



MANAS STHALI PUBLIC SCHOOL
DAILY ROUTINE
w.e.f. 18 APRIL 2024



S.NO.	ACTIVITY	TIMING
1	RISING BELL	0500 HRS.
2	WASH & CHANGE FOR MORNING PT	0500 HRS. TO 0530 HRS.
3	MORNING PT (YOGA)	0530 HRS. TO 0600 HRS.
4	BATH & CHANGE	0600 HRS. TO 0700 HRS.
5	BREAKFAST (Classes 3 to 8)	0700 HRS. TO 0730 HRS.
6	BREAKFAST (Classes 9 to 12)	0730 HRS TO 0800 HRS.
7	MORNING ASSEMBLY	0800 HRS. TO 0825 HRS.
8	I PERIOD	0825 HRS. TO 0910 HRS.
9	II PERIOD	0910 HRS. TO 0950 HRS.
10	III PERIOD	0950 HRS. TO 1030 HRS.
11	WATER BREAK-I	1030 HRS. TO 1040 HRS.
12	IV PERIOD	1040 HRS. TO 1125 HRS.
13	V PERIOD	1125 HRS. TO 1205 HRS.
14	WATER BREAK-II	1205 HRS. TO 1215 HRS.
15	VI PERIOD	1215 HRS. TO 1300 HRS.
16	LUNCH FOR CLASSES 3RD TO 8TH	1300 HRS. TO 1340 HRS.
17	VII PERIOD FOR CLASSES 9TH TO 12TH	1300 HRS. TO 1340 HRS.
18	STUDENTS OF CLASSES 3 TO 8 RETURN FOR VII PERIOD IN ACADEMIC BLOCK	1340 HRS. TO 1430 HRS.
19	LUNCH FOR CLASSES 9TH TO 12TH	1345 HRS. TO 1430 HRS.
20	REST & CHANGE	1430 HRS. TO 1530 HRS.
21	REMEDIAL CLASSES (Mon, Tue, Thurs, Fri) / CLUB ACTIVITY (Wed/Sat)	1540 HRS. TO 1640 HRS.
22	REFRESHMENT	1640 HRS. TO 1710 HRS.
23	EVENING GAMES (SPORTS)	1710 HRS. TO 1815 HRS.
24	BATH & CHANGE	1815 HRS. TO 1900 HRS.
25	EVENING PREP FOR CLASSES 3TH-8TH	1900 HRS. TO 2000 HRS.
26	EVENING PREP FOR CLASSES 9TH-12TH	1930 HRS. TO 2030 HRS.
27	DINNER FOR CLASSES 3RD TO 8TH	2000 HRS. TO 2030 HRS.
28	DINNER FOR CLASSES 9TH TO 12TH	2030 HRS. TO 2100 HRS.
29	T.V VIEWING	2100 HRS. TO 2200 HRS.
30	LIGHTS OUT	2200 HRS.

- Notes :- 1. Its Mandatory for all the students to attend PT/Games.
2. The students those who are suffering from any kind of ailments, over/under weight and those who are not permitted by Medical Authorities to undertake physical stress, will compulsorily jog & walk daily during PT time.

14 April 2024

(Anil Kumar Tripathi)
Principal