

**SYNA INTERNATIONAL(SAINIK) SCHOOL, KATNI****Schedule for Boarders/Day Boarders/Day Scholars (w.e.f. 18/06/2024)****BOARDING ROUTINE**

<b>Timing</b>	<b>Schedule</b>
5:45 AM	Wake UP Time
5:45 AM - 6:10 AM	Freshen up
06:10 AM - 07:10 AM	Meditation/Yoga
07:10 AM - 7:50 AM	Shower/morning conditioning and getting ready
07:50 AM- 08:00 AM	Inspection
08:05 AM - 08:20 AM	Assembly

**CLASSES I- XII**

<b>ARRIVAL</b>	<b>8:00 AM</b>
<b>ASSEMBLY</b>	<b>08:05 AM - 08:20 AM</b>
<b>BREAKFAST</b>	<b>08:25 AM - 08:50 AM</b>
<b>1 ST PERIOD</b>	<b>08:55 AM - 09:30 AM</b>
<b>2 ND PERIOD</b>	<b>09:30 AM - 10:05 AM</b>
<b>3 RD PERIOD</b>	<b>10:05 AM - 10:40 AM</b>
<b>4 TH PERIOD</b>	<b>10:40 AM - 11:15 AM</b>
<b>RECESS</b>	<b>11:15 AM - 11:25 AM</b>
<b>5 TH PERIOD</b>	<b>11:25 AM - 12:00 PM</b>
<b>6 TH PERIOD</b>	<b>12:00 PM - 12:35 PM</b>
<b>7 TH PERIOD</b>	<b>12:35 PM - 01:10 PM</b>
<b>8 TH PERIOD</b>	<b>01:10 PM - 01:45 PM</b>
<b>LUNCH (B &amp; DB)</b>	<b>01:45 PM - 02:15 PM</b>
<b>DEPARTURE(ALL)</b>	<b>2:20 PM</b>

**BOARDING ROUTINE**

<b>Rest/Free time</b>	<b>02:30 PM -03:30 PM</b>
<b>After care/Tuck Shop/Drill (Sainik school)</b>	<b>03:30 PM - 04:30 PM</b>
<b>Fruits</b>	<b>04:30 PM- 04:45 PM</b>
<b>Attendance</b>	<b>04:45 PM - 05:00 PM</b>
<b>Sports</b>	<b>05:00PM - 06:00 PM</b>
<b>Wash</b>	<b>06:00 PM-06:45 PM</b>
<b>Snacks</b>	<b>06:45 PM-07:00 PM</b>
<b>Meditation/ Susandhya</b>	<b>07:00 PM - 7:15 PM</b>
<b>Prep in School</b>	<b>07:15 PM- 08:30 PM</b>
<b>Dinner</b>	<b>08:30 PM-09:00 PM</b>
<b>Stroll (Walk)</b>	<b>09:00 PM-09:20 PM</b>
<b>Inspection</b>	<b>09:20 PM - 09:30 PM</b>
<b>Prep IN HOSTEL (For all classes)</b>	<b>09:30 PM-10:30 PM</b>
<b>Light out for classes 1 to 12</b>	<b>10:30 PM</b>