

Transmission Schedule for April, 2022

कक्षा 7 की समय सारणी TIME TABLE OF CLASS 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	वीरवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा Physical Education
सामाजिक विज्ञान (भूगोल)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (इतिहास)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (राजनीति शास्त्र)
English	Social Science (Geography)	Social Science (History)	English	Social Science (Pol. Sc.)	Social Science (Geography)	Mathematics / Science Activities
Mathematics	Science	Mathematics	Science	Mathematics	Science	Social Science (History)

****The channel timings begin at 12 midnight and it will be repeated every 2 hours daily for 11 times to make it 24x7 channel**

*Watch Live programmes on every Thursday at 2:00 pm to 3:00 pm

*Follow NCERT Facebook Page (<https://www.facebook.com/ncertofficial/>) for topics of session

*To see the exact timings of the programmes: https://www.swayamprabha.gov.in/index.php/program/current_se/29

*Watch Live Webinar on ICT tools (4:00 pm to 5:00 pm) and live counselling session (5:00 pm to 5:30 pm) from Monday to Friday

Subject	Title of the Topic	Duration	Medium
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01 April 2022

विज्ञान	पाठ-1, पादपों में पोषण	Hindi	0:25:09
हिन्दी	पाठ-1, हम पंछी उन्मुक्त गगन के	Hindi	0:43:32
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	Hindi	0:08:04
Political Science	Ch-1, Equality in Indian Democracy	English	0:25:53
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	0:03:48
Mathematics	Chapter-1, Integers	English	0:25:07
Vocational	Electricity and its importance	English	0:04:08

02 April 2022

गणित	पाठ-1, पूर्णांक	Hindi	0:24:35
संस्कृत	पाठ-1, सुभाषित -I	Sanskrit	0:30:54
Storytelling/Value Education	एक अनेक और एकता	Hindi	0:06:57
Geography	Chapter-1, Environment	English	0:21:12
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	Hindi	0:21:47
Science	Chapter-1, Nutrition in Plants	English	0:21:04
Vocational	Electricity and its importance	English	0:04:08
Vocational	Design and Tracing Methods (Light Method)	English	0:05:33

03 April 2022

ONE CLASS, ONE CHANNEL

शारीरिक शिक्षा	Yoga Dhanurasan	Hindi	0:12:12
राजनीति विज्ञान	पाठ-1, समानता	Hindi	0:30:46
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	Hindi	0:29:33
General awareness	किशोरावस्था की ओर (English Subtitles)	Hindi	0:12:42
History	Chapter-1, Tracing Changes Through a Thousand Years	English	00:25:56
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	The evolution of communication	English	0:03:58
04 April 2022			
विज्ञान	पाठ-1, पादपों में पोषण	Hindi	0:25:09
भूगोल	पाठ-1, पर्यावरण	Hindi	0:28:13
English	Chapter-1, Three Questions Part-1	English	00:26:17
Creative Activities: Art & Craft	3D Kaleidoscope	English	0:03:16
Mathematics	Chapter-1, Integers	English	0:25:07
Vocational	घर पर बनाए हर्बल शैम्पू	Hindi	0:24:26
Vocational	The evolution of communication	English	0:03:58
05 April 2022			
गणित	पाठ-1, पूर्णांक	Hindi	0:24:35
हिन्दी	पाठ-1, हम पंछी उन्मुक्त गगन के	Hindi	0:43:32
Storytelling/Value Education	छोटा है या बड़ा	Hindi	0:04:07
Geography	Ch-1, Environment	English	0:21:12
Cultural Heritage: Art, Music & Dance	खेल-खेल में एनीमेशन	Hindi	0:06:30
Science	Chapter-1, Nutrition in Plants	English	0:21:04

ONE CLASS, ONE CHANNEL

Vocational	Design and Tracing Methods (Heat Method)	English	0:01:41
Vocational	Hand Embroidery Part B	English	0:13:54
06 April 2022			
विज्ञान	पाठ-10: जीवों में श्वसन	Hindi	0:18:58
उर्दू	ईदगाह	Hindi	0:28:18
Storytelling/Value Education	बस के नीचे बाग़	Hindi	0:05:52
History	Ch-10: Eighteenth century political formations	English	0:25:15
Cultural Heritage: Art, Music, Dance	Nature in Dance Movements	English/Hindi	0:07:22
Mathematics	Chapter-1, Integers	English	0:25:07
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Design and Tracing Methods (Heat Method)	English	0:01:41
Vocational	The evolution of communication	English	0:03:58
07 April 2022			
गणित	पाठ-1, पूर्णांक	Hindi	0:24:35
इतिहास	पाठ-1, हज़ार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	Hindi	00:23:05
Storytelling/Value Education	सवाली राम जवाबो रानी	Hindi	0:15:28
English	Chapter-1, Three Questions Part-1	English	00:26:17
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	English/Hindi	0:07:23
Science	Chapter-1, Nutrition in Plants	English	0:21:04
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
08 April 2022			
विज्ञान	पाठ-2, प्राणियों में पोषण	Hindi	0:20:25
हिन्दी	पाठ-2, दादी माँ	Hindi	0:27:20

