

School Schedule (Monday to Friday)								
w.e.f., 1st April 2024								
For Classes VI - XII								
S. No.	Routine Activity/ Lesson Time Grades VII to XII: Monday to Friday Grade VI: Tuesday and Thursday	Time		Duration	Routine Activity/ Lesson Time (Only for Grade VI) Monday, Wednesday and Friday	Time		Duration
		From	To			From	To	
1	Wake Up Call	-	5:00 AM	-	Wake Up Call	-	5:30 AM	-
2	Freshening up	5:00 AM	5:25 AM	25 Minutes	Freshening up	5:30 AM	6:00 AM	30 Minutes
3	Body-Mind Tuning	5:25 AM	5:55 AM	30 Minutes	Rise and Shine-Sports	6:00 AM	6:45 AM	45 Minutes
4	Getting Ready for School	5:55 AM	6:35 AM	40 Minutes	Getting Ready for School	6:45 AM	7:15 AM	30 Minutes
5	Breakfast	6:35 AM	7:15 AM	40 Minutes	Breakfast (Grade VI Mon, Wed and Fri)	7:15 AM	7:50 AM	35 Minutes
6	Reporting time	7:25 AM		-	Reporting time	7:55 AM		-
7	Thoughtful Musings (class-teachers) / Grade VI-XII assembly (Tuesday & Thursday)	7:30 AM	7:50 AM	20 Minutes	First Period	8:00 AM	8:40 AM	40 Minutes
8	First Period	7:50 AM	8:40 AM	50 Minutes				
9	Second Period					8:40 AM	9:30 AM	50 Minutes
10	Third Period					9:30 AM	10:20 AM	50 Minutes
11	Break for Morning Snacks					10:20 AM	10:40 AM	20 Minutes
12	Fourth Period					10:40 AM	11:30 AM	50 Minutes
13	Fifth Period					11:30 AM	12:20 PM	50 Minutes
14	Sixth Period					12:20 PM	1:10 PM	50 Minutes
15	Seventh Period					1:10 PM	2:00 PM	50 Minutes
16	Lunch					2:00 PM	2:45 PM	45 Minutes
17	Rest time					2:45 PM	3:45 PM	60 Minutes
18	NCC Classes/ Parade (NCC Students Only)					3:00 PM	3:40 PM	40 Minutes For Selected
19	Getting Ready for Evening prep					3:45 PM	4:00 PM	15 Minutes
20	Evening prep (For Classes VI –XII)					4:00 PM	5:15 PM	75 Minutes
21	Evening Snacks					5:15 PM	5:50 PM	35 Minutes
22	Games/Art/Music/Dance					5:50 PM	7:10 PM	80 Minutes
23	Freshen Up					7:10 PM	7:40 PM	30 Minutes
24	Dinner					7:40 PM	8:30 PM	40 Minutes
25	ME Time					8:30 PM	8:50 PM	20 Minutes
26	Supervised Night Prep (For Classes VI –XII)					8:50 PM	9:35 PM	45 Minutes
27	Self-Study/Arrange Things for next day					9:35 PM	10:00 PM	25 Minutes
28	Retire To Bed (VI-IX)					10:00 PM	-	
29	Retire To Bed (X & XII)					12:00 AM	-	