

कार्यालय आयुक्त, जनजातीय कार्य, सह सचिव मध्यप्रदेश स्पेशल एण्ड

रेसिडेंशियल एकेडमिक सोसायटी (MPSARAS) भोपाल

क्र/एमपीसरस/435/2025/578

भोपाल, दिनांक 04/04/2025

प्रति,

समस्त प्राचार्य,

एकलव्य आदर्श आवासीय विद्यालय,

मध्यप्रदेश

विषय:-शैक्षणिक सत्र 2024-25 में एकलव्य आदर्श आवासीय विद्यालयों में पदस्थ अतिथि शिक्षकों की सेवाएं 12.05.2025 तक निरंतर रखे जाने विषयक ।

संदर्भ:- कार्यालयीन पत्र क्र/एमपीसरस/435/2025/1001 दिनांक 22.08.2024

विषयान्तर्गत संदर्भित पत्र के माध्यम से एकलव्य आदर्श आवासीय विद्यालयों में शैक्षणिक सत्र 2024-25 हेतु अतिथि शिक्षकों की व्यवस्था के सम्बंध में विस्तृत दिशा-निर्देश जारी किए गए हैं। उक्त पत्र की कंडिका 5 में अतिथि शिक्षक का आदेश नियमित पदस्थापना होने अथवा 31 मार्च 2025 (जो भी पहले हो) तक मान्य होने का उल्लेख है।

NESTS नई दिल्ली द्वारा पत्र क्रमांक NESTS/h-2/6/Acad. Plan/2025-26/1572 दिनांक 04.03.2025 द्वारा एकलव्य आदर्श आवासीय विद्यालयों हेतु दैनिक दिनचर्या एवं अवकाश कैलेंडर जारी किया गया है (प्रति संलग्न)। उक्त पत्र में मध्यप्रदेश हेतु दिनांक 13.05.2025 से 21.06.2025 तक ग्रीष्म अवकाश घोषित है।

अतः शैक्षणिक सत्र 2024-25 में कार्यरत अतिथि शिक्षकों की सेवाएं आवश्यकतानुसार दिनांक 12.05.2025 तक ली जाएं।

  
आयुक्त,

जनजातीय कार्य, सह सचिव,

मध्यप्रदेश स्पेशल एण्ड रेसिडेंशियल  
एकेडमिक सोसायटी (MPSARAS), भोपाल

पृ.क्र./एमपीसरस/435/2025/579

भोपाल, दिनांक 04/04/2025

प्रतिलिपि:-

1. प्रमुख सचिव, मध्यप्रदेश शासन, जनजातीय कार्य मंत्रालय भोपाल की ओर सूचनार्थ।
2. आयुक्त, राष्ट्रीय आदिवासी छात्र शिक्षा समिति, नई दिल्ली की ओर सूचनार्थ ।
3. कलेक्टर, जिला- मध्यप्रदेश की ओर सूचनार्थ ।
4. सहायक आयुक्त/जिला संयोजक, जनजातीय कार्य, मध्यप्रदेश की ओर सूचनार्थ ।

  
आयुक्त,

जनजातीय कार्य, सह सचिव,

मध्यप्रदेश स्पेशल एण्ड रेसिडेंशियल

एकेडमिक सोसायटी (MPSARAS), भोपाल



# 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 1<sup>st</sup> April 2025 to 15<sup>th</sup> 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 to 09.30 a.m.

*Handwritten signature*  
04/03/24

**DAILY ROUTINE TO BE FOLLOWED BY EMRSs**

(From 16<sup>th</sup> 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.

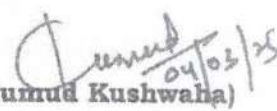
\*\* If breakfast is ready by 07:00 a.m. activities from S. No. 3 to 8 may be modified as under:

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*  
04/12/25

**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 Inspection by House Master / Hostel Warden	07.00 to 08.00 a.m.
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*  
20/10/24

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

21/10/20  
D