

SAINIK SCHOOL HOSTEL TIME SCHEDULE – 2025

MONDAY TO FRIDAY – REGULAR WEEKDAYS	
TIME	ACTIVITY
MORNING ROUTINE	
5.00 AM	WAKE UP TIME
5:15 AM – 5:45 AM	PT/ DRILL
5.45 AM – 6.45 AM	BATH AND FRESHEN UP
6:45 AM	FALL IN TIME
6.55 AM	SCHOOL BUS DEPARTS
EVENING ROUTINE	
5.30 PM – 6.15 PM	FRESHEN UP
6.15 PM – 6.30 PM	PRAYER
6:30 PM – 7:30 PM	STUDY HOUR
7:30 PM – 8:00 PM	DINNER
8:00 PM – 10:00 PM	STUDY HOUR
10:00 PM	BED TIME

HOSTEL ROUTINE – SATURDAY(HOLIDAYS) AND SUNDAY

SATURDAY (HOLIDAYS)	
TIME	ACTIVITY
6.30 AM – 7.00 AM	WAKE UP AND FRESH UP
7.00AM -7.30 AM	YOGA AND MEDITATION
7.30 AM – 8.00AM	BREAKFAST (JUNIORS)
8.00AM – 8.30AM	BREAKFAST (SENIORS)
8.30AM – 11.00AM	STUDY TIME
11.00AM- 12.00PM	FREE TIME (READING,ACTIVITY PREPARATION)
12.00PM-12.30PM	LUNCH (JUNIORS)
12.30PM – 1.00PM	LUNCH (SENIORS)
1.00PM – 2.15PM	REST TIME
2.15PM – 3.50PM	PLAY TIME
3.50 PM – 4.00 PM	TEA TIME
4.00 PM – 4.30 PM	FRESH UP
4.30PM- 6.00PM	STUDY TIME
6.00PM- 6.30PM	PRAYER
6.30PM – 7.30PM	STUDY TIME (SENIORS)
6.30 PM -7.00 PM & 7.30PM – 8.00PM	STUDY TIME (JUNIORS)
7.00PM – 7.30PM	DINNER (JUNIORS)
7.30PM – 8.00PM	DINNER (SENIORS)
8.00 PM – 10.00 PM	MOVIE TIME
10.00 PM -10.30PM	FRESH UP
10.30PM	BED TIME (LIGHTS OFF)

SUNDAYS	
TIME	ACTIVITY
7.00 AM	WAKE UP AND FRESH UP
7.00AM -7.30 AM	YOGA AND MEDITATION
7.30 AM – 8.00AM	BREAKFAST (JUNIORS)
7.30 AM – 8.00 AM	READING TIME (SENIORS)
8.00AM – 8.30AM	BREAKFAST(SENIORS)
8.00AM – 8.30AM	READING TIME (JUNIORS)
8.30AM – 11.00AM	STUDY TIME
11.00AM – 11.20AM	TEA TIME
11.20AM- 12.30PM	PLAY TIME (OUTDOOR GAMES)
12.30PM-1.00PM	LUNCH(JUNIORS)
1.00PM – 1.30PM	LUNCH (SENIORS)
1.30PM – 3.00PM	FRESHEN UP & REST TIME
3.00PM – 3.20PM	TEATIME
3.20 PM – 4.45 PM	PLAY TIME (INDOOR GAMES)
4.45PM- 6.00PM	STUDY TIME
6.00PM – 6.30PM	PRAYER TIME
6.30PM – 7.30 PM	READING TIME & ACTIVITY PREPARATION(SENIORS)
7.00PM – 7.30PM	DINNER(JUNIORS)
7.30PM – 8.00PM	DINNER (SENIORS)
6.30 PM – 7.00 PM & 7.30PM – 8.00PM	READING TIME & ACTIVITY PREPARATION (JUNIORS)
8.00 PM – 9.45PM	STUDY TIME
9.45 PM -10.00PM	FRESH UP
10.00PM	BED TIME (LIGHTS OFF)