

# SYNA INTERNATIONAL SCHOOL, KATNI

Schedule for Boarders/Day Boarders/Day Scholars (w.e.f. 31.10.2023)

## BOARDING ROUTINE

Timing	Schedule
6:00 AM	Wake UP Time
6:00 AM to 6:45 AM	Meditation/Yoga
6:45 AM to 7:30 AM	Shower/morning conditioning and getting ready
7:30 AM to 08:10 AM	Prep (Hostel)
8:10 AM to 08:15 AM	Inspection
8:25 AM to 8:40 AM	Assembly

### CLASSES I- XII

ARRIVAL	8:20 AM
ASSEMBLY	8:25 AM to 8:40 AM
BREAKFAST	08:40 AM - 09:05 AM
1 ST PERIOD	09:10 AM - 09:50 AM
2 ND PERIOD	09:50 AM - 10:30 AM
3 RD PERIOD	10:30 AM - 11:10 AM
4 TH PERIOD	11:10 AM - 11:50 AM
RECESS	11:50 AM - 12:00 PM
5 TH PERIOD	12:00 PM - 12:40 PM
6 TH PERIOD	12:40 PM - 01:20 PM
LUNCH (B&DB)	01:20 PM -01:50 PM
ZERO PERIOD	01:50 PM - 03:00 PM
DEPARTURE(ALL)	03:00:PM

### BOARDING ROUTINE

Rest/Free time/After care/Tuck Shop	03:00 PM-03:45 PM
Hostel Attendance	03:45 PM - 03:50 PM
Fruits	03:50 PM- 04:05 PM
Sports	04:05 PM- 05:15PM
Wash	05:15PM - 05:50PM
Snacks	05:50 PM-06:10 PM
Meditation/ Susandhya	06:10 PM-06:25 PM
Prep (I-V)	06:30 PM- 07:30 PM
Prep(VI-XII)	06:30 PM- 08:00 PM
Dinner(I-V)	07:30 PM-08:00 PM
Dinner(VI-XII)	08:00 PM-08:30 PM
Inspection	08:35 PM-08:50 PM
Prep IN HOSTEL (For VI-XII)	09:00 PM-10:30 PM
Light out for classes 1 to 5	9:00 PM
Light out for classes 9 to 12	10:45 PM