



**DELHI SPORTS SCHOOL
UNDER THE AEGIS OF
(DELHI SPORTS UNIVERSITY)
(A STATE UNIVERSITY UNDER DELHI ACT 01 OF
2020) GOVERNMENT OF NATIONAL CAPITAL
TERRITORY OF DELHI**



CAMP OFFICE: LUDLOW CASTLE SPORTS COMPLEX, 4SHAMNATHMARG, DELHI-110054

SUBJECT: SCHOOL CALENDAR FOR THE SESSION 2025-26

The Annual School Calendar for the academic session 2025-26 of Delhi Sports School, which is managed and administered by Delhi Sports University, has been approved by the Competent Authority. The detailed calendar for the session is as follows:

COMMENCEMENT OF NEW ACADEMIC SESSION (2025-26) 01.04.2025 (Tuesday)

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- All the duties mentioned in the calendar may be revised based on the availabilities and requirements.

DAILY ROUTINE

MONDAY TO SATURDAY (SUMMERS AND WINTERS)

1. Rouser 05:00 am
2. Morning Attendance near Hostel 05:30 am
(To be supervised by Warden and Coaches & wardens to update the attendance immediately on the DSUApp)
3. Morning Games 05:30 am to 09:00 am
4. Wash, Change and Breakfast 09:00 am to 10:00 am
(To be supervised by wardens and deputed staff)
5. Assembly near Hostel 10:10 am
(To be supervised by Teaching staff)
6. Classes 10:30 am to 01:30 pm^{*}
(Academic Coordinator to supervise)
7. Lunch 01:00 pm to 02:00 pm
(To be supervised by wardens and deputed staff)
8. Quiet Hours 02:00 pm to 03:30 pm
(To be supervised by wardens and staff staying in campus)
9. Evening Game 03:30pm to 07:00pm
10. Evening Snacks, Wash and Change 07:00pm to 07:30pm
11. Dinner 07:30pm to 08:30pm
(To be supervised by wardens and deputed staff)
12. Self-Study 08:30pm to 09:30pm
(To be supervised by the staff staying on campus)
13. Evening Milk 09:30pm
(To be supervised by wardens, deputed staff)
14. Lights Out 10:00pm

Note:

- The timings may vary based on the outdoor tournament schedule, winter season or rainy days ensuring a minimum of three hours of training in both the morning and evening, excluding travel time.
- The lunch timings for certain classes will be scheduled at 1:00 pm, while for others, it will be at 1:30 pm, on a rotating basis.

SUNDAY/HOLIDAY

- | | |
|---|--------------------|
| 1. Rouser | 08:00am |
| 2. Yoga Session | 08:00am - 9:00am |
| 3. Breakfast
(To be supervised by wardens and deputed staff) | 09:00am -10:00am |
| 4. Attendance near Hostel
(To be supervised by Wardens, Yoga Teacher and In-house Staff) | 10:00am |
| 5. Self-Study in Academic Block
(To be supervised by Wardens, Yoga Teacher and In-house Staff) | 10:15am to 12:30pm |
| 6. Lunch
(To be supervised by wardens and deputed staff) | 12:30pm to 01:30pm |
| 7. Quiet Hours
(To be supervised by both wardens) | 01:30pm to 03:30pm |
| 8. Yoga/Recreational Games/Movie (1 ST Sunday)
(To be supervised by Wardens, Yoga Teacher and In-house Staff) | 03:30pm to 06:00pm |
| 9. Inter House Dormitory Competition
(To be arranged by both wardens & Yoga Teacher) | 07:00pm to 07:30pm |
| 10. Dinner
(To be supervised by wardens and deputed staff) | 07:30pm to 08:30pm |
| 11. Self-Study | 08:30pm to 09:30pm |
| 12. Evening Milk
(To be supervised by wardens and deputed staff) | 09:30pm |
| 13. Lights Out | 10:00pm |

HOLIDAYS AND VACATIONS

VACATIONS	DATES
Summer Vacation	01.06.2025 to 15.06.2025
Diwali Break	18.10.2025 to 23.10.2025
Winter Vacation	11.01.2026 to 18.01.2026

NOTE:

- Vacations mentioned above for the students of DSS are tentative.
- They may be asked to stay back in the school, for any training/tournament depending upon the schedule of various tournaments/ requirements of the school.

YOGA SCHEDULE

DAY	TIME SLOT	GAME
Monday	5:00 – 6:00 pm 6:00 – 7:00 pm	Shooting Table Tennis
Tuesday	Morning 6:00 – 7:00 pm	Archery Table Tennis
Wednesday	4:15 – 5:00 pm 5:00 – 5:45 pm 5:45 – 6:30 pm	Wrestling, Badminton Boxing, Weightlifting Athletics, Lawn Tennis
Thursday	4:00 – 5:00 pm 5:00 – 6:00 pm	Archery Shooting
Saturday	3:00 – 3:30 pm 4:15 – 5:00 pm 5:00 – 5:45 pm 5:45 – 6:30 pm	Lawn Tennis, Table tennis Wrestling, Badminton Boxing, Weightlifting Athletics, Swimming

Note:

- ❖ Coaches are required to be present throughout the entire yoga session with their students. They must ensure that the class is conducted in an organized manner and that all students actively participate.
- ❖ Coaches may schedule their yoga sessions as per their requirements, in consultation with the yoga teacher and with the approval of the principal.

YOGA CLASSES DURING ACADEMIC SESSIONS

The Yoga classes will be conducted for a duration of one hour during the academic session.

Day	Class
Monday	11 th
Tuesday	6 th , 7 th
Wednesday	8 th
Thursday	9 th
Saturday	10 th

ACADEMIC ASSESSMENT SCHEDULE

S. NO.	EXAMINATION	TENTATIVE DATES
1.	Internal Assessment - I	May 05 to May 14, 2025
2.	Internal Assessment - II	July 21 to July 28, 2025
3.	Readiness Exam/Pre board Exam for the students of classes IX, X, XI	August 11 to August 23, 2025
4.	Term - I Assessment	September 17 to September 24, 2025
5.	Internal Assessment - III	December 08 to December 15, 2025
6.	Readiness Exam/Pre board Exam for the students of classes IX, X, XI	January 28 to February 10, 2026
7.	Term - II / Final Assessment	February 25 to March 20, 2026

SPORTS - ASSESSMENT SCHEDULE

S. NO.	NATURE OF ASSESSMENT	TENTATIVE MONTH
1.	Sports Assessment - I	June 2025
2.	Sports Assessment - II	October 2025
3.	Sports Assessment - III	January 2026
4.	Final Sports Assessment	March 2026