



DAY- 1

RECEPTION:-

Arrival time	1530 hrs
Reception, Briefing and allotment of dormitories, beds and cupboards and thereafter groups are escorted to the playground for snacks and detail briefing	1530 hrs to 1630 hrs
Evening Snacks	1615 hrs to 1700 hrs
ACTIVITIES	
Burma Bridge /Ten steps/Wall Climbing/Obstacle course	1700 hrs to 1830 hrs
ENTERTAINMENT & REST:-	
Movie / Dance & Receiving calls from parents etc.	1900 hrs to 1945 hrs
Dinner	2000 hrs to 2045 hrs
Lights out	2115 hrs

DAY- 2

MORNING ROUTINE:-

Wake up call and assembly	0500 hrs
Assembly for the trek after milk / tea	0530 hrs
ACTIVITIES:-	
Briefing & departure for Trek	0550 hrs to 0600 hrs
Trek	0600 hrs to 0745 hrs
REST & RECOUPE:-	
Freshening up and change of clothes etc.	0745 hrs to 0815 hrs
Breakfast	0815 hrs to 0845 hrs
ACTIVITIES:-	
Completion of previous days activities	0845 hrs to 1130 hrs
Burma Bridge/Swing ladder/Seven steps descending Parallel rope - Tarolene Traverse	1130 hrs to 1245 hrs (knot practice)
REST & RECOUPE:-	
Lunch time & Rest	1300 hrs to 1245 hrs
Activity schedule to continue (Evening Snacks at 1645 hrs)	1530 hrs to 1815 hrs (snacks at 1645 hrs) 1) Descending 2) Net Climbing 3) Obstacle Practice
One Batch self cooking One Batch Yoga	1815 to 1945 Activity to continue by culminating in yoga class
REST & RECOUPE:-	
Movie/Dance/Yoga	1900 hrs to 2000 hrs
Dinner	2000 hrs to 2045 hrs
Lights out	2115 hrs

Note : Phone call from parents will be received by students while doing activities.

DAY- 3

MORNING ROUTINE:-

Wake up call	0500 hrs
Assembly for the trek after milk / tea	0530 hrs to 0600 hrs
Trek, Briefing and departure	0600 hrs to 0745 hrs
REST & RECOUPE:-	
Freshening up & change clothes	0745 hrs to 0815 hrs
Breakfast	0815 hrs to 0845 hrs
ACTIVITIES:-	
Activity schedule	0845 hrs to 1300 hrs 1) Flying Box 2) Rope Climbing 3) Double Jummaring 4) Tent Pitching
Lunch and rest	1300 hrs to 1530 hrs
Activity schedule to continue	1530 hrs to 1830 hrs Evening snacks to be served at 1645 hrs 1) Rappelling 2) Knot practice 3) Single Jummaring 4) Tent Pitching
REST AND RECOUP:-	
Movie / Dance	1900 hrs to 2000 hrs
Dinner Time	2000 hrs to 2045 hrs
Light out	2115 hrs

DAY- 4

Wake up call	0500 hrs
Group moves to the ground for:-	
(a) Light exercise : limbering up	0600 hrs
(b) Milk is served & students continue with light exercise	0610 hrs
(c) Breakfast served at 0700 hrs	0700 hrs
(d) Ground walk and entertaining exercises / games	0730 hrs
(e) Assemble for group picture & debriefing by Administrator	0745 hrs
(f) Departure for Delhi	0800 hrs