



# PROGRAM SCHEDULE



**BUILDING  
COMPETENCIES  
FOR PERSONAL  
EXCELLENCE**



# DAY 1

- |                       |                        |
|-----------------------|------------------------|
| • 08.00 AM - 9.00 AM  | Breakfast              |
| • 09.30 AM - 1.00 PM  | Inauguration & Session |
| • 01.00 PM - 02.00 PM | Lunch Time             |
| • 02.00 PM - 04.00 PM | Rest & Free Time       |
| • 04.00 PM - 06.00 PM | Campus Tour            |
| • 08.00 PM - 09.00 PM | Dinner                 |



## DAY 2,3 & 4

- |                       |                   |
|-----------------------|-------------------|
| • 07.00 AM - 08.00 AM | Yoga              |
| • 08.00 AM - 9.00 AM  | Breakfast         |
| • 10.00 AM - 1:00 PM  | Morning Session   |
| • 01.00 PM - 02.00 PM | Lunch Time        |
| • 02.00 PM - 04.00 PM | Rest & Free Time  |
| • 04.00 PM - 06.00 PM | Afternoon Session |
| • 08.00 PM - 09.00 PM | Dinner            |



## DAY 5

- 07.00 AM - 08.00 AM Yoga
- 08.00 AM - 9.00 AM Breakfast
- 10.00 AM - 01.00 PM Morning Session
- 01.00 PM - 02.00 PM Lunch Time
- 02.00 PM - 08.00 PM Rest & Free Time
- 08.00 PM - 09.00 PM Dinner