

SYNA INTERNATIONAL SCHOOL, KATNI

Schedule for Boarders/Day Boarders/Day Scholars (w.e.f. 23.07.2025)

BOARDING ROUTINE

Timing	Schedule
5:45 AM	Wake UP Time
5:45 AM - 6:00 AM	Freshen up
06:00 AM - 07:00AM	Meditation/Yoga
07:00 AM - 8:00 AM	Shower/morning conditioning and getting ready
08:05 AM- 08:15 AM	Inspection
08:20 AM - 08:35 AM	Assembly
08:35 AM - 09:00 AM	Breakfast

CLASSES I- XII

ARRIVAL	8:15 AM
ASSEMBLY	08:20 AM - 08:35 AM
BREAKFAST	08:35 AM - 09:00 AM
1 ST PERIOD	09:05 AM - 09:45 AM
2 ND PERIOD	09:45 AM - 10:20 AM
3 RD PERIOD	10:20 AM - 10:55 AM
4 TH PERIOD	10:55 AM - 11:30 AM
RECESS	11:30 AM - 11:40 AM
5 TH PERIOD	11:40 AM - 12:15 PM
6 TH PERIOD	12:15 PM - 12:50 PM
7 TH PERIOD	12:50 PM - 01:25 PM
8 TH PERIOD(Activity for boarders and Day boarders except 10&12)	01:25 PM - 02:05 PM
Departure for all	2:05 AM
LUNCH FOR Boarders	02:05 PM - 02:35 PM

BOARDING ROUTINE

Rest time/Free time/After care/Tuck Shop/Drill (Sainik school)	02:35 PM - 04:30 PM
Fruits	04:30 PM- 04:45 PM
Sports	4:45 PM - 06:00 PM
Wash	06:00 PM-06:45 PM
Snacks	06:45 PM-07:00 PM
Meditation/ Susandhya	07:00 PM - 7:15 PM
Prep in School	07:15 PM- 08:30 PM
Dinner	08:30 PM-09:00 PM
Stroll (Walk)	09:00 PM-09:20 PM
Inspection	09:20 PM - 09:30 PM
Prep IN HOSTEL (For all classes)	09:30 PM-11:00 PM
Light out for classes 1 to 12	11:00 PM