

Weekly Plan of Activity Sections of National Bal Bhavan.

HOME MANAGEMENT

Home management, NBB Hostel

Tuesday - soyabean kabab

Wednesday- besan ke gatte

Thursday - office / cup cake without oven

Friday - cookies in kadai

Saturday - office / steam dhokla

DANCE

Introduction Of folk dance

1. free footwork
2. Free hand movement
3. and the body language of different folk dances
- 4 fisherfolk dance belongs to maharashtra

PHOTOGRAPHY

Photography Section Weekly Plan

1. Introduction to photography
2. Types of camera
3. Parts of a Camera
4. How a camera works
5. How to capture a photo

VOCAL MUSIC

Following is the weekly plan of Vocal Music Class's online sessions for the students of my class.

Week 28 April to 2 May (Topic How to Compose a song)

Day 1. Understanding the basics of a song composition.

Day 2. Studying the lyrics or poem and selection of the right Taal, Laya and Swaras.

Day 3. Composing a structure of the Sthayi keeping the basics and maintaining aesthetics.

Day 4. Composing the structure of Antaras.

Day 5. Students will try and design their own composition and share it.

Artist will conduct online live classes on Skype or Zoom apps with my students and will share glimpses of it in the NBB Group.

DRAMA

Subject: - Dated 28/04/2020 to 02/05/2020 Weekly planner of drama for students in this lockdown weekly topics which we will complete of drama acting.

Topic for 1st day: - Speaking a dialogue differently.

Topic for 2nd day: - Acting and improvisation.

Topic for 3rd day: - Gesture and posture, change exercise.

Topic for 4th day: - Producing play's according to props.

Topic for 5th day: - Tongue twister, improve for the voice modulation etc.

PHYSICAL EDUCATION

Weekly planner of Physical Section for students in this lockdown.

This is to say that this is the weekly planner of Physical Education Section with practical of physical section is designed to meet. The needs of science and physical section students in exciting way this syllabus will stimulate student mind by using easy method to understand the knowledge about universe with the help of video clips and audio which they can learn easily the topic by shorts videos.

- Main Attraction for coming this week.

(1) To learn History of physical education.

(2) To learn History of Yoga.

(3) Perform to free hand exercise.

(4) How to use prevent to Injury.

(5) First Aid.

- Weekly topic which we will complete of physical section.

Topic for 1st day: - Introduction of Indian physical education History.

Topic for 2nd day: - Prevent to sports Injury.

Topic for 3rd day: - Perform to Yoga.

Topic for 4th day: - Free hand exercise.

Topic for 5th day: - First Aid.

MUSEUM

Sub. : Weekly calendar of activities which children can do at home during lockdown

As Museum section caters to different age groups hence a variety of activities are planned and placed below so as to cater to all age groups and keep them busy, educated and entertained at home during this period of lockdown:

Day 1: Virtual tour of one Exhibition of National Children's Museum followed by a related easy to do at home activity.

Name of the Exhibition: Jute Exhibition

Activity: Making of Bookmarks using Jute.

Aim of activity: As the children are missing their visits to various galleries due to lockdown hence this virtual visit will bring museum live in their homes. The material used is easily available in their homes.

Day 2: Celebration of World Heritage Day, Power Point Presentation covering some of Delhi's Heritage sites like Qutub Minar, Red Fort, Agrasen Ki Baoli, Humayun's Tomb, Safdarjung's Tomb, Old Fort.

Aim: To make children aware of our heritage sites and make them as responsible future citizens is the function of Museum. It will expand their general awareness like a water reservoir built in ancient times like Agrasen ki Baoli.

Day 3: Briefing about how Yoga was already there since Indus Valley Civilization, a Power Point Presentation based on these facts along with easy to do at home Yoga postures for children.

Aim: As there is very less physical activity at home due to lockdown hence motivating them to keep their body and mind healthy at home by sharing some interesting facts from our history related to same.

Day 4: Celebrating World Earth Day (PPT) through an activity .

Activity : Making of a wall hanging with easily available material at home.

Aim: Briefing children about the importance of earth and natural resources available from it by engaging and motivating children to take care of mother earth.

Day 5: Story Telling Session(Video) : Moral story along with activity based on it

Activity : Making of hand puppet with easily available material at home.

