

दिसंबर 2021 प्रसारण अनुसूची

Transmission Schedule for December, 2021

कक्षा 10 की समय सारणी

TIME TABLE OF CLASS 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	वीरवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	गणित	गणित	संस्कृत	اردو (उर्दू)	सामाजिक विज्ञान (इतिहास)
सामाजिक विज्ञान (भूगोल)	सामाजिक विज्ञान (भूगोल)	विज्ञान	विज्ञान	सामाजिक विज्ञान (अर्थशास्त्र)	हिन्दी	सामाजिक विज्ञान (राजनीति विज्ञान)
Science	Science	Social Science (History)	Social Science (History)	Mathematics	Social Science (Pol. Sc.)	Social Science (Economics)
Mathematics	Mathematics	English	English	Science	Social Science (Geography)	Social Science (Geography)

***Note: Watch live and interact with subject experts on Every Friday from 2:00pm – 3:00 pm. Please follow the NCERT Face book Page (<https://www.facebook.com/ncertofficial/>) for the topics of session.**

You can watch the live sessions through NCERT Official You tube channel:
<https://www.youtube.com/channel/UCT0s92hGjqLX6p7qY9BBrSA>

To see the exact timings of the programmes:
https://www.swayamprabha.gov.in/index.php/program/current_se/32

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Date	Day	Subject	Title / Topic	Language	Duration (HH:MM:SS)
1 December 2021	Wednesday	गणित	गणित: पाठ-15: प्रायिकता-1	हिन्दी	00:24:25
1 December 2021	Wednesday	विज्ञान	पाठ-15: हमारा पर्यावरण-1	हिन्दी	00:15:51
1 December 2021	Wednesday	Cultural Heritage: Art, Music & Dance	Bharatanatyam- Paaddhedh Leaps	English	00:19:27
1 December 2021	Wednesday	Social Science (History)	Chapter-2 Nationalism in India-1	English	00:25:15
1 December 2021	Wednesday	Language (English)	Chapter 9: Bholi-1	English	00:26:18
2 December 2021	Thursday	गणित	पाठ-15: प्रायिकता-2	हिन्दी	00:23:41
2 December 2021	Thursday	विज्ञान	पाठ-15: हमारा पर्यावरण-2	हिन्दी	00:18:27
2 December 2021	Thursday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	हिन्दी	00:24:27
2 December 2021	Thursday	Social Science (History)	Chapter-2 Nationalism in India-2	English	00:22:41
2 December 2021	Thursday	Cyber Security	Tips to avoid Lottery Scams	English	00:00:53
2 December 2021	Thursday	Language (English)	Chapter 9: Bholi-2	English	00:25:27
3 December 2021	Friday	संस्कृत	पाठ - 3: व्यायाम: सर्वदा पथः-1	संस्कृत	00:24:24
3 December 2021	Friday	सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-5: उपभोक्ता अधिकार	हिन्दी	00:17:53
3 December 2021	Friday	सांस्कृतिक विरासत: कला, संगीत और नृत्य	भारत की शास्त्रीय नृत्य शैलियाँ - कथकलि - 1	हिन्दी	00:15:44
3 December 2021	Friday	Science	Chapter15: Our Environment	English	00:22:26
3 December 2021	Friday	सामान्य	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	00:06:07
3 December 2021	Friday	Mathematics	Chapter 15: Probability	English	00:29:54
4 December 2021	Saturday	Urdu	Chp-1: Bholi	Urdu	00:22:14
4 December 2021	Saturday	हिन्दी	पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	हिन्दी	00:21:52
4 December 2021	Saturday	Cultural Heritage: Art,	Folk Dance - Arunachal Pradesh	NA	00:09:33

