

National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 8th to 12th September, 2020

S.No.	Section	08.09.2020 (Tuesday)	09.09.2020 (Wednesday)	10.09.2020 (Thursday)	11.09.2020 (Friday)	12.09.2020 (Saturday)
1.	Photography	Stage / Dance photography tutorial s with examples				
2.	Clay	We will make models based on the nature.				
3.	Weaving	Important parts of Handloom Machine (children will be taught through reference videos related to the topic)				
4.	Environment	Rain	How speed of wind affect us	Preparation of table of weather of different cities	Online class on the data collected by students of weather of different cities	Understanding the season
5.	Integrated	रंगीन पेपर से मास्क बनाना।	अखबार से ति तली बनाना।	रंगीन पेपर से मछली बनाना।	रंगीन पेपर से प क्षी बनाना।	अखबार से फूल बनाना।
6.	Stitchery	How to sew INVISIBLE STITCH by hand.	How to adjust sewing machine BOBBIN TENSION.	How to sew a QUILTED COASTER.	How to make a SLEEP MASK.	How to make a HAIR SCRUNCHIE
7.	Phy. Education	<ul style="list-style-type: none"> Uchikomi (normal) Takai waga shadow both side Pulling Uchikomi with band Ashi waga In movement Ouchigori to uchimata 	<ul style="list-style-type: none"> Kosotogari to uchimata shadow uchi komi Kosotogari to Tai Otoshi shadow uchikomi Kosotogari to Kouchigari shadow uchikomi Kosotogari to ippon sei nage shadow 	<ul style="list-style-type: none"> Spider walk front & back side Uchikomi sweeping shadow both side tAi sabaki Pulling uchikomi with Band both 	<ul style="list-style-type: none"> Sit ups Sit ups knee twist Rest position flutter kick Scissors legs Sitting twist Leg Raies *up & down) 	<ul style="list-style-type: none"> Uchikomi with band with both side Standing position crosspunch Speed uchikomi uchimata both side Climbers Side uchikomi with band ippon

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		<ul style="list-style-type: none"> Ippon Seai wage to kouchigari Chin ups with gi 	uchikomi <ul style="list-style-type: none"> Brick grip with fingers, brick catch with fingers 	side one by one <ul style="list-style-type: none"> Sapate side to side 		seai Nage <ul style="list-style-type: none"> Plank crunches
8.		Home workout Meditation Yoga	Upper extremity Muscle workout	Lower extremity muscle workout	Home workout pranayam	Floor exercise
9.		Wake up exercises – Jumping Jacks, Run in place, Head in toe, spin jumps Focus exercises – Tree pose, figure 8 warrior 1 pose, Airplane post, Cross over pose. Strong exercises – Chair pose, Boat pose, Reverse table, Squats, Superman pose. Stretching exercises – Twist pose, chest stretch, back stretch, lunge stretch, side bending				
10.	Museum	Introducing children to world of Books and their importance. Followed by activity.	Giving children information about conservation, its need and its types. Followed by an activity.	Discussing about kind of conservation needed for books. Followed by activity.	Introducing children to how we can take care of our books at home. Followed by activity.	Informing children how Museums help in restoring or taking care of Books. Followed by activity.
11.	Bharatnatyam	अलारिपु के प्रथम आधे भाग के प्रारम्भिक अंश को गिनती के माध्यम से सीखना।	अर्धचन्द्र हस्त विनियोग के प्रथम आधे भाग को सीखना।	अलारिपु के प्रथम भाग के कुछ और अंश को सीखना।	अर्धचन्द्र हस्त विनियोग के द्वितीय आधे भाग को सीखना।	इस सप्ताह सीखे गए क्रियाओं का अभ्यास करना।
12.	Vocal Music	Introduction of Raag Bhairavi.	Sthayi of Bandish in Raag Bhairavi	Antara of Bandish of Raag Bhairavi	Taans in Raag Bhairavi.	Revision of Introduction, Bandish and Taans of Raag Bhairavi.

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13.		Udiya lok geet (Sthayi)	Lok geet (Antra)	Udiya lok geet (Sthayi with Taal)	lok geet (Antra with Taal)	Revision of All
14.	Drama	Narration and storytelling	Yoga movements	Historical Background drama	Basic Acting technique physical theatre	Some story about the play Hathi ki poem.
15.	Folk Dance	we practice of second half with song	will start of music part of 3rd half Lavani dance	will practice of music part of 3rd half Lavni dance with song	will practice of paragraph without song footwork and hand moment and settle the body language of Lavni dance	practice of third half paragraph with song footwork and hand movement and settle the body language
16.	Computer	राष्ट्रीय बाल भवन में 1 सितंबर से 18 सितंबर तक जो हिंदी पखवाड़ा का आयोजन होने जा रहा है , कंप्यूटर विभाग द्वारा हिन्दी ऑफलाइन , ऑनलाइन , फॉन्ट्स, इनपुट लोग इत्यादि की ऑनलाइन 1सितंबर से 19 सितंबर 2020 तक प्रतिदिन अलग अलग विषय पर ऑनलाइन क्लास का आयोजन किया जाएगा तथा इसको सरल बनाने के लिए प्रतिदिन वीडियो भी डाली जाएगी।				
17.	Sitar	2nd paragraph of Jhala in raag kalyan (part-1)	2nd paragraph of Jhala in raag kalyan (part-2)	3rd paragraph of Jhala in raag kalyan (part-1)	3rd paragraph of Jhala in raag kalyan (part-2)	how to play all the three paragraphs of Jhala together
18.	Radio Electronics &	Series connection	Stair-case wiring	Wiring for call bell	Extension Board	Parallel Connection