

SHREE GUJARATI ENGLISH MEDIUM HIGH SCHOOL

(AFFILIATED TO CBSE DELHI)

ESTD - 1935

BHOJA RAO LANE-ALAKE, MANGALURU - 575003

PHONE: 9480792778

DICE CODE NO: 29240303014

AFF.NO: 831310, SCHOOL CODE: 46945

EMAIL ID: contact@gemscbse.edu.in

SCHOOL WEBSITE: <https://gemscbse.edu.in>

CALENDAR 2026 - 2027

NAME: _____

GRADE: _____ ROLL NO: _____

HOUSE: _____

ADMISSION NO: _____

BLOOD GROUP: _____

EMERGENCY CONTACT NO: _____

AADHAR CARD NO: _____

STUDENT MODE OF CONVEYANCE: _____

OWN	PRIVATE	BUS

CLASS TEACHER :

PLEASE NOTE: THIS DAIRY MUST BE BROUGHT TO SCHOOL DAILY

SHREE GUJARATI MAHAJAN ASSOCIATION

BHOJA RAO LANE - ALAKE, MANGALURU - 575 003.

MANAGEMENT COMMITTEE

- | | | |
|-----|----------------------------|-------------------|
| 1. | Sri Nigam B. Vasani | - President |
| 2. | Sri Tarun K. Thakar | - Vice President |
| 3. | Sri Vishal K. Sanghvi | - Vice President |
| 4. | Sri Dhruvin Jasani | - Secretary |
| 5. | Sri Shailesh C Patel | - Joint Secretary |
| 6. | Sri Divyesh K. Shah | - Joint Secretary |
| 7. | Sri Jaideep R Patel | - Treasurer |
| 8. | Sri Harshvardhan S Gathani | - Joint Treasurer |
| 9. | Sri Ketan J. Vardhan | - Joint Treasurer |
| 10. | Sri Hitendra J. Kothari | - Member |

EDUCATION COMMITTEE

- | | | |
|----|----------------------|------------------|
| 1. | Mrs. Avni H. Sutaria | - Chairperson |
| 2. | Mr. Sandeep Shah | - Co-Chairperson |
| 3. | Mrs. Sharmila Hinsu | - Member |
| 4. | Mrs. Mona Vasani | - Member |
| 5. | Mr. Kalpesh Khokhani | - Member |
| 6. | Mr. Kishan Kaneria | - Member |
| 7. | Mr. Jigar Vador | - Member |

BRIEF HISTORY

1935

SHREE GUJARATI SCHOOL

Was established Near State Bank

1970

SHREE GUJARATI ENGLISH MEDIUM PRIMARY SCHOOL

was started

1992

SHREE J.D. KOTCHA ENGLISH MEDIUM HIGH SCHOOL

was started

1993

SCHOOL SHIFTED TO ITS OWN BUILDING IN ALAKE

2021

MERGING ALL INSTITUTIONS THE SCHOOL

WAS RENAMED AS SHREE GUJARATI

ENGLISH MEDIUM HIGH SCHOOL.

2023

THE FULL-FLEDGED SHREE GUJARATI ENGLISH MEDIUM

HIGH SCHOOL WAS AFFILIATED TO CBSE NEW DELHI

GENERAL INFORMATION

SCHOOL FACILITIES & SPECIAL FEATURES :

1. The school is affiliated to the Central Board of Secondary Education, New Delhi.
2. English Medium School with sincere, experienced and qualified teachers.
3. Since we have classes with small number of students individual attention is given.
4. Special attention through extra classes for slow learners.
5. Extracurricular activities like music, dance, Scout & Guides are taken up.
6. Teaching is done through Multimedia - Smart Class.
7. We have Medical Insurance coverage for students.
8. Yoga and pranayama classes taken up for all the classes.
9. Infosys spring board
10. Swastika School of Business

PRAYER

Antaryami paramatma ko naman

Shakti hamesha milti rahe apse

Aeisi krupa kar do,

Agyan duur ho,

Atam gyan paye

Antaryami paramatma ko naman...

Sadbuddhi prapt ho,

Vyavahar adarsh ho,

Sevamey jeevan rahe

Antarayami paramatma ko naman...

Maat- Pita ka upkar na bhule

Hardam guru ke vinaya mey rahe

Dosto se spardha na karenge

Ekagrah chitt padhenge hum.(2)

Alasya ko talo,

vikaro dur kar do,

Vyasanose hum mukta rahe

MY PLEDGE

India is my country and all Indians are my brothers and sisters.

I Love my country and I am proud of its rich, varied heritage.

I Shall always strive to be worthy of it.

I Shall give respect to my parents, teachers.

all elders and treat everyone with courtesy.

To my country and my people I pledge my devotion. In their well - being and prosperity alone lies my happiness.

VANDE MATHARAM

Vande Matharam
Sujalam Suphalam
Malayaja Sheetalam
Sasya Shyamala Matharam
|| Vande Matharam ||

Shubhra Jyotsna Pulakita Yamineem
Phulla Kusumita Dhruvadala Shobhineem
Suhasineem Sumadhura Bhasineem
Sukhadam Vardam Matharam
|| Vande Matharam ||

Koti Koti Kantha Kalakala Ninada Karale
Koti Koti Bhujair Dhrta Kharakaravale
Ke Bole Ma Tumi Abale
Bahubaladharinim Namami Tarinim
Ripudala-varinim Mataram
Vande Mataram ||

Tumi vidya, tumi dharma,
Tumi hradi, tumi marma,
Tvam hi pranah sarire!
Bahute tumi Ma sakti,
Hrdaye tumi Ma bhakti,
Tomarai pratima gadi mandire-mandire.
Vande Mataram!

