

DAILY ROUTINE - WEEKDAYS

<u>ACTIVITY</u>	<u>TIMINGS</u>
Physical training	0530-0630 hr
Breakfast	0700-0730 hr
Billet inspection	0745-0800 hr
1 st period	0800-0840 hr
2 nd period	0845-0925 hr
3 rd Period	0930-1010 hr
Tea Break	1010-1030 hr
4 th period	1030-1110 hr
5 th period	1115-1155 hr
6 th period	1200-1240 hr
7 th period	1245-1325 hr
8 th period	1330-1420 hr
Lunch	1420-1520 hr
Individual studies	1520-1630 hr
Evening PT	1630-1800 hr
Roll call	1915-1930 hr
Dinner	1930-2030 hr
Self-Study/Night period	2030-2130 hr
Lights off	2200 hr

DAILY ROUTINE - SATURDAYS

<u>ACTIVITY</u>	<u>TIMINGS</u>
Physical training	0530-0630 hr
Breakfast	0700-0730 hr
Billet inspection	0745-0800 hr
1 st period	0800-0840 hr
2 nd period	0845-0925 hr
3 rd Period	0930-1010 hr
Tea Break	1010-1030 hr
4 th period	1030-1110 hr
5 th period	1115-1155 hr
6 th period	1200-1240 hr
7 th period	1245-1325 hr
8 th period	1330-1420 hr
Lunch	1420-1520 hr
Individual studies	1520-1915 hr
Roll call	1915-1930 hr
Dinner	1930-2030 hr
Self-Study/Night period	2030-2130 hr
Lights off	2200 hr

DAILY ROUTINE - SUNDAYS/HOLIDAYS

Sundays/Holidays - It is very important that Officer Cadets develop effective study habits to ensure the expected progress in their military and academic studies. The evening "Study Hours" are dedicated to this purpose, and no other activities are scheduled during that period. Officer Cadets are strongly advised to make effective use of "Study Hours." During this time, Officer Cadets should wear no. 06 dress/civvies.

- a. No routine training is conducted on Sundays and public holidays. However, there may be special events/extra training programs during Sundays and public holidays. All such events/programs will be notified to Officer Cadets as required.
- b. Tea, lunch, dinner, roll call and lights off timings are same as weekdays, during all Sundays/holidays.

MISCELLANEOUS TIMINGS

- a. Sick Parade - 0515 hr..
- b. Staff Parade - 2200 hr