

BHARTIYA PUBLIC SCHOOL, SIKAR
SAINIK SCHOOL, SIKAR
DAILY ROUTINE (BOARDERS)

SI No	Time/Period	Name of Activity	Remarks
1	0500 to 0530 hrs	Wake up	
2	0530 to 0545 hrs	Tea & Roll Call	
3	0545 to 0600 hrs	PT Fall In	
4	0600 to 0630 hrs	PT	
5	0630 to 0715 hrs	Bath & Breakfast	
6	0730 to 1330 hrs	Join school with Day scholars	
7	1330 to 1400 hrs	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
8	1400 to 1430 hrs	Rest	Lunch to be followed by quiet time/ own time for students.
9	1430 to 1530 hrs	Value Based Class x 01 per week	Value based class as specified for each class by SSS.
		Value Based Activity x 01 per week	Common value based competitions as specified by SSS.
		Skill Based Training x 01 per week	Fire Fighting / First Aid / Self Defence
		NCC/ Drill Training x 02 per week	NCC / Parade Training on School Ground
		Special period x 01 per week	Activity as decided by school
10	1530 to 1700 hrs	Sports & Games x 02 per week	Indoor & Outdoor games based on One School One Sport Scheme
		PT / Physical Fitness Training x 02 per week	PT for 45 min followed by athletic training for 45 min
		NCC/Field craft Training x 01 per week	To train students on various field craft signs / symbols / tactics etc.,
		Special period x 01 per week	Activity as decided by school
11	1700 to 1730 hrs	Return Sports Gear, Change	
12	1730 to 1750 hrs	Tea & Roll Call	
13	1800 to 2020 hrs	Supervised self-study	
14	2030 to 2100 hrs	Dinner	
15	2100 to 2120 hrs	Roll Call	
16	2130 to 2230 hrs	Own Time Work	
17	2200 to 2230 hrs	Lights off	

NOTE:- School timing is subject to change due to weather conditions and administrative requirements.