

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES IV - V

Monday to Friday	Classes IV-V
Rising	05:15 AM
Wash & Change	05:15 to 05:30 AM
Morning Tea & Biscuits	05:30 to 05:40 AM
Get Ready for School	05:40 to 06:20 AM
Morning Prep	06:25 to 07:25 AM
Breakfast	07:30 to 08:10 AM
Wellbeing & Mindfulness session with Mentors	08:15 to 08:40 AM
First Period	08:40 to 09:20 AM
Second Period	09:20 to 10:00 AM
Third Period	10:00 to 10:40 AM
Morning Refreshment	10:40 to 10:55 AM
Fourth Period	11:00 to 11:40 AM
Fifth Period	11:40 to 12:20 PM
Sixth Period	12:20 to 01:00 PM
Lunch	01:10 to 01:50 PM
Rest Time	02:00 to 04:00 PM
Supervised Prep – Academic Block	04:05 to 05:05 PM
Evening Refreshment	05:10 to 05:20 PM
Evening Sports	05:25 to 06:40 PM
Joyful Leisure Time	06:40 to 07:40 PM
Dinner	07:45 to 08:25 PM
Interaction with AHM/HM	08:35 to 08:50 PM
Milk, Brush & Change	08:50 to 09:10 PM
Lights Out (IV-VI) / (VII-VIII)	09:15 PM

Shalini Mehrotra
Principal

27 March 2021

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES IV - V

ACTIVITIES	SATURDAY	SUNDAY
Rising	05:15 AM	07:30 AM
Wash & Change	05:15 to 05:30 AM	07:35 to 07:45 AM
Morning Tea & Biscuits	05:30 to 05:40 AM	07:50 to 08:00 AM
Morning Sports	NA	08:05 to 09:05 AM
Get Ready for School	05:40 to 06:20 AM	NA
Morning Prep	06:25 to 07:25 AM	NA
Breakfast	07:30 to 08:10 AM	09:15 to 10:00 AM
Assembly	08:20 to 08:40 AM	NA
Inter-House Competition	08:45 to 09:45 AM	
Hobby / Skills Learning	09:50 to 10:50 AM	SELF TIME 1) Self-care and Grooming. 2) Leisure Reading 3) Organizing My Space 4) Community Service 5) Joyful Activities
Morning Refreshment	10:55 to 11:10 AM	
Fourth Period	11:15 to 11:55 PM	
Fifth Period	11:55 to 12:35 PM	
Sixth Period	12:35 to 01:15 PM	
Lunch	01:20 to 01:50 PM	01:15 to 02:00 PM
Rest Time / Laundry / Salon	02:00 to 03:30 PM	Rest Time
	03:40 to 05:00 PM	House Prep
Evening Refreshment	05:05 to 05:25 PM	05:05 to 05:25 PM
Joyful Leisure Time (Inter-House Movements)	05:25 to 06:40 PM	05:25 to 06:40 PM
Wash & Change for Dinner	06:45 to 07:25 PM	06:45 to 07:25 PM
Dinner	07:35 to 08:15 PM	07:35 to 08:15 PM
Interaction with HM	Saturday Movie / JAM with popcorn & Coffee 08:20 to 10:20 PM	08:20 to 08:50 PM
Milk, Brush, and Change	10:30 PM to 10:40 PM (No milk)	08:50 PM to 09:10 PM
Lights Out	10:45 PM	09:15 PM

Shalini Mehrotra
Principal

27 March 2021

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES VI - VIII

Monday to Friday	Classes IV-VIII
Rising	05:15 AM
Wash & Change	05:15 to 05:30 AM
Morning Tea & Biscuits	05:30 to 05:40 AM
Get Ready for School	05:40 to 06:20 AM
Morning Prep	06:25 to 07:25 AM
Breakfast	07:30 to 08:10 AM
Wellbeing & Mindfulness session with Mentors	08:15 to 08:40 AM
First Period	08:40 to 09:20 AM
Second Period	09:20 to 10:00 AM
Third Period	10:00 to 10:40 AM
Morning Refreshment	10:40 to 10:55 AM
Fourth Period	11:00 to 11:40 AM
Fifth Period	11:40 to 12:20 PM
Sixth Period	12:20 to 01:00 PM
Seventh Period	01:00 to 01:40 PM
Lunch	01:50 to 02:30 PM
Rest Time	02:30 to 04:00 PM
Supervised Prep – Academic Block	04:05 to 05:05 PM
Evening Refreshment	05:10 to 05:20 PM
Evening Sports	05:25 to 06:40 PM
Joyful Leisure Time	06:40 to 07:40 PM
Dinner	07:45 to 08:25 PM
Interaction with AHM/HM	08:35 to 08:50 PM
Milk, Brush & Change	08:50 to 09:10 PM
Lights Out (IV-VI) / (VII-VIII)	09:15 PM