Bankim chandra chatterjee

SARE JAHANSE

Sare Jahan Se achha Hindustan hamara
Hum bulbule hain iske, yeh gulsitan hamara hamara
Parbat woh sabse ooncha, humsaya aasmanka
Woh Santhri hamara woh bazuban hamara

Godhi mein khelti hai iski hazar nadiya
Gulshan hai jiske dum se ashke jina hamara
saare...

Mazhub nahin sikhaata aapas mein bair rakhna
Hindihai hum (2) watan hai
Hindustan hamara. Saare jahan. se

FLAG SONG

*Jhanda uncha rahe hamara, Vijayi Vishwa Thiranga Pyara
Jhanda uncha rahe hamara, Sada Shakthibar sane Wala
Prema sudha sar sane wala, Veeronko harushane wala
Mathru bhoomika thanu mana sara.*

*Iski Shanana jane paye
Chahe jaan Bhale hi jaye, Viswa Vijay karke diklaye
Taba hove prana poorna hamara.
Jhanda Uncha.....*

*Aavo Pyare veero aavo
Desha dharma par balibali javo, Ek saath sab milkar gao
Pyaara bharat desh hamara.
Jhanda Uncha.....*

NATIONAL ANTHEM

*Jana, Gana , Mana, Adhinayaka Jayahe.
Bharath Bhagya Vidhata.
Punjab Sindh Gujarath - Maratha
Dravida Uthkala Banga-
Vindhya, Himachala Yamuna, Ganga,
Uchala Jaladhitara.
Tava Shubha - Name - Jage,
Tava Shubha Ashisa Mage,
Gahe, Thava Jaya - Gatha.
Jana Gana Mangala Dayaka Jaya he
Bharatha, Bhagya, Vidhata
Jaya he, Jaya he, Jaya he
Jaya Jaya Jaya Jaya he*

(Rabindranath Tagore)

ನಾಡಗೀತೆ

ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ

ಜಯ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ |
ಜಯ ಸುಂದರ ನದಿ ವನಗಳ ನಾಡೆ
ಜಯ ಹೇ ರಸ ಋಷಿಗಳ ಬೀಡೆ |
ಭೂದೇವಿಯ ಮಕುಟದ ನವಮಣಿಯೆ,
ಗಂಧದ ಚಿಂದದ ಹೊನ್ನಿನ ಗಣಿಯೆ,
ರಾಘವ ಮಧುಸೂಧನರವತರಿಸಿದ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ ||

ಜನನಿಯ ಜೋಗುಳ ವೇದದ ಘೋಷ
ಜನನಿಗೆ ಜೀವವು ನಿನ್ನಾವೇಶ,
ಹಸುರಿನ ಗಿರಿಗಳ ಸಾಲೆ
ನಿನ್ನಯ ಕೊರಳಿನ ಮಾಲೆ
ಕಪಿಲ ಪತಂಜಲ ಗೌತಮ ಜಿನನುತ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ |

ಶಂಕರ ರಾಮಾನುಜ ವಿದ್ಯಾರಣ್ಯ
ಬಸವೇಶ್ವರ ಮಧ್ವರ ದಿವ್ಯಾರಣ್ಯ
ರನ್ನ ಷಡಕ್ಷರಿ ಪೊನ್ನ
ಪಂಪ ಲಕುಮಿಪತಿ ಜನ್ನ
ಕಬ್ಬಿಗರುದಿಸಿದ ಮಂಗಳಧಾಮ
ಕವಿಕೋಗಿಲೆಗಳ ಪುಣ್ಯಾರಾಮ
ನಾನಕ ರಾಮಾನಂದ ಕಬೀರರ

ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ |

ತೈಲಪ ಹೊಯ್ಸಳರಾಳಿದ ನಾಡೆ,
ಡಂಕಣ ಜಕಣರ ನೆಚ್ಚಿನ ಬೀಡೆ
ಕೃಷ್ಣ ಶರಾವತಿ ತುಂಗಾ
ಕಾವೇರಿಯ ವರರಂಗಾ |

ಚೈತನ್ಯ ಪರಮಹಂಸ ವಿವೇಕರ
ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ |

ಸರ್ವ ಜನಾಂಗದ ಶಾಂತಿಯ ತೋಟ,
ರಸಿಕರ ಕಂಗಳ ಸೆಳೆಯುವ ನೋಟ
ಹಿಂದೂ ಕ್ರೈಸ್ತ ಮುಸಲ್ಮಾನ
ಪಾರಸಿಕ ಜೈನರುದ್ಯಾನ
ಜನಕನ ಹೋಲುವ ದೊರೆಗಳ ಧಾಮ
ಗಾಯಕ ವೈಣಿಕರಾರಾಮ |

ಕನ್ನಡ ನುಡಿ ಕುಣಿದಾಡುವ ಗೇಹ,
ಕನ್ನಡ ತಾಯಿಯ ಮಕ್ಕಳ ದೇಹ |
ಜಯ ಭಾರತ ಜನನಿಯ ತನುಜಾತೆ,
ಜಯ ಹೇ ಕರ್ನಾಟಕ ಮಾತೆ |

ಜಯ ಸುಂದರ ನದಿ ತನಗಳ ನಾಡೆ
ಜಯ ಹೇ ರಸ ಋಷಿಗಳ ಬೀಡೆ ||

—ಕುವೆಂಪು

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all; FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation; IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

