

Class : 7G1

	1	2	3	4	5	6	7	8	9
	8:45-9:30	9:30 - 10:15	10:15-11:00	11:00-11:45	11:45-12:30	12:30-1:15	1:15-2:00	2:00-2:45	2:45-3:35
Sunday	हस्तलेखन र वाचन	Step by Step Computer Learning & Project (Computer)	The English Circle & Reading & Project (Story Writing)	Science & Technology	मेरो नेपाली	Lunch	Maths Links & Project (Maths)	Productive Art (Craft Your World)	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा
	Anju Adhikari	Suman Dhakal	Swarnalata Gurung	Sampurna Subba	KP Gautam		Siril Thapa	Shanti Subba	Kamala Neupane
Monday	Science & Technology	मेरो नेपाली	Handwriting	Dance / Song	Computer Practical		Maths Links & Practical	The English Circle & Reading & Project (Story Writing)	Cricket / Library
	Sampurna Subba	KP Gautam	Manisha Chettri	Chani / Sanjita	Suman Dhakal		Siril Thapa	Swarnalata Gurung	
Tuesday	Claywork & Plantation	मेरो नेपाली	Futsal / Flute	Badminton / Song (Eng)	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा		Maths Links & Practical	The English Circle & Reading & Project (Story Writing)	SQC & Case Study
	Pushpa Thapa	KP Gautam	ECA	ECA	Kamala Neupane		Siril Thapa	Swarnalata Gurung	Saurav Shrestha
Wednesday	मेरो नेपाली & Project (गीत रचना)	Coding	TT / Violin	Our English	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा		Maths Links & Practical	Badminton / Song (Eng)	Basketball / Madal
	KP Gautam		ECA	Swarnalata Gurung	Kamala Neupane		Siril Thapa	ECA	ECA
Thursday	Step by Step Computer Learning & Project (Computer)	Science & Technology & Project (Science)	Our English	मेरो नेपाली र व्याकरण	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (So.Std.)		Maths Links & Practical	TT / Violin	Drawing (Creative & Guided) & Project (Drawing)
	Suman Dhakal	Sampurna Subba	Swarnalata Gurung	KP Gautam	Kamala Neupane		Siril Thapa	ECA	Manisha Chettri
Friday	Handbook & Project (कथा रचना)	नेपाल भाषा	Health & Physical Ed. & Project (H&P)	Value Education	Science & Technology & Project (Science)		Maths Links & Practical	Handbook	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (Atlas Making)
	Anju Adhikari	Ranju Ranjit	Dina Rana	Swarnalata Gurung	Sampurna Subba		Siril Thapa	Swarnalata Gurung	Kamala Neupane

Class : 7G2

	1	2	3	4	5	6	7	8	9
	8:45-9:30	9:30 - 10:15	10:15-11:00	11:00-11:45	11:45-12:30	12:30-1:15	1:15-2:00	2:00-2:45	2:45-3:35
Sunday	Science & Technology	मेरो नेपाली	Step by Step Computer Learning & Project (Computer)	The English Circle & Reading & Project (Story Writing)	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	Lunch	Computer Practical	Maths Links & Project (Maths)	Handwriting
	Sampurna Subba	KP Gautam	Suman Dhakal	Swarnalata Gurung	Kamala Neupane		Suman Dhakal	Siril Thapa	Manisha Chettri
Monday	मेरो नेपाली	Science & Technology	The English Circle & Reading & Project (Story Writing)	Health & Physical Ed. & Project (H&P)	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा		TT / Violin	Maths Links & Practical	Dance / Song
	KP Gautam	Sampurna Subba	Swarnalata Gurung	Dina Rana	Kamala Neupane		ECA	Siril Thapa	Chani / Sanjita
Tuesday	Drawing (Creative & Guided) & Project (Drawing)	हस्तलेखन र वाचन	The English Circle & Reading & Project (Story Writing)	SQC & Case Study	मेरो नेपाली		हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	Maths Links & Practical	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (Atlas Making)
	Manisha Chettri	Anju Adhikari	Swarnalata Gurung	Saurav Shrestha	KP Gautam		Kamala Neupane	Siril Thapa	Kamala Neupane
Wednesday	नेपाल भाषा	Claywork & Plantation	Productive Art (Craft Your World)	Science & Technology & Project (Science)	Badminton / Song (Eng)		हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (So.Std.)	Maths Links & Practical	Our English
	Ranju Ranjit	Pushpa Thapa	Shanti Subba	Sampurna Subba	ECA		Kamala Neupane	Siril Thapa	Swarnalata Gurung
Thursday	Coding	मेरो नेपाली & Project (गीत रचना)	Futsal / Flute	Our English	Science & Technology & Project (Science)		Handbook	Maths Links & Practical	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (Atlas Making)
		KP Gautam	ECA	Swarnalata Gurung	Sampurna Subba		Swarnalata Gurung	Siril Thapa	Kamala Neupane
Friday	मेरो नेपाली र व्याकरण	Value Education	Step by Step Computer Learning & Project (Computer)	Handbook & Project (कथा रचना)	Badminton / Song (Eng)		Cricket / Library	Maths Links & Practical	TT / Violin
	KP Gautam	Swarnalata Gurung	Suman Dhakal	Anju Adhikari	ECA			Siril Thapa	ECA

