



SAINIK SCHOOL PRAYAGRAJ

Affiliated to Sainik School Society, Ministry of Defence



SUMMER ROUTINE (APR. – OCT.) 2026-27

TIME	EVENTS / ACTIVITY	INCHARGE
04:45	Reveille – Siren	Warden
04:45 – 05:10	Wash & Change	Warden
05:10 – 05:15	March from Hostel to fall in PT Ground	Warden
05:15 – 05:20	Roll Call	Warden & PTI
05:20 – 06:00	Running, PT & Yoga	PTI & all staff
06:00 – 07:00	Wash & Change & Ready in Dress	Warden
07:00 – 07:30	Breakfast	Warden & staff
07:30 – 07:45	March from Mess to Academic Block	Warden & PTI
07:45 – 08:15	Assembly	PTI & staff
08:15 – 08:20	March for Academic Class	All staff
08:20 – 09:00	Period – I	Teaching Staff
09:00 – 09:40	Period – II	Teaching Staff
09:40 – 10:20	Period – III	PTI & all staff
10:20 – 11:00	Period – IV	PTI & all staff
11:00 – 11:20	Fruit Break	Teaching Staff
11:20 – 12:00	Period – V	Teaching Staff
12:00 – 12:40	Period – VI	Teaching Staff
12:40 – 01:20	Period – VII	Teaching Staff
01:20 – 01:30	March for Mess	All Staff
01:30 – 02:00	Lunch	All Staff
02:00 – 02:40	Home Work	Academic Staff
02:40 – 03:45	Rest Time	Warden
03:45 – 04:00	March for games	PTI / Warden
04:00 – 05:00	Games / NCC	All Staff
05:00 – 05:20	Refreshment	All Staff
05:20 – 05:50	Wash / Change	PTI / Warden
05:50 – 06:00	March for Academic Block	PTI / Warden
06:00 – 08:00	NDA Foundation Batch	Teaching Staff
08:00 – 08:30	Dinner	All Staff
08:30 – 08:45	Dress Change	Warden
08:45 – 09:15	Cultural Activity	Warden
09:15 – 10:10	Self Study	Warden
10:15 – 10:30	Night Roll Call	Warden / PTI
10:30 PM	LIGHT OFF	Warden / PTI