

| Swastik's Sattva Vikas School (Activation Plan) |                |   |                      |   |                  |   | Std - 7th                                |
|---|----------------|---|----------------------|---|------------------|---|--|
| No.   | Timing         | Monday                                    | Tuesday              | Wednesday                               | Thursday         | Friday                                    | Saturday                                 |
| 1   | 07:40 to 08:00 | <b>Prayer</b>                             |                      |   |                  |   |  |
| 2   | 08:00 to 08:55 | Lawn Tennis - Boys<br>Basket Ball - Girls | Maths                | Lawn Tennis-Boys<br>Basket Ball - Girls | Maths            | Basket Ball - Boys<br>Lawn Tennis - Girls | Basket Ball - Boys<br>LawnTennis - Girls |
| 3   | 08:55 to 09:50 | Social Science                            | Social Science       | Second Language                         | Second Language  | Science & Technology                      | Second Language                          |
| 4   | 09:50 to 10:45 | Yoga                                      | Language Skills      | Language Skills                         | Language Skills  | Instrumental & Vocal Music                | Language Skills                          |
| 5   | 10:45 to 11:40 | Language Skills                           | Science & Technology | Science & Technology                    | Yoga             | Language Skills                           | Science & Technology                     |
| <b>Annapurna Time</b>                           |                |   |                      |   |                  |   |  |
| 6   | 12:12 to 01:10 | Social Science Revision                   | Second Language      | Computer                                | Language Skills  | Social Science                            | Second Language Revision                 |
| 7   | 01:10 to 02:05 | Computer                                  | Library              | Social Science                          | Social Science   | Art & Craft                               | Instrumental & Vocal Music               |
| 8   | 02:05 to 03:00 | Science & Technology                      | Maths Revision       | Library                                 | Science Revision | Maths                                     |  |
| 9   | 02:50 to 03:00 | <b>Milk / Juice Time</b>                  |                      |   |                  |   |  |