



The Plenum School

theplenumschool.edu.in ✉ info@theplenumschool.edu.in ☎ +91 7652823850

BIO RHYTHM

MONDAY - FRIDAY

	Time	Duration
Wake Up Call	06:00 AM	-
Morning Activity	06:30 AM - 07:00 AM	30 minutes
Assembly	08:00 AM - 08:25 AM	25 minutes
Breakfast	08:30 AM - 08:55 AM	25 minutes
D.E.A.R.	09:00 AM - 09:25 AM	25 minutes
Academic Period (1)	09:30 AM - 10:05 AM	35 minutes
Academic Period (2)	10:05 AM - 10:40 AM	35 minutes
Academic Period (3)	10:40 AM - 11:15 AM	35 minutes
Morning Snacks	11:20 AM - 11:30 AM	10 minutes
Academic Period (4)	11:35 AM - 12:10 PM	35 minutes
Academic Period (5)	12:10 PM - 12:45 PM	35 minutes
Academic Period (6)	12:45 PM - 01:20 AM	35 minutes
Academic Period (7)	01:20 PM - 01:55 PM	35 minutes
Lunch	02:00 PM - 02:30 PM	30 minutes
English Reading Activity	02:35 PM - 03:15 PM	40 minutes
Evening Activity	03:30 PM - 04:45 PM	75 minutes
Astachal	04:45 PM - 05:00 PM	15 minutes
Evening Snacks	05:00 PM - 05:15 PM	15 minutes
Prep	06:00 PM - 06:45 PM	45 minutes
Handwriting Activity	06:45 PM - 07:00 PM	15 minutes
Remedial	07:00 PM - 08:00 PM	60 minutes
Dinner	08:00 PM - 08:30 PM	30 minutes
Lights Out	10:00 PM	-

Mailing Address: 3/79 Shivaji Nagar, Gurgaon, Haryana - 122001, India
School's Address: Bagthan, District - Sirmaur, Himachal Pradesh - 173001, India
Social Media: [f](#) [ig](#) [tw](#)





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BIO RHYTHM

SATURDAY

	Time	Duration
Wake Up Call	06:00 AM	-
Morning Activity	06:30 AM - 07:00 AM	30 minutes
Assembly	08:00 AM - 08:25 AM	25 minutes
Breakfast	08:30 AM - 08:55 AM	25 minutes
D.E.A.R.	09:00 AM - 09:25 AM	25 minutes
Academic Period (1)	09:30 AM - 10:05 AM	35 minutes
Academic Period (2)	10:05 AM - 10:40 AM	35 minutes
Academic Period (3)	10:40 AM - 11:15 AM	35 minutes
Morning Snacks	11:20 AM - 11:30 AM	10 minutes
Movie	11:30 AM - 02:00 PM	150 minutes
Lunch	02:00 PM - 02:30 PM	30 minutes
English Reading Activity	02:35 PM - 03:15 PM	40 minutes
Evening Activity	03:30 PM - 04:45 PM	75 minutes
Astachal	04:45 PM - 05:00 PM	15 minutes
Evening Snacks	05:00 PM - 05:15 PM	15 minutes
Prep	06:00 PM - 06:45 PM	45 minutes
Handwriting Activity	06:45 PM - 07:00 PM	15 minutes
Plenum Panchayat	07:00 PM - 08:00 PM	60 minutes
Dinner	08:00 PM - 08:30 PM	30 minutes
Lights Out	11:00 PM	-

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BIO RHYTHM

SUNDAY

	Time	Duration
Wake Up	08:00 AM	30 minutes
Breakfast	09:00 AM - 09:45 AM	45 minutes
Gadget Time	10:00 AM - 01:30 PM	210 minutes
Lunch	02:00 PM - 02:30 PM	30 minutes
Evening Snacks	05:00 PM - 05:15 PM	15 minutes
Dinner	08:00 PM - 08:30 PM	30 minutes
Lights Out	10:00 PM	-

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