

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

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
-

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
-

Office Routine


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









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)
-

Total Study Time: 4 Hours Daily\ Meditation Time: 2x per day\ Office Time: 8 Hours Daily\ Balance of Health, Mind & Productivity 

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.