

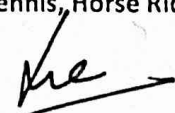
**MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTT. SONIPAT (HARYANA)**

Dated : 27.12.2021

WINTER CAMP : GAMES (01.01.2022 - 09.01.2022)

1	Rouser	Aya	0600 hrs
2	Morning Games	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	0630 hrs – 0830 hrs
3	Roll Call + Breakfast	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	0915 hrs – 0945 hrs
4	Milk Break	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	1100 hrs – 1110 hrs
5	Recreation Activity/ Library Reading, etc.	-	1110 hrs – 1230 hrs
6	Lunch	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	1320 hrs – 1345 hrs
7	Rest	-	1350 hrs – 1530 hrs
8	Evening Games	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	1535 hrs – 1730 hrs
9	Milk Break	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	1730 hrs – 1745 hrs
10	Movie/Reading/ Debates, etc.	-	1830 hrs – 1930 hrs
11	Roll Call + Dinner	SAI Coach, Coaches (Swimming & Taekwondo) & Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai.	2000 hrs – 2025 hrs
12	Light Out	-	2200 hrs.

Games – Basketball, Volleyball, Cricket, Hockey, Football, Lawn Tennis, Horse Riding & Badminton.


PRINCIPAL & DIRECTOR
Motilal Nehru School of Sports,
Rai (Sonipat).

Copy to :-

1. RMO/LMO
2. Vice Principal
3. Admn. Officer (Bursar)
4. Incharges Sports
5. Quarter Master
6. Mess Supervisor
7. Sh. Garish Nautiyal, Coach (SAI)
8. Sh. Vinod, Coach (Swimming)
9. Smt. Pooja Chaudhary, Coach (Taekwondo)
10. All Coaches engaged under Rajiv Gandhi Grameen Khel Parisars or MNSS, Rai