



**F. No:** NESTS/EMRS/CAC/109/2021-22/1320

**Dated:** - 15<sup>th</sup> July, 2024

**The Nodal Officers,**  
State EMRS Society,  
(As per list)

**Subject :-** Daily routine and vacation schedule for EMRSs-reg.

With reference to the above subject, it is to address an important matter regarding the uniformity in school operational days and daily routines in EMRSs running in all states. It is stated that there is a lack of consistency in these aspects, which necessitates the implementation of standardized practices to ensure effective functioning of all EMRSs.

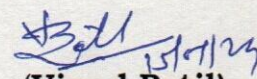
In view of the above, NESTS has developed a comprehensive daily routine schedule and vacation calendar specifically for EMRSs. These documents have been designed to bring uniformity in school operations and facilitate smooth functioning across all EMRSs.

In this regard, it is requested to disseminate the attached daily routine and vacation schedule to EMRS Principals in your state and kindly direct the concerned officials to ensure that all EMRSs strictly adhere to the prescribed daily routines and vacation periods outlined herein with immediate effect. An ATR on this is to be submitted to NESTS before 25<sup>th</sup> July, 2024 for further evaluation and reference.

It is also mentioned that duration of summer vacation mentioned in the calendar is for the purpose of reference only, as this vacation has already been concluded, for the academic session 2024-25.

This issues with the approval of the competent authority.

**Encl:-** As above.

  
(Vinod Patil)

Asst. Commissioner, NESTS.

**Copy to :-**

- i) The Principal Secretary, Tribal Welfare Department, (as per list), for information.
- ii) PS to Commissioner, NESTS, for information.



### **DAILY ROUTINE TO BE FOLLOWED BY EMRSs.**

(From 1<sup>st</sup> April 2024 to 15<sup>th</sup> November 2024 and March 2025)

| S.no | Tasks/Activity  | Timing              |
|------|---|---------------------|
| 1.   | Rouse   | 05.00 a.m.          |
| 2.   | Roll call – Morning Activity (PT/Yoga)                        | 05.30 to 06.15 a.m. |
| 3.   | Bath and Change   | 06.15 to 07.00 a.m. |
| 4.   | Milk with eatables**  | 07.00 to 07.15 a.m. |
| 5.   | Assembly  | 07.15 to 07.35 a.m. |
| 6.   | I Period  | 07.35 to 08.15 a.m. |
| 7.   | II Period   | 08.15 to 08.55 a.m. |
| 8.   | Breakfast**   | 08.55 to 09.30 a.m. |
| 9.   | III Period  | 09.30 to 10.10 a.m. |
| 10.  | IV Period   | 10.10 to 10.50 a.m. |
| 11.  | V Period  | 10.50 to 11.30 a.m. |
| 12.  | Recess  | 11.30 to 11.40 a.m. |
| 13.  | VI Period   | 11.40 to 12.20 p.m. |
| 14.  | VII Period  | 12.20 to 01.00 p.m. |
| 15.  | VIII Period   | 01.00 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 04.15 p.m. |
| 18.  | Reporting for games and Roll Call                             | 04.15 to 04.30 p.m. |
| 19.  | Games   | 04.30 to 05.30 p.m. |
| 20.  | Bath & Change   | 05.30 to 06.00 p.m. |
| 21.  | Evening Snacks  | 06.00 to 06.20 p.m. |
| 22.  | Supervised study/ Preparation for competitive exam (JEE/NEET) | 06.20 to 08.00 p.m. |
| 23.  | Dinner  | 08.00 to 08.45 p.m. |
| 24.  | Own time / Counselling by House Master and night roll call    | 08.45 to 10.00 p.m. |
| 25.  | Lights off  | 10.30 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      | 06.15 to 07.00 a.m. |
| 4.   | Breakfast            | 07.00 to 07.35 a.m. |
| 5.   | Assembly             | 07.35 to 07.55 a.m. |
| 6.   | I Period             | 07.55 to 08.35 a.m. |
| 7.   | II Period            | 08.35 to 08.15 a.m. |
| 8.   | Milk with eatables** | 09.15 to 09.30 a.m. |



### **DAILY ROUTINE TO BE FOLLOWED BY EMRSs.**

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

| <b>S.no</b> | <b>Tasks/Activity</b>  | <b>Timing</b>       |
|-------------|--|---------------------|
| 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.

| <b>S.no</b> | <b>Tasks/Activity</b> | <b>Timing</b>       |
|-------------|-----------------------|---------------------|
| 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**

| <b>S.no</b> | <b>Tasks/Activity</b>  | <b>Timing</b>        |
|-------------|--|----------------------|
| 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  |                      |
| 4.          | Break Fast   | 08.00 to 09.00 a.m.  |
| 5.          | Own Time   | 09.00 to 09.30 a.m.  |
| 6.          | Supervised study/ Preparation for competitive exam (JEE/NEET)                                | 09.30 to 10.00 a.m.  |
| 7.          | Own Time   | 10.00 to 12.00 Noon  |
| 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.  |
| 13.         | Roll Call followed by dinner   | 05.00 to 07.30 p.m.  |
| 14.         | Own time / Counselling by House Master/ Sharing experiences / Self study and night roll call | 07.30 to 08.15 p.m.  |
| 15.         | Lights off   | 08.15 to 10.00 p.m.  |
|             |  | 10.30 p.m.           |

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

Asst. Commissioner, NESTS.



