

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 9 –13, February, 2021

S.No.	Section	09.02.2021 (Tuesday)	10.02.2021 (Wednesday)	11.02.2021 (Thursday)	12.02.2021 (Friday)	13.02.2021 (Saturday)
1.	<b>Aquarium and Environment section</b>	Eddy Current	RGB lights	Centrifugal force	Clown lab fish	Guppy fish
2.	<b>Phy. Education</b>	<ul style="list-style-type: none"> <li>Warming up exe. with all rolling ex.</li> <li>Light shadow uchi komi</li> <li>Speed Uchi komi with partner</li> <li>Nage waza high speed</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exe. with all rolling ex.</li> <li>Normal shadow uchi komi both side</li> <li>Lifting uchi komi</li> <li>Lifting in Movement</li> <li>Combination Uchi Komi</li> </ul>	<ul style="list-style-type: none"> <li>Warming up exe.</li> <li>Jump &amp; Push up</li> <li>Chin ups</li> <li>Dumbbells</li> <li>Griping heng with gi</li> <li>Push ups slow.</li> </ul>	<ul style="list-style-type: none"> <li>Jogging</li> <li>Both Side Uchi komi &amp; jogging</li> <li>Lifting Uchi komi in Movement both side</li> <li>Sit &amp; Jump – left &amp; Right</li> <li>Lunges</li> <li>Long Distance one leg jump.</li> </ul>	<ul style="list-style-type: none"> <li>Marathon</li> <li>Stretching exe.</li> </ul>
3.		<ul style="list-style-type: none"> <li>Good morning warm up general exercise, running walking full warm up head to toe.</li> <li>Outdoor workout (Surya Namaskar)</li> <li>Upper body muscle strength workout</li> <li>Floor exercise without equipment</li> <li>Types of push up workout</li> <li>Front abdominal exercise</li> <li>Shoulder muscle strength workout</li> <li>ABS – Burner Home workout</li> </ul>				
4.		Yoga/Meditation session for all the staff members – this 20 minutes power yoga workout will strengthen and stretch from head to toe.				

S.No.	Section	09.02.2021 (Tuesday)	10.02.2021 (Wednesday)	11.02.2021 (Thursday)	12.02.2021 (Friday)	13.02.2021 (Saturday)
5.	<b>Museum</b>	<b>Topic : Knowledge Meter</b> (Three days a week programme) Aim: To make curious minds of children aware about interesting facts Day 1: Introducing interesting facts about birds around us followed by activity. Day 2: Giving children information of interesting facts about land Animals and water animals around them, followed by an activity. Day 3: Introducing children to interesting facts about insects, followed by revision through activities.				
6.	<b>Bharatnatyam</b>	आदिताल को तीसरी गति मे सीखना।	सीखी गई ताल का अभ्यास करना।	रूपक ताल को प्रथम गति मे सीखना।	सीखी गई ताल का अभ्यास करना।	रूपक ताल को द्वितीय तथा तृतीय गति मे सीखना।
7.	<b>Vocal Music</b>	Bhajan (Sthayi)	Bhajan (Antra)	Bhajan (Sthayi with Taal)	Bhajan (Antra with Taal)	Revision
8.	<b>Drama</b>	Tongue twister Exercise	How to read 'Gazal'	Observation skill	Imagination yourself	Dialogue with movement
9.	<b>Folk dance</b>	A Second paragraph of Ghoomar dance without music	Practice of second paragraph with song	Practice of Another Music part of second paragraph without song	Practice of another music part of Ghoomar dance with song	Practice of second paragraph with song and music part
10.	<b>SITAR</b>	Bandish of raag Bhupali ( second part of sthayi)	Antara of raag Bhupali (first part)	Antara of raag Bhupali (second part)	Revision of raag Bhupali (sthayi)	Revision of raag Bhupali (antara)
11.	<b>TABLA</b>	First Palta of Kayda Teentaal	Second Palta of Kayda Teentaal	Third Palta of Kayda Teentaal	Fourth Palta of Kayda Teentaal	Revision of all
12.	<b>Integrated Activities</b>	रंगीन पेपर से पक्षी बनाना।	रंगीन पेपर से फोटोफ्रेम बनाना।	--	--	रंगीन पेपर से बिल्ली बनाना।
13.	<b>Clay Work</b>	We will make models, based on different type of birds				

S.No.	Section	09.02.2021 (Tuesday)	10.02.2021 (Wednesday)	11.02.2021 (Thursday)	12.02.2021 (Friday)	13.02.2021 (Saturday)
14.	<b>Weaving</b>	Types of Fibers				
15.	<b>Photography</b>	Weekly plan of photostory section. tutorial s on video editing and Landscape photography.				
16.	<b>Home Management</b>	Healthy Pizza wrap	Afgani Aatta paneer momos	Paneer Tandoori with Tandoor	Baked Matar kachori	Chees Parantha