



BOARDING SCHOOL TIMINGS -2019

TIME	ACTIVITY
5:30 AM	Wake up call
5:30 to 6 am	Fresh Up
6 am to 6:30 am	Jogging / Meditation
6:30 to 7:40 am	Bath / Fresh Up
7:40 AM	Break Fast
8:10 AM	Morning Assembly
8:40 am to 9:30 am	I Period
9:30 am to 10:20 am	II Period
10:20 am to 10:40 am	Juice Break
10:40 am to 11: 30 am	III Period
11:30 am to 12:20 am	IV Period
12:20 am to 1 :00 pm	Lunch Break
1: 00 pm to 1:40 pm	V Period
1:40 pm to 2:20 pm	VI Period
2:20 pm to 3:00 pm	VII Period
3:00 pm to 3:30 pm	Change for Sports
3:30 to 5:00 pm	SPORTS & GAMES
3 pm to 3: 45 pm	Remedials / Competitive Exam Coaching etc
5: 00 pm to 5:30 pm	Fresh Up
5:30 TO 6 pm	Evening Snacks
6 pm to 8 pm	Evening Preps
8 pm to 8 : 30 pm	Dinner
8: 30 pm to 9:30 pm	Self Study / News Time / Preparation for Next Day
9:30 PM	Lights Off

PRINCIPAL

DIRECTOR-PRINCIPAL