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



- 7:00 AM 07:30 AM | Milk
- Truel your morning energy begins with nourishment."



△ 07:30 AM − 07:40 AM | Prayer

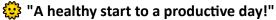
Begin your day with gratitude – a prayerful heart shines all day."



- **♣** 07:40 AM − 07:55 AM | Meditation
- Silence is not empty, it's full of answers."



(C) 08:00 AM – 08:45 AM | Breakfast







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)





- 3 12:50 PM 01:30 PM | Lunch Break
- Recharge your body, refresh your mind."



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







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



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



5 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."





(C) 07:00 PM – 07:30 PM | Dinner

TA 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."



Rest well – tomorrow is another chance to shine."



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













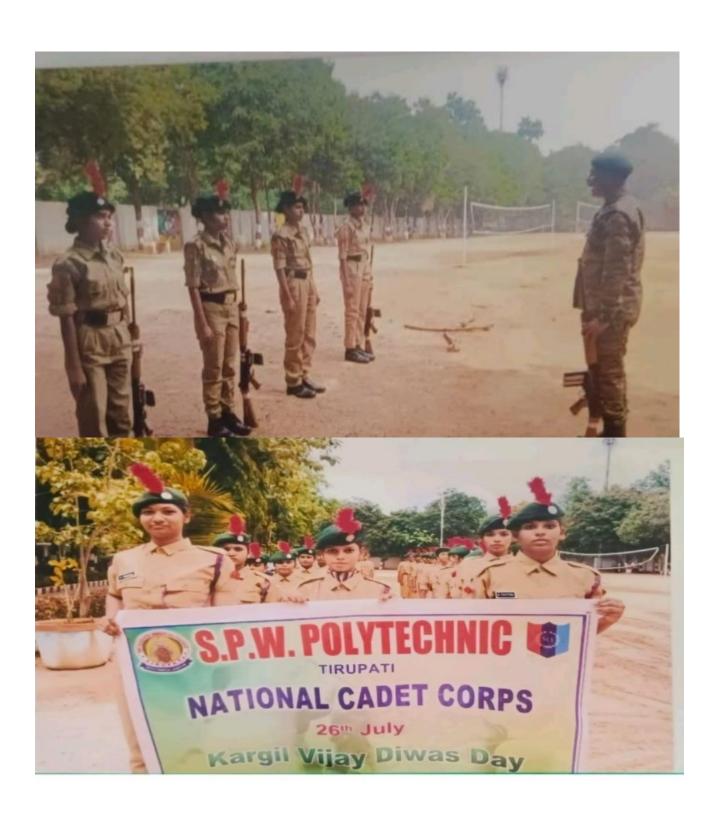




NCC/NSS













YOGA/MEDITATION









SPORTS/GAMES









PRAYERS/FESTIVALS















ADMISSIONS







