



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

Annexure

Programme Schedule

| Day | Day | Date | Time | Coach | Expertise | Topic Genre |
|----------------------|--------|------------|-------|--------------------|--|---|
| Wed | Day 1 | 15th April | 09:30 | Aliya Imran | Fitness Trainer | Daily workouts |
| Thu | Day 2 | 16th April | 09:30 | Pooja Makhija | Dietitian & Nutritionist | Eating Right |
| Fri | Day 3 | 17th April | 09:30 | Dr Jitendra Nagpal | Emotional wellness | Emotional well-being to be a winner |
| Weekend break | | | | | | |
| Mon | Day 4 | 20th April | 09:30 | Heena Bhimani | Yoga | Yoga for school children |
| Tues | Day 5 | 21st April | 09:30 | Ronak Gajjar | Meditation | Breathing right and intro to meditation |
| Wed | Day 6 | 22nd April | 09:30 | Tufail Qureshi | Fitness Trainer | Fun Workout for Children |
| Thur | Day 7 | 23rd April | 09:30 | Pooja Makhija | Child Nutrition | Eating right |
| Fri | Day 8 | 24th April | 09:30 | Luke Coutinho | Holistic Lifestyle Coach | Tips for healthy body & mind |
| Weekend Break | | | | | | |
| Mon | Day 9 | 27th April | 09:30 | Dr Bhushan Shukla | Child Psychiatrist | Mental wellness for development |
| Tues | Day 10 | 28th April | 09:30 | Wanitha Ashok | Fitness Trainer | Games based Training |
| Wed | Day 11 | 29th April | 09:30 | Dr Rajat Chauhan | Sports and Injuries | Building muscles correctly |
| Thur | Day 12 | 30th April | 09:30 | Arooshi Garg | Child Nutrition | What should be in your tiffin box? |
| Fri | Day 13 | 1st May | 09:30 | Sheetal Tewari | Yoga | Yoga & Stretching |
| Weekend Break | | | | | | |
| Mon | Day 14 | 4th May | 09:30 | Dr Bhushan Shukla | Child Psychiatrist | Mental wellness for development |
| Tues | Day 15 | 5th May | 09:30 | Parwage Alam | Running Coach | Boosting your Stamina |
| Wed | Day 16 | 6th May | 09:30 | Yasmin K | Fitness Guru | easy workout tips for children |
| Thur | Day 17 | 7th May | 09:30 | Speaker TBC | Session for children with special care | Session for children with special care |
| Fri | Day 18 | 8th May | 09:30 | Speaker TBC | Fitness | Inspirational talk on imp of Fitness |

• Schedule and speakers subject to change