

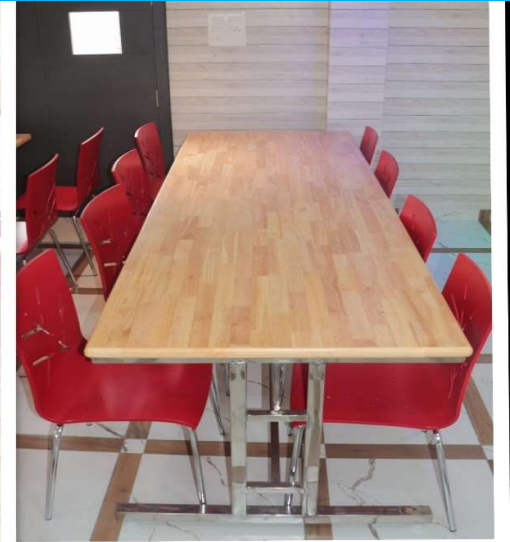
NPRS Hostel (Office)



NPRS Hostel (Dormitory)



NPRS Hostel (Dinning Hall)



NPRS Hostel

General Guidelines



*A Hostel room is not,
just made of bricks.
It consists of millions
little memories too...*

The life at **NPRS** hostels inspires the students to varied and deeper levels of physical, intellectual and emotional growth. Students, here, come across many persons with different backgrounds. Hostel Rules promote the development of higher self-confidence and motivate them to achieve their own aspirations. The life at HAPS hostels is a judicious mixture of restrictive and open but well protected environment to enable the students steer out of today's complex social environment all around us. Academic studies after the school hours are mostly carried out in the classrooms and hostels under the supervision of teachers, coaches and house brothers/sisters. Physical fitness is ensured through Yoga, exercises, PT and games. A well-organized programme of cultural activities enables the students to develop a well-rounded personality full of human values.

1. THE DAILY ROUTINE

- Boarders (students living in hostels) are required to follow a pre-determined routine from getting up in the morning to sleeping at night. This routine is prepared by the school on the basis of previous experiences. It is based on the assumption that disciplined way of living is better than the undisciplined/erratic way of living. It is time tested fact, accepted by everyone. It is the responsibility of the school to educate the students about the importance of daily routine.
- Education means the all-round development of the personality. Educationists believe that success depends upon the life skills that we learn during our education in the school. That is why we are very particular about the daily routine. Since, we are responsible for 24×7 hours/days planning of students living in hostel, we are emphasizing on the strict follow up of daily routine that teaches the boarders, different life skills which contribute a lot to their success in life.

2. **GETTING UP EARLY IN THE MORNING** Daily routine determined by HAPS requires the student living in hostel to get up early in the morning. One needs to adopt it as a ritual, without asking for reasons. It is the experience of every right-thinking person that we must get up early in the morning. No second thought about it.

3. **SLEEPING EARLY** Many students want to study up to late hours in the night. These are the students who don't follow their daily routine strictly. It is not the number of hours but the quality of study that matters. Every student requires 7 to 8 hours of sleep daily. This must be obtained between 10 p.m. to 6 a.m. Cutting short the sleep hours is going to affect student's health as well as their alertness in the class.

4. DISADVANTAGES OF LATE-NIGHT STUDY

- Efficiency of learning is lowered.
- Adversely affects both the mental and the physical health. c) Adversely affects the alertness during the day.

5. **DAILY EXERCISE** We fall ill when we lead undisciplined life and do not follow the daily routine and are not careful about daily exercises, eating, sleeping etc. Irregular/erratic living is likely to lead to illness. The daily exercise is must for everyone. If one wishes to be healthy, mentally as well as physically fit, one must adopt daily exercises as a routine. Do not ask for reasons.

6. **JUNK FOOD** Schools all over the world are being advised to educate the children to avoid junk food. We can't be an exception. Boarders are advised to avoid junk food.

7. **MAKING EXCUSES/TELLING LIES** Often, when a student is caught on the wrong foot, he/she makes excuses and tells lies. When the students do so, the school ultimately comes to know about it. It is better to confess the guilt and mend one's ways rather than to continue making excuses or telling lies. School tries to educate the students through different programmes.

8. **TV/GAMES/SPORTS/ENTERTAINMENT/HOBBY** In the hostel TV will be allowed to be used only as a source of education and not as a tool for wasting time. Students/residents are advised to select games/sports for themselves and use the same for introducing breaks in the daily routine and use them as a source of entertainment.

