



# THE GREAT INDIA SCHOOL

(An English Medium Co-Educational, Senior Secondary Residential School)

Affiliated to CBSE, New Delhi, Affiliation No. 3330245

## DAWN TO DUSK Class 9 to 12

<b>06:00 am</b>	<b>Arise</b>
<b>06:00 am to 06:30 am</b>	<b>Personal Hygiene</b>
<b>06:30 am to 07:00 am</b>	<b>Yoga</b>
<b>07:00 am to 08:00 am</b>	<b>Shower Time</b>
<b>08:00 am to 08:30 am</b>	<b>Breakfast</b>
<b>08:35 am to 08:55 am</b>	<b>Assembly</b>
<b>09:00 am to 09:40 am</b>	<b>Period 1</b>
<b>09:40 am to 10:20 am</b>	<b>Period 2</b>
<b>10:20 am to 11:00 am</b>	<b>Period 3</b>
<b>11:00 am to 11:15 am</b>	<b>Short Break</b>
<b>11:15 am to 11:55 am</b>	<b>Period 4</b>
<b>11:55 am to 12:35 pm</b>	<b>Period 5</b>
<b>12:35 pm to 01:15 pm</b>	<b>Period 6</b>
<b>01:15 pm to 02:00 pm</b>	<b>Lunch</b>
<b>02:00 pm to 02:30 pm</b>	<b>Break</b>
<b>02:30 pm to 04:15 pm</b>	<b>Coaching</b>
<b>04:15 pm to 05:15 pm</b>	<b>Sports</b>
<b>05:15 pm to 05:45 pm</b>	<b>Snacks</b>
<b>05:45 pm to 06:30 pm</b>	<b>Personal Time (Reading, Room Arrangement, Homework Planning etc.)</b>
<b>06:30 pm to 06:45 pm</b>	<b>Asthanchal (Evening Prayer)</b>
<b>07:00 pm to 09:00 pm</b>	<b>Evening Studies</b>
<b>09:00 pm to 09:45 pm</b>	<b>Dinner</b>
<b>09:45 pm to 10:30 pm</b>	<b>Preparation for Next Day &amp; Well Being Calling</b>
<b>10:30 pm</b>	<b>Lights Off</b>



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## SUNDAY & HOLIDAY SCHEDULE

06:00 am	Arise
06:00 am to 06:30 am	<b>Personal Hygiene</b>
06:30 am to 07:00 am	<b>Jogging/Exercise</b>
07:00 am to 07:45 am	<b>Shower Time</b>
08:00 am to 08:30 am	<b>Breakfast</b>
08:35 am to 09:40 am	<b>Room Arrangement</b>
09:40 am to 10:40 am	<b>Period 1</b>
10:40 am to 11:40 am	<b>Period 2</b>
11:40 am to 11:50 am	<b>Short Break</b>
11:50 am to 12:50 pm	<b>Phone Call/Relaxation</b>
12:50 pm to 01:50 pm	<b>Phone Call/Relaxation</b>
01:50 pm to 02:30 pm	<b>Lunch Hours</b>
02:30 pm to 04:30 pm	<b>TV Time</b>
04:30 pm to 06:00 pm	<b>Sports Hours</b>
06:00 pm to 07:00 pm	<b>Free Time</b>
07:00 pm to 08:30 pm	<b>Self Study &amp; Well Being Calling</b>
08:30 pm to 09:15 pm	<b>Dinner</b>
09:30 pm to 10:00 pm	<b>Preparation for Next Day</b>
10:15 pm	<b>Lights Off</b>

## **DAWN TO DUSK For Class 4-8**

<b>06:00 am</b>	<b>Arise</b>
<b>06:00 am to 06:30 am</b>	<b>Personal Hygiene</b>
<b>06:30 am to 07:00 am</b>	<b>Yoga</b>
<b>07:00 am to 08:00 am</b>	<b>Shower Time</b>
<b>08:00 am to 08:30 am</b>	<b>Breakfast</b>
<b>08:35 am to 08:55 am</b>	<b>Assembly</b>
<b>09:00 am to 09:40 am</b>	<b>Period 1</b>
<b>09:40 am to 10:20 am</b>	<b>Period 2</b>
<b>10:20 am to 11:00 am</b>	<b>Period 3</b>
<b>11:00 am to 11:15 am</b>	<b>Short Break</b>
<b>11:15 am to 11:55 am</b>	<b>Period 4</b>
<b>11:55 am to 12:35 pm</b>	<b>Period 5</b>
<b>12:35 pm to 01:15 pm</b>	<b>Period 6</b>
<b>01:15 pm to 02:00 pm</b>	<b>Lunch</b>
<b>02:00 pm to 02:45 pm</b>	<b>Revision Hour</b>
<b>02:45 pm to 03:45 pm</b>	<b>Afternoon Nap</b>
<b>03:45 pm to 04:45 pm</b>	<b>Sports and Activity</b>
<b>04:45 pm to 05:15 pm</b>	<b>Change and Rest</b>
<b>05:15 pm to 05:45 pm</b>	<b>Snacks</b>
<b>05:45 pm to 06:30 pm</b>	<b>Personal Time (Reading, Room Arrangement, Homework Planning etc.)</b>
<b>06:30 pm to 6:50 pm</b>	<b>Evening Prayer</b>
<b>06:55 pm to 08:15 pm</b>	<b>Supervised Studies</b>
<b>08:15 pm to 09:00 pm</b>	<b>Dinner</b>
<b>09:30 pm</b>	<b>Lights Off</b>

