

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.

Additionally, kindly noted that the duration of the summer vacation mentioned in the calendar is for reference purposes only, as the summer break for the academic session 2025-26 has already concluded.

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.

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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. |

(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. |

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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