प्रार्थना

- २) गुरुब्रह्म गुरुविष्णु गुरुदेवो महेश्वर
गुरु साक्षात् परब्रह्मा तस्मी श्री गुरुवे नमः
- २) ए मालिक तेरे बंदे हम ऐसे हो हमारे करम ।
नेकी पर चले और बंदी से टले
ताकी हैंसने हुए निकले दम । ए मालिक
- यह अंदेरा घना छा रहा ।
तेरा इन्सान घबरा रहा ।
हो रहा बेखबर कुछ ना आता नज़र ।
सुखका सूरज छिपा जा रहा ।
है तेरी रौशनी में जो दम, तू आमावस
को करदे पूनम । नेकी पर चले ।
- जब जुल्मो का हो सामना
तब तू ही हमें थामना,
वो बुराई करे हम भलाई करे,
नही बदले की हो भावना,
वढ़ चुके प्यार का हर कदम
और मिटे बैर का यह भरम । नेकी पर चले

- ४) हम को मनकी शक्ति देना मन विजय करे
दूसरों की जयसे पहले, खुदको जय करे

हमको मनकी

भेदभाव अपने दिलसे साफ कर सके
दूसरों से भूल हो तो माफ कर सके
झूठसे बचे रहें सचका दम भरे
दूसरों की जयसे पहले खुदको जय करे
हमको मनकी

मुश्किले पड़ेतो हम पे इतना रहेम कर
साथ दे तो धर्मका चले तो धर्म पर
खुदपे होंसला रहे बदी से ना दले
दुसरोकी जय से पहले खुदको जब करे
हमको मनकी

- ५) हे जगदाता विश्वविधाता है सूख शांति निकेतन है
प्रेम के सिन्धू दीन के बन्धू
दुख दरिद्र निवारण हे ।।
नित्य आनंद अनादि अनंत
पूर्ण ब्रह्म सनातन हे ।।
हे जगहाता

PRAYER

Where the mind is without fear and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments by narrow
domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way into the dreary
desert sand of dead habit
Where the mind is led forward by thee into ever-widening thought and
action
Into that heaven of freedom, my Father, let my country awake

- Rabindranath Tagore

PRAYER EVERY MORNING

Oh inner pure soul, please give me the strength not to hurt anyone by my mind, speech and body.

MORNING PRAYER BEFORE STUDY

“Oh inner pure soul, I pray to you for the ultimate memory power to study. I ask forgiveness for all the mistakes that I have committed and I ask for the infinite strength to concentrate my mind in only you and my studies.

PRAYER AFTER SCHOOL

“Oh inner pure soul, I ask forgiveness from the Lord within, all those whom I hurt knowingly and unknowingly with my mind, body or speech in the course of this day. I whole heartedly repent. Please grant me the strength not to repeat these mistakes again.

Chapter IV A

Fundamental Duties

Article - 51 A

Fundamental Duties -

It shall be the duty of every citizen of India -

- a) To abide by the Constitution and respect its ideals and institution, respect the National Flag and the National Anthem;
- b) To cherish and follow the noble ideals which inspired our national struggle for freedom.
- c) To uphold and protect the sovereignty, unity and integrity of India;
- d) To defend the country and render national service when called upon to do so;
- e) To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- f) To value and preserve the rich heritage of our composite culture;
- g) To protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- h) To develop the scientific temper, humanism and the spirit of inquiry and reform;
- i) To safeguard public property and to abjure violence; to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher level of endeavor and achievement.

ACADEMIC YEAR-MAY 2025-2026

I TERM- 29-05-2026 to 02-10-2026

II TERM-22-10-2026 to 10-04-2027

HOLIDAYS:

DASARA VACATIONS : 03-10-2026 to 21-10-2026

SUMMER VACATIONS: 11-04-2027 to 28-04-2027

SCHOOL DAYS & WORKING HOURS

1. School Timings

Pre- primary

Mon - Friday 9 A.M. to 1.00 P.M.

UKG from II Term 9.00 A.M. to 2.00 P.M.

Saturday 9.00 A.M. to 12:00 P.M.

Std I - Std 8

Mon to Friday: 8.00 A.M.- 2.15 P.M.

Std 9 - Std 10

Mon to Friday: 8.00 A.M.- 3.20 P.M.

Saturday: 8.00 a.m. - 12.15 noon

Taking students out of the school earlier than class hours on a normal working day should be strictly avoided.

Attendance is compulsory on school re-opening, school closing days and national festivals.

2. Office Timings:

Mon-Friday-8 a.m. to 3.00 p.m. Saturday: 8.a.m. to 12.30 p.m.

Parents are requested to contact the school office for all routine matters. Office remains closed on all public holidays

During Summer vacation. Dussehra holidays office timings will be 9.30 am to 12.30 p.m.

Timings to meet the

1. Principal:

Mon - Saturday 9 A.M. to 10 A.M.

