



DAILY ROUTINE FOR BOARDERS

DAILY ROUTINE FOR SAINIK, MILITARY & NAVODAYA

S.No.	Name of Activity	Time	
		Summer	Winter
1	Rouse	5:15 AM	5:45 AM
2	Morning PT/Yoga	5:45 to 6:15 AM	6:15 to 6:45 AM
3	Bath & Change	6:15 to 7:00 AM	6:45 to 7:30 AM
4	Breakfast	7:00 to 7:15 AM	7:30 to 7:45 AM
5	Supervise Study / Remedial teaching	7:15 to 7:55 AM	7:45 to 8:55 AM
6	Proceed to School	7:55 AM	8:55 AM
7	Brunch	Recess	NA
8	Lunch	2:00 to 2:30 PM	Recess
9	Rest	2:30 to 3:30 PM	-
10	Supervised Study/Remedial teaching in Academic Block	-	3:25 to 4:25 PM
11	Supervised Homework/Learning Work in Academic Block	3:30 to 5:00 PM	6:25 to 7:30 PM
12	High Tea	5:00 to 5:15 PM	4:25 to 4:45 PM
13	Games	5:15 to 6:45 PM	4:45 to 6:00 PM
14	Bath & Change	6:45 to 7:10 PM	6:00 to 6:25 PM
15	Supervised Study / Remedial teaching	7:10 to 8:00 PM	-
16	Dinner	8:00 to 8:30 PM	7:30 to 8:00 PM
17	Counselling by warden and Roll Call	8:30 to 9:00 PM	8:00 to 8:30 PM
18	Self Study	9:00 to 10:00 PM	8:30 to 9:45 PM
19	Light Off	10:15 PM	10:00 PM

S.No.	Name of Activity	Time	
		Summer	Winter
1	Rouse	5:15 AM	5:45 AM
2	Morning PT/Yoga	5:45 to 6:15 AM	6:15 to 6:45 AM
3	Bath & Change	6:15 to 7:00 AM	6:45 to 7:30 AM
4	Breakfast	7:00 to 7:15 AM	7:30 to 7:45 AM
5	Teaching Class	7:15 to 7:55 AM	7:45 to 8:55 AM
6	Proceed to School	7:55 AM	8:55 AM
7	Brunch	Recess	NA
8	Lunch	2:00 to 2:30 PM	Recess
9	Rest	2:30 to 3:30 PM	-
10	Teaching Class	-	3:25 to 4:25 PM
11	Teaching Class	3:30 to 5:00 PM	6:25 to 7:30 PM
12	High Tea	5:00 to 5:15 PM	4:25 to 4:45 PM
13	Games	5:15 to 6:45 PM	4:45 to 6:00 PM
14	Bath & Change	6:45 to 7:10 PM	6:00 to 6:25 PM
15	Teaching Class	7:10 to 8:00 PM	-
16	Dinner	8:00 to 8:30 PM	7:30 to 8:00 PM
17	Teaching Class	8:30 to 9:10 PM	8:00 to 8:40 PM
18	Self Study	9:00 to 10:00 PM	8:30 to 9:45 PM
19	Light Off	10:15 PM	10:00 PM

SUNDAY/HOLIDAY ROUTINE FOR BOARDERS

SUNDAY/HOLIDAY ROUTINE FOR SAINIK, MILITARY & NAVODAYA

S.No.	Name of Activity	Time
1	Rouse	6:00 AM
2	Roll Call, Cleaning of House surrounding /Dormitories/Beautification of Campus, Wardens to attend.	6:30 to 7:30 AM
3	Cleaning of Clothes, Bath & Change.	7:30 to 9:00 AM
4	Break Fast	9:00 to 9:30 AM
5	Organised Study/Special Assembly or Function on the Holiday (school will arrange staff duties for supervision on rotation basis)	10:00 to 12:00 Noon
6	Own time	12:00 to 1:15 PM
7	Lunch & Rest	1:15 to 2:30 PM
8	Counselling/Library/Computer lab/Science lab/Maths lab/Art/Music	2:30 to 4:00 PM
9	Roll Call, Tea & Snacks	4:30 to 5:00 PM
10	Antakshari/Elocution/Letter writing/TV/Optional Games	5:00 to 7:30/8:00 PM
11	Dinner	7:30 PM (Winter) 8:00 PM (Summer)
12	Self Study	8:00 or 8:30 to 10: PM
13	Lights off	10:00 PM

S.No.	Name of Activity	Time
1	Rouse	6:00 AM
2	Roll Call, Cleaning of House surrounding /Dormitories/Beautification of Campus, Wardens to attend.	6:30 to 7:30 AM
3	Cleaning of Clothes, Bath & Change.	7:30 to 9:00 AM
4	Break Fast	9:00 to 9:30 AM
5	Teaching Class	10:00 to 1:15 Noon
6	Lunch & Rest	1:15 to 2:30 PM
7	Teaching Class	2:30 to 4:00 PM
8	Roll Call, Tea & Snacks	4:30 to 5:00 PM
9	Antakshari/Elocution/Letter writing/TV/Optional Games	5:00 to 7:30/8:00 PM
10	Dinner	7:30 PM (Winter) 8:00 PM (Summer)
11	Self Study	8:00 or 8:30 to 10: PM
12	Lights off	10:00 PM