



SURYA SAINIK SCHOOL

HOLIDAY ROUTINE

TIME	DURATION	ROUTINE (IV – VI)	ROUTINE (VII – VIII)
06:00am		Wake-up	Wake-up
6:15am - 7:00am	45 minutes	Drill/Morning Fitness	Drill/Morning Fitness
7:00am – 7:35am	35 minutes	Bath and Dressing	Bath and Dressing
7:35am - 8:05am	25 minutes	Breakfast	Breakfast
8:30am - 10:00am	90 minutes	Music/Art/Dance class (in school building)	Music/Art/Dance class (in school building)
10:30am – 10:50am	20 minutes	Fruit Break(in hostel mess)	Fruit Break (in hostel mess)
11:00am – 1:00am	120 minutes	Self-study	Self-study
1:30pm – 2:00pm	30 minutes	Lunch	Lunch
2:30pm – 4:30pm	120 minutes	Rest	Rest
5:00pm – 5:15pm	15 minutes	Snacks	Snacks
5:15pm – 6:15pm	60 minutes	Sports	Sports
6:15pm – 6:35pm	20 minutes	Bath	Bath
6:45pm – 7:45pm	60 minutes	Prep in School Building	Prep in School Building
7:45pm – 8:30pm	45 minutes	Movie/ TV shows	Movie/ TV shows
8:30pm – 9:00pm	30 minutes	Dinner	Dinner
9:00pm – 9:55pm	55 minutes	Movie/ TV shows	Movie/ TV shows
9:55pm – 10:00pm	05 minutes	Roll call	Roll call
10:00pm		Lights Off	Lights Off