

# ACTIVITY FOCUS

## PERSONALITY DEVELOPMENT ACTIVITIES

- Improving Practical Intelligence
- Reasoning and Organising Ability
- Time Management
- Social Adaptability and Grace
- Team Work and Cooperation
- Sense of Responsibility
- Concentration and Focus
- Insight about own Strengths & Weaknesses
- Handling Challenges of Life
- Coping with Stress



## COMPULSORY ACTIVITIES

- Adventure Activities
- Sports
- Debate
- Extempore
- Book Reviews
- Trekking
- Excursions
- NDA Visit
- Dramatics
- Annual Camps

## ADVENTURE ACTIVITIES

- Rappelling, Sling Shot
- Rocket Ejector, Zip Line
- River Crossing, Wall Climbing
- River Rafting, Parasailing
- Night Navigation
- Jungle Trekking
- Water Roller & Zorbing
- Multi-vein
- Shooting, Archery
- Bamboo Bridge



## SPORTS FACILITIES

- Basketball , Volleyball,
- Football,
- Athletics,
- Cricket,
- Swimming
- Indoor Game



# DAILY ROUTINE

• Wake Up Call	: 5:30 AM
• Physical Training	: 6:00 AM - 7:00 AM
• Change & Breakfast	: 7:00 AM - 9:00 AM
• Classroom Instructions	: 9:00 AM - 1:00 PM
• Lunch	: 1:00 PM - 2:00 PM
• Classroom Instructions	: 2:00 PM - 3:30 PM
• Tea Break	: 3:30 PM - 4:00 PM
• Sports & Games	: 4:00 PM - 5:30 PM
• Change	: 5:30 PM - 6:30 PM
• Self Study	: 6:30 PM - 9:00 PM
• Dinner	: 9:00 PM - 9:30 PM
• Roll Call	: 9:30 PM
• Lights Off	: 11:00 PM