Aim: As children are burdened with studies and work at home the aim is to transfer the moral in their tender minds through play way method.

These above mentioned Activities through Power point presentations and Videos may be uploaded in National Bal Bhavan's Website for member children as well as visitors who are not members and want to be a part of National Bal Bhavan.

LIBRARY

पुस्तकालय अनुभाग

बच्चों हेतु गतिविधि

जैसा कि भारत सरकार द्वारा वर्तमान वर्ष भारत के संविधान निर्माता बाबा साहेब डॉ भीम राव अम्बेडकर जी के 129वें जन्मदिन के उपलक्ष्य में वर्तमान वर्ष उन्हें श्रद्धांजलि स्वरूप समर्पित किया गया है। इसी संदर्भ में बाबा साहेब के भारत निर्माण में किये गए अथक प्रयासों को बच्चों के बीच सांझा करने अवगत कराने के लिए बाबा साहेब डॉ बी आर अम्बेडकर जी की जीवनी सम्बन्धी एक पुस्तक पीडीएफ फॉरमेट में सर्च कर प्रेषित की जा रही है। जो कि वरिष्ठ अधिकारियों द्वारा कॉपीराइट नियमों को ध्यान में रखते हुए विचार विमर्श कर स्वीकृति के पश्चात सदस्य बच्चों को वट्सअप/प्रेषित की जा सकती है ताकि बच्चों को संविधान निर्माता व निर्माण के सम्बन्ध में अधिक से अधिक जानकारी मिल सके व बच्चे आगे भी संबन्धित गतिविधियों में भाग ले सकें।

उपरोक्त से संबंधित गतिविधि - प्रश्नोत्तरी तैयार की जा रही है। ताकि बच्चे पुस्तक पढ़ कर आगे गतिविधि में भाग ले सकें।

AQUARIUM AND ENVIRONMENT

Sub- Weekly plan for online activities.

As per information received regarding online activities for NBB member children, some activities are proposed as follows which children can perform at their home and may learn scientific principles through activities.

1. Corona moving toy- children will learn structure of COVID- 19 and precaution to protect themselves with disease causing by the same.
2. Flapping butterfly- children will made flapping butterfly out of waste card boards.
3. Paper flute- children will learn some basic concept of sound
4. Fish- children will prepare some cut- outs of fish and learn about the anatomy of fish
5. Paper- children will do some experiments related to strength of paper.

ASTRONOMY

Sub: weekly planner of astronomy for students in this LOCKDOWN

This is to say that this is the weekly planner of Astronomy section. The syllabus with practical of Astronomy is designed to meet the needs of science and astronomy students in an exciting way. This syllabus will stimulate students mind by using easy method to understand the knowledge about universe with the help of video

clips and audio which they can learn easily the topic by short videos.

MAIN ATTRACTION for coming this week

- To Learn about UNIVERSE
- SOLAR SYSTEM, THE SUN and the planets
- Theory about the origin of stars
- Constellations of the Stars

Topic for 1st day:- Introduction of universe
(origin and its parts).

Topic for 2nd day:- Life of star with the diagram and videos

Origin of the stars

Topic for 3rd day:- Theory of the constellations and their stories

Construct the working models of the constellations.

Topic for 4th day:- Origin of the SOLAR SYSTEM

The SUN, The Planets

Topic for 5th day:- ASTEROIDS , METEORITES and COMETS

The above mentioned syllabus will be taught to the member children/school Students.

RADIO ELECTRONICS

Electricity projects help a child to learn the following stages of house wiring by actually handling the required materials and tools. Besides, they learn to repair and overhaul some house-hold appliances.

1. Demonstration about Electricity
2. Learning Safety precaution
3. Electricity transmission & distribution
4. Identification of components, tools & common symbols
5. Connecting one lamp with one switch
6. Series & Parallel connection
7. Stair-case wiring
8. Wiring for call bell
9. Extension Board etc.

