



Boarding Weekday Routine (Grades I-XII)

SR NO	ROUTINE	TIME SLOT
1	REVEILLE	5.30 AM
2	ABLUTION	5.30 AM - 5.45 AM
3	YOGA, MEDITATION/SWIMMING	5.45 AM - 7.00 AM
4	MORNING REFRESHMENT	6.20 AM - 6.45 AM (VI- XII)
5	BATH & BE READY FOR THE	6.45 AM - 7.20 AM (VI-XII)
6	REPORTING TO SCHOOL	7.25 AM
7	GUIDED PREP	7.45 AM - 8.45 AM
8	BREAKFAST AT CAFETARIA	8.45 AM - 9.20 AM
9	LUNCH	12.25 PM - 1.00 PM
10	REST & LAUNDRY- FREE HOURS (	2.00 PM - 4.00 PM
11	AFTERNOON PREP CLASS (IX -	2.20 PM - 3.30 PM
12	SELF-STUDY & HOMEWORK	4.00 PM - 5.00 PM
13	SNACKS	5.00 PM - 5.15 PM
14	SPORTS AND	5.15 PM - 7.00 PM
15	BATH & FRESHEN UP	7.00 PM - 7.45 PM
16	DINNER	8.00 PM - 8.40 PM
17	NIGHT WALK/ FREE PLAY	8.40 PM - 9.40 PM
18	ME TIME - STUDY, CHAT, READ	9.40 PM - 10.20 PM
19	READY FOR BED	10.30 PM - 10.30 PM
20	BED TIME - LIGHTS OFF	10.30 PM