



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