

DAILY ROUTINE IN NIRUPAMA HOME FOR THE AGED

<i>6.00 a.m.</i>	<i>Wake up (Tea)</i>
<i>7.00 a.m.</i>	<i>Meditation & Yoga</i>
<i>8.00 a.m.</i>	<i>Break Fast & Tea</i>
<i>9.00 - 11.00 a.m.</i>	<i>Recreation (News Paper & T.V.)</i>
<i>11.00 a.m. - 12.00</i>	<i>LUNCH</i>
<i>01.00 - 2.00 p.m.</i>	<i>Recreation</i>
<i>02.00 - 04.00 p.m.</i>	<i>Rest</i>
<i>04.00 - 6.00 p.m.</i>	<i>Evening Tea & Walk etc.</i>
<i>06.00 - 7.30 p.m.</i>	<i>Prayers & Bhajans</i>
<i>07.30 - 8.00 p.m.</i>	<i>Dinner</i>
<i>08.00 - 9.30 p.m.</i>	<i>Recreation (T.V., Music etc.)</i>
<i>09.30 p.m.</i>	<i>Bed</i>



CHAIRMAN

HEALTH CARE & SOCIAL WELFARE SOCIETY

NELLORE - 524 003, A.P.