ONE CLASS, ONE CHANNEL

Storytelling/Value Education	I have got 10 little fingers	English	0:09:10
Political Science	Ch-2, Role of the Government in Health	English	0:24:47
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	0:03:48
Mathematics	Chapter-2, Fractions and decimals	English	0:16:16
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	0:34:04
09 April 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	Hindi	0:24:58
संस्कृत	पाठ-1, सुभाषित -II	Sanskrit	00:27:46
Storytelling/Value Education	आओ कहानी लिखना सीखें	Hindi	0:29:20
Geography	Ch-2: Inside our Earth	English	0:15:19
Storytelling/Value Education	आज़ादी की कहानी-3	Hindi	0:11:42
Science	Chapter-2, Nutrition in Animals	English	0:20:39
Vocational	Overview of Automotive Service Technician	English	0:05:51
10 April 2022			
शारीरिक शिक्षा	Yoga Dhanurasan	Hindi	0:12:12
राजनीति विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	Hindi	0:31:26
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	Hindi	0:29:33
General Awareness	रोज़ बदलता कैसे चाँद -2	Hindi	0:06:23
General Awareness	रोज़ बदलता कैसे चाँद -१	Hindi	0:08:26
History	Chapter-2, New Kings & Kingdom	English	00:20:49
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42

Vocational	Design and Tracing Methods (Light Method)	English	0:05:33
11 April 2022			
विज्ञान	पाठ-2, प्राणियों में पोषण	Hindi	0:20:25
भूगोल	पाठ-2, हमारी पृथ्वी के अंदर	Hindi	00:20:22
Storytelling/Value Education	बस के नीचे बाग़	Hindi	0:05:52
English	Chapter-1, Three Questions Part-2	English	00:38:42
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	Hindi	0:10:33
Mathematics	Chapter-2, Fractions and decimals	English	0:16:16
Vocational	घर पर बनाए हर्बल शैम्पू	Hindi	0:24:26
12 April 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	Hindi	0:24:58
हिन्दी	पाठ-2, दादी माँ	Hindi	0:27:20
Storytelling	आज़ादी की कहानी-2	Hindi	0:14:47
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	0:07:19
Geography	Ch-2, Inside our Earth	English	0:15:19
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	Hindi	0:08:22
Science	Chapter-2, Nutrition in Animals	English	0:20:39
Vocational	Finishing and costing of embroidered Products	English	0:11:41
Vocational	Fishbone Stitch	English	0:05:56
13 April 2022			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	Hindi	0:23:51
उर्दू	ईदगाह	Hindi	0:28:18
Storytelling/Value Education	सवाली राम जवाबो रानी	Hindi	0:15:28

ONE CLASS, ONE CHANNEL

Class - VII

History	Ch-1, Tracing Changes Through a Thousand Years	English	0:24:25
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	English/Hindi	0:03:50
Mathematics	Chapter-2, Fractions and decimals	English	0:16:16
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Electricity and its importance	English	0:04:08
14 April 2022			
गणित	पाठ-2, भिन्न एवं दशमलव	Hindi	0:24:58
इतिहास	पाठ-2, नए राजा और उनके राज्य	Hindi	00:21:41
Storytelling/Value Education	आज़ादी की कहानी-3	Hindi	0:11:42
English	Chapter-1, Three Questions Part-2	English	00:38:42
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	English/Hindi	0:05:43
Science	Chapter-2, Nutrition in Animals	English	0:20:39
Vocational	Tools And Materials	English	0:12:44
15 April 2022			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	Hindi	0:23:51
हिन्दी	वसंत-२, पाठ-3, हिमालय की बेटियाँ	Hindi	0:26:55
Art & Craft	हर दिवस कला दिवस	Hindi	0:20:38
Political Science	Ch-3, How the State Government Works	English	0:22:59
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	English/Hindi	0:05:43
Mathematics	Ch- 3 Data handling	English	0:32:11
Vocational	Design and Tracing Methods	English	0:02:24
16 April 2022			
गणित	गणित, पाठ-3, आँकड़ों का प्रबंधन भाग -1	Hindi	0:32:01

