

Grade-VII-Bagmati Class Teacher: Ms. Sunita Sharma

| Period | First(8:30-9:15) | Second(9:15-9:55) | Break | Third(10:15-10:55) | Fourth(10:55-11:35) | Fifth(11:35-12:15) | Sixth(12:15-12:55) | Break | Seventh(1:20-2:00) | Eighth(2:00-2:40) |
|-----------|------------------|-------------------|--------------------|--------------------|---------------------|--------------------|--------------------|---------------------|--------------------|-------------------|
| Sunday | Nepali-II(HB) | HPE (IK) | | OBTE (SB) | Science (JKS) | Maths (JKS) | Computer (Jeevan) | | English (SSAH) | Social (SB) |
| Monday | Nepali-II(HB) | Social (SB) | | Computer (Jeevan) | Maths (JKS) | English (SSAH) | OBTE (SB) | | Science Lab- JKS | Science Lab- JKS |
| Tuesday | Nepali-II(HB) | Social (SB) | | Computer (Jeevan) | Science (JKS) | Maths (JKS) | OBTE (SB) | | English (SSAH) | Games-REY |
| Wednesday | Nepali-I(SS) | Social (SB) | | Drama (OP) | Science (JKS) | Maths (JKS) | M.Sc (RY) | | English (SSAH) | M.Sc (RY) |
| Thursday | Nepali-I(SS) | Social (SB) | | HPE (IK) | Science (JKS) | Maths (JKS) | M.Sc (RY) | | English (SSAH) | Games-REY |
| Period | First(8:30-9:10) | Second(9:10-9:45) | Third(09:45-10:20) | Break | Fourth(10:40-11:15) | Fifth(11:15-11:50) | Sixth(11:50-12:25) | Seventh(12:25-1:00) | Break | |
| Friday | Nepali-I(SS) | OBTE (SB) | M.Sc (RY) | | Com.Lab-Jeevan | Com.Lab-Jeevan | HPE (IK) | English (SSAH) | | |