NPRS Hostel

General Rules for Boarders



If I could save
Time in Bottle
It would be the
Sweet
Memories of Hostel

1. It is compulsory for all boarders to report at the beginning of the session with all the belongings mentioned in the kit list.
2. Local purchase may be arranged by the hostel authority for item(s) considered essential and the cost will have to be bear by the parents/guardians.
3. Students must not remove any electric fittings, lights, bulbs, fans etc. from the school and hostel building and classrooms. Damages and disfigurement to school property, furniture etc. and loss of library books to be replaced/repared by parents along with the payment of additional penalty of Rs. 1000/-
4. Boarders are expected to keep their rooms neat, clean and tidy and should not disfigure wall, doors and windows.
5. Use of room heater, radio, Walkman, mobile phone and other such appliances are prohibited. All such items will be seized by the Warden/Principal.
6. Boarders shall take all the meals in the common dining hall and should be properly dressed at meal times.
7. Mess utensils are not allowed to be taken out of the dining hall. Formation of societies or associations and holding of meetings other than routine meetings organized by the school authorities are not allowed.
8. School will make children talk to their parents in the registered numbers submitted at the time of admission on Saturday (UKG-VI, Time: 2:30 - 5:00pm) and Sunday (VII-XII, Time: 11:00- 1:30pm). Considering the concern of every parent, each child may be allotted, time duration of 5-6 minutes to talk to their parents. Parents are requested to cooperate.
9. Students will not be allowed to go home on vacation or leave/report to hostel unescorted for safety reason.
10. Parents can meet their ward/wards or take them for outing only on last Sunday of every month between 10am to 4pm. No other visitors are allowed to meet the students unless accompanied by parents. Parents are requested to come with their ID card which they have to show to the school authority while visiting their ward/wards.
11. No Snacks/tucks and fast food items are allowed in the school premises for safety reason.
12. It is mandatory for all the boarders to wear their school uniform with prescribed hairstyle and haircut when coming and leaving the school campus.
13. Boarders are required to report back after each vacation/break on the day and at the time mentioned (10am to 4 pm). Attendance on the reporting day is mandatory for all the students. A fine of Rs. 500/ - per day will levied for unauthorized absence as per hostel rule.
14. Special leave may be granted for maximum of five days only once in the session. Such leave cannot be availed in continuation with any break/vacation.
15. Visitors are not permitted to meet the boarders without meeting the warden and obtaining his permission.
16. Medical leave must be supported by doctor's prescription, test reports, medical bills and doctor's fitness certificate.
17. Prescribed set of school uniform except winter uniform, hostel uniform and bed sheets, pillow covers to be changed every session.
18. The hostel fee covers boarding and lodging, laundry, mending, bedding (except linen, blankets and quilts) hair cutting and games facilities. All other expenses will be charged.

NPRS Hostel

Guidelines for Parents/Guardians



*Parents words speak
power over children,
shaping thoughts, and
children live up to what
is expected of them*

1. Parents/guardians are not permitted to meet the boarders, without the permission of the Principal. They will be allowed to meet the students only on prescribed days. During school hours, parents/guardians are not allowed to visit their wards.
2. Due to security reasons, only parents/ guardians with ID cards are permitted to visit the students. Therefore, parents are requested to hand over their photographs, details with phone numbers of theirs and the authorised guardians to the school office.
3. If during the course of a session a student needs to go home, he/she must obtain permission from the Principal in the form of a Leave Request and provide a written request sent by the concerned parents to the administration, giving the valid reason.
4. Local Parents can take their wards on last Sunday of the month and bring them back on the same day evening.
5. No permissions will be granted to any student living in hostel for spending night out on weekends unless the parent themselves are available in the town and the student living in hostel stays with them.
6. Parents are advised not to contact the students during mandatory study hours.
7. Any application for attending marriages, functions or any other events during the school term will not be entertained, unless it pertains to the parents or siblings. Written permission in this regard must be obtained in time.
8. Parents should not supply medicines to the students, unless, specially advised by the family doctor. Such medicines are to be administered entirely at the cost and responsibility of the parents.
9. Children will not be allowed to go with the drivers unless proper authority letter with photograph attested by the Principal is carried by him.
10. On school vacations students are not allowed to remain in the hostel without a genuine reason, however, in special cases a student may remain in the hostel if he/she has the written consent of the competent authority. This privilege could be revoked any time.
11. Parents desiring to send any item to their ward should either deliver the same to the Warden or his/her nominee personally. Nothing should be delivered to the boarder directly.
12. We have infirmary with a trained nurse and tie up with nearby hospitals during emergency but however the expenses incurred will have to be borne by the parents.

NPRS Hostel

Guidelines for

Parents/Guardians

1. Meal Timings:

Morning Breakfast: 07:00 a.m. – 07.30 a.m.

Morning Tiffin: 10:00 a.m. – 10:15 a.m.