Shalini Mehrotra
Principal

27 March 2021

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES VI - VIII

ACTIVITIES	SATURDAY	SUNDAY
Rising	05:15 AM	07:30 AM
Wash & Change	05:15 to 05:30 AM	07:35 to 07:45 AM
Morning Tea & Biscuits	05:30 to 05:40 AM	07:50 to 08:00 AM
Morning Sports	NA	08:05 to 09:05 AM
Get Ready for School	05:40 to 06:20 AM	NA
Morning Prep	06:25 to 07:25 AM	NA
Breakfast	07:30 to 08:10 AM	09:15 to 10:00 AM
Assembly	08:20 to 08:40 AM	NA
Inter-House Competition	08:45 to 09:45 AM	
Hobby / Skills Learning	09:50 to 10:50 AM	SELF TIME 1) Self-care and Grooming. 2) Leisure Reading 3) Organizing My Space 4) Community Service 5) Joyful Activities
Morning Refreshment	10:55 to 11:10 AM	
Fourth Period	11:15 to 11:55 PM	
Fifth Period	11:55 to 12:35 PM	
Sixth Period	12:35 to 01:15 PM	
Seventh Period	01:15 to 01:55 PM	
Lunch	02:05 to 02:45 PM	01:15 to 02:00 PM
Rest Time / Laundry / Salon	02:00 to 03:30 PM	Rest Time
	03:40 to 05:00 PM	House Prep
Evening Refreshment	05:05 to 05:25 PM	05:05 to 05:25 PM
Joyful Leisure Time (Inter-House Movements)	05:25 to 06:40 PM	05:25 to 06:40 PM
Wash & Change for Dinner	06:45 to 07:25 PM	06:45 to 07:25 PM
Dinner	07:35 to 08:15 PM	07:35 to 08:15 PM
Interaction with HM	Saturday Movie / JAM with popcorn & Coffee 08:20 to 10:20 PM	08:20 to 08:50 PM
Milk, Brush, and Change	10:30 PM to 10:40 PM (No milk)	08:50 PM to 09:10 PM
Lights Out	10:45 PM	09:15 PM

Shalini Mehrotra
Principal

27 March 2021

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES IX - XII

Monday to Friday	Classes IX-XII
Rising	05:00 AM
Wash & Change	05:05 to 05:15 AM
Morning Tea & Biscuits	05:15 to 05:25 AM
Morning Sports	05:30 to 06:45 AM
Get Ready for School	06:45 to 07:25 AM
Breakfast	07:30 to 08:10 AM
Wellbeing & Mindfulness session with Mentors	08:15 to 08:40 AM
First Period	08:40 to 09:20 AM
Second Period	09:20 to 10:00 AM
Third Period	10:00 to 10:40 AM
Morning Refreshment	10:40 to 10:55 AM
Fourth Period	11:00 to 11:40 AM
Fifth Period	11:40 to 12:20 PM
Sixth Period	12:20 to 01:00 PM
Seventh Period	01:00 to 01:40 PM
Lunch	01:50 to 02:30 P M
Rest Hour	02:30 to 04:00 PM
Science Practical Classes (XIA - Mon-Phy, Wed-Chem, Fri-Bio) (XIIA - Mon-Chem, Wed-Bio, Fri-Phy)	03:00 to 04:00 PM
Skill Courses Class & 3 rd Language Class for Class IX	03:15 to 04:00 PM
Supervised Prep – Academic Block	04:05 to 05:05 PM
Evening Refreshment	05:10 to 05:20 PM
Leisure Time for Joyful Activities	05:25 to 06:25 PM
Wash & Change for Dinner	06:30 to 07:30 PM
Dinner	07:45 to 08:25 PM
Interaction with HM	08:35 to 08:50 PM
Night Milk	08:50 to 09:00 PM
Night Prep	09:00 to 10:00 PM
Brush & Change	10:05 to 10:10 PM
Lights Out	10:15 PM

Shalini Mehrotra
Principal

27 March 2021

VIDYA DEVI JINDAL SCHOOL
SCHOOL DAILY SCHEDULE
W.E.F. APRIL 5, 2021
CLASSES IX – XII

ACTIVITIES	SATURDAY	SUNDAY
Rising	05:00 AM	07:30 AM
Wash & Change	05:05 to 05:15 AM	07:35 to 07:45 AM
Morning Tea & Biscuits	05:15 to 05:25 AM	07:50 to 08:00 AM
Specialized Sports	05:30 to 06:45 AM	08:05 to 09:05 AM (Optional)
Get Ready for School	06:45 to 07:25 AM	NA
Breakfast	07:30 to 08:10 AM	09:15 to 10:00 AM
Assembly	08:20 to 08:40 AM	NA
Inter-House Competition	08:45 to 09:45 AM	
Hobby / Skills Learning	09:50 to 10:50 AM	SELF TIME 1) Self-care and Grooming. 2) Leisure Reading 3) Organizing My Space 4) Community Service 5) Joyful Activities
Morning Refreshment	10:55 to 11:10 AM	
Fourth Period	11:15 to 11:55 AM	
Fifth Period	11:55 to 12:35 PM	
Sixth Period	12:35 to 01:15 PM	
Seventh Period	01:15 to 01:55 PM	
Lunch	02:05 to 02:45 PM	01:15 to 02:00 PM
Rest Time / Laundry / Salon	02:00 to 3:30 PM	Rest Time
	03:40 to 05:00 PM	House Prep
Evening Refreshment	05:05 to 05:25 PM	05:05 to 05:25 PM
Joyful Leisure Time (Inter-House Movements)	05:25 to 06:40 PM	05:25 to 06:40 PM
Wash & Change for Dinner	06:45 to 07:25 PM	06:45 to 07:25 PM
Dinner	07:35 to 08:15 PM	07:35 to 08:15 PM
Interaction with HM	Saturday Movie / JAM with popcorn & Coffee 08:20 to 10:20 PM	08:20 to 08:50 PM
Milk	10:30 PM to 10:40 PM (No milk)	08:50 PM to 09:00 PM
Night Prep	NA	09:00 PM to 10:00 PM
Brush & Change	10:30 to 10:40 PM	10:05 to 10:10 PM
Lights Out	10:45 PM	10:15 PM

Shalini Mehrotra
Principal

27 March 2021