संस्कृत	संस्कृत कथा, बुद्धि बलवती	Hindi	0:06:08
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	Hindi	0:19:10
Geography	Geography, Chapter-3, Our Changing Earth	English	00:20:21
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	English	0:14:06
Science	Science, Chapter-3, Fibre To Fabric	English	0:19:44
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Design and Tracing Methods (Heat Method)	English	0:01:41
17 April 2022			
Physical education	COVID 19 Awareness	English	0:12:46
शारीरिक शिक्षा	Yoga Olympiad-Hindi	Hindi	0:01:10
राजनीति विज्ञान	पाठ-3, राज्य शासन कैसे काम करता है	Hindi	0:30:28
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	Hindi	0:29:33
General Awareness	Why Seasons Happen?	English	0:03:17
General Awareness	Levers Around Us	English	0:08:00
General awareness	किशोरावस्था की ओर (English Subtitles)	Hindi	0:12:42
History	History, Chapter-3, The Delhi Sultans	English	00:20:44
Vocational	Finishing and costing of embroidered Products	English	0:11:41
Vocational	Seed Germination	English	0:06:44
18 April 2022			
विज्ञान	विज्ञान, पाठ-3, रेशों से वस्त्र तक	Hindi	0:17:23
भूगोल	भूगोल, पाठ-3, हमारी बदलती पृथ्वी	Hindi	00:24:12

ONE CLASS, ONE CHANNEL

Class - VII

Storytelling/Value Education	अक्ल बड़ी या पूँछ	Hindi	0:02:00
English	English, Chapter-2, A Gift of Chappals	English	00:22:29
Creative Activities: Art & Craft	जन्मदिन कार्ड (Birthday Card)	Hindi	0:03:52
Mathematics	Ch-3: Data handling	English	0:32:11
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	0:34:04
19 April 2022			
गणित	गणित, पाठ-3, आँकड़ों का प्रबंधन भाग -1	Hindi	0:32:01
हिन्दी	हिंदी, वसंत-२, पाठ-3, हिमालय की बेटियाँ	Hindi	0:26:55
Storytelling/Value Education	अक्ल बड़ी या पूँछ	Hindi	0:02:00
Story Telling/Value Education	वो कुछ दिन	Hindi	0:07:51
Geography	Ch-3, Our Changing Earth	English	0:20:21
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	Hindi	0:08:22
Science	Chapter-3, Fibre To Fabric	English	0:19:44
Vocational	Personal hygiene and Health	English	0:10:15
Vocational	Seed Germination	English	0:06:44
20 April 2022			
विज्ञान	पाठ-12: पादप में जनन	Hindi	0:18:01
उर्दू	ईदगाह	Hindi	0:28:18
Storytelling/Value Education	नन्हा फ़नकार	Hindi	0:14:07
History	Chapter-2, New King & Kingdom	English	00:20:26
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	English/Hindi	0:03:50
Mathematics	Ch-3: Data handling	English	0:32:11
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42

ONE CLASS, ONE CHANNEL

21 April 2022

गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -1	Hindi	0:32:01
इतिहास	पाठ-3, दिल्ली के सुलतान भाग -1	Hindi	00:34:11
Storytelling/Value Education	नन्हा फ़नकार	Hindi	0:14:07
English	Chapter-2, A Gift of Chappals	English	00:22:29
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andaman & Nicobar Is.	English/Hindi	0:05:12
Science	Chapter-3, Fibre To Fabric	English	0:19:44
Vocational	Seed Germination	English	0:06:44
Vocational	Design and Tracing Methods (Heat Method)	English	0:01:41

22 April 2022

विज्ञान	पाठ-12: पादप में जनन	Hindi	0:18:01
हिन्दी	वसंत-२, पाठ-4, कठपुतली	Hindi	0:21:45
Storytelling/Value Education	अक्ल बड़ी या पूँछ	Hindi	0:02:00
General awareness	Cyber Stalking	English	0:01:04
Political Science	Ch-4: Growing up as Boys and Girls	English	0:18:36
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	English/Hindi	0:08:22
Mathematics	Ch-4: Simple Equations	English	0:26:12
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Hand Embroidery Part B	English	0:13:54
Vocational	Feather Stitch	English	0:05:39

23 April 2022

गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -2	Hindi	0:33:46
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	Hindi	0:09:16