Class : 7G3

	1	2	3	4	5	6	7	8	9
	8:45-9:30	9:30 - 10:15	10:15-11:00	11:00-11:45	11:45-12:30	12:30-1:15	1:15-2:00	2:00-2:45	2:45-3:35
Sunday	The English Circle & Reading & Project (Story Writing)	Science & Technology	Maths Links & Project (Maths)	Productive Art (Craft Your World)	Computer Practical	Lunch	मेरो नेपाली	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	Health & Physical Ed. & Project (H&P)
	Swarnalata Gurung	Sampurna Subba	Siril Thapa	Shanti Subba	Suman Dhakal		Hema Koirala	Kamala Neupane	Dina Rana
Monday	The English Circle & Reading & Project (Story Writing)	Futsal / Flute	Maths Links & Practical	Handwriting	Science & Technology		हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	TT / Violin	Handbook
	Swarnalata Gurung	ECA	Siril Thapa	Manisha Chettri	Sampurna Subba		Kamala Neupane	ECA	Swarnalata Gurung
Tuesday	Science & Technology & Project (Science)	नेपाल भाषा	Drawing (Creative & Guided) & Project (Drawing)	Maths Links & Practical	The English Circle & Reading & Project (Story Writing)		मेरो नेपाली	Badminton / Song (Eng)	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा
	Sampurna Subba	Ranju Ranjit	Manisha Chettri	Siril Thapa	Swarnalata Gurung		Hema Koirala	ECA	Kamala Neupane
Wednesday	Claywork & Plantation	Value Education	Maths Links & Practical	हस्तलेखन र वाचन	Our English		मेरो नेपाली	Basketball / Madal	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (So.Std.)
	Pushpa Thapa	Swarnalata Gurung	Siril Thapa	Anju Adhikari	Swarnalata Gurung		Hema Koirala	ECA	Kamala Neupane
Thursday	Our English	Coding	SQC & Case Study	Handbook & Project (कथा रचना)	Maths Links & Practical		मेरो नेपाली & Project (गीत रचना)	Cricket / Library	Step by Step Computer Learning & Project (Computer)
	Swarnalata Gurung		Saurav Shrestha	Anju Adhikari	Siril Thapa		Hema Koirala		Suman Dhakal
Friday	TT / Violin	Step by Step Computer Learning & Project (Computer)	Maths Links & Practical	Science & Technology & Project (Science)	Value Education		मेरो नेपाली र व्याकरण	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (Atlas Making)	Dance / Song
	ECA	Suman Dhakal	Siril Thapa	Sampurna Subba	Swarnalata Gurung		Hema Koirala	Kamala Neupane	Chani / Sanjita

Class : 7G4

	1	2	3	4	5	6	7	8	9
	8:45-9:30	9:30 - 10:15	10:15-11:00	11:00-11:45	11:45-12:30	12:30-1:15	1:15-2:00	2:00-2:45	2:45-3:35
Sunday	नेपाल भाषा	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	SQC & Case Study	Maths Links & Project (Maths)	मेरो नेपाली	Lunch	The English Circle & Reading & Project (Story Writing)	Handbook	Basketball / Madal
	Ranju Ranjit	Kamala Neupane	Saurav Shrestha	Siril Thapa	Hema Koirala		Swarnalata Gurung	Swarnalata Gurung	ECA
Monday	हस्तलेखन र वाचन	Coding	Productive Art (Craft Your World)	Maths Links & Practical	The English Circle & Reading & Project (Story Writing)		मेरो नेपाली	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	Handwriting
	Anju Adhikari		Shanti Subba	Siril Thapa	Swarnalata Gurung		Hema Koirala	Kamala Neupane	Manisha Chettri
Tuesday	Handbook & Project (कथा रचना)	The English Circle & Reading & Project (Story Writing)	Maths Links & Practical	Science & Technology	मेरो नेपाली		Value Education	TT / Violin	Step by Step Computer Learning & Project (Computer)
	Anju Adhikari	Swarnalata Gurung	Siril Thapa	Sampurna Subba	Hema Koirala		Swarnalata Gurung	ECA	Suman Dhakal
Wednesday	Science & Technology	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा	Futsal / Flute	Maths Links & Practical	मेरो नेपाली & Project (गीत रचना)		Our English	Cricket / Library	Dance / Song
	Sampurna Subba	Kamala Neupane	ECA	Siril Thapa	Hema Koirala		Swarnalata Gurung		Chani / Sanjita
Thursday	Science & Technology & Project (Science)	Step by Step Computer Learning & Project (Computer)	TT / Violin	Maths Links & Practical	मेरो नेपाली र व्याकरण		Computer Practical	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (So.Std.)	Our English
	Sampurna Subba	Suman Dhakal	ECA	Siril Thapa	Hema Koirala		Suman Dhakal	Kamala Neupane	Swarnalata Gurung
Friday	Science & Technology & Project (Science)	Claywork & Plantation	Drawing (Creative & Guided) & Project (Drawing)	Maths Links & Practical	हाम्रो सामाजिक अध्ययन र मानव मूल्य शिक्षा र Project (Atlas Making)		Value Education	Badminton / Song (Eng)	Health & Physical Ed. & Project (H&P)
	Sampurna Subba	Pushpa Thapa	Manisha Chettri	Siril Thapa	Kamala Neupane		Swarnalata Gurung	ECA	Dina Rana