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		Music & Dance			
4 December 2021	Saturday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	योग : धनुरासन	हिन्दी	00:12:12
4 December 2021	Saturday	Social Science (Political Science)	Chap 4: Gender, Religion and Caste -1	English	00:19:48
4 December 2021	Saturday	Social Science (Geography)	Chapter 5: Minerals And Energy Resources-1	English	00:15:59
4 December 2021	Saturday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	योग : पदमासन	हिन्दी	00:16:16
5 December 2021	Sunday	सामाजिक विज्ञान (इतिहास)	पाठ-2: भारत में राष्ट्रवाद -1	हिन्दी	00:27:30
5 December 2021	Sunday	सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-4: जाति; धर्म और लैंगिक मसले -1	हिन्दी	00:14:55
5 December 2021	Sunday	सांस्कृतिक विरासत: कला और शिल्प	कला से बदलाव	हिन्दी	00:12:45
5 December 2021	Sunday	Social Science (Economics)	Chapter 5: Consumer Rights	English	00:22:32
5 December 2021	Sunday	Social Science (Geography)	Chapter 5: Minerals And Energy Resources-2	English	00:17:30
5 December 2021	Sunday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	कबड्डी	हिन्दी	00:24:27
6 December 2021	Monday	हिन्दी	पाठ-15: महवीर प्रसाद द्विवेदी: स्त्री-शिक्षा के विरोधी कुतर्कों का खंडन	हिन्दी	00:18:16
6 December 2021	Monday	सामाजिक विज्ञान (भूगोल)	पाठ-5: खनिज तथा ऊर्जा संसाधन	हिन्दी	00:26:20
6 December 2021	Monday	सांस्कृतिक विरासत: कला, संगीत और नृत्य	स्वांग - गोपी उद्धव संवाद	हिन्दी	00:34:09
6 December 2021	Monday	Science	Chapter15: Our Environment	English	00:16:26
6 December 2021	Monday	Mathematics	Chapter 15: Probability-1	English	00:14:14
7 December 2021	Tuesday	हिन्दी	पाठ-15: महवीर प्रसाद द्विवेदी: स्त्री-शिक्षा के विरोधी कुतर्कों का खंडन	हिन्दी	00:30:19

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7 December 2021	Tuesday	सामाजिक विज्ञान (भूगोल)	पाठ-5: खनिज तथा ऊर्जा संसाधन	हिन्दी	00:26:20
7 December 2021	Tuesday	Science	Chapter15: Environment Adaptation-1	English	00:10:02
7 December 2021	Tuesday	Science	Chapter15: Our Environment 2	English	00:11:51
7 December 2021	Tuesday	Science	Chapter15: Our Environment 3	English	00:09:26
7 December 2021	Tuesday	Mathematics	Chapter 15: Probability-2	English	00:35:58
8 December 2021	Wednesday	गणित	पाठ-15: प्रायिकता	हिन्दी	00:22:29
8 December 2021	Wednesday	विज्ञान	पाठ-15: हमारा पर्यावरण	हिन्दी	00:19:05
8 December 2021	Wednesday	Cultural Heritage: Art, Music & Dance	Bharatanatyam- Dhit Dhit Tai	English	00:16:32
8 December 2021	Wednesday	Cyber Security	Social Networking	English	00:04:12
8 December 2021	Wednesday	Social Science (History)	Chapter-2 Nationalism in India-3	English	00:24:13
8 December 2021	Wednesday	General	Health And Sanitation	English	00:06:21
8 December 2021	Wednesday	Language (English)	Chapter 9: Bholi-1	English	00:26:18
9 December 2021	Thursday	गणित	पाठ-15: प्रायिकता	हिन्दी	00:22:29
9 December 2021	Thursday	विज्ञान	पाठ-15: हमारा पर्यावरण	हिन्दी	00:19:05
9 December 2021	Thursday	सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - सेवाग्राम	हिन्दी	00:08:49
9 December 2021	Thursday	Social Science (History)	Chapter-2 Nationalism in India	English	00:34:00
9 December 2021	Thursday	Cyber Security	Internet Ethics	English	00:02:50
9 December 2021	Thursday	Language (English)	Chapter 9: Bholi-2	English	00:25:27
10 December 2021	Friday	संस्कृत	पाठ - 3: व्यायाम: सर्वदा पथ्य:-2	संस्कृत	00:23:58
10 December 2021	Friday	सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-5: उपभोक्ता अधिकार	हिन्दी	00:17:53
10 December 2021	Friday	General	Personal Safety	English	00:14:19
10 December 2021	Friday	Science	Chapter15: Air Pollution 01	English	00:25:02

