



THE ROYAL SAINIK VIDYAPEETH

A CBSE Affiliated Fully Air-Conditioned Residential Cum Day School

☎ 99969-10900, 99969-10800

✉ info@trsvp.edu.in

🌐 www.trsvp.edu.in

DAILY RHYTHM OF SUCCESS: HOSTELLER'S PATH TO LEADERSHIP

Discipline is built through unwavering consistency. The daily schedule at The Royal Sainik Vidyapeeth is meticulously structured to ensure a perfect balance of physical fitness, concentrated academic work, and essential recreation, maximizing every student's potential for high achievement.

MONDAY TO SATURDAY: THE ACADEMIC & DISCIPLINE ROUTINE

This routine is the core mechanism that translates our promise of Discipline and Academic Rigour into tangible daily achievement, especially for integrated NDA/JEE preparation.

Time	Activity	Strategic Focus
05:00 AM	Wake up & Freshening	Promptness and readiness.
05:30-06:10 AM	Mandatory Morning PT	Physical Excellence & Mental Focus (Essential stamina building).
06:10-07:00 AM	Bath and Dress N up for School	Personal hygiene and discipline.
07:00-07:30 AM	Morning Self Study	Initial academic focus before the school day begins.
07:30-08:00 AM	Breakfast	Nutritious start.
08:00-08:20 AM	Morning Assembly	Formal commencement of the school day.
08:20-01:00 AM	Academic Classes	Core CBSE and integrated NDAUEE instruction.
11:00-11:20 AM	Refreshment	Break time.
11:20-02:00 PM	Academic Classes	Continued instruction in technology-equipped classrooms.
02:00-03:00 PM	Lunch & Rest	Central meal break and essential downtime.
03:00-05:00 PM	Evening Classes	Dedicated time for specialized subject help or specific academic modules.
05:00-05:20 PM	Refreshment	Light refreshments.
05:20-06:45 PM	Games	Exclusive access to playground for organized sports and recreation under dedicated coaches.
06:45-07:30 PM	Bath & Change	Preparation for the evening.
07:30-08:00 PM	Dinner	Communal meal.
08:00-09:45 PM	Night Prep	Intensive, supervised study time for homework and revision (Crucial for competitive exam preparation).
10:00 PM	Lights Off	Ensuring adequate, restorative rest.

SUNDAY'S UNPLUGGED : FUN FILLED, NO BAGS LEARNING

Sunday is dedicated to student well-being, community building, and relaxation, offering a vital break from the week's academic pressure while maintaining a structured environment.

Time	Activity	Strategic Focus
08:30 AM	Wake up & Freshening Us	A later start for rest.
09:00-09:30 AM	Dormitory Discipline	Almirah, Bed, School Bag and Dormitory Cleaning (Fostering personal responsibility).
09:30-10:00 AM	Bathing & Change	Personal hygiene.
10:00-11:00 AM	Movie Screening (Part 1)	Supervised leisure and community bonding (Utilizing 55-inch LED in each dorm).
11:00-12:00 PM	Brunch	A combined, relaxed morning meal.
12:00-02:30 PM	Movie Screening (Part 2)	Continued supervised leisure.
02:30-04:30 AM	Community Snacks & DJ Party	Social development, relaxation and communal fun.
04:30-06:45 PM	Games	Extended time for sports and group recreation.
06:45-07:30 PM	Bath & Change	Preparation for the end of the day.
07:30-08:00 PM	Dinner	Evening meal.
08:00-09:00 PM	Indoor Games	Relaxed evening activity before bed.
09:30 PM	Lights Off	Ensuring timely rest for a disciplined start to the academic week.





THE ROYAL SAINIK VIDYAPEETH

A CBSE Affiliated Fully Air-Conditioned Residential Cum Day School

📍 12th Km Stone Balsamand Road, Hisar (Haryana)

☎ 99969-10900, 99969-10800

✉ info@trsvp.edu.in

🌐 www.trsvp.edu.in