

**CHARGES
2500/-**

**21 MAY-2
JUNE**

SUMMER CAMP



**DELHI PUBLIC SCHOOL,
SAHIBABAD**

FUN & CREATIVE OUTDOOR ACTIVITIES



SUMMER

CAMP



Activities

DANCE & MUSIC

SKETCHING/CRAFT
& COLOURING

SPORTS AND YOGA

COOKING WITHOUT
GAS

THEATRE

FINANCIAL LITERACY

REGISTRATION LINK: - <https://forms.office.com/r/fB9wP659Ls>

SKETCHING/CRAFT & COLOURING

Required Material	Name of the Activity	classes
Paper colors natural leaves	Impression painting	Nursery
A4 size sheet,pencil,eraser,sharpner	fun with alphabets	Prep
Colour full sheets A4 size,fevicol,black sketchpen	craft paper work	1st
Disposable glass,bowl,plate anything,colourfull sheet,fevicol,sketchpens,and any waste wool,bangles,etc.	best of waste	2 nd /3 rd
Newspapers,spoon plastic,postercolours,fevicol	best of waste	4 th /5 th
Ivory sheet,poster colours,brushes,pencil eraser,sharpner,black marker	Poster making	6 th
Smooth pebbles big size,any three shades of acrylic colours,brushes	Paint on pebbles	7 th
Black marker,sketch pens colourful,disposable plates(quarters)	Doodle Art,warli, on disposable plates	8 th
Acrylic colors,brushes,black marker,pencil,eraser,sharper	Painting on Cardboard collarge making	9 th
Cartridge sheets,poster colours,pencil,eraser,sharper	Madhubani Painting	10 th
Plain Umbrella,two shades of acrylic colors,brushes flat and round.	umbrella painting,wood painting.	12 th



THEATRE ROLL, CAMERA AND ACTION

**PRACHINTA SE ADHUNIKTA KI AUR
(NAARI SHIKSHA)**

&

GO GREEN WITH LIFE

DANCE & MUSIC



DANCE SONG-
UTHE SABKE KADAM TARA RUM PUM
PUM

MUSIC SONG- AYE MERE MAN
(COMPOSITION)





SPORTS

**CRICKET, BASKET BALL,
TABLE TENNIS,
TAEKWONDO, ATHLETICS,
SKATING**

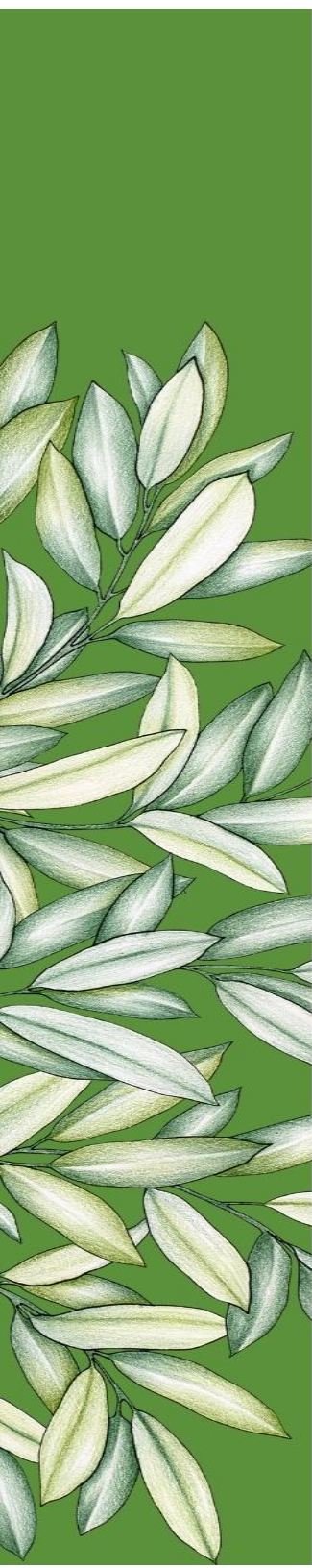






YOGA

**PRANAYAM, MEDITATION,
ASANA**



Classes	Activity	Required Material
2 nd to 5 th	<p>Sun Salutations, Breathing Technique Practice, Mantra Chanting, Meditation- 5min, Pair Yoga ,Different Sitting Postures, Standing Asana, Stretching Poses, Pranayama</p> <p>Basic to Intermediate Asana Practice 6 to 10 years age category asana practice</p>	<p>Yoga Mat, Water Bottle, T-shirt, Shorts / Track Pants</p> <p>*Should not be body fit</p>
6 th to 9 th	<p>Sun Salutations, Breathing Technique Practice, Mantra Chanting, Meditation- 5min, Pair Yoga ,Different Sitting Postures, Standing Asana, Stretching Poses, Pranayama</p> <p>Basic to Intermediate Asana Practice and Cardio 11 to 16 years age category asana practice</p>	



1. Shakes and smoothies: oats banana shake, Mango oats smoothie, watermelon mint slush, muskmelon/ pineapple blast shake.

2. Salads-a) Mix salad(onion, tomato, cucumber, beetroot, etc)

B) protein salad with sprouts

C) protein salad with beans

D) creamy salad

3. Raita: pineapple raita, mix veg raita, fruit raita

4. Exotic caramel fruit icecream



COOCKING WITHOUT GAS