

DAV PUBLIC SCHOOL, SASARAM

ONLINE SUMMER CAMP SCHEDULE-2021

DATE	EVENTS	TIMING	BY	YOUTUBE LINK
14.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://www.youtube.com/watch?v=J9RGgepmMKk
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=XbmQ5NwmDq0
	Introduction of Asana and Pranayama.	08:15am – 09:00 am	NISHANT KUMAR	https://www.youtube.com/watch?v=393v084r_DA
	Painting technique of Soft pastels.	09:15am- 10:00am	AMIT KR. SINHA	https://www.youtube.com/watch?v=n80uvOg-BCg
	Ragyaman Definition (Vocal) Harmuniam	10:15am- 11:00am	V. K. Pathak	https://www.youtube.com/watch?v=9uFMQaS1I3I
	Fundamental step by step Dance(Song -Mere Dholna)	11:15am-12:00noon	AMIT KR. SINHA	https://www.youtube.com/watch?v=qIaN523DeZ0
	Motivational Lecture	12:15pm-12:30pm	R.B. Pandey	https://www.youtube.com/watch?v=TOKIEpwk8p4
15.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://youtu.be/pfsAgRBisFo
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=mC3ReMS1xWo
	Sandhi Sanchalana Activity.	08:15am – 09:00 am	NISHANT KUMAR	https://www.youtube.com/watch?v=oTlx7O-CnBo
	Painting technique of Oil pastel.	09:15am- 10:00am	AMIT KR. SINHA	https://www.youtube.com/watch?v=1jOAxvOpcz8
	Itani Shakti Hame Dena Data (Vocal) Harmuniam	10:15am- 11:00am	V. K. Pathak	https://youtu.be/5sz9babtIqY
	Fundamental step by step Dance(Song -Mere Dholna)	11:15am-12:00noon	AMIT KR. SINHA	https://www.youtube.com/watch?v=P46WuGESjs8
	Motivational Lecture	12:15pm-12:30pm	Manjubala	https://youtu.be/gGrPluH9FO0
16.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://youtu.be/D42da5VcTI0
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=u-wiE_fi59Y
	Asana and Pranayama.	08:15am – 09:00 am	NISHANT KUMAR	https://youtu.be/kQD-kpBCwow
	Painting technique of Water colour.	09:15am- 10:00am	AMIT KR. SINHA	https://youtu.be/4EaGXUijmss
	Sugam Sangeet Vocal Harmuniam	10:15am- 11:00am	V. K. Pathak	https://youtu.be/Op54U6Yn9bU
	Fundamental step by step Dance (Song –Prem Ratan)	11:15am-12:00noon	AMIT KR. SINHA	https://youtu.be/ijnYJPD4NYo
	Motivational Lecture	12:15pm-12:30pm	RamPyareSingh	https://youtu.be/c0aG6kvOxaI
17.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://www.youtube.com/watch?v=CKyVub4pPcl
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=Kv666YjaIEI
	Yoga for Physical Fitness.	08:15am – 09:00 am	NISHANT KUMAR	https://www.youtube.com/watch?v=n0WLIcefV2U
	Painting technique of Acrylic colour.	09:15am- 10:00am	AMIT KR. SINHA	https://www.youtube.com/watch?v=d3GK6-5Bq_E
	Definition of Music (Instrumental Tabla)	10:15am- 11:00am	P.N. VIDHU	https://www.youtube.com/watch?v=QsHhv4gKD4w
	Fundamental step by step Dance(Song –Prem Ratan)	11:15am-12:00noon	AMIT KR. SINHA	https://www.youtube.com/watch?v=FXIG1fhezUk
	Motivational Lecture	12:15pm-12:30pm	M. M. Ojha	https://www.youtube.com/watch?v=eE6zuHEmpZl

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18.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://www.youtube.com/watch?v=5Hv7IMbZTgx
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=whrmt4hugmM
	Surya Namaskar and Pranayama	08:15am – 09:00 am	NISHANT KUMAR	https://www.youtube.com/watch?v=sIXZyweOKIs
	Technique of Glass painting.	09:15am- 10:00am	AMIT KR. SINHA	https://www.youtube.com/watch?v=vZ6ziPhsXTA
	Definition of Teen Tal (Instrumental Tabla)	10:15am- 11:00am	P.N. VIDHU	https://www.youtube.com/watch?v=TARJRRSHDfc
	Fundamental step by step Dance(Song –Desh Rangela)	11:15am-12:00noon	AMIT KR. SINHA	https://www.youtube.com/watch?v=0jvOxNIHMMA
	Motivational Lecture	12:15pm-12:30pm	Anita Chaudhry	https://www.youtube.com/watch?v=6HG0OePdW3A
19.06.2021	Gayatri Mantra Recitation	07:00am-07:15am	R.B. Pandey	https://www.youtube.com/watch?v=gzWjJk4dVEU
	General Warming up & down			
	Aerobics Exercise	07:30am – 08:00 am	D TRIPATHI	https://www.youtube.com/watch?v=-jNiMAF2D6c
	Shatkarma and Meditation.	08:15am – 09:00 am	NISHANT KUMAR	https://www.youtube.com/watch?v=0-BlwvKwKQ
	Shading technique of Charcoal pencil.	09:15am- 10:00am	AMIT KR. SINHA	https://www.youtube.com/watch?v=pk8_CtwQNT0
	Definition of Dadra Taal (Instrumental Tabla)	10:15am- 11:00am	P.N. VIDHU	https://www.youtube.com/watch?v=t14BmWqTv6I
	Fundamental step by step Dance(Song –Desh Rangela)	11:15am-12:00noon	AMIT KR. SINHA	https://www.youtube.com/watch?v=-xi_LG3Anw
	Motivational Lecture	12:15pm-12:30pm	R.B. Pandey	https://www.youtube.com/watch?v=-IYMDKKjKjYA