



NAV JYOTI SENIOR. SECONDARY SCHOOL

KHARUNI, TEH NALAGARH, DISTT. SOLAN, HIMACHAL PRADESH

SCHOOL CODE - 4262 AFFILIATION CODE - 28507 UDISE CODE- 02090701402

STUDENTS TIME TABLE DURING LOCK DOWN AT HOMES MONDAY TO SATURDAY

S.NO	ACTIVITY	TIME
1	MORNING WAKE UP	6:00a.m-6:30a.m
2	MORNING CONDITIONING	6:30a.m-7:00a.m
3	YOGA AND EXERCISES	7:00a.m-7:30a.m
4	BATHING AND DRESSING	7:30a.m-8:00a.m
5	BREAKFAST	8:00a.m-8:30a.m
6	CLASSES TIME / ACTIVITY TIME	9:00a.m-1:30p.m
7	LUNCH	1:30p.m-2:00p.m
8	RECREATION TIME / FAMILY TIME	1:30p.m- 2:30p.m
9	REST TIME	2:30pm-4:00p.m
10	EVENING SNACKS	4:00pm-5:00pm
11	SELF STUDY	5:00pm-6:30pm
12	MEDITATION/YOGA	6:30pm-7:10pm

S.NO	ACTIVITY	SAT
13	FAMILY TIME	7:10p.m-8.00p.m
14	DINNER	8:00a.m-8:30p.m
15	NIGHT SELF STUDY	8:30a.m-10:00a.m
16	LIGHT OUT	10:00pm