ONE CLASS, ONE CHANNEL

Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	Hindi	0:08:04
Geography	Chapter-4, Air	English	00:18:39
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	English	0:14:06
Science	Chapter-4, Heat	English	0:18:53
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	The evolution of communication	English	0:03:58
Vocational	Light as electromagnetic spectrum	English	0:06:56
24 April 2022			
Physical education	COVID 19 Awareness	English	0:12:46
शारीरिक शिक्षा	Yoga Olympiad-Hindi	Hindi	0:01:10
राजनीति विज्ञान	पाठ-4, लड़के और लड़कियों के रूप में बड़ा होना	Hindi	0:23:35
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	Hindi	0:29:33
General awareness	e-waste management Block-1	English	0:12:12
General awareness	व्यक्तिगत सुरक्षा	Hindi	0:17:02
History	Chapter-4, The Mughal Empire	English	00:30:33
Vocational	Overview of Automotive Service Technician	English	0:05:51
Vocational	Electricity and its importance	English	0:04:08
25 April 2022			
विज्ञान	पाठ-4, ऊष्मा	Hindi	0:17:23
भूगोल	पाठ-4, वायु	Hindi	00:32:56
Storytelling/Value Education	I have got 10 little fingers	English	0:09:10
English	Honeycomb, Chapter-3, Gopal and the Hilsa Fish	English	0:26:55

Creative Activities: Art & Craft	Flying Fish	English	0:01:11
Mathematics	Ch-4: Simple Equations	English	0:26:12
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Design and Tracing Methods	English	0:02:24
26 April 2022			
गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -2	Hindi	0:33:46
हिन्दी	वसंत-२, पाठ-4, कठपुतली	Hindi	0:21:45
Storytelling	आज़ादी की कहानी-3	Hindi	0:11:42
Story Telling/Value Education	छोटा है या बड़ा	Hindi	0:04:07
Geography	Chapter-4, Air	English	00:18:39
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	Hindi	0:08:22
Science	Chapter-4, Heat	English	0:18:53
Vocational	Finishing and costing of embroidered Products	English	0:11:41
Vocational	Overview of Automotive Service Technician	English	0:05:51
27 April 2022			
विज्ञान	पाठ-13: गति एवं समय	Hindi	0:27:31
उर्दू	ईदगाह	Hindi	0:28:18
Storytelling/Value Education	वो कुछ दिन	Hindi	0:07:51
History	Chapter-3, The Delhi Sultans	English	00:23:22
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	English/Hindi	0:03:50
Mathematics	Ch-4: Simple Equations	English	0:26:12
Vocational	Tools And Materials	English	0:12:44
Vocational	Seed Germination	English	0:06:44

ONE CLASS, ONE CHANNEL

28 April 2022

गणित	पाठ-3, आँकड़ों का प्रबंधन भाग -2	Hindi	0:33:46
इतिहास	पाठ-3, दिल्ली के सुलतान भाग-2	Hindi	00:27:11
Storytelling/Value Education	बस के नीचे बाग	Hindi	0:05:52
English	Honeycomb, Chapter-3, Gopal and the Hilsa Fish	English	0:26:55
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andaman & Nicobar Is.	English/Hindi	0:05:12
Science	Chapter-4, Heat	English	0:18:53
Vocational	Seed Germination	English	0:06:44
Vocational	Finishing and costing of embroidered Products	English	0:11:41

29 April 2022

विज्ञान	पाठ-12: पादप में जनन	Hindi	0:18:01
हिन्दी	वसंत-२, पाठ-5, मिठाईवाला भाग-1	Hindi	0:21:55
Storytelling/Value Education	अक्ल बड़ी या पूँछ	Hindi	0:02:00
General awareness	Cyber Stalking	English	0:01:04
Political Science	Ch-5, Women Change the World	English	0:25:09
Cultural Heritage: Art, Music & Dance	खेल-खेल में एनीमेशन	Hindi	0:06:30
Mathematics	Ch-5, Lines and angles	English	0:27:37
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	Light as electromagnetic spectrum	English	0:06:56
Vocational	Fishbone Stitch	English	0:05:56

30 April 2022

गणित	पाठ-4, सरल समीकरण	Hindi	0:30:25
संस्कृत	भूपति मयादस	Hindi	0:08:48

ONE CLASS, ONE CHANNEL
Class - VII

Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	0:07:19
Geography	Ch-5, Water	English	00:19:46
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	English	0:14:06
Science	Ch-5: Acids, Bases, And Salts	English	0:29:14
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	0:19:42
Vocational	The evolution of communication	English	0:03:58

***The channel timings begin at 12 midnight and it will be repeated every 2 hours daily for 11 times to make it 24x7 channel**

***Watch Live programmes on every Thursday at 2:00 pm to 3:00 pm**

***Watch Live Webinar on ICT tools (4:00 pm to 5:00 pm) and live counselling session (5:00 pm to 5:30 pm) from Monday to Friday**

