

Senior Citizen – 1, NISD

Monthly Plan - February: 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13 Webinar	14
15	16	17	18	19	20	21
	Training of Trainers (ToT) for GCP Master Trainers from 16 th to 25 th February 2026 & TAPAS Online Geriatric					
	Care course Viva-Voce from 18 th & 19 th Feb 2026.					
22	23	24	25	26	27	28
Training of Trainers (ToT) for GCP Master Trainers					Webinar on “Diet & Nutrition”	