

LIFE AT SAMVID GURUKULAM

A DAY AT SAMVID

05:00 hrs:	Reveille
05:30 hrs:	Morning fall-in and prayer
05:45-06:55 hrs:	PT/yoga/ sports
06:55-08:15 hrs:	Bath/ preparation for school and breakfast
08:20-08:40 hrs:	Assembly
08:40-11:20 hrs:	Academic schedule
11:20-11:40 hrs:	Break for refreshments
11:40-13:30 hrs:	Academic schedule
13:30-14:00 hrs:	Lunch break
14:00-15:00 hrs:	Rest
15:00-16:00 hrs:	Self study, extra coaching classes, homework
16:30 hrs:	Games fall-in
16:45-17:55 hrs:	MT/ PT/ Yoga/ sports
18:00-18:15 hrs:	Milk and refreshments
18:15-18:30 hrs:	Bath and laundry
18:30-19:30 hrs:	Sanskrit and Bhagwat school
19:30-20:00 hrs:	Prayers
20:00-20:30 hrs:	Dinner
20:30-21:30 hrs:	Self-study & preparation
21:30-21:45 hrs:	Night prayer
21:45-22:00 hrs:	Preparation for next day
22:00 hrs:	Lights out

Most people lose themselves in school and they come out as new persons.