

HOSTEL TIME TABLE

S.No.	MORNING ROUTINE	TIME
1	AWAKENING TIME	5:00 AM
2	SILENT SELF STUDY	5:30 – 6:30 AM
3	PHYSICAL EXERCISE /YOGA /MEDITAION	6:45 – 7:30 AM
4	BREAKFAST /READY FOR SCHOOL	7:45 – 9:15 AM
5	SCHOOL TIME	9:30 – 3:30 PM
EVENING SPORTS		
6	INDIVIDUAL SPORTS PRACTICE	4:30 – 6:00 PM
7	DINNER	7:30 – 8:30 PM
8	COMMON NIGHT CLASS FOR WRITING AND SELF PRACTICE	8:30 – 10:00 PM
9	LIGHTS OFF	10:15 PM