

MANAS STHALI' BAREILLY
DAILY ROUTINE W.E.F. 03 APR 2017 TO 30 SEP 2017

Rising Bell _____	0500 Hrs
MEDITATION _____	0500 Hrs to 0510 Hrs
Wash/Brush etc. _____	0510 Hrs to 0540 Hrs
P.T. & Yoga _____	0540 Hrs to 0620 Hrs
Bath & Change _____	0620 Hrs to 0725 Hrs
Assembly _____	0730 Hrs to 0745 Hrs
MEDITATION (in class room) _____	0745 Hrs to 0755 Hrs
BREAKFAST Gp-I (Classes III to VIII) _____	0755 Hrs to 0830 Hrs
Ist Period Academics (Classes IX to XII) _____	0755 Hrs to 0830 Hrs
BREAKFAST Gp-II (Classes IX-XII) _____	0830 Hrs to 0905 Hrs
Ist Period Academics (Classes III to VIII) _____	0830 Hrs to 0905 Hrs
2nd Period _____	0905 Hrs to 0940 Hrs
3rd Period _____	0940 Hrs to 1015 Hrs
WATER BREAK - I _____ 1015 Hrs to 1025 Hrs	
4th Period _____	1025 Hrs to 1100 Hrs
5th Period _____	1100 Hrs to 1135 Hrs
WATER BREAK - II _____ 1135 Hrs to 1145 Hrs	
6th Period _____	1145 Hrs to 1220 Hrs
7th Period _____	1220 Hrs to 1255 Hrs
LUNCH Gp -I (Classes III to VIII) _____	1255 Hrs to 1330 Hrs
8th Period Academics (Classes IX to XII) _____	1255 Hrs to 1330 Hrs
LUNCH Gp - II (Classes IX to XII) _____	1335 Hrs to 1400 Hrs
Rest & Change _____	1400 Hrs to 1455 Hrs
Vocational Activities/ Hobbies/Extra Coaching _____	1500 Hrs to 1600 Hrs
Games/Martial Arts/Gymnastics/Gymnasium _____	1600 Hrs to 1700 Hrs
Refreshment, Bath & Change _____	1700 Hrs to 1800 Hrs
Supervised Self Study _____	1800 Hrs to 2030 Hrs
DINNER	
a) Gp I : Classes III to VIII _____	2000 Hrs to 2030 Hrs
Breather _____	2030 Hrs to 2040 Hrs
b) Gp II : Classes IX to XII _____	2040 Hrs to 2110 Hrs
Group - I : Change/TV/Common Room/Home Assignment _____	2030 Hrs to 2130 Hrs
Group - II : Change/TV/House Activities _____	2110 Hrs to 2140 Hrs
MEDITATION _____	2150 Hrs to 2200 Hrs
Lights Off (For Classes III to IX) _____	2200 Hrs.

Notes :-

1. Students of Class XI & XII are allowed to keep their lights on upto 2330 Hrs provided they are studying.
2. Combined Spiritual Science Class will be on Third Saturday from 0700 Hrs to 0800 Hrs which will be attended by all campus living teachers and students. There will be no PT/Yoga on that day.
3. PT/Games/Yoga/Martial Arts/Gymnastics & Gym will be attended by all students except those exempted on Medical/Health grounds/Extra Coaching.
4. All students with 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.
5. Tuck Shop will be opened on all working days from 1400 Hrs to 1440 Hrs & from 1700 Hrs to 1800 Hrs to procure day to day requirements. On Sundays & Holidays Tuck Shop will be kept opened from 1000 Hrs to 1300 Hrs & 1400 Hrs to 1700 Hrs.

Dt :__ Apr 2017

Principal