

GRADE: VI

Day	1 st Period	Lunch Break	2 nd Period	Break	3 rd Period	Break	4 th Period
Timing	9: 00 am -10:00 am	10:00 am -10:40 am	10:40 am -11:40 am	11:40 am -11:50 am	11:50 am -12:50 pm	12:50 pm -1:00 pm	1:00 pm -2:00 pm
Sunday-(Conceptual Based Activites Related to Curriculum)	Science Teacher/ Priyanka Bhusal	L U N C H B R E A K	Sandeep Sengupta/ Kamana Thapa	B R	Wangchen Yolmo/ Ram Regmi	B R	Ganesh Adhikari/ Priyanka Bhusal
Monday	Science		Maths		Social Stds.		Sanskrit
Tuesday	Science		Maths	E A	Social Stds.	E A	Sanskrit
Wednesday	English		Computer		Nepali		ECA
Thursday	English		Computer	K	Nepali	K	PBT
Friday	English		Computer		Nepali		PBT

Note: Each teacher will be conducting the activity class on alternative Sunday.

GRADE: VII

Day	1 st Period	Lunch Break	2 nd Period	Break	3 rd Period	Break	4 th Period
Timing	9: 00am -10:00am	10:00 am -10:40 am	10:40 am -11:40 am	11:40 am -11:50 am	11:50 am -12:50 pm	12:50 pm -1:00 pm	1:00 pm 2:00 pm
Sunday- (Conceptual Based Activites Related to Curriculum)	Ram Teacher / Ram Regmi	L U N	Wangchen Yolmo/ Sandeep Sen Gupta	B	Ganesh Adhikari/ Priyanaka Bhusal	B	Priyanka Bhusal/ Kamana Thapa
Monday	Nepali	C H	Social Stds.	R	Sanskrit	R	PBT
Tuesday	Nepali		Social Stds.	E	Sanskrit	E	PBT
Wednesday	Science	B R	Maths	A	English	A	ECA
Thursday	Science	E A	Maths	K	English	K	Computer
Friday	Science	A K	Maths		English		Computer

Note: Each teacher will be conducting the activity class on alternative Sunday.

GRADE: VIII

Day	1 st Period	Lunch Break	2 nd Period	Break	3 rd Period	Break	4 th Period
Timing	9: 00am 10:00am	10:00 am -10:40 am	10:40 am -11:40 am	11:40 am -11:50 am	11:50 am -12:50 pm	12:50 pm -1:00 pm	1:00 pm 2:00 pm
Sunday- (Conceptual Based Activites Related to Curriculum)	Sandeep Sengupta/ Pushkar Adhikari	L U N C H B R E A K	Omkar	B	Chandika Bhetwal	B	Wangchen
			Lamsal/ Prakash Bhattarai	R		R	Yolmo
Monday	Maths		English	E		E	Social Stds.
Tuesday	Maths		English	A		A	Social Stds.
Wednesday	Computer		EPH	K		K	Science
Thursday	Computer		PBT				Science
Friday	Computer		PBT				Science

GRADE :X

Day	1 st Period	Lunch Break	2 nd Period	Break	3 rd Period	Break	4 th Period
Timing	9: 00am 10:00am	10:00 am -10:40 am	10:40 am -11:40 am	11:40 am -11:50 am	11:50 am -12:50 pm	12:50 pm -1:00 pm	1:00 pm 2:00 pm
Sunday	Maths	L U N C H B R E A K	Nepali	B	Science	B	Computer
Monday	Maths		Nepali	R	Science	R	Computer
Tuesday	Maths		Nepali	E	Science	E	Computer
Wednesday	O. Maths		English	A	EPH	A	Social Stds.
Thursday	O. Maths		English	K	EPH	K	Social Stds.
Friday	O. Maths		English		EPH		Social Stds.

