



RAJASTHAN NDA ACADEMY

Govindpura, Sanganer, Jaipur

Mob: 9358833160

Daily Routine Time Table

S. No.	Time	Activity
1	4:50 AM	Morning Wake-up time
2	5:15 AM- 6:15 AM	PT (Running & Exercise)
3	6:15 AM - 7:00 AM	Wash & Change
4	7:00 AM - 7:20 AM	Breakfast
5	7:20 AM - 7:30 AM	Morning Assembly
6	7:30 AM - 1:30 PM	Academy Classes
7	1:30 PM- 2:00 PM	Lunch Time
8	2:00 PM-3:30 PM	Rest Time
9	3:30 PM - 3:45 PM	Evening Breakfast
10	3:45 PM - 5:45 PM	Self Study
11	5:45 PM- 7:00 PM	Game
12	7:00 PM- 7:15 PM	Roll Call
13	7:15 PM - 8:00 PM	Dinner
14	8:00 PM-11:15 PM	Self-Study
15	11:15 PM	Lights off