

## Daily Schedule for Senior College

Time	Activity
5:00 a.m.	Wake-up call
5:15 – 5:45 a.m.	Bed Tea
5:45 a.m.	Fall-in
6:00 a.m.	Flag Hoisting
6:00 – 7: 00 a.m.	Yoga/PT/ Meditation
7:00 – 7:30 a.m.	Breakfast
8:00 – 12:00	Lectures
12:00 – 12:30 p.m.	Lunch
12:30 – 3:00 p.m.	Practicals/ Self-study
3:30 – 5:00	M.T.
5:00 – 5:15 p.m.	Tea and snacks
5:15 – 6:00 p.m.	Sports activities
6:00 p.m.	Fall in ( Retreat )
6:00 – 7:30 p.m.	Remedial Classes and Class for Competitive Examinations
7:30 – 8:00 p.m.	Dinner for Girls and TV/Phone -Time for Boys
8:00 – 8:30 p.m.	Dinner for Boys and TV/Phone -Time for Girls
8:30 - 9:00 p.m.	Roll Call
9:00–10:30p.m.	Study in Hostel
10:30	Lights Off

- Note: 1) Every Sunday there will be Common Drill from 06.00 a.m. to 07.30 a.m.
- 2) Out pass for Girls and Boys will be on every alternate Sundays.
- 3) Out pass for Girls will be from 08.00 a.m. to 12.00p.m.
- 4) Out pass for Boys will be from 12.00 p.m. to 04.00p.m.
- 5) The schedule may change as per the requirement and decision of college authorities.

Dr. S.R.Kankrej  
Co-ordinator  
Bhonsala Military College,  
Rambhoomi, Nashik-422 005.

Dr. U.Y. Kulkarni  
Principal,  
Bhonsala Military College,  
Rambhoomi, Nashik- 422005

## Daily Schedule for Junior College

Time	Activity
5:00 a.m.	Wake-up call
5:15 – 5:45 a.m.	Bed Tea
5:45 a.m.	Fall-in
6:00 a.m.	Flag Hoisting
6:00 – 7: 30 a.m.	Yoga/PT/ Meditation
7:30 – 8:00 a.m.	Breakfast
8:00 – 9:30 p.m.	Self-study
9:30 – 11:30 p.m.	Practicals / Self-study
11:30 – 12:00 p.m.	Lunch
12:00 – 4:30 p.m.	Lectures
4:30 - 5:00 p.m.	Tea and snacks
5:00 p.m.	Fall in
5:00 – 7:30 p.m.	NDA Classes at B.C.A.
5:00- 6:00 p.m.	Sports for non-NDA students
6:00 – 7:30 p.m.	Remedial classes for non-NDA students
7:30 – 8:00 p.m.	Dinner for Girls and TV/Phone-Time for Boys
8:00 – 8:30 p.m.	Dinner for Boys and TV/Phone-Time for Girls
8:30 -9:00 p.m.	Fall-in
9:00 – 10:30p.m.	Study in Hostel
10:30 p.m.	Lights Off

- Note: 1) Every Sunday there will be Common Drill from 06.00 a.m. to 07.30 a.m.
- 2) Out pass for Girls and Boys will be on every alternate Sundays.
- 3) Out pass for Girls will be from 08.00 a.m. to 12.00p.m.
- 4) Out pass for Boys will be from 12.00 p.m. to 04.00p.m.
- 5) The schedule may change as per the requirement and decision of college authorities.

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**Military Training Time-Table for Junior College**

Day	Boys/Girls	6:00 – 6:45 a.m.	6:45 – 7:30 a.m.
Monday	Boys	Endurance	Endurance
	Girls	Endurance	Endurance
Tuesday	Boys	Horse Riding	Drill
	Girls	Drill	Horse Riding
Wednesday	Boys	Yoga	P.T.
	Girls	P.T.	Yoga
Thursday	Boys	Swimming	Swimming
	Girls	Firing	Firing
Friday	Boys	Firing	Firing
	Girls	Swimming	Swimming
Saturday	Boys	Self Defence	Gymnastics
	Girls	Gymnastics	Self-Defence
Sunday	Boys	Common Drill	Common Drill
	Girls	Common Drill	Common Drill

**Note: Common Drill will be conducted on every Sunday except outing /planned Sunday.**

Maj. V.J.Kawale  
Co-ordinator(M.T.)  
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