

# HOSTEL DAILY ROUTINE

05:00 AM – 06:00 AM | Study Hours (Self-Learning)

📖 "Wake up with determination, study with dedication!"



🚿 06:00 AM – 07:00 AM | Personal Hygiene & Fresh Up

💧 "Start fresh – a clean body reflects a clear mind."



🥛 07:00 AM – 07:30 AM | Milk

🥛 "Fuel your morning – energy begins with nourishment."



🙏 07:30 AM – 07:40 AM | Prayer

🕯️ "Begin your day with gratitude – a prayerful heart shines all day."




🧘 07:40 AM – 07:55 AM | Meditation

🧠 "Silence is not empty, it's full of answers."





 08:00 AM – 08:45 AM | Breakfast

 "A healthy start to a productive day!"



 09:00 AM | Departure to College

 "Step forward each day – your journey to success begins now."



 09:30 AM – 12:50 PM | Academic Sessions (Theory Classes)



🏠 "Learning is your superpower – grow with every class."




🕒 12:50 PM – 01:30 PM | Lunch Break

💡 "Recharge your body, refresh your mind."



🔬 01:30 PM – 04:30 PM | Academic Sessions / Lab Work

 "Practice, experiment, learn – knowledge in action."




 04:30 PM – 05:00 PM | Return to Hostel

 "Coming back with lessons learnt and goals grown stronger."





 05:00 PM – 05:30 PM | Milk

 "A little break, a lot of energy – keep moving forward."



 05:30 PM – 05:45 PM | Attendance Marking

 "Discipline is the bridge between goals and achievements."



🙏 05:45 PM – 06:00 PM | Evening Prayer  
🙏 "A peaceful pause to reflect and give thanks."




🏃 06:00 PM – 07:00 PM | Outdoor / Recreational Activities  
⚽ "Move, play, breathe – fitness fuels focus."







 07:00 PM – 07:30 PM | Dinner

 "A warm meal, a calm mind, and a restful night ahead."



 08:00 PM – 10:00 PM | Study Hours (Supervised)

 "End the day strong – success is earned one page at a time."



 10:00 PM | Lights Off



😴 "Rest well – tomorrow is another chance to shine."



SPINX

## TIMETABLE

Time	Activity	Purpose / Remarks
05:00 AM – 06:00 AM	Study Hours (Self-Learning)	Enhancing academic focus and discipline
06:00 AM – 07:00 AM	Personal Hygiene & Fresh Up	Morning routine to ensure cleanliness & health
07:00 AM – 07:30 AM	Milk	Light refreshment for energy
07:30 AM – 07:40 AM	Prayer	Spiritual grounding and mindfulness
07:40 AM – 07:55 AM	Meditation	Mental clarity and emotional well-being
08:00 AM – 08:45 AM	Breakfast	Nutritious start to the day
09:00 AM	Departure to College	Punctuality and time management
09:30 AM – 12:50 PM	Academic Sessions (Theory Classes)	Curriculum delivery as per Board of Studies
12:50 PM – 01:30 PM	Lunch Break	Refreshment and relaxation
01:30 PM – 04:30 PM	Academic Sessions / Lab Work	Practical exposure and skill development
04:30 PM – 05:00 PM	Return to Hostel	Safety and transition
05:00 PM – 05:30 PM	Milk	Evening refreshment
05:30 PM – 05:45 PM	Attendance Marking	Daily monitoring and record



		keeping
05:45 PM – 06:00 PM	Evening Prayer	Promoting values and discipline
06:00 PM – 07:00 PM	Outdoor / Recreational Activities	Physical fitness and stress relief
07:00 PM – 07:30 PM	Dinner	Balanced diet intake
08:00 PM – 10:00 PM	Study Hours (Supervised)	Academic reinforcement and doubt clarification
10:00 PM	Lights Off	Rest and rejuvenation

***S.P.W.POLYTECHNIC:TIRUPATI***

# ***HOSTEL EVENTS***



***OM NAMO VENKATESAYA***



# ***HOSTEL MEETINGS***























SPW



# ***NCC/NSS***



















# YOGA/MEDITATION









Galaxy S23 Ultra

SPM



## *SPORTS/GAMES*









# PRAYERS/FESTIVALS



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# ADMISSIONS





