

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 9<sup>th</sup> to 13<sup>th</sup> June, 2020

S.No.	Section	09.06.2020 (Tuesday)	10.06.2020 (Wednesday)	11.06.2020 (Thursday)	12.06.2020 (Friday)	13.06.2020 (Saturday)
1.	<b>Photography</b>	Example of different kinds of photographs and how to take them.				
2.	<b>Clay</b>	We will make model based on every type of birds live in the nature.				
3.	<b>Weaving</b>	History of Tribal weaving in India	Tribal weaving in Tripura	Tribal weaving in Chattisgarh	Tribal weaving in Nagaland	Tribal weaving in Assam
4.	<b>Environment</b>	Hole in palm	Stamp making	Bird in cage	Terrarium making	How do plant observe water?
5.	<b>Woodcraft</b>	How to make flower tree by ice cream sticks	How to make a painting by waste wood	How to make wood toys by wood	How to do carving in wood	Practice of making flower by children
6.	<b>Physical Education</b>	Describe the sports therapy	How many type of therapy exercise	Discuss in sports medicine	Study of specific equipments name	How to develop muscle strength with help of Asana
		Jumping jack	lungs	Stretching	Bridge lifts	Back stretch
7.	<b>Integrated</b>	पेपर से चटाई वाली मछली बनाना।	वाँल हैंगिंग पेपर से बनाना।	कलर पेपर से पक्षी बनाना।	वेस्ट। मटीरियल से हाथी बनाना।	पेपर से मटकी बनाना।
8.	<b>Aeromodelling</b>	How to make Rubber Band Easy Model	To learn about the Control Line	How to make WINGS and TAILS of control line model	How to make FUSE LAGE of control line model	Control line flying
9.	<b>Stitchery</b>	How to convert an old T-Shirt into Hand Gloves	How to make a Sanitizer Bottle Holder	Hand Embroidery on a Plastic Sock (Bori)	How to make a Tulip flower by using fabric	Children will learn about a <b>Traditional Embroidery Stitch of Lucknow</b> namely <b>Chicken Kari</b>

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						<b>(Shadow Work).</b>
10.	<b>Painting</b>	Marble texture painting (age group: 5 – 10 years)	Pen Drawings/ Paintings (age group: 5 – 10 years)	Black and white Drawing (age group: 10 – 15 years)	Sanjhi art (age group: 10 – 15 years)	Monochromatic landscape Painting (age group: 10 – 15 years)
11.	<b>Museum</b>	Introduction about Rocks and its uses	Briefing children about different types of rocks and their formation followed by interesting activity	Giving children an exposure of Cycle of Rocks, different layers of earth followed by activity	Informing about Volcanic Eruption and spreading awareness about how earth quake occurs and how to save oneself during the same by taking quick precautionary measures	Sharing interesting facts about different kinds of rocks. Followed by a basket full of fun based activities
12.	<b>Bharatnatyam</b>	'तत तेई ता हा ' अडवु के तृतीय तथा चतुर्थ हस्त संचालन को सीखना।	भरतनाट्यम नृत्य मे शिरो भेद ( head movement) सीखना तथा पहले सीखी हुई संयुक्त मुद्राओं का अभ्यास करना ।	भरतनाट्यम मे प्रयुक्त पाँच जातियो ( pancha nadai or Thattu mettu adavu) को सीखना।	भरतनाट्यम मे 'गणेश कउतुवम' नृत्य को सीखना।	सीखे हुए सभी ' तत तेई ता हा ' अडवु के हस्त संचालन का पाद संचालन के साथ अभ्यास करना तथा इस सप्ताह सीखे हुए सभी कार्यों का अभ्यास करना।
13.	<b>Folk Dance</b>	practice of first half without music	practice of first half with music	starting of second half without music	practice of second half with music	practice of whole fisherfolk
14.	<b>Vocal Music</b>	information about Dadra	Dadra (geet)	Dadra (how to sing in taal)	introduction of Maand	Maand (Traditional Maand)
15.	<b>Sitar</b>	BRIEF	AAROH & AVROH	PAKAD OF	BANDISH OF RAAG	ANTARA OF RAAG

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		INTRODUCTION OF RAAG KALYAN	OF RAAG KALYAN	RAAG KALYAN	KALYAN	KALYAN
16.	<b>Astronomy</b>	Knowledge about ISRO	Practical – How to make simple Periscope	Our latest Mission – Aditya L-1 (part-1)	Our latest Mission Aditya L-1 (part 2)	Practical – Phases of the MOON
17.	<b>Home Management</b>	veg burger	veg puff	gud or soonf ka sarbat	caramel pudding	veg soya manchurian
18.	<b>Drama</b>	About the 'Natak'	What is the 'Nukkad natak'	Types of acting	What is role of improvisation in the theatre	What is stage

Videos and photographs posted by most of the activity staff made by themselves on their Android phones.

Reference videos from YouTube posted by Computer Section, Weaving, Wood craft, Radio & Electronics, Aeromodelling.