

APPENDIX J

Routine followed in Gatiguda Sevashram School

<u>Time</u>	<u>Work</u>
5.30 AM	To get up
5.30 AM to 5.40 AM	Morning Prayer
5.40 AM to 6.10 AM	General Cleaning
6.10 AM to 6.40 AM	Personal duty
6.40 AM to 8.00 AM	Reading
8.00 AM to 9.00 AM	Agricultural
9.00 AM to 10.20 AM	Lunch
10.30 AM to 4.00 PM	School teaching
4.00 PM to 4.30 PM	Tiffin
4.30 PM to 5.15 PM	Agricultural/gardening
5.15 PM to 5.55 PM	Games
5.55 PM to 6.30 PM	Daily duty (Personal)
6.30 PM to 7.00 PM	Evening prayer
7.00 PM to 8.15 PM	Reading
8.15 PM to 9.00 PM	Dinner
9.00 PM	To go to bed