Mon-Friday: 2.15 P.M TO 3.00 P.M

2. Grade and Subject Teachers:

Mon-Friday: 2.30 P.M TO 3.00 P.M

Saturday: 12.00P.M TO 1.00 P.M

3. Coordinator and Counselor:

Mon-Friday: 1.00 P.M TO 2.15 P.M

**SHREE GUJARATI
ENGLISH MEDIUM HIGH SCHOOLS**

ALAKE, MANGALURU - 575 003

RULES & REGULATIONS

FOR ADMISSION :

1. Every candidate for admission and withdrawal must be introduced by parent / Guardian who is responsible for the pupil to the Headmistress.
2. Application for admission should be made in the prescribed form which can be obtained from the office and should be submitted along with the Transfer Certificate from the school last attended. Every pupil on admission shall pay the prescribed fees.
3. In the case of pupils to be newly admitted, the correct date of birth should be furnished in the application for admission and necessary Documentary evidence must also be produced.
4. Every Pupil on admission shall pay the prescribed fees. The fees once paid is not refundable and the pupil who fail to pay the fees by the given date will forfeit their seats.
5. No changes in the date of birth, Name, Surname or initials will be made without the Sanction of C.P.I. in Karnataka Bangalore.

Eligibility: Only those who have completed

- (i) 4 years as on 31st May are eligible for admission to L.K.G.
- (ii) 6 years as on 31st May are eligible for admission to Std. I

SCHOOL UNIFORM

PRE PRIMARY (NURSERY, L.K.G, U.K.G)	GRADE 1-7	GRADE 8-10
GIRLS – FROCK	GIRLS – BLOUSE, PINAFORE	SALWAR WITH SHAWL
BOYS – SHIRT AND SHORTS	BOYS – SHIRT AND SHORTS	BOYS – SHIRT AND TROUSERS
BELT – PROVIDED BY THE SCHOOL	BELT – PROVIDED BY THE SCHOOL	BELT – PROVIDED BY THE SCHOOL
SHOES – BOYS – BLACK GOLA SHOES	SHOES – BOYS – BLACK GOLA SHOES	SHOES – BOYS – BLACK GOLA SHOES
SHOES – GIRLS – BLACK GOLA SHOES WITH SOCKS	SHOES – GIRLS – BLACK GOLA SHOES WITH SOCKS	SANDALS - BLACK

1. Students should wear the prescribed school uniform along with I.D. on all school days.
2. Sports/house colored uniforms to be worn on Saturday.
3. Bul bulls, cubs, scouts and guides uniform to be worn on Saturdays(std 1 to std 7)
1. Students are not allowed to wear anything other than prescribed above.
2. Students should wear only black sandals during rainy season.
3. Low waist /pencil fit shorts/pants will not be permitted and will be fined.
4. Growing long hair /having unusual hair style will not be permitted.
5. Gold ornaments, fancy earrings and chains, mehendi is not allowed. Girls must tie their hairs in two plaits with black rubber band or black ribbon.

GENERAL RULES

1. No Pupil is allowed to leave the school premises during the school hours without the written permission of the Principal.
2. Punctual and regular attendance is insisted upon. No leave of absence is granted except on prior written application from parents/guardian in the form provided in the Diary. Should the absence exceed three days, notice must be forwarded to the Principal.

3. No pupil or staff member will be called to the phone during school hours. However, in case of emergency, message received on the phone will be conveyed to them.
4. Books umbrellas, tiffin-boxes etc should have a name or mark by which the owner can easily identify them. All stray and unclaimed property should be brought to the office.
5. No form of jewellery is allowed with the uniform such as bangles, long earrings, chains, finger rings and anklets etc.
6. PLEASE REFRAIN FROM SENDING NON-VEGETARIAN FOOD, NEITHER PIECES NOR GRAVY. BRINGING EGGS ARE ALSO PROHIBITED. LET'S RESPECT SCHOOLS SENTIMENTS.
7. Children are not permitted to bring toys or fancy stationery to school. The same will be confiscated and not returned.
8. The child must be picked from school by parents only. If non - parents has to take charge of the child, then Parent ID given by the school has to be produced.
9. **Damaging school property, fighting in class - rooms, use of abusive language or behavior, discourteous manners and disfiguring of walls and furniture are dealt with severely by the Principal. After warning and fine, finally a student will be suspended from the school if his/her behavior is going to be against the interest of other students.**
10. Irregularity in attendance, habitual inattention insubordination, discourtesy towards staff members, disorderly behavior, obscenity in word or act, will full damage to school property like books, furniture, equipment, electrical installation etc., are punishable by any one of the following, depending on the degree of the offence.
 - a) Written warning with initiation to parents / guardian
 - b) fine c) Suspension d) Expulsion
11. Discipline is an integral part of an individual. For serious offence warning will be given to the student by the Class-Teacher / Coordinator/ Principal. If misconduct continues it may lead to expulsion from school.

12. Parents are requested not to allow children to bring mobile phones, Video games, C.D., or Floppy or any similar gadgets. It will be viewed very seriously. The confiscated gadget will not be returned at any cost.
13. Books, magazines, newspapers or publications of any type not approved by the Principal should not be brought to the school.
14. The school though not responsible for the conduct of students outside its premises, will take cognizance of any serious misconduct committed outside the school. Appreciation for any good deed done will also be recorded and recognized.
15. The use of tobacco in any form, eating ice-cream, ice - candy, chewing gum or other eatable within school premises is forbidden.
16. **Students are expected to speak only in English within the School premises, however those found speaking in vernacular languages will pay a fine of Rs. 100/-**
17. Students who depend on public conveyance to come to the school should leave home early enough to avoid peak hours and be at the school well on time.
18. Students are not allowed to take any part in political agitation directed against the authority of the lawful Government.
19. All must stand respectfully for the School anthem in the morning and National Anthem at the end of the session.
20. Clean lines of the classroom and school premises is also essential for the proper and smooth functioning of the Institution. Therefore, students should keep their classrooms, corridors and the playground clean and tidy. Dustbins should be used to throw the waste.
21. The school cannot declare any holidays without the order from the Education Department. In case of unexpected strikes, bandhs or any other holidays announced in the T.V. or Newspapers parents should decide to send their children to school or not. Do not hold the school responsible for the inconvenience caused. This should be informed to the van drivers also.

