

## **Daily Routine**

6:30-7:00 am – Preksha Meditation  
7:00 -7:45 am – Yoga Exercise  
7:45- 9:15 am - Fresh and Breakfast  
9:30 am – 12:30 pm - Classes  
12:30 – 2:15 pm - Lunch and Rest  
2:30 – 3:30 pm - Hindi/Sanskrit Class  
3:30 – 4:15 pm - Computer Lab  
4:15 – 5:30 pm - Library  
5:30 - 6:30 pm - Visit to different places and sports  
7:00 - 8:00 pm - Dinner  
8:00 - 9:30 pm - Temple visit  
10:00 pm - Good Night

## **Evening Schedule**

23 July – 5:00 -6:00 Central Library  
24 July - 5:30 - 6:30 pm - Art Gallery  
25 July - 8:00 - 9:00 pm - Jain Temple, Ladnun  
28 July - 8:00 - 9:00 pm - Other Temples, Ladnun  
29 July - 5:30 - 6:30 pm - Parmarthik Shikshan Sanstha  
31 July - 5:30 - 6:30 pm - Bhikshu Vihar (meeting with monks)  
1 August - 5:30 - 6:30 pm - Seva kendra (meeting with nuns)  
2 August - 5:30 - 6:30 pm - Market  
3 August - 5:30 - 6:30 pm - Interaction with Jain Community of Ladnun  
One day - field visit with the students of department of Social Work  
  
One day - Cultural Interaction (On the day – Welcome Program)  
Sometimes schedule may change as per the need.