COMPUTERS

1. Introduction to computer
 - Advantages of computer
 - Definition & Parts
 - History
 - Generation
 - Applications
 - Hardware & Software
 - Function and Basic Structure

- Database of Memory units & Speed units
- Algorithms
- Flowcharts etc.
- 2. Operating system
- 3. Networking (Lan, Wan, Man)
- 4. Internet & Intranet
- 5. Cyber Safety
- 6. Ms-office
 - Ms word
 - Ms PowerPoint
 - Ms Excel
- 7. Small level Animation and movie making concepts
- 8. Digital Graphic Designing
 - PageMaker
 - Coreldraw
 - Digital Technology
 - Photoshop
 - Projects
- 9. Html, Dhtml
- etc. Etc.

CLAYWORK

(मिट्टी कार्यकलाप)

दिनांक 28/ 4/2020 से 2/5/2020 तक पूरे एक सप्ताह का कार्य का विवरण इस प्रकार से है।

- (1) आटे के द्वारा बत्तख बनाना।
- (2) आटे के द्वारा हाथी बनाना।
- (3) आटे के द्वारा गणेश भगवान की मुर्ति बनाना।
- (4) सब्जियों के द्वारा डायनासोर बनाना।
- (5) सब्जियों के द्वारा कमल का फूल बनाना।

The details of work for one week from 28/4/2020 to 2/5/2020 are as follows.

- (1) Duck making through flour.
- (2) Making elephants through flour.
- (3) Making the idol of Lord Ganesha with flour.
- (4) Making dinosaurs through vegetables.
- (5) Making lotus flowers with vegetables.

According to the date given above, we will do the work of one week in this way.

INTEGRATED ACTIVITIES

(मिलेजुले कार्यकलाप)

दिनांक 27/ 4/2020 से 2/5/2020 तक पूरे एक सप्ताह का कार्य का विवरण इस प्रकार से है।

- (1) रद्दी कागज व गत्तों के द्वारा एंग्रीबर्ड बनाना।
- (2) अखबार के द्वारा तितली बनाना।
- (3) अखबार के द्वारा फूल बनाना।
- (4) अखबार के द्वारा जेबरा बनाना।

अखबार के द्वारा

The details of the entire work of one week from 27/4/2020 to 2/5/2020 are as follows.

- (1) Angrybird making with scrap paper and cardboard.
- (2) Butterfly making with newspaper.
- (3) Making flowers with newspaper.
- (4) Zebra making with newspaper.
- (5) Bird making with newspaper.

PAINTING

Painting Section

Subject: Activity plan for the week 28-04-2020 to 02-05-2020

As per information received from Program In charge regarding online/ telephonic activities for Painting section's member children that can be performed at their home.

1. For children (age group: 5 – 10 years):
 - a. Vegetable print paintings.
 - b. Stencil paintings.
2. For children (age group: 10 – 15 years):
 - a. Kalighat Painting.
 - b. Water color paintings.
 - c. Phad paintings.
 - d. Gond paintings.

STITCHERY

SCHEDULE -

- 28/04/2020 - Doormat making by waste clothes.
- 29/04/2020 - The practice of making doormat by children.
- 30/04/2020 - Doll making by waste clothes.
- 01/05/2020 - The practice of making doll by children.
- 02/05/2020 - Teddybear making by waste wool.

HANDICRAFT

- Making collage with pencil peel.
- Making eye with medicines wrapper
- Transformation of old bangles to new one
- Taught how to make bird with useless leaves.
- Wax flowers

WEAVING

Day 1 (28/04/20) - Introduction of weaving

Day 2 (29/04/20) - Handloom in India

Day 3 (30/04/20) - Types of weaving

Day 4 (01/05/20) - Carpet weaving

Day 5 (02/05/20) - Paper Weaving

Children will be taught through reference videos related to the topics above .

BOOK BINDING

Weekly Plan

Day 1: Importance of Book Binding and other applications of Binding.

Day 2: How to make a Note Pad.

Day 3: Making of a drawing file

Day 4: Construction of a Diary

Day 5: Making of pen holders and other kind of stands.

WOODCRAFT

SUBJECT – Weekly plan of activities for Students during lockdown

This week wood craft section organized online activity for NBB member's children and also new children

of National Bal Bhavan. The material used by students for activities are mostly waste material.

TUESDAY – Introduction to wood craft through video.

WEDNESDAY – What is difference soft wood and hard wood.

THURSDAY – How to use waste wood in ART.

FRIDAY – How to make a flower by waste matchsticks.

SATURDAY – Practice of making flower by children.