FOR PAYMENT OF SCHOOL FEES

1. Kindly note the 1st Installment fees Rs 15,000 has to be paid on the result day. Balance has to be paid before midterm examination. Any delay in the payment of fees shall bear a fine of Rs. 100/- per month. This will be strictly followed.
2. Fees can be paid either in cash or through scanner in school office. No cheques will be accepted.
3. Fees will be collected in the Office only. A receipt signed and dated will be issued immediately. The respective receipt entry will be made in the Calendar for every payment of fees made and parents have to sign to the respective column of the fee record.
4. A pupil's name will be struck off the rolls if the fees together with accumulated fines are not paid before due date. The pupil in such an event will not be allowed to appear for examination.
5. The pupil whose name is struck off, when subsequently readmitted shall in addition to the fees pay re admission fees of Fifty.
6. Final decision on all the matters concerned to the institution is rested with the management which is binding on all.

RECOMMENDATION TO PARENTS / GUARDIANS

Parents co-operation in all the spheres of school life is solicited.

They can extend whole hearted co-operation by paying personal attention to the following.

1. Reading the pages of this dairy carefully.
2. Having a look at the dairy every day to entries made now and then.
3. Checking the time table to help the child to carry the required textbooks and note books.
4. Ensuring that, their child comes to school on time, well dressed in complete uniform.

5. Checking the entries made in pages, meant for home work and seeing that, their child completes the given home work.
6. **Parents are not expected to enter the classes without the permission of the principal during class hours. Student and parents are not expected to give any kind of gifts individual or collective without the prior permission of the principal.**
7. Attending parent teacher meeting and various functions held at school without fail.
8. Meeting the principal at least twice in an academic year preferably once in each term.
9. Paying all the prescribed fees on time.
10. Do not give any money in the hands of the students unless a written note is sent personally through student's dairy.
11. Students may be called to attend sports or extra coaching after school hours, parents must co-operate.

HEALTH AND WELLNESS

1. Your child's health is our major concern. Please do not send the child, when sick to school Even during tests and examination please refrain from sending children for the same.)
2. If a child contracts chicken pox, send him/her after a minimum period of twenty days.
3. In case of conjunctivitis, please send students after the redness subsides.
4. Any other form of contagion must be taken seriously. Please refrain from sending your child to school.
5. A fitness certificate is to be submitted before re-joining class and this is MANDATORY.

DISCIPLINE

1. Girls should have two plaits if they grow their hair beyond shoulder level. The plaits should be tied up with black ribbon. For hair above the shoulder level, 2 ponytails with black hairband. Boys hairstyle should be short, neat and simple. Modern hair styles like spike cut, haircut with lines, Fauxhawk etc. are strictly not allowed.
2. Every student of the school is required to possess a valid Identity Card with his/her photo fixed on it and duly attested by the Principal. In case the identity card is lost, the student can get a duplicate Identity Card by paying Rs. 100/-. No valuable Jewellery is allowed to be worn by the student.
3. Students should maintain strict silence during the course of the class/Study Period. Disturbance and indiscipline inside the classroom and disrespect towards teachers deserve due punishment. Students should not loiter about along the corridors during the study period. They should come out of class rooms only during the intervals, strictly not after each class.
4. All Students must be regular and punctual. Attendance at the school assembly and prayer is compulsory.
5. Every student is expected to maintain cleanliness and neatness.
6. Birthdays will be celebrated by singing the birthday song and greeting the child on the public address system. The child is requested to donate to the charity. The birthday child can wear colour dress. Distribution of sweets or any other give aways is not allowed.
7. Students are not allowed to go out for shopping or for refreshment during the school hours.
8. Students must attend all the school activities and programs. Student's attendance on the re-opening day of the school after every vacation is compulsory. Students are also expected to attend the National Festivals celebrated in school without fail.

9. Students who cannot attend for any specific reason must give a leave letter prior to the event. Oral request will not be considered.
10. If the leave exceeds 3 days, then prior permission must be taken from the principal / academic co-ordinator.

LIBRARY

1. Our school has a well-equipped library for classes 1-10. Following a unique system of grow by read.
2. It is compulsory for every student to go to the library during the period and read the books.
3. For students of grade 6 and above library card will be issued on paying the deposit amount of Rs.200/- and only those card holders will be issued one book at a time.
4. Take sufficient care of the library books. If a book is lost/damaged, the borrower has to make good either loss or a damage.

EXAMINATION

1. There will periodic test 1,2,3,4 term 1 and term 2 for grade 1-10. However, grade 1-5 will have continuous and comprehensive evaluation on monthly basis. KG1 and KG2 will have only 2 tests. Grade 6-10 will follow the board pattern.
2. The parents will be called to go through the answer scripts of their ward on the open house day. Students must accompany the parents in full uniform.
3. Absence from an examination excludes the students from being ranked in order of merit in the examination.
4. If a student is absent for an examination, he/she may not be permitted to appear for it at a later date. In case of illness (contagious diseases/physical disability) a medical certificate from a Registered Government Medical practitioner has to be submitted immediately, and the student's general performance will be taken in to consideration for promotion.
5. The report of the students' academic attainment will be duly signed by the parent/guardians on the day allotted for the purpose.

