



RUNGTA PUBLIC SCHOOL

NURSERY - XII DAY-CUM-BOARDING SCHOOL



KOHKA-BHILAI

BOARDERS' DAILY SCHEDULE

SCHOOL TIMING 7:30AM TO 1:40PM

Sl.	Activity	Time
1.	Wake- up bell & freshening up	05:45 AM – 06:00 AM
2.	Jogging / Yoga / Gym	06:00 AM – 06:30 AM
3.	Shower & Change into school uniform	06:30 AM – 07:15 AM
4.	Roll call	07:15 AM
5.	Milk Time	07:20 AM
6.	School Timings	07:30 AM – 01:40 PM
7.	Lunch	01:40 PM – 02:00 PM
8.	Remedial Classes	02:10 PM – 03:00 PM
9.	Activity Classes	03:00 PM – 04:00 PM
10.	Rest Hours	04:00 PM – 05:00 PM
11.	Games	05:00 PM – 06:00 PM
12.	Snacks	06:00 PM – 06:15 PM
13.	Wash / Shower	06:15 PM – 06:45 PM
14.	Roll Call	06:50 PM
15.	Supervised Prep	07:00 PM – 08:30 PM
16.	Dinner	08:30 PM
17.	TV Time / House Chores / Self-Study	09:00 PM – 10:00 PM
18.	Lights Out	10:00 PM