

## MODAL PROGRAMME SCHEDULE

### 1<sup>st</sup> Day

- 3. pm - Registration
- 4. pm - Introduction / Inauguration
- 5 pm - Ice braking
- 6 pm -
- 8.30 - NSS Philosophy
- 8.30 – 9 - Dinner
- 9-10 - Cultural Programmes

### 2<sup>nd</sup> Day

- 6 – 7 - Meditation/ Yoga
- 8.30 – 9.00 - Break Fast
- 9 – 1 pm - Life skill Education
- 1 -2 - Lunch Break
- 2 – 4 pm - Life skill
- 6-8 - Community Development
- 8. 30 – 9 - Presentation of Report
- 9 – 10.30 - Cultural Programmes

### 3<sup>rd</sup> Day

- 6 -7 - Yoga/ Meditation
- 8 – 8.30 - Break Fast
- 9 -12 - NSS Programme and activities
- 12-1 - Documentation of NSS activities
- 2 -3 pm - Action plan at school level
- 3 pm - Valedictory