

Daily Curriculum (Summers)

Nur.-X	Summer Schedule w. e. f. 01 April to Oct 2017
Particular	Timing
Rising	5:00 AM
Ablutions	5:00 – 5:30 AM
YOGA	5:30 – 6:15 AM
Bath 'n' Change	6:15 – 6:45 AM
Uniform Inspection	06:45 AM
Breakfast	7:00 – 7:15 AM
Flag Hosting	7:15 AM
Mid Day Snack	10:15 AM – 10:40 AM
School	7:30 AM – 1:30 PM
Guided Prep	1:30 – 2:30 PM
Lunch	2:30- 3:00 PM
Afternoon Siesta	3:00 – 5:00 PM
Flag Lowering	5:00 PM
Sports	5:15-6:30 PM
Evening Snacks	6:30-6:45 PM
Bath 'n' Change	6:45 – 7:25 PM
Prep	7:30 – 8:30 PM
Dinner	8:30-9:00 PM
Telephone Timings	9:00-9:30 PM
Silence Hour/Self Study	9:00-10:00 PM
Brush	10:00-10:15 PM
Extended OPTIONAL Self Study	10:15 – 11:00 PM
Lights Off	11:10 PM

Daily Curriculum (Winters)

Class(Nur.-X)	Winter Schedule w.e.f. January to March 2018
Particular	Timing
Rising	6:30 AM
Ablutions	6:30 – 6:45 AM
Bath 'n' Change	6:45 – 7:05 AM
Attendance	7:05 AM
Breakfast	7:10 – 7:30 AM
Flag Hosting/ Uniform Inspection	7:40 AM
Mid Day Snack	10:45 AM – 11:15 AM
School	8:00 AM – 1:30 PM
Guided Prep	1:30 – 2:30 PM
Lunch	2:30 – 3:00 PM
Afternoon Siesta	3:00 – 4:00 PM
Flag Lowering	4:00 PM
Sports	4:00 – 5:20 PM
Evening Snacks	5:20 PM-5:40 PM
Bath 'n' Change	5:40 – 6:20 PM
Attendance	6:20 PM
Prep	6.30 – 8:00 PM
Dinner	8:00 PM
Telephone Timing	8:00-9:00 PM
Self Study (Prep Room)	9:00-10:00PM
Lights off	9:00 PM (for Juniors Nur.-V) 10:00 PM (VI-X)

SUNDAY/HOLIDAY SCHEDULE

<u>Particulars</u>	<u>Timing</u>
Rising	8.00 A.M
Bath 'n' change	8.00 – 8.45 A.M
Uniform inspection	8.45 AM
Breakfast	9.00 - 9.30 A.M
Cupboard arranging, nail cutting etc	9.30 - 10.00 A.M
Prep	10.00 – 1.00 P.M
Lunch	1.00 - 2:00 P.M
T V Time	2.00 - 4.30 P.M
Sports/ Clubs	4.30 - 5.30 PM
Evening snacks	5.30 – 5.50 P.M
Bath 'n' change	5.50 - 6.30 P.M
Self Study	6:30 – 8:00 PM
Dinner	8:00- 8:30 P.M
Silent Hours	8:30-9:30 PM
Brush	9:30-9:45 PM
Extended Study Hours	9:45-10:30 PM
Lights OFF	10:40 PM