

Daily Routine (Summer)
(wef 01 Apr to 30 Sep)

Sr No	Time (hours)		Name of Activity	Remarks
	From	To		
1	0430		Wake up	
2	0430	0500	Tea with Biscuits	
3	0545		PT Fall In	
4	0550	0630	PT	
5	0630	0710	Bath	
6	0710	0730	Breakfast	
7	0730	0800	Assembly	
8	0800	1330	Academic training/ Classes	Academic Syllabus related to CBSE
9	1330	1400	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
10	1400	1430	Rest	Lunch to be followed by quiet time/ own time for students.
11	1430	1530	Academic Plus Curriculum Class x 2 per wk	Class on Academic Plus Curriculum as specified for each class by SSS.
			Academic Plus Activity/ Value Based Activity x 2 per wk	Common Academic Plus Activities/ value based competitions as specified by SSS.
			Skill Based Training x 01 per week	Fire Fighting / First Aid / Self Defence
			Skill Based Activity x 01 per wk	Fire Fighting/ First Aid/ Self Defence Practical/ Demo
12	1530	1700	Supervised self-study	
13	1700	1715	Refreshment	
14	1715	1845	Sports & Games x 04 per week	Indoor & Outdoor games based on available facilities
			Drill/NCC/Field craft Training x 02 per wk	Drill/NCC training at Parade ground. Field craft training about signs/symbols/tactics etc
15	1845	1900	Return Sports Gear, Change	
16	1900	2000	Bath	
17	2000	2030	Dinner	
18	2030	2100	Listen to English News on TV	
19	2100	2115	Roll Call	
20	2115	2200	Self Study	
21	2200		Lights off	

Daily Routine (Winter)
(wef 01 Oct to 31 Mar)

Sr No	Time (hours)		Name of Activity	Remarks
	From	To		
1	0430		Wake up	
2	0430	0500	Tea with Biscuits	
3	0545		PT Fall In	
4	0550	0630	PT	
5	0630	0710	Bath	
6	0710	0730	Breakfast	
7	0730	0800	Assembly	
8	0800	1330	Academic training/ Classes	Academic Syllabus related to CBSE
9	1330	1400	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
10	1400	1430	Rest	Lunch to be followed by quiet time/ own time for students.
11	1430	1530	Academic Plus Curriculum Class x 2 per wk	Class on Academic Plus Curriculum as specified for each class by SSS.
			Academic Plus Activity/ Value Based Activity x 2 per wk	Common Academic Plus Activities/ value based competitions as specified by SSS.
			Skill Based Training x 01 per week	Fire Fighting / First Aid / Self Defence
			Skill Based Activity x 01 per wk	Fire Fighting/ First Aid/ Self Defence Practical/ Demo
12	1545	1715	Sports & Games x 04 per week	Indoor & Outdoor games based on available facilities
			Drill/NCC/Field craft Training x 02 per wk	Drill/NCC training at Parade ground. Field craft training about signs/symbols/tactics etc
13	1715	1730	Return Sports Gear, Change	
14	1730	1745	Refreshment	
15	1745	1815	Bath	
16	1815	1930	Supervised self-study	
17	1930	2000	Dinner	
18	2000	2030	Listen to English News on TV	
19	2030	2145	Self Study	
20	2145	2200	Roll Call	
21	2200		Lights off	