

## DAILY ROUTINE TO BE FOLLOWED BY EMRSs.

(From 16<sup>th</sup> November 2024 to February 2025)

S.no	Tasks/Activity	Timing
1.	Rouse	05.15 a.m.
2.	Roll call – Morning Activity (PT/Yoga)	05.45 to 06.30 a.m.
3.	Bath and Change	06.30 to 07.15 a.m.
4.	Milk with eatables**	07.15 to 07.30 a.m.
5.	Assembly	07.30 to 07.50 a.m.
6.	I Period	07.50 to 08.30 a.m.
7.	II Period	08.30 to 09.10 a.m.
8.	Breakfast**	09.10 to 09.40 a.m.
9.	III Period	09.40 to 10.20 a.m.
10.	IV Period	10.20 to 11.00 a.m.
11.	V Period	11.00 to 11.40 a.m.
12.	Recess	11.40 to 11.50 a.m.
13.	VI Period	11.50 to 12.30 p.m.
14.	VII Period	12.30 to 01.05 p.m.
15.	VIII Period	01.05 to 01.40 p.m.
16.	Lunch & Rest	01.40 to 03.00 p.m.
17.	Self-Study/Supervised study /Remedial Classes	03.00 to 04.00 p.m.
18.	Reporting for games and Roll Call	04.00 to 04.15 p.m.
19.	Games	04.15 to 05.15 p.m.
20.	Bath & Change	05.15 to 05.45 p.m.
21.	Evening Snacks	05.45 to 06.00 p.m.
22.	Supervised study/Preparation for competitive exam (JEE/NEET)	06.00 to 07.30 p.m.
23.	Dinner	07.30 to 08.10 p.m.
24.	Own time / Counselling by House Master and night roll call	08.10 to 10.00 p.m.
25.	Lights off	10.00 p.m.

\*\* If breakfast is ready by 07.00 a.m. activities from S.no. 3 to 8 may be modified as under.

S.no	Tasks/Activity	Timing
3.	Bath and Change	06.30 to 07.10 a.m.
4.	Breakfast	07.10 to 07.45 a.m.
5.	Assembly	07.45 to 08.05 a.m.
6.	I Period	08.05 to 08.45 a.m.
7.	II Period	08.45 to 09.25 a.m.
8.	Milk with eatables**	09.25 to 09.40 a.m.

### Routine of Sundays and Holidays

S.no	Tasks/Activity	Timing
1.	Rouse	
2.	Roll Call	06.00 a.m.
3.	Milk with eatables**	06.30 to 06.45 a.m.
4.	Cleaning of dormitory and its surrounding /Landscaping/Kitchen Garden	06.45 to 07.00 a.m.
	Inspection by House Master / Hostel Warden	07.00 to 08.00 a.m.
3.	Bath and change	08.00 to 09.00 a.m.
4.	Break Fast	09.00 to 09.30 a.m.
5.	Own Time	09.30 to 10.00 a.m.
6.	Supervised study/ Preparation for competitive exam (JEE/NEET)	10.00 to 12.00 Noon
7.	Own Time	
8.	Roll Call followed by Lunch	12.00 to 01.00 p.m.
9.	Own Time	01.00 to 01.45 p.m.
10.	Evening Snacks/Roll Call	01.45 to 04.00 p.m..
11.	TV/ Other activities/ Self Study/ Own Time	04.00 to 04.15 p.m.
12.	Self study/ Preparation for competitive exam (JEE/NEET) / Own Time	04.30 to 06.00 p.m. 05.00 to 07.30 p.m.
13.	Roll Call followed by dinner	07.30 to 08.15 p.m.
14.	Own time / Counselling by House Master/ Sharing experiences / Self study and night roll call	08.15 to 10.00 p.m.
15.	Lights off	10.30 p.m.

*Vinod Patil*  
15/07/24  
**(Vinod Patil)**

Asst. Commissioner, NESTS.