-type: none"> Aerobic exercise Technique practice 	<ul style="list-style-type: none"> Warming up exe. Chart wheel both side. Si & jump Side to side lunges Jump squat jogging
3.		Good morning warm-up Head to Toe ex., Full Body circumduction with fundamental movement., Meditation Asana, Shoulder Muscle workout, Front Abdominal muscle workout, Emagery training, Strength workout upper & lower body muscle exercise, Endurance workout running, jogging & weight training, Cooling down.				
4.	Museum	<p>'Catch the Time - Learning Time management skill'. A six days program (3days a week) with the aim to make children aware about the skill of Time Management at an early age.</p> <p>9th Dec - Learning time management through a short video and also how each child is different and their habits can't be same followed by activity.</p> <p>11th Dec - Learning the skills of how to manage time for all age groups of children.</p> <p>12th Dec - A moral value based story telling session based on the skill of time management</p>				
5.	Bharatnatyam	पद्मकोश हस्त विनियोग प्रथम आधे	भरतनाट्यम के प्रसिद्ध नृत्यकारों का अभ्यास	पद्मकोश हस्त विनियोग के द्वितीय	भरतनाट्यम में प्रयोग होने वाले वाद्य यंत्रों के	पद्मकोशहस्त विनियोग के शेष बचे विनियोग

S.No.	Section	08.12.2020 (Tuesday)	09.12.2020 (Wednesday)	10.12.2020 (Thursday)	11.12.2020 (Friday)	12 .12.2020 (Saturday)
		को सीखना।	करना।	आधे भाग को सीखना।	बारे में पढ़ें।	को सीखना।
6.	Vocal Music	Saraswati Vandana based on Raga Basant (Sthayi)	Saraswati Vandana (Antara 1)	Saraswati Vandana (Antara 2)	Saraswati Vandana (Antara 1)	Saraswati Vandana Revision
7.		Braj Lok geet (Sthayi)	Braj lok geet (Antra)	Braj lok geet (Sthayi with Taal)	Braj lok geet (Antra with Taal)	Revision
8.	Drama	Music Moment	Physical work	Focus	Creativity of the theatre	Definition of stage
9.	Integrated Activities	Flower making, Bird making from coloured paper				
10.	Astronomy	Practical Week- Different Types of Constellation, Chandrayaan-2, How to make satellites, telescopes				
11.	Clay Work	We will make model based on the environment.				
12.	Weaving	Different types of woven jewellery / accessories				
13.	Computer	How to Install Window 10 through PXE on computer from WDS server, How to create signatures in Microsoft Outlook Express				
14.	Photography	Tutorial on photoshop,				