

राष्ट्रीय आदिवासी छात्र शिक्षा समिति

(जनजातीय कार्य मंत्रालय के अंतर्गत
एक स्वायत्त संस्थान, भारत सरकार)
भू-तल, गेट नंबर-3ए, जीवन तारा बिल्डिंग,
संसद मार्ग, नई दिल्ली-110001
दूर. 011-23340280



National Education Society for Tribal Students

(An Autonomous Organization under
Ministry of Tribal Affairs, Govt. of India)
Ground Floor, Gate No.3 A, Jeevan Tara Building,
Parliament Street, New Delhi-110001
Telephone No. 011-23340280
वेबसाइट/Website: www.tribal.nic.in
Email: nests-tribal@tribal.gov.in

F. No. NESTS/H-2/6/Acad. Plan/2025-26/1572

Dated 04th March, 2025

The Nodal Officer,
State EMRS/UTs Society,
(As per list).

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

With reference to the above subject, this is to bring to your attention an important matter regarding the uniformity in school operational days and daily routines in EMRSs running in all states & UTs.

In this regard, 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 view of the above, it is requested to disseminate the attached daily routine and vacation schedule to EMRS Principals in your respective state. It is further requested that the concerned officials must be directed to ensure strict adherence to the prescribed daily routine and vacation periods with immediate effect.

Furthermore, it is also apprised that, An ATR on the implementation of these guidelines must be submitted to NESTS on or before 15th March 2025 for further evaluation and reference.

This issues with the approval of the Competent Authority.

Encl: As above.


(Kumud Kushwaha)
Deputy Commissioner

Copy to:

1. The Principal Secretary, Tribal Welfare Department for Information Please.

राष्ट्रीय आदिवासी छात्र शिक्षा समिति

(जनजातीय कार्य मंत्रालय के अंतर्गत
एक स्वायत्त संस्थान, भारत सरकार)

भू-तल, गेट नंबर-3ए, जीवन तारा बिल्डिंग,
संसद मार्ग, नई दिल्ली-110001
दूर. 011-23340280



National Education Society for Tribal Students

(An Autonomous Organization under
Ministry of Tribal Affairs, Govt. of India)
Ground Floor, Gate No.3 A, Jeevan Tara Building,
Parliament Street, New Delhi-110001
Telephone No. 011-23340280
वेबसाइट/Website: www.tribal.nic.in
Email: nests-tribal@tribal.gov.in

DAILY ROUTINE TO BE FOLLOWED BY EMRSs

(From 1st April 2025 to 15th November 2025 and March 2026)

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 09.15 a.m.
8.	Milk with eatables**	09.15 o 09.30 a.m.

Handwritten signature
04/03/25

DAILY ROUTINE TO BE FOLLOWED BY EMRSs

(From 16th November 2025 to February 2026)

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.

Handwritten signature
04/03/25

ROUTINE OF SUNDAYS AND HOLIDAYS

S. No	Tasks/Activity	Timing
1.	Rouse	06.00 a.m.
2.	Roll Call	06.30 to 06.45 a.m.
3.	Milk with eatables**	06.45 to 07.00 a.m.
4.	Cleaning of dormitory and its surroundings / Landscaping / Kitchen Garden	07.00 to 08.00 a.m.
	Inspection by House Master / Hostel Warden	
5.	Bath and Change	08.00 to 09.00 a.m.
6.	Breakfast	09.00 to 09.30 a.m.
7.	Own Time	09.30 to 10.00 a.m.
8.	Supervised Study / Preparation for Competitive Exam (JEE/NEET)	10.00 to 12.00 Noon
9.	Own Time	12.00 to 01.00 p.m.
10.	Roll Call followed by Lunch	01.00 to 01.45 p.m.
11.	Own Time	01.45 to 04.00 p.m.
12.	Evening Snacks / Roll Call	04.00 to 04.15 p.m.
13.	TV / Other Activities / Self Study / Own Time	04.30 to 06.00 p.m.
14.	Self-Study / Preparation for Competitive Exam (JEE/NEET) / Own Time	06.00 to 07.30 p.m.
15.	Roll Call followed by dinner	07.30 to 08.15 p.m.
16.	Own Time / Counselling by House Master / Sharing Experiences / Self Study and Night Roll Call	08.15 to 10.00 p.m.
17.	Lights off	10.30 p.m.


(Kumud Kushwaha)
Deputy Commissioner

VACATION CALENDAR

No. of Vacation Days- 60

S. No.	REGION	Vacation/ Break	Period of Vacation		Duration
			From	To	
1.	Uttar Pradesh, Rajasthan	Summer	13.05.2025 (Tuesday)	21.06.2025 (Saturday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
		Winter	26.12.2025 (Friday)	04.01.2026 (Sunday)	10 Days
2.	Jammu & Kashmir, Himachal Pradesh, Uttarakhand,	Summer	22.05.2025 (Thursday)	31.05.2025 (Saturday)	10 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
		Winter	26.12.2025 (Friday)	03.02.2026 (Tuesday)	40 Days
3.	Assam, Arunachal Pradesh, Manipur, Tripura	Summer	13.05.2025 (Tuesday)	21.06.2025 (Saturday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
		Winter	26.12.2025 (Friday)	04.01.2026 (Sunday)	10 Days
4.	Sikkim, Nagaland, Meghalaya, Mizoram	Summer	22.05.2025 (Thursday)	31.05.2025 (Saturday)	10 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
		Winter	15.12.2025 (Monday)	23.01.2026 (Friday)	40 Days
5.	Bihar, West Bengal, Odisha, Jharkhand	Summer	01.05.2025 (Tuesday)	09.06.2025 (Monday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 Days
6.	Telangana, Andhra Pradesh, Karnataka, Tamil Nadu	Summer	01.05.2025 (Tuesday)	09.06.2025 (Monday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 Days

Sumit
04/03/25

7.	Kerala	Summer	07.04.2025 (Monday)	16.05.2025 (Friday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 Days
8.	Maharashtra	Summer	13.05.2025 (Tuesday)	21.06.2025 (Saturday)	40 Days
		Autumn	26.08.2025 (Tuesday)	04.09.2025 (Thursday)	10 Days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 Days
9.	Gujarat, Dadra & Nagar Haveli	Summer	13.05.2025 (Tuesday)	21.06.2025 (Saturday)	40 days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 days
10.	Madhya Pradesh, Chhattisgarh	Summer	13.05.2025 (Tuesday)	21.06.2025 (Saturday)	40 Days
		Autumn	22.09.2025 (Monday)	01.10.2025 (Wednesday)	10 Days
			18.10.2025 (Saturday)	27.10.2025 (Monday)	10 Days

Checked
04/02/25