



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

Dated: - 15th 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 25th 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 1st April 2024 to 15th 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 09.15 a.m.
8.	Milk with eatables**	09.15 to 09.30 a.m.

DAILY ROUTINE TO BE FOLLOWED BY EMRSs.

(From 16th 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	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 surrounding /Landscaping/Kitchen Garden	07.00 to 08.00 a.m.
	Inspection by House Master / Hostel Warden	
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	12.00 to 01.00 p.m.
8.	Roll Call followed by Lunch	01.00 to 01.45 p.m.
9.	Own Time	01.45 to 04.00 p.m..
10.	Evening Snacks/Roll Call	04.00 to 04.15 p.m.
11.	TV/ Other activities/ Self Study/ Own Time	04.30 to 06.00 p.m.
12.	Self study/ Preparation for competitive exam (JEE/NEET) / Own Time	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)

Asst. Commissioner, NESTS.

VACATION CALENDAR FOR EMRS- 2024-25

No. of Vacation Days- 60

EMRSs Zone-Wise						
S. No.	ZONE	REGION	Vacation/ 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)	
		Winter	26.12.2024 (Thursday)	04.01.2025 (Saturday)	10 days	
		Jammu & Kashmir, Himachal Pradesh, Uttarakhand,	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)
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)	
		Winter	26.12.2024 (Thursday)	07.01.2025 (Tuesday)	13 days	
		Odisha, Jharkhand	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, Karnataka, Tamil Nadu, 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 Haveli, Maharashtra, Madhya Pradesh, 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


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