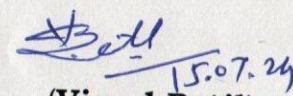
## VACATION CALENDAR FOR EMRS- 2024-25

No. of Vacation Days- 60

| EMRSs Zone-Wise |             |   |                    |                        |                        |          |
|-----------------|-------------|---|--------------------|------------------------|------------------------|----------|
| S. No.          | ZONE        | REGION  | Vacation/<br>Break | Period of Vacation     |                        | Duration |
|                 |             |   |                    | From                   | To                     |          |
| 1               | NORTH       | Uttar Pradesh, Rajasthan  | Summer             | 11.05.2024 (Saturday)  | 19.06.2024 (Wednesday) | 40 days  |
|                 |             |   | Autumn             | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days  |
|                 |             |   |                    | 29.10.2024 (Tuesday)   | 03.11.2024 (Sunday)    |          |
|                 |             | Jammu & Kashmir,<br>Himachal Pradesh,<br>Uttarakhand,                 | Winter             | 26.12.2024 (Thursday)  | 04.01.2025 (Saturday)  | 10 days  |
|                 |             |   | Summer             | 21.05.2024 (Tuesday)   | 09.06.2024 (Sunday)    | 20 days  |
|                 |             |   | Autumn             | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days  |
|                 |             |   |                    | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |          |
|                 |             |   | Winter             | 24.12.2024 (Tuesday)   | 22.01.2025 (Wednesday) | 30 days  |
| 2               | NORTH- EAST | Sikkim, Assam, Arunachal Pradesh, Nagaland, Manipur, Mizoram, Tripura | Summer             | 22.05.2024 (Wednesday) | 31.05.2024 (Friday)    | 10 days  |
|                 |             |   | Autumn             | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days  |
|                 |             |   |                    | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |          |
|                 |             |   | Winter             | 14.12.2024 (Saturday)  | 22.01.2025 (Wednesday) | 40 days  |
| 3               | EAST        | West Bengal   | Summer             | 11.05.2024 (Saturday)  | 09.06.2024 (Sunday)    | 30 days  |
|                 |             |   | Autumn             | 07.10.2024 (Monday)    | 18.10.2024 (Friday)    | 17 days  |
|                 |             |   |                    | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |          |
|                 |             | Odisha, Jharkhand   | Winter             | 26.12.2024 (Thursday)  | 07.01.2025 (Tuesday)   | 13 days  |
|                 |             |   | Summer             | 11.05.2024 (Saturday)  | 19.06.2024 (Wednesday) | 40 days  |
|                 |             |   | Autumn             | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days  |



|   |       |   |        |                        |                        |         |
|---|-------|---|--------|------------------------|------------------------|---------|
|   |       |   |        | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |         |
|   |       |   | Winter | 26.12.2024 (Thursday)  | 04.01.2025 (Saturday)  | 10 days |
| 4 | SOUTH | Telangana, Andhra Pradesh,<br>Karnataka, Tamil Nadu,<br>Kerala                    | Summer | 11.05.2024 (Saturday)  | 19.06.2024 (Wednesday) | 40 Days |
|   |       |   | Autumn | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days |
|   |       |   |        | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |         |
|   |       |   | Winter | 26.12.2024 (Thursday)  | 04.01.2025 (Saturday)  | 10 Days |
| 5 | WEST  | Gujarat, Dadra & Nagar<br>Haveli, Maharashtra,<br>Madhya Pradesh,<br>Chhattisgarh | Summer | 11.05.2024 (Saturday)  | 19.06.2024 (Wednesday) | 40 Days |
|   |       |   | Autumn | 09.10.2024 (Wednesday) | 13.10.2024 (Sunday)    | 10 days |
|   |       |   |        | 30.10.2024 (Wednesday) | 03.11.2024 (Sunday)    |         |
|   |       |   | Winter | 26.12.2024 (Thursday)  | 04.01.2025 (Saturday)  | 10 Days |

  
15.07.24

(Vinod Patil)

Asst. Commissioner, NESTS.