

BA Programme — Weekly Timetable

Integrated with Defence Coaching & Employability Courses



Physical Training

BA Core Classes

Defence Coaching

Employability Skills

Other / Breaks

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–7:00 AM	Physical Training & Fitness	Physical Training & Fitness	Physical Training & Fitness	Physical Training & Fitness	Physical Training & Fitness	Outdoor Activities / Sports
7:00–8:00 AM	Breakfast & Freshen Up	Breakfast & Freshen Up	Breakfast & Freshen Up	Breakfast & Freshen Up	Breakfast & Freshen Up	Breakfast & Freshen Up
8:00–1:00 PM	BA Core Classes	BA Core Classes	BA Core Classes	BA Core Classes	BA Core Classes	BA Core Classes
1:00–2:00 PM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
2:00–3:00 PM	Defence Coaching Gen. Studies & Current Affairs	Employability Skills English Communication & Soft Skills	Defence Coaching Reasoning & Aptitude	Employability Skills Introduction to AI	Defence Coaching Maths	Employability Skills Digital Office Basics
3:00–4:00 PM	Employability Course Introduction to AI	Defence Coaching Maths	Employability Skills Digital Office Basics	Defence Coaching English Grammar	Employability Skills English Comm. & Soft Skills	Defence Coaching General Science
4:00–5:00 PM	Defence Coaching Maths	Defence Coaching Gen. Studies & Current Affairs	Employability Skills Introduction to AI	Defence Coaching Reasoning & Aptitude	Defence Coaching Gen. Studies & Current Affairs	Interactive Alumni Sessions