



HOSTEL DAILY SCHEDULE

WEEKDAY

Activity	Time
Morning wake up call	5 AM
GYM, Yoga, PT etc	5.20 AM to 6 AM
Bathing and Dressing up	6 AM to 7.25 AM
Morning Study Session	7.30 AM to 8.20 AM
Breakfast	8.20 AM to 8.50 AM
Prepare to go to school	8.50 AM to 9 AM
SCHOOL HOURS – Morning Session	9 AM to 12.30 PM
Lunch	12.30 PM to 1.45 PM
SCHOOL HOURS – Afternoon Session	1.45 PM to 4.15 PM
Assembly & Attendance	4.20 PM to 4.30 PM
Game Period (Sports Activity, Gym, Yoga etc)	4.30 PM to 5.20 PM
EVENING REFRESHMENT – Milk and Biscuits	5.20 PM to 5.30 PM
Evening Bath & Dress Up	5.30 PM to 6.00 PM
Evening Study Session (Hostel)	6 PM to 7 PM
Dinner	7 PM to 8 PM
Night Study Session (Hostel)	8 PM to 9 PM
Lights off	10 PM

SATURDAY

Activity	Time
Morning wake-up call	5 AM
GYM, Yoga, PT etc.	5.20 AM to 6 AM
Bathing and Dress up	6 AM to 7.25 AM
Morning Study Session	7.30 AM to 8.20 AM
Breakfast	8.20 AM to 8.50 AM
Prepare to go to school	8.50 AM to 9 AM
SCHOOL HOURS – Morning Session	9 AM to 12.30 PM
Lunch	12.45 PM to 1.30 PM
Nap Time	1.30 PM to 3 PM
Activity Time	3 PM to 5 PM
EVENING REFRESHMENT – Milk and Biscuits	5 PM to 5.30 PM
Evening Bath & Dress Up	5.30 PM to 6 PM
Entertainment and Competitions	6 PM to 7 PM
Dinner	7 PM to 8 PM
Lights off	10 PM

SUNDAY & HOLIDAYS

Activity	Time
Morning wake-up call	7 AM
GYM, Yoga, PT etc.	7 AM to 7.30 AM
Bathing and Dressing up	7.30 AM to 8.30 AM
Breakfast	8.30 AM to 9 AM
Study Session	9 AM to 12.30 PM
Lunch	12.30 PM to 1.30 PM
Nap Time/Campus Visits	1.30 PM to 3 PM
Activity Time	3 PM to 5 PM
Refreshments – Milk and Biscuits	5 PM to 5.20 PM
Attendance & Assembly	5.20 PM to 5.30 PM
Evening Bath & Dress Up	5.30 PM to 6 PM
Movie Time	6 PM to 7 PM
Dinner	7 PM to 8 PM
Relaxing Time	8 PM to 9 PM
Lights off	10 PM