

SURAKSHA INDIA INSTITUTE OF FIRE & SAFETY

DAILY ROUTINE

SL NO	TIME	ACTIVITY
1	04:30 AM	WAKE UP TIME
2	05:00 AM TO 07:00 AM	PHYSICAL TRAINNING (PT)
3	07:30 AM TO 08:30 AM	BREAKFAST
4	09:30 AM	FALL IN FOR SAFETY OATHS
5	09:35 AM	NATIONAL ANTHEM
6	09:40 AM	FIREMEN PRAYER
7	09:45 AM	SAFETY AND HEALTH PLEDGE
8	09:50 AM	SAFETY ANTHEM
9	10:00 AM – 11:00 AM	THEORY CLASS
10	11:15 AM – 12:15 PM	THEORY CLASS
11	12:30 PM	FALL IN FOR GROUND PRACTICAL
12	12:45 PM – 02:15 PM	PRACTICAL TRAINNING
13	02:30 PM – 03:30 PM	LUNCH
14	04:00 PM – 05:30 PM	SPORTS
15	06:30 PM – 08:30 PM	STUDY TIME
16	08:30 PM – 09:00 PM	DINNER
17	09:30 PM	SLEEP TIME