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10 December 2021	Friday	Mathematics	Chapter 15: Probability	English	00:29:54
11 December 2021	Saturday	Urdu	Chp-2: Naya Qanun	Urdu	00:26:05
11 December 2021	Saturday	हिन्दी	पाठ-7: पतझर में टूटी पत्तियाँ: रवींद्र केलेकर -1	हिन्दी	00:26:48
11 December 2021	Saturday	Cultural Heritage: Art, Music & Dance	Parichakali Folk Dance of Lakshadweep Islands	English	00:15:50
11 December 2021	Saturday	Social Science (Political Science)	Chap 4: Gender, Religion and Caste -2	English	00:22:07
11 December 2021	Saturday	Social Science (Geography)	Chapter 5: Minerals And Energy Resources	English	00:27:47
12 December 2021	Sunday	सामाजिक विज्ञान (इतिहास)	पाठ-2: भारत में राष्ट्रवाद -2	हिन्दी	00:19:07
12 December 2021	Sunday	सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-4: जाति; धर्म और लैंगिक मसले -2	हिन्दी	00:16:31
12 December 2021	Sunday	Cultural Heritage: Art, Music & Dance	Dance : A way of expression- II (by Jayalakshmi Eshwar)	English/Hindi	00:29:59
12 December 2021	Sunday	Social Science (Economics)	Chapter 5: Consumer Rights	English	00:22:32
12 December 2021	Sunday	Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Leh Ladakh	NA	00:03:48
12 December 2021	Sunday	Social Science (Geography)	Chapter 5: Minerals And Energy Resources	English	00:27:47
13 December 2021	Monday	हिन्दी	पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	हिन्दी	00:27:46
13 December 2021	Monday	सामाजिक विज्ञान (भूगोल)	पाठ-5: खनिज तथा ऊर्जा संसाधन	हिन्दी	00:26:20
13 December 2021	Monday	स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	योग : शलभासन	हिन्दी	00:12:18
13 December 2021	Monday	Science	Chapter15: Air Pollution 02	English	00:25:58

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13 December 2021	Monday	Mathematics	Chapter 15: Probability-1	English	00:14:14
14 December 2021	Tuesday	हिन्दी	पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	हिन्दी	00:20:21
14 December 2021	Tuesday	सामाजिक विज्ञान (भूगोल)	पाठ-5: खनिज तथा ऊर्जा संसाधन	हिन्दी	00:26:20
14 December 2021	Tuesday	सांस्कृतिक विरासत: कला और शिल्प	तेरे लिए भी- लघु फिल्म	हिन्दी	00:11:28
14 December 2021	Tuesday	Science	Chapter15: Our Environment	English	00:16:26
14 December 2021	Tuesday	Mathematics	Chapter 15: Probability-2	English	00:35:58
15 December 2021	Wednesday	गणित	पाठ-15: प्रायिकता-1	हिन्दी	00:24:25
15 December 2021	Wednesday	विज्ञान	पाठ-15: हमारा पर्यावरण-1	हिन्दी	00:15:51
15 December 2021	Wednesday	सांस्कृतिक विरासत: कला और शिल्प	लकड़ी पे नक्काशी	हिन्दी	00:11:48
15 December 2021	Wednesday	Social Science (History)	Chapter 3: The Making of a Global World- 1	English	00:29:47
15 December 2021	Wednesday	General	COVID - 19 : Prevention and Treatment	Hindi/English	00:11:07
15 December 2021	Wednesday	Language (English)	Chapter 9: Bholi-1	English	00:26:18
16 December 2021	Thursday	गणित	पाठ-15: प्रायिकता-2	हिन्दी	00:23:41
16 December 2021	Thursday	General	Gender Equality	English	00:07:09
16 December 2021	Thursday	विज्ञान	पाठ-15: हमारा पर्यावरण-2	हिन्दी	00:18:27
16 December 2021	Thursday	Cultural Heritage: Art, Music & Dance	National Role Play & Folk dance - Puducherry	NA	00:09:50
16 December 2021	Thursday	Social Science (History)	Chapter 3: The Making of a Global World- 2	English	0:32:07

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16 December 2021	Thursday	Language (English)	Chapter 9: Bholi-2	English	00:25:27
17 December 2021	Friday	संस्कृत	पाठ - 3: व्यायाम: सर्वदा पथ्य:-1	संस्कृत	00:24:24
17 December 2021	Friday	सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-5: उपभोक्ता अधिकार	हिन्दी	00:17:53
17 December 2021	Friday	Cyber Security	Social Networking	English	00:04:12
17 December 2021	Friday	Science	Chapter 16: Management of Natural Resources-1	English	00:22:51
17 December 2021	Friday	Mathematics	Chapter 15: Probability	English	00:29:54
17 December 2021	Friday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	योग : त्रिकोणासन	हिन्दी	00:16:18
18 December 2021	Saturday	Urdu	Chp-3: Bheek	Urdu	00:18:08
18 December 2021	Saturday	हिन्दी	पाठ-8:कारतूस: हबीब तनवीर	हिन्दी	00:29:22
18 December 2021	Saturday	सांस्कृतिक विरासत: कला और शिल्प	बास की हस्त शिल्प कला	हिन्दी	00:16:48
18 December 2021	Saturday	Social Science (Political Science)	Chap 4: Gender, Religion and Caste -3	English	00:20:58
18 December 2021	Saturday	Social Science (Geography)	Chapter 6: Manufacturing Industries -1	English	00:16:47
18 December 2021	Saturday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	टिहरी कूद	हिन्दी	00:14:29
19 December 2021	Sunday