



MAYO COLLEGE

MC/PR/2012/Duty Chart

07 Jan 12

PRINCIPAL'S OFFICE

NOTICE

MORNING FITNESS SCHEDULE-2012

Day	House	Event	Time	Place
Mon	Ajm/Raj	Gymnastics	35 Min.	New Gym
	Jod/Bt	P T	35 Min.	Loch
	Kas/Col	Yoga	35 Min.	B Pavilion
	Bha/Jai	Toughening & Strengthening Exercise	35 Min.	Open Gym
	Oman-U/L	Obstacle Course and Rope Climbing	35 Min.	Obstacle arena
Tue	Jod/Bt	Gymnastics	35 Min.	New Gym
	Kas/Col	P T	35 Min.	Loch
	Bha/Jai	Yoga	35 Min.	B Pavilion
	Oman-U/L	Toughening & Strengthening Exercise	35 Min.	Open Gym
	Ajm/Raj	Obstacle Course and Rope Climbing	35 Min.	Obstacle arena
Wed	Kas/Col	Gymnastics	35 Min.	New Gym
	Bha/Jai	P T	35 Min.	Loch
	Oman-U/L	Yoga	35 Min.	B Pavilion
	Ajm/Raj	Toughening & Strengthening Exercise	35 Min.	Open Gym
	Jod/Bt	Obstacle Course and Rope Climbing	35 Min.	Obstacle arena
Thu	Bha/Jai	Gymnastics	35 Min.	New Gym
	Oman-U/L	P T	35 Min.	Loch
	Ajm/Raj	Yoga	35 Min.	B Pavilion
	Jod/Bt	Toughening & Strengthening Exercise	35 Min.	Open Gym
	Kas/Col	Obstacle Course and Rope Climbing	35 Min.	Obstacle arena
Fri	Oman-U/L	Gymnastics	35 Min.	New Gym
	Ajm/Raj	P T	35 Min.	Loch
	Jod/Bt	Yoga	35 Min.	B Pavilion
	Kas/Col	Toughening & Strengthening Exercise	35 Min.	Open Gym
	Bha/Jai	Obstacle Course and Rope Climbing	35 Min.	Obstacle arena

Details of Morning Physical Fitness Program

1. Gymnastics.

- | | | |
|-----|------------------------|--|
| (a) | Running from the House | 10 min. |
| (b) | Warming up | 05 min. |
| (c) | Different Apparatus | 20 min. (Parallel Bar,
Vaulting Horse, Ground/Floor Exercise and Horizontal Bar) |
| (d) | Vaulting Horse | 10 min. |

2. P.T.

- | | | |
|-----|------------------------|---------|
| (a) | Running from the House | 10 min. |
| (b) | Warming up | 05 min. |
| (c) | PT Exercise Table | 10 min. |
| (d) | Recreation | 05 min. |
| (e) | Marching | 05 min. |

3. Yoga.

- | | | |
|-----|------------------------|---------|
| (a) | Running from the House | 10 min. |
| (b) | Warming up | 05 min. |
| (c) | Asana | 15 min. |
| (d) | Pranayam | 05 min. |

4. Toughening and Strengthening Exercise.

- | | | |
|-----|------------------------|---------|
| (a) | Running from the House | 10 min. |
| (b) | Warming up | 05 min. |
| (c) | Strengthening exercise | 10 min. |
| (d) | Rope Climbing | 05 min. |
| (e) | Marching | 05 min. |

5. Obstacle Course, Rope Climbing and Wall Climbing.

- | | | |
|-----|-------------------------------|--|
| (a) | Running from the House | 10 min. |
| (b) | Warming up | 05 min. |
| (c) | Obstacle course/Wall Climbing | 15 min. (Tarzan swing,
Balancing beam, Zig Zag Balance, Wall, Monkey Crawl, Burma Bridge) |
| (d) | Marching | 05 min. |

Note:

1. Timing: 0645H to 0715H.
2. On Rainy days morning fitness will be conducted in the house by the Appointments and class XI boys designated.
3. House teacher on duty will be responsible to take attendance and discipline.
4. House Appointments and class XI boys designated will look after the morning fitness program.
5. Dress for Morning physical fitness program: Blue singlet, blue shorts and white shoes in summer and track suits will be worn during winters.

