☀️ Morning Block (Within 1 Hour of Waking Up)

👨 **10 mins:** Light stretching / mindfulness / deep breathing

📰 **30 mins:** Read the newspaper (focus on editorials, current affairs, technology news)
- Try summarizing a few articles aloud—this helps both comprehension and speaking fluency.

📚 Mid-Morning Block

👨‍💻 **1.5–2 hrs:** Academic Study / Coding Practice
Choose subjects based on your semester plan or project priorities.
Use Pomodoro technique (25 mins work, 5 mins break)

🧑‍🦱 Afternoon Block (Post-Lunch)

🧑 **30 mins – 1 hr:** Communication/Public Speaking Practice
Record yourself reading aloud from the newspaper or a book
Practice impromptu speeches using random topics luse cue cards or online generators)
Try platforms like Toastmaster (online or local) or shadow TED Talks

📘 Evening Block

🧑 **1–1.5 hrs:** Study/Project Work/Assignments
🎧 **20 mins:** Listen to English podcasts or debates