

**SYNA INTERNATIONAL SCHOOL, KATNI****Schedule for Boarders/Day Boarders/Day Scholars (w.e.f. 27.10.25)****BOARDING ROUTINE**

<b>Timing</b>	<b>Schedule</b>
6:00 AM	Wake UP Time
6:00 AM - 6:15 AM	Freshen up
06:15 AM - 07:00AM	Meditation/Yoga
07:00 AM - 7:45 AM	Shower/morning conditioning and getting ready
07:45 AM - 08:40 AM	Prep in Hostel
08:40 AM- 08:50 AM	Inspection
08:55 AM - 09:10 AM	Assembly
09:10 AM - 09:40 AM	Breakfast

**CLASSES I- XII**

ARRIVAL	8:50 AM
ASSEMBLY	08:55 AM - 09:10 AM
BREAKFAST	09:10 AM - 09:40 AM
I ST PERIOD	09:40 AM - 10:15 AM
2 ND PERIOD	10:15 AM - 10:50 AM
3 RD PERIOD	10:50 AM - 11:25 AM
4 TH PERIOD	11:25 AM - 12:00 PM
RECESS	12:00 PM - 12:10 PM
5 TH PERIOD	12:10 PM - 12:45 PM
6 TH PERIOD	12:45 PM - 01:20 PM
7 TH PERIOD	01:20 PM - 01:55 PM
LUNCH	02:00 PM - 02:30 PM
Departure (Day Boarder)	2:00 PM
REMEDIAL (First period)	02:35 PM - 03:05 PM
REMEDIAL (Second period)	03:05 PM - 03:35 PM
DEPARTURE FOR Boarders)	3:35 PM

**BOARDING ROUTINE**

Rest time/Free time/After care/Tuck Shop/Drill (Sainik school)	03:35 PM - 04:10 PM
Fruits	04:10 PM - 04:20 PM
Sports	4:20PM - 05:20 PM
Wash	05:20 PM-06:00 PM
Snacks	06:00 PM-06:15 PM
Meditation/ Susandhya	06:15 PM - 6:30 PM
Prep in School	06:30 PM- 07:45 PM
Dinner	07:45 PM-08:15 PM
Stroll (Walk)	08:15 PM-08:30 PM
Inspection	08:30 PM - 08:45 PM
Prep IN HOSTEL (For all classes)	08:45 PM-11:00 PM
Light out for classes 1 to 5	10:30 PM
Light out for classes 6 to 12	11:00 PM