



SURYA SAINIK SCHOOL

Mohanlalganj, Lucknow

SCHOOL ROUTINE DURING SUMMER (MONDAY – SATURDAY)

TIME	DURATION	ROUTINE
05:00 AM	-	Wake Up
5:00 AM - 5:30 AM	30 Minutes	Ready for Morning Drill
5:30 AM - 6:00 AM	30 Minutes	Drill/PT
6:00 AM – 7:15 AM	75 Minutes	Bathing/Dress-up
7:15 AM – 7.50 AM	35 Minutes	Breakfast
7: 50 AM -8:00 AM	10 inutes	March towards Academic block
8:00 AM -8:15 AM	15 Minutes	Morning Assembly
8:15 AM – 8.30 AM	15 Minutes	CT period/Class Attendance
8.30 AM – 9.10 AM	40 Minutes	1 st Period
9.10AM – 9.50AM	40 Minutes	2 nd period
9.50 AM –10.30 AM	40 Minutes	3 rd Period
10.30 AM –10.45 AM	15 Minutes	Fruit Break
10.45 AM – 11.25 AM	40 Minutes	4 th Period
11.25AM –12.05 PM	40 Minutes	5 th Period
12.05 PM –12.45 PM	40 Minutes	6 th Period
12.45 PM –01.25 PM	40 Minutes	7 th Period
1.25 PM –2:00 PM	35 Minutes	Lunch
2:00 PM –2.10 PM	10 Minutes	March towards Academic block
2.10 PM – 3.30 PM	80 Minutes	Club Activity/P D Session
3.30 PM – 4.45 PM	75 Minutes	Rest
4.45 PM – 5.00 PM	15 Minutes	Line up for evening sports
5.00 PM –6.00 PM	60 Minutes	Sports
6.00 PM – 6:20 PM	20 Minutes	Evening Snacks/Refreshment
6:20 PM – 6.30 PM	10 Minutes	March towards Academic block
6:30 PM – 8.00 PM	90 Minutes	Prep Classes
8.00 PM - 8.30 PM	30 Minutes	Calling/leisure Time
8.30 PM - 9.00 PM	30 Minutes	Dinner
9.00 PM - 10.30	90 Minutes	Self Study
10.30 PM		Lights off