Afternoon Lunch: 01:00 p.m. – 01:30 p.m.

Evening Snacks: 05:30 p.m. – 05:45 p.m.

Night Dinner: 08:00 p.m. – 08.30 p.m.

2. Prayers would be recited before and after every meal/breakfast/snacks.
3. Dining etiquette must be followed sternly.
4. Mess menu will be designed by the hostel management committee normally on term basis, in consultation with mess manager and approval of the Managing Director.
5. The students should strictly observe the prescribed mess timings. Late food/breakfast will be served only in exceptional cases, with prior consent of the mess manager.
6. On request from sick students, separate food will be prepared in mess and will be served in his/her Dormitory, if so required.
7. Wastage of food in the mess must be avoided.
8. Outside food is strictly prohibited during dining.
9. Mess utensils are not to be taken out of the dining hall.
10. Mess is operated with limited staff and during peak hours, it is observed that it becomes difficult to cater to the demands of all the students dining at a time. The students should, therefore, **wait patiently** for their turn to be served. Mess manager will take care to serve the students effectively during peak hours.





NORTH POINT RESIDENTIAL SCHOOL

Under 'Maa Gita Debi Educational Society'

CBSE Affiliation No. 2430150

ISO CERTIFICATION NO. 9001:2008



MENU CHART - 2020-21



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00AM - 07:30AM	WAI WAI NOODLES, PASTA WITH VEGETABLES	PAV BHAJI WITH BUNDIA	VEG CHOWMEIN	CHHOLA-BHATURA WITH BUNDIA	BREAD, CHANA-MASALA WITH BUNDIA	PURI-SABJI WITH HALWA	CHAPATI, CHANA-DAL TADKA & SALAD/CHUTNEY
10:00AM - 10:15AM	CORN FLAKES WITH MILK	CORN FLAKES WITH MILK	HORLICKS WITH BISCUITS	CORN FLAKES WITH MILK	CORN FLAKES WITH MILK	HORLICKS WITH BISCUITS	CORN FLAKES WITH MILK
01:00PM - 01:30PM	NON-VEG RICE DAL-FRY EGG CURRY MIXED VEG SALAD PICKLE FRUIT CUSTARD/CHUTNEY	VEG RICE DAL-FRY PANEER DO PYAZA VEG FRY SALAD CHUTNEY	NON-VEG RICE DAL-FRY FISH CURRY MIXED VEG PAPAD SALAD/CHUTNEY	VEG RICE DAL-FRY PANEER MASALA MIXED VEG PAPAD SALAD/CHUTNEY	NON-VEG RICE DAL-FRY SOYA CHUNKS WITH POTATO PAPAD SALAD PICKLE/CHUTNEY	VEG RICE DAL-FRY MANCHURIAN VEG SPINACH MASALA SALAD PICKLE	NON-VEG RICE CHICKEN FRY PANEER MASALA POTATO/VEG FRY FRUIT CUSTARD/CHUTNEY SALAD PICKLE
05:30PM - 05:45PM	SEASONAL FRUITS	TOAST WITH HORLICKS	SEASONAL FRUITS	SPROUTED CHANA MUNG	SEASONAL FRUITS	WAI WAI NOODLES WITH VEG SOUPS	CHANA-MATAR WITH MUNG MISALI
08:00PM - 08:30PM	ALOO PARATHA, VEG/RAITA & SOUCE	RICE, DAL, CHAPATI, MIXED VEG & CHUTNEY	RICE, DAL, CHAPATI, MIXED VEG, & CHUTNEY	RICE, CHAPATI, DAL, OMLETTE, VEGPAKORA, VEG-FRY & KHEER	RICE, DAL, POTATO, RAJMA, CHANA SABJI, VEG-FRY & CHUTNEY	KHICHRI, ALLO BHARTA, PICKLE & PAPAD	PURI, CHAPATI, ALLODUM TADKA, SPECIAL CHUTNEY
SPECIAL DISHES ON STUDENTS DEMAND		ALOO PARATHA & SOUCE, LITTY SOUCE, PIZZA, MUGLAI & SAUCE	BHARTA, PURI-DAL CHICKEN BUTTER MASALA	BREAD PULAO, SHAHI PANEER, VADA-SAMBHAR, MASALA NAAN, DOSA, SAMOSA, MOMO, EGG-ROLLS, SPRING ROLLS, POP CORN MUTTON BIRIYANI, CHILLEY CHICKEN		TO BRING IN VARIETY THE MENU IS REVISED EVERY ALTERNATE WEEK AND ITEMS ARE CHANGED BASED ON DIRECTIONS FROM OUR CONSULTANT	

RANIDANGA, SILIGURI