Maj Gen K V S Lalotra (Retd)
Principal
Mayo College, Ajmer



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07 Jan 12

PRINCIPAL'S OFFICE

NOTICE

EVENING GAMES SCHEDULE-2012 **(SEASONAL GAMES-CRICKET)**

DAY	SHIFT	HOUSE	GROUND
MON	1605-1735 H	COL	LOCH NETS 1-2 & LOCH.
		KAS	LOCH NETS 3-4 & ST JOHNS-1.
		JAI	LOCH NETS 5-6 & ST JOHNS-2.
		BHA	UDAIPUR NETS 1-2 & UDAIPUR.
		AJM,RAJ,JOD,BT	COACHING GROUP-RESPECTIVE FIELDS/COURT
		OMAN(L-DORM)	VYAS & VYAS NETS
		OMAN (U- DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT
		TUE	1605-1735 H
KAS	LOCH NETS 3-4 & ST JOHNS-1.		
JAI	LOCH NETS 5-6 & ST JOHNS-2.		
BHA	UDAIPUR NETS 1-2 & UDAIPUR.		
AJM,RAJ,JOD,BT	COACHING GROUP-RESPECTIVE FIELDS/COURT		
OMAN (L-DORM)	VYAS & VYAS NETS		
OMAN (U-DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT		
WED	1605-1735 H		
		KAS	LOCH NETS 3-4 & ST JOHNS-1.
		JAI	LOCH NETS 5-6 & ST JOHNS-2.
		BHA	UDAIPUR NETS 1-2 & UDAIPUR.
		AJM,RAJ,JOD,BT	COACHING GROUP-RESPECTIVE FIELDS/COURT

		OMAN (L-DORM)	VYAS & VYAS NETS
		OMAN (U-DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT
THU	1605-1735 H	AJM	LOCH NETS 1-2 & LOCH.
		RAJ	LOCH NETS 3-4 & ST JOHNS-1.
		JOD	LOCH NETS 5-6 & ST JOHNS-2.
		BT	UDAIPUR NETS 1-2 & UDAIPUR.
		COL,KAS,JAI,BHA	COACHING GROUP-RESPECTIVE FIELDS/COURT
		OMAN (U-DORM)	VYAS & VYAS NETS
		OMAN (L-DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT
FRI	1605-1735 H	AJM	LOCH NETS 1-2 & LOCH.
		RAJ	LOCH NETS 3-4 & ST JOHNS-1.
		JOD	LOCH NETS 5-6 & ST JOHNS-2.
		BT	UDAIPUR NETS 1-2 & UDAIPUR.
		COL,KAS,JAI,BHA	COACHING GROUP-RESPECTIVE FIELDS/COURT
		OMAN (U-DORM)	VYAS & VYAS NETS
		OMAN (L-DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT
SAT	1605-1735 H	AJM	LOCH NETS 1-2 & LOCH.
		RAJ	LOCH NETS 3-4 & ST JOHNS-1.
		JOD	LOCH NETS 5-6 & ST JOHNS-2.
		BT	UDAIPUR NETS 1-2 & UDAIPUR.
		COL,KAS,JAI,BHA	COACHING GROUP-RESPECTIVE FIELDS/COURT
		OMAN (U-DORM)	VYAS & VYAS NETS
		OMAN (L-DORM)	COACHING GROUP-RESPECTIVE FIELDS/COURT

Note:

1. Timing: 1605 H to 1735 H.
2. Supervisor and teacher on duty must ensure that students leave the ground by 1735 H.
3. Teacher on duty will be responsible to take attendance and maintain discipline.
4. Evening Sports Dress - White singlet, blue short and white shoes during summers and track suit during winter.

Maj Gen K V S Lalotra (Retd)
Principal
Mayo College, Ajmer