

SHANA International School , Bikaner

Hostel- Samvit Gurukulam Daily Routine (Summer)

Sr. No.	Time	Activities
1	5.00 to 5.30 AM	Getting Up and Ready
2	5.30 to 6.10 AM	Running and Exercise
3	6.10 to 6.50 AM	Bathing
4	7.00 to 7.40 AM	Bhagwad Gita and Meditation Session with KC Sir
5	7.40 to 8.10 AM	Breakfast and Getting Ready for School
6	8.30 to 1.00 PM	School Time
7	1.00 to 2.00 Pm	Lunch and Rest
8	2.00 to 4.00 PM	LLS Class/Language Improvement /Enrichment Classes
9	4.30 PM to 5.00 PM	Refreshment
10	5.00 PM to 7.00 PM	Sports/Taekwondo/Vollyeball / Pool Time
11	7.15 PM to 7.30 PM	Prayer/ Bhajan/ Power Session
12	7.30 to 8.00 PM	Dinner Time
13	8.00 to 10.00 AM	Problem Solving time Classes
14	10.00 to 10.10	Brush/ Prepare for Bed
15	10.15PM	Lights off