

TIME TABLE FOR GRADE VII PRIDE													
Periods	CT	1	09:00-09:10	2	3	4	11:10-11:25	11:25-11:30	5	6	7	8	02:15-02:20
Timings	08:00-08:20	08:20-09:00		09:10-09:50	09:50-10:30	10:30-11:10			11:30-12:10	12:10-12:50	12:50-01:30	01:35-02:15	
M	ASSEMBLY	Annual Day Practice	ENERGY BREAK	Annual Day Practice	Annual Day Practice	Science - Ms Himani	LUNCH BREAK	MEDITATION	Maths- Ms Anjali Nandi	French/ Sanskrit	Hindi - Ms Vandana	Maths- Ms Anjali Nandi	THANK YOU PRAYER
T		Annual Day Practice		Annual Day Practice	Annual Day Practice	Science - Ms Himani			Science - Ms Himani	Maths- Ms Anjali Nandi	Hindi - Ms Vandana	Eng-Ms Kirti	
W		Annual Day Practice		Annual Day Practice	Annual Day Practice	Science - Ms Himani			ART- Ms Neha Agg	French/ Sanskrit	Maths- Ms Anjali Nandi	SSc - Ms Kiran	
TH		Annual Day Practice		Annual Day Practice	Annual Day Practice	Science - Ms Himani			Eng-Ms Kirti	Hindi - Ms Vandana	Hindi - Ms Vandana	SSc - Ms Kiran	
F		Annual Day Practice		Annual Day Practice	Annual Day Practice	Eng-Ms Kirti			Maths- Ms Anjali Nandi	SSc - Ms Kiran	Hindi - Ms Vandana	Eng-Ms Kirti	