

DAY WISE PLAN [7 DAYS WORKSHOP]

DAY	1	2	3	4	5	6	7		
TIMINGS	6:30 AM to 07:00 AM	ARRIVAL & GETTING READY FOR THE DAY	MORNING GAMES+PT+YOGA						
	07:00-07:30 AM		GETTING READY FOR THE DAY						
	07:30-07:50 AM	BREAK FAST							
	STUDY HOURS	08:00-09:00 AM	ORIENTATIO N	Period 1	Period 1	Perio d 1	Period 1	Period 1	CPT DISCUSSIO N
		09:00-10:00 AM	DT (DIAGNOSTI C TEST	Period 2	Period 2	Perio d 2	Period 2	Period 2	Period 6
		10:00-10:15 AM	RECESS [REFRESHMENT]						
		10:15-11:15 AM	Period 1	Period 3	Period 3	Perio d 3	Period 3	Period 3	INDOOR GAMES COMPETI TION
		11:15-12:15 PM	Period 2	Period 4	Period 4	Perio d 4	Period 4	Period 4	
		12:15-01:15 PM	Period 3	Period 5	Period 5	Perio d 5	Period 5	CPT (COURSE PROGRE SS TEST)	
		01:15-02:00 PM	LUNCH						
		02:00-03:00 PM	Period 4	OUTING	Period 6	Perio d 6	Period 6	OUTIN G	FELICITATI ON CEREMON Y
		03:00-04:00 PM	DOUBT COUNTER		DOUBT COUNTER				
	04:00-05:00 PM	LAUNDRY/REST TIME/ TEA TIME							
	05:00 PM-06:00 PM (Specialised Coaching)	VOLLEYBALL	BASKET BALL	FOOT BALL	CRICK ET	BADMIN TON	SQUAS H	ATHLETICS	
	06:00 PM-06:30 PM	STUDENTS MAY PLAY THE GAMES & SPORTS OF THEIR CHOICE							
	06:30-07:15 PM	HOBBY CLASSES (MUSIC & DANCE CLASSES ETC)							
	07:15-08:30 PM	DINNER+COMMON ROOM TIME							
	08:30-10:00 PM	SUPERVISORY STUDIES (VENUE-COACHING BUILDING GROUND FLOOR)							
	10:00-10:30 PM	MILK TIME							
	10:45 PM	LIGHTS OFF							