

## Daily Calendar for Training Phase (With Study, Meditation & Office)

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### Morning Routine

- **08:00 AM** – Wake up
  - **08:00 – 08:05 AM** – Drink 1 bottle of water
  - **08:05 – 08:25 AM** – Brush + freshen up
  - **08:25 – 08:45 AM** – Take bath
  - **08:45 – 09:00 AM** – Meditation
  - **09:00 – 09:15 AM** – Pooja (Gratitude & Prayer)
  - **09:15 – 11:15 AM** –  Study Session 1: DSA / Core Subjects
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### Afternoon Routine

- **11:15 – 12:00 PM** – Lunch (healthy, filling meal)
  - **12:00 – 12:30 PM** – Power nap or short rest
  - **12:30 – 02:30 PM** –  Study Session 2: Aptitude / Interview Prep / Notes
  - **02:30 – 03:15 PM** – Chill / snack / scrolling / light relaxation
  - **03:15 – 03:35 PM** – Get ready for office / leave for office
  - **03:35 – 03:40 PM** – Short prayer before leaving
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### Office Routine

- **03:40 PM** – reach on time
  - **04:00 PM – 12:00 AM** – Office training shift
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### Night Routine

- **12:00 – 12:30 AM** – Return home
  - **12:30 – 1:00 AM** – Fresh hona, apni cute raman se baat karna, gratitude
  - **01:00 – 08:00 AM** – Sleep (7 hours of rest)
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**Total Study Time: 4 Hours Daily\ Meditation Time: 2x per day\ Office Time: 8 Hours Daily\ Balance of Health, Mind & Productivity** 

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### Daily Reminder & Motivation

"Apna karm karo, phal ki chinta mat karo." — **Bhagavad Gita, Chapter 2, Verse 47\** Jo apne karam par dhyaan deta hai, Bhagwaan uska raasta khud banate hain. 

 4 ghante padhai  Time se khana   7 ghante ki neend   Office bhi full energy ke saath  


**Bas vishwas rakho Bhagwaan par, aur mehnat karte raho — sab kuch sahi waqt par ho jaata hai.**