



The Plenum School

theplenumschool.edu.in ✉ info@theplenumschool.in ☎ +91 9911187990

Bio - Rhythm

#	Time	Task	Duration	Comments
1	6:30 – 6:45 AM	Wake up	15 Min.	
2	6:45 – 7:45 AM	Morning Activity	1 Hour	Students to carry water bottles and Handkerchiefs
3	7:45 – 8:25 AM	Bath and change	40 Min.	
4	8:25 – 9:00 AM	DEAR session	35 Min.	
5	9:00 – 9:30 AM	Breakfast	30 Min.	
6	9:30 – 10:30 AM	Academic session A	1 Hour	
7	10:30 – 10:50 AM	Assembly	20 Min.	
8	10:50 – 11:20 AM	Snacks	30 Min.	
9	11:20 – 1:30 PM	Academic session B	2.10 Hours	
10	1:30 – 2:00 PM	Lunch	30 Min.	
11	2:00 – 3:00 PM	Rest	1 Hour	
12	3:00 – 3:30 PM	Activity Time	30 Min.	
13	3:30 – 4:30 PM	Games/Sports	1 Hour	Students to carry water bottles and Handkerchiefs
14	4:30 – 4:45 PM	Astachal	15 Min.	
15	4:45 – 5:00 PM	Snacks	15 Min.	
16	5:00 – 5:30 PM	Bath and Change	30 Min.	
17	5:30 – 7:00 PM	Evening Prep	1.5 Hours	
18	7:00 – 7:30 PM	NEWS	30 Min.	
19	7:30 – 8:00 PM	Dinner	30 Min.	
20	8:00 – 8:15 PM	Buffer	15 Min.	
21	8:15 – 9:15 PM	Night Prep	1 Hour	
22	9:15 – 9:30 PM	Buffer	15 Min.	
23	9:30 PM	Lights out for Juniors	-	Sweet Dreams
24	10:00 PM	Lights out for Seniors	-	Sweet Dreams