SCHOLASTIC ACTIVITIES

Scholastic Activities include English, Hindi, Kannada, Mathematics, Environmental Studies, General Science, Social Science, Computer Science, General Knowledge, Physical Education, Moral education and skill education class is compulsory to all students.

CO-CURRICULAR ACTIVITY

Students from class 3-5 and 6-9 can attend any one class of their choice on Wednesday and Thursday respectively. (drawing, free style dancing, music, sports and fine arts)

PROMOTION:

1. A minimum of 75% attendance is stipulated for promotion.
2. The promotion of students from one class to another is determined on the basis of their performance in the periodic assessment and other assignments. The weightage given to each assessment and the promotion rules is given by the CBSE Board.
3. There will be no system of ranking the students in their classes based on academic performance.
4. The student securing the highest marks in a particular subject will be awarded Certificate of Excellence.
5. All cases of doubt regarding the promotion are entirely to the discretion of the Principal, whose decision is final.

DECLARATION BY THE PARENT

I have read the above rules and will do all I can to see that my child / ward abides to all the rules. He / She may be penalized according to your discretion if rules are unheeded.

Date :

Signature of the Parents / Guardian

SCHOOL TIMINGS	
MONDAY TO FRIDAY	
Timings of the Periods	Period
8.00 am to 8.30 am	Prayer and Meditation
8.30 am to 9.10 am	1 st Period
9.10 am to 09.50 am	2 nd Period
09.50 am to 10.00 am	Break
10.00 am to 10.40 am	3 rd Period
10.40 am to to 11.20 pm	4 th Period
11.20 am to 12.00 pm	5 th Period
12.00 pm to 12.20 pm	Break
12.20 am to 1.00 pm	6 th Period
1.00 am to 1.40 pm	7 th Period
1.40 pm to 2.15 pm	8 th Period

PERIODIC TEST I			
Subject / Date		MARKS	SIGN

PERIODIC TEST II			
Subject / Date		MARKS	SIGN

MIDTERM ASSESSMENT			
Subject / Date		MARKS	SIGN

PERIODIC TEST III			
Subject / Date		MARKS	SIGN

PERIODIC TEST IV			
Subject / Date		MARKS	SIGN

COMMUNICATION PARENT'S TO TEACHERS

[illegible]

COMMUNICATION TEACHER'S TO PARENTS

[illegible]

COMMUNICATION PRINCIPAL TO PARENTS

[illegible]

LEAVE APPLICATION

[illegible]

ANNUAL ASSESSMENT PORTION		
SUBJECT	DATE	PORTION
ENGLISH		
HINDI		
KANNADA		
MATHEMATICS		
SCIENCE		
SOCIAL SCIENCE		
TOTAL		

NOTE FROM PARENTS			
Name _____		Std. _____	
Date	Particulars	Teacher's Signature	Parent's / Guardian's Signature

MY ACHIEVEMENTS

I of Class belongs to
 house

Extra Curricular / Sports

S. No.	Particulars in	Received_certificates in

*Number of stars added on my progress chart

First Term

Second Term

*My leadership abilities.....
 Class/Game/Other

*Post in student's council.....

*Any other Achievement.....

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

HOMework

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

Eng _____ Date _____

Kan _____

Maths _____

E.V.S. _____

Hin _____

Teacher's Signature:

Parent's Signature :

SCHOOL LIBRARY RECORD

[illegible]

FEE RECORD

Term	Amount	Receipt No. & Date	Signature	
			Clerk	Parent
I Term				
II Term				

JUNE 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Mon				
2	Tue				
3	Wed				
4	Thurs				
5	Fri		WORLD ENVIRONMENT DAY		
6	Sat				
7	Sun				
8	Mon				
9	Tue				
10	Wed				
11	Thurs				
12	Fri		WORLD DAY AGAINST CHILD LABOUR		
13	Sat				
14	Sun				
15	Mon				
16	Tue		ELECTION		
17	Wed				
18	Thurs				
19	Fri		INVESTITURE		
20	Sat				
21	Sun		INTERNATIONAL YOGA DAY		
22	Mon		FATHER'S DAY		
23	Tue				
24	Wed				
25	Thu				
26	Fri		MOHARAM		
27	Sat				
28	Sun				
29	Mon				
30	Tue				

JULY 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Wed		NATIONAL DOCTOR'S DAY		
2	Thurs				
3	Fri				
4	Sat				
5	SUN				
6	Mon				
7	Tue				
8	Wed				
9	Thurs				
10	Fri		WORLD POPULATION DAY		
11	Sat				
12	SUN				
13	Mon		PT 1	PT 1	PT 2
14	Tue		PT 1	PT 1	PT 2
15	Wed		PT 1	PT 1	PT 2
16	Thurs				
17	Fri				
18	Sat				
19	SUN				
20	Mon				
21	Tue				
22	Wed				
23	Thu				
24	Fri				
25	Sat				
26	SUN		KARGIL VIJAY DIWAS		
27	Mon				
28	Tue				
29	Wed		GURU POORNIMA		
30	Thu				
31	Fri				

