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| Timing | Activity |
| 6:00 – 6:30 AM | Wake Up + Brush +Light Warm Up |
| 6:30 – 7:15 AM | Morning Workout |
| 7:15 – 8:00 AM | Papa + Bath + Rest + Hydration (warm water) |
| 8:00 – 9:00 AM | UPSC History Video Lecture |
| 9:00 – 9:30 AM | Breakfast |
| 9:30 – 11:00 AM | History Note Writing & Timeline / Mind Map Creation |
| 11:00 – 11:30 AM | Papa + Short Break +Fruit ( Banana / Apple) |
| 11:30 – 12:30 PM | History Revision / Retelling |
| 12:30 – 1:00 PM | Light Stretch or silent sit with water |
| 1:00 – 1:30 PM | Lunch |
| 1:30 – 2:00 PM | Papa + Sit Quietly or newspaper reading |
| 2:00 – 3:00 PM | Power Nap |
| 3:00 – 4:00 PM | Geography NCERT Reading + Note Making |
| 4:00 - 4:45 PM | Map Practice/ Diagram Draw/ Recap Previous Chapter |
| 4:45 – 5:00 PM | Papa +Water + Fresh up |
| 5:00 – 5:30 PM | Evening Walk |
| 5:30 – 6:30 PM | Internship Class |
| 6:30 – 7:30 PM | Current Affairs / Yoga |
| 7:30 – 8:00 PM | Papa + Fresh Up |
| 8:00 – 8:30 PM | Dinner |
| 8:30 – 9:15 PM | Daily Review : History & Geography |
| 9:15 – 9:30 PM | Plan for next day |
| 9:30 – 10:00 PM | Go to bed and sleep |

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| Weeks | History | Geography |
| Week 1 | Early man -> Harappan->Vedic Age | Class 6 & 7 NCERT |
| Week 2 | Mauryans, Guptas, Sangam Age, Bhakti Movements | Class 8 & 9 NCERT |
| Week 3 | Delhi Sultanate , Mughals | Class 10 & 11 NCERT |
| Week 4 | Modern History + Revision | Class 12 + Altas + Map |

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| Days | Exercises |
| Mon | Jumping jacks, Squats , Push ups, step ups, cobra stretch |
| Tues | High knees , Standing Side leg Kicks, Wall sit, cat-cow Stretch |
| Wed | Forward Lunges, calf raises, Plank , Seated Toe Touch |
| Thurs | Stair Climb , Wall Push ups, chair dips, Child’s Pose Stretch |
| Fri | Burpees, Squats , Push ups, Hamstring Stretch |
| Sat | March in Place , Side Bends, Mountain Climbers, Deep Breathing |
| Sun | Surya Namaskar , light yoga , walk |

**BODY WORKOUT PLAN WEEKLY PLANS**

**FOR MY COLLECTOR**

**ARAVINTH NATARAJAN**