



Samvid Gurukulam Girls Sainik School

Daily Routine of Students (Summer)

Start	End	Activity
5:00 AM	5:30 AM	Wake up & Freshen up
5:30 AM	5:40 AM	Roll Call
5:40 AM	6:25 AM	Yoga
6:25 AM	7:05 AM	Bath & Getting Ready
7:05 AM	7:30 AM	Breakfast
7:35 AM	Arrival of all Teachers & Cadets
7:40 AM	8:00 AM	Assembly [All Cadets & Staff]
7:30 AM	8:05 AM	NCC/Ghosh
8:00 AM	8:10 AM	CTP / Zero Period
8:10 AM	8:50 AM	1st Period
8:50 AM	9:30 AM	2nd Period
9:30 AM	10:10 AM	3rd Period
10:10 AM	10:50 AM	4th Period
10:50 AM	11:10 AM	BREAK
11:10 AM	11:50 AM	5th Period
11:50 AM	12:30 PM	6th Period
12:30 PM	1:10 PM	7th Period
1:10 PM	1:40 PM	Diary Period & Doubt Session (CTP)
1:40 PM	1:50 PM	Departure Assembly
1:10 PM	1:50 PM	PREP- I (CLASS X & XII) FOR ALL STUDENTS
1:50 PM	Departure of Students & Residential Teachers
1:55 PM	2:30 PM	LUNCH
2:30 PM	Departure of D/S Teachers
2:35 PM	3:25 PM	Rest Time
3:25 PM	Reporting of Residential Teachers
3:30 PM	4:05 PM	PREP - I with Residential Teachers
4:05 PM	4:40 PM	PREP - II with Residential Teachers
4:45 PM	5:05 PM	Snacks
5:05 PM	5:55 PM	NCC/Ghosh
5:55 PM	6:55 PM	SPORTS
7:00 PM	7:30 PM	Own Time Work
7:30 PM	8:00 PM	Aarti & Sanskaram
8:00 PM	9:00 PM	Dinner
9:00 PM	9:10 PM	Roll Call
9:10 PM	10:00 PM	Self Study Time (Class Upto VII)
9:10 PM	10:30 PM	Self Study Time (Class VIII to XII)
10:00 PM	Lights Off (Class Upto VII)
10:30 PM	Lights Off (Class VIII to XII)