

## Our Eight Day Gurukulam-2

### Things we do every day

05.30 am - 06.00 am

Good morning (brush, wash, pray)

06.00 am - 07.00 am  
Yoga and



morning walk

07.00 am - 08.00 am

Shower, news desk...

08.00 am - 09.00 am

Breakfast, chat with fellow learners...

### Our breakfast menu

#### Juice starters:

*Guava juice/ custard apple juice/ Orange juice/  
grape juice/ lemon juice/ mixed vegetable/*



*fresh fruit juice ...*

#### Veg. starters:

*Cucumber, carrot, beat root, radish...*

#### Main course:

*Idly, vada, chutney, sambar...*

*Aapam, puttu, kadala curry, veg. stew, chutney*





*Aloo ki poori,  
Aloo ki sabzi,  
Aloo paratha,  
Tomato chutney*



**09.00 am - 10.30 am**

**Presentation I**

10.30 am - 11.00 am

Mid day snack

*Enjoy fun over a glass of fresh juice*



**11.00 am - 12.30 pm**

**Presentation II**

12.30 pm - 01.30 pm

Entertaining lunch

**Appetizers:**

*Mixed vegetable soup, Green pea soup,*

*Mushroom soup, Hot and sour soup,*

*Sweet corn soup, Dhal shorba,*

*Tomato soup, Spinach/mixed green leaf soup.*

**Main course**

**COMBO-01**

*Basmati white rice*

*Dhal, sambar, rasam, curd/buttermilk,*



*Avial, porial, cucumber salad.*



**COMBO-02**

*Red rice*

*Fish curry, rasam, buttermilk/curd,*

*Avial, porial, cucumber salad.*



**COMBO-03**

*Chapatti*

*Tomato rice/coconut rice,*

*Sambar rice, lemon rice, curd rice,*

*Vegetable kuruma.*



**COMBO-04**

*Mutton/ chicken biryani,*

*Mixed vegetable-onion salad,*

*Kuruma.*



**Deserts**

*Pal payasam*

*Semia payasam*

*Siru payiru payasam*

*Jack fruit / banana payasam...*

01.30 pm - 03.00 pm

Presentation III

03.00 pm - 03.30 pm

Evening tea

**03.30 pm - 05.00 pm**

**Presentation IV**

05.00 pm - 06.30 pm

Evening games/walking/yoga...

06.30 pm - 08.00 pm



Shower and dinner

**Our dinner menu**

**Starters**



*Mixed vegetable soup*

*Sweet corn soup*

*Tomato soup*

*Spinach soup...*



**Main course**

*Idly, Baby idly, Sambar & chutney,*

*Mushroom curry, Masala dosa,*

*Plain dosa, Chapatti, Kuruma,*

*Mushroom curry, mixed salad*



**Desserts**

*Fresh banana*

*Straw berries*

*Papaya*

*Fresh fruits/*



*vegetable salad*

**08.00 pm - 09.30 pm**

**Star time presentation**

**Come, let's spice life with humor**

- ❖ Chat show
- ❖ Audition for film/play acting
  - ❖ Play/film acting
- ❖ Public speaking and debate
  - ❖ Comedy bazaar
  - ❖ Games people play
  - ❖ Model parliaments
  - ❖ Songs, Dances...