

JAWAHAR NAVODAYA VIDYALAYA , MALHAR
DIST. BILASPUR (C.G.)

Orientation Course for TGT (SSc) of Bhopal Region

Daily Routine

Sr.No.	Activities	Time
1	Rouse	5:30 a.m.
1	Morning Tea	5:30 a.m. to 5:40 a.m.
2	PT/Yoga	6:00 a.m. to 6:45 a.m.
3	Bath and Change	6:45 a.m. to 8:00 a.m.
4	Breakfast	8:00 a.m. to 8:30 a.m.
5	Morning Assembly	8:45 a.m. to 9:00 a.m.
6	1st Session	9:00 a.m. to 10:00 a.m.
7	2nd Session	10:00 a.m. to 11:00 a.m.
8	Tea Break	11:00 a.m. to 11:15 a.m.
9	3rd Session	11:15 a.m. to 12:15 p.m.
10	4th Session	12:15 p.m. to 1:15 p.m.
11	Lunch	1:20 p.m. to 2:00 p.m.
12	Rest	2:00 p.m. to 3:00 p.m.
13	4th Session	3:00 p.m. to 4:00 p.m.
14	5th Session	4:00 p.m. to 5:00 p.m.
15	Tea /Snacks	05:00 p.m. to 5:30 p.m.
16	Games	5:30 p.m. to 6:30 p.m.
17	Evening Assembly	6:45 p.m. to 7:00 p.m.
18	Project Work	7:00 p.m. to 8:00 p.m.
19	Dinner	8:00 p.m. to 8:30 p.m.
20	Self Study/ Project Work	8:30 p.m. to 10:00 p.m.
21	Light Off	10:00 p.m.

(B.K.MAHANTI)
PRINCIPAL