

## Daily Routine

Time	Residential	
05:00 - 05:20	Wake-up	
05:20 - 05:35	Tea & Roll Call	
05:35 - 05:40	PT Fall In	
05:40 - 06:10	PT / Yoga	
06:10 - 06:55	Bath & Breakfast	
07:00 - 08:20	Periods 1 & 2	
08:20 - 08:45	Breathing exercise	
08:45 - 10:05	Periods 3 & 4	
10:05 - 10:15	Break	
10:15 - 12:55	Periods 5, 6, 7 & 8	
13:00 - 13:30	Lunch	

Time	Residential	
13:30 - 14:00	Rest	
14:00 - 15:30	Once per week (Value-Based Class, Value-Based Activity, Skill-Based  Training, Special Period) Twice per week (NCC / Drill Training)	
15:30 - 17:00	Once per week (NCC / Field Craft Training, Special Period) Twice per week (Sports & Games, PT / Physical Fitness Training)	
17:00 - 17:30	Return sports gear change	
17:30 - 17:50	Tea & Roll Call	
17:50 - 20:00	Supervised self-study	
20:00 - 20:30	Dinner	
20:35 - 20:40	Roll Call	
20:40 - 22:00	Own Time / Work	
22:00	Lights off	

## Holiday & Sunday Routine for Residential cadets

**Time                      For Residential cadets**

07:00 - 08:00	Kit Layout under supervision of Hostel Warden / Cadet Appointments
08:00 - 08:45	Breakfast
09:00 - 13:00	Laundry, Homework / Assignment, Newspaper, Reading Books, Telephone  Calls to Parents, Letters, Chores, TV, Haircut
13:00 - 13:45	Lunch
14:00 - 16:00	Laundry, Homework / Assignment, Newspaper, Reading Books, Telephone  Calls  to Parents, Letters, Chores, TV, Haircut
16:00 - 17:15	Games (optional)
17:30 - 17:50	Tea & Roll Call
17:50 - 20:00	Supervised self-study
20:00 - 20:30	Dinner
20:35 - 20:40	Roll Call

**Time                      For Residential cadets**

20:40 - 22:00	Own Time / Work
22:00	Lights off

- First Sunday in a month, cadets have oil bath followed by non-vegetarian brunch.
- Alternate Saturdays will have movie screenings.