

## DAILY ROUTINE FOR NEW SAINIK SCHOOLS

Sl No	Time/Period	Name of Activity	Remarks
1	07:30 Hrs	General assembly x 2 per Wk	Prayer, talk on current issues, announcements, National Anthem
		Special assembly x 2 per Wk	Oath taking, talk by staff/ students and conduct common value based activities specified by SSS
		School Gathering x 01 per wk	Activity as decided by school
2	08:00 – 13:30 Hrs	Academic Training/ Classes	Academic syllabus related to CBSE/State Board
3	13:30 – 14:00-Hrs	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
4	14:00-14:30 Hrs	Rest	Lunch to be followed by quiet time/ own time for students.
5	14:30- 15:30 Hrs	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 wk	Classes on Fire Fighting/ First Aid/ Self Defence
		Skill Based Activity x 01 per wk	Fire Fighting/ First Aid/ Self Defence Practical/ Demo
6	15:45- 17:15Hrs	Sports & Games x <b>04 per wk</b>	Indoor & Outdoor games based on available facilities
		Drill/NCC/Field craft Training x <b>02 per wk</b>	Drill/NCC training at Parade ground. Field craft training about signs/symbols/tactics etc
7	17:15- 17:30 Hrs	Return Sports Gear, Change and Leave for Home	

**(Note:-** Based on Physical and Geographical locations flexibility in time table to be considered)