AUGUST 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Sat				
2	SUN				
3	Mon				
4	Tue				
5	Wed				
6	Thurs				
7	Fri				
8	Sat				
9	SUN				
10	Mon				
11	Tue				
12	Wed				
13	Thurs				
14	Fri				
15	Sat		INDEPENDENCE DAY		
16	SUN				
17	Mon		NAGARAPANCHAMI R.H.		
18	Tue				
19	Wed		PT 2	PT 2	
20	Thu		PT 2	PT 2	
21	Fri		PT 2	PT 2	
22	Sat				
23	SUN				
24	Mon				
25	Tue				
26	Wed		Onam - ID Milad		
27	Thu				
28	Fri		RAKSHABANDHAN		
29	Sat		NATIONAL SPORTS DAY		
30	SUN				
31	Mon				

SEPTEMBER 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Tue				
2	Wed				
3	Thurs				
4	Fri		KRISHNA JANMASTAMI		
5	Sat		TEACHER'S DAY		
6	SUN				
7	Mon				
8	Tue				
9	Wed				
10	Thurs				
11	Fri				
12	Sat				
13	SUN				
14	Mon		GANESHA CHATHURTHI / HINDI DIWAS		
15	Tue		ENGINEER'S DAY		
16	Wed				
17	Thurs				
18	Fri				
19	Sat				
20	SUN				
21	Mon		INTERNATIONAL PEACE DAY		
22	Tue				
23	Wed				
24	Thu				
25	Fri				
26	Sat				
27	SUN				
28	Mon		MID TERM		PT 3
29	Tue		MID TERM		PT 3
30	Wed		MID TERM		PT 3

OCTOBER 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Thurs		MID TERM		
2	Fri		GANDHI JAYANTHI		
3	Sat		MID TERM		
4	SUN				
5	Mon		MID TERM		
6	Tue		MID TERM		
7	Wed				
8	Thurs				
9	Fri				
10	Sat		MAHALAYA AMAVASHYE		
11	SUN				
12	Mon		DASARA VACATION		
13	Tue		DASARA VACATION		
14	Wed		DASARA VACATION		
15	Thu		DASARA VACATION		
16	Fri		DASARA VACATION		
17	Sat		DASARA VACATION		
18	SUN		DASARA VACATION		
19	Mon		DASARA VACATION		
20	Tue		AYUDHA POOJA/ MAHANAVAMI		
21	Wed		VIJAYA DASHAMI		
22	Thu		SCHOOL		
23	Fri				
24	Sat				
25	SUN				
26	Mon		VALMIKI JAYANTHI P.H.		
27	Tue		REOPEN		
28	Wed				
29	Thu				
30	Fri		SCIENCE EXHIBITION		
31	Sat		UNITY DAY (EKTHA DIWAS) / SCIENCE EXHIBITION		

NOVEMBER 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	SUN		KANNADA RAJYOTSAVA		
2	Mon				
3	Tue				
4	Wed				
5	Thurs				
6	Fri				
7	Sat				
8	SUN		NARAKA CHATHURDASHI		
9	Mon		DEEPAVALI		
10	Tue		BALIPADYA		
11	Wed				
12	Thurs				
13	Fri				
14	Sat		CHILDREN'S DAY		
15	SUN				
16	Mon				
17	Tue				
18	Wed				
19	Thu				PT 4
20	Fri				PT 4
21	Sat				PT 4
22	SUN				
23	Mon				
24	Tue				
25	Wed				
26	Thu		CONSTITUTION DAY		
27	Fri		KANAKA DASA JAYANTHI		
28	Sat				
29	SUN				
30	Mon				

DECEMBER 2026					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Tue				
2	Wed				
3	Thurs				
4	Fri				
5	Sat				
6	SUN				
7	Mon				
8	Tue				
9	Wed				
10	Thu				
11	Fri				
12	Sat				
13	SUN				
14	Mon				
15	Tue				
16	Wed				
17	Thu		PT 3	PT 3	
18	Fri		PT 3	PT 3	
19	Sat		PT 3	PT 3	
20	SUN				
21	Mon				
22	Tue		WORLD MATHEMATICS DAY		
23	Wed				
24	Thu				
25	Fri		CHRISTMAS		
26	Sat				
27	SUN				
28	Mon				
29	Tue				
30	Wed				
31	Thu				

JANUARY 2027					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Fri				
2	Sat				
3	SUN				
4	Mon				
5	Tue				
6	Wed				
7	Thu				
8	Fri				
9	Sat				
10	SUN				
11	Mon				
12	Tue		YOUTH DAY		
13	Wed				
14	Thu				
15	Fri				
16	Sat				
17	SUN				
18	Mon				
19	Tue				
20	Wed				
21	Thu				
22	Fri				
23	Sat				
24	SUN				
25	Mon				
26	Tue		REPUBLIC DAY		
27	Wed		PT 4	PT 4	
28	Thu		PT 4	PT 4	
29	Fri		PT 4	PT 4	
30	Sat		MARTYR'S DAY		
31	SUN				

FEBRUARY 2027					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Mon				
2	Tue				
3	Wed				
4	Thurs				
5	Fri				
6	Sat				
7	SUN				
8	Mon				
9	Tue				
10	Wed				
11	Thurs				
12	Fri				
13	Sat				
14	SUN				
15	Mon				
16	Tue				
17	Wed				
18	Thu				
19	Fri				
20	Sat				
21	SUN				
22	Mon	THINKING DAY			
23	Tue				
24	Wed				
25	Thu				
26	Fri				
27	Sat				
28	SUN		SCIENCE D		
29	Mon				

