



The Plenum School

Bagthan, District – Sirmaur
Himachal Pradesh - 173001 (INDIA)

Daily Schedule

#	Time	Task	Duration (Minutes)	Comments
1	06:00 AM - 06:25 AM	Wake Up & Water Break	25	
2	06:25 AM - 06:55 AM	Morning Games & Playground Activity	30	Each Student to Carry Water Bottle, Water On Basketball Court
3	06:55 AM - 07:30 AM	Bath and Change	35	
4	07:30 AM - 07:45 AM	Thought of The Day	15	Assembly
5	07:45 AM - 08:30 AM	Homework Completion	45	
6	08:30 AM - 09:00 AM	Reading	30	5 Minutes Buffer (8:55- 9:00 AM)
7	09:00 AM - 09:20 AM	Breakfast	20	
8	09:25 AM - 10:05 AM	1st Class	40	
9	10:05 AM - 10:45 AM	2nd Class	40	
10	10:45 AM - 11:05 AM	Snacks Time	20	
11	11:05 AM - 11:45 AM	3rd Class	40	
12	11:45 AM - 12:25 PM	4th Class	40	
13	12:25 AM - 12:35 PM	Water Break	10	
14	12:35 PM - 01:15 PM	5th Class	40	
15	01:15 PM - 01:45 PM	Lunch	30	
16	01:45 PM - 03:00 PM	Rest	75	
17	03:00 PM - 04:00 PM	Co-Curricular Activity	60	
18	04:00 PM - 05:00 PM	Sports + Water	60	
19	05:00 PM - 05:45 PM	Snacks + Bath and Change	45	(15+30)
20	05:45 PM - 06:30 PM	News & Discussion	45	
21	06:30 PM - 06:45 PM	Astachal	15	Rooftop
22	06:45 PM - 07:30 PM	PREP Time	45	
23	07:30 PM - 08:00 PM	Dinner	30	
24	08:00 PM - 08:30 PM	Discussion & Prepare	30	Informal Discussion
25	08:30 PM - 09:00 PM	Liberty	30	
25	09:00 PM - 09:30 PM	Lights Out 1	5	Junior Classes
26	09:30 PM - 10:00 PM	Lights Out 2	5	Senior Classes
25	10:00 PM - 06:00 AM	Deep Sleep - Sweet Dreams	30	

(Authorized Signatory)

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