

## Daily Routine

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	