MARCH 2027					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Tue				
2	Wed				
3	Thu				
4	Fri				
5	Sat				
6	SUN				
7	Mon				
8	Tue				
9	Wed				
10	Thu				
11	Fri				
12	Sat				
13	SUN				
14	Mon				
15	Tue				
16	Wed				
17	Thu				
18	Fri				
19	Sat				
20	SUN				
21	Mon				
22	Tue				
23	Wed				
24	Thu				
25	Fri				
26	Sat				
27	SUN				
28	Mon				
29	Tue				
30	Wed				
31	Thu				

APRIL 2027					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	Fri				
2	Sat				
3	SUN				
4	Mon				
5	Tue				
6	Wed				
7	Thurs				
8	Fri				
9	Sat				
10	SUN				
11	Mon				
12	Tue				
13	Wed				
14	Thu				
15	Fri				
16	Sat				
17	SUN				
18	Mon				
19	Tue				
20	Wed				
21	Thu				
22	Fri				
23	Sat				
24	SUN				
25	Mon				
26	Tue				
27	Wed				
28	Thu				
29	Fri				
30	Sat				

MAY 2027					
Date	Day	KG	Class (I-IV)	Class (V-VIII)	Class (IX-X)
1	SUN				
2	Mon				
3	Tue				
4	Wed				
5	Thu				
6	Fri				
7	Sat				
8	SUN				
9	Mon				
10	Tue				
11	Wed				
12	Thu				
13	Fri				
14	Sat				
15	SUN				
16	Mon				
17	Tue				
18	Wed				
19	Thu				
20	Fri				
21	Sat				
22	SUN				
23	Mon				
24	Tue				
25	Wed				
26	Thu				
27	Fri				
28	Sat				
29	SUN				
30	Mon				
31	Tue				

INFORMATION SHEET

1. Name of the Pupil (Block Letters) _____
2. Std : _____ Section : _____ Date of Birth : _____
3. Religion : _____ Caste _____ Whether belonging to
Sc / ST / Yes / No
5. Mother Tongue : _____ Blood Group : _____
6. Height : _____ 7. Weight : _____
8. House : _____ (Earth, Water, Wind, Fire)
9. Any Particular health problem to be taken care of _____

10. Father's/ Guardians Name (in BLOCK LETTERS) : _____

11. Father's Occupation: _____

12. Mother's Name: _____

13. Mother's Occupation: _____

14. Current Address : _____

a) Office _____

b) residence _____

Telephone No. : (Off.) _____ (Res.) _____

(Mob.) _____

Particular of Brothers / Sisters in this school

Name	Standard	Section
_____	_____	_____
_____	_____	_____

Specimen Signature of the Parent/Guardian

Father

Mother

Guardian

I declare that the information given above is true to the best of my knowledge.
I shall be responsible for the conduct of my ward in accordance with the rules and regulations of the institution.

Parent's / Guardian's Signature

INFORMATION SHEET

1. Name of the Pupil (Block Letters) _____
2. Std : _____ Section : _____ Date of Birth : _____
3. Religion : _____ Caste _____ Whether belonging to
Sc / ST / Yes / No
5. Mother Tongue : _____ Blood Group : _____
6. Height : _____ 7. Weight : _____
8. House : _____ (Earth, Water, Wind, Fire)
9. Any Particular health problem to be taken care of _____

10. Father's/ Guardians Name (in BLOCK LETTERS) : _____

11. Father's Occupation: _____

12. Mother's Name: _____

13. Mother's Occupation: _____

14. Current Address : _____

a) Office _____

b) residence _____

Telephone No. : (Off.) _____ (Res.) _____

(Mob.) _____

Particular of Brothers / Sisters in this school

Name	Standard	Section
_____	_____	_____
_____	_____	_____

Specimen Signature of the Parent/Guardian

Father

Mother

Guardian

I declare that the information given above is true to the best of my knowledge.
I shall be responsible for the conduct of my ward in accordance with the rules and regulations of the institution.

Parent's / Guardian's Signature

INFORMATION SHEET

1. Name of the Pupil (Block Letters) _____
2. Std : _____ Section : _____ Date of Birth : _____
3. Religion : _____ Caste _____ Whether belonging to
Sc / ST / Yes / No
5. Mother Tongue : _____ Blood Group : _____
6. Height : _____ 7. Weight : _____
8. House : _____ (Earth, Water, Wind, Fire)
9. Any Particular health problem to be taken care of _____

10. Father's/ Guardians Name (in BLOCK LETTERS) : _____

11. Father's Occupation: _____

12. Mother's Name: _____

13. Mother's Occupation _____

14. Current Address : _____

a) Office _____

b) residence _____

Telephone No. : (Off.) _____ (Res.) _____

(Mob.) _____

Particular of Brothers / Sisters in this school

Name	Standard	Section
_____	_____	_____
_____	_____	_____

Specimen Signature of the Parent/Guardian

Father

Mother

Guardian

I declare that the information given above is true to the best of my knowledge.
I shall be responsible for the conduct of my ward in accordance with the rules and regulations of the institution.

Parent's / Guardian's Signature

DAILY CLASS TIME TABLE

Name _____ Std. _____

MORNING SESSION								AFTERNOON SESSION		
DAYS	08-30 09-10	09-10 09-50	09-50 10-00	10-00 10-40	10-40 11-20	11-20 12-00	12-00 12-20	12-20 01-00	01-00 01-40	01-40 02-15
MON			S H O R T I N T E R V A L O F 10 M I N U T E S				S H O R T I N T E R V A L O F 20 M I N U T E S			
TUE										
WED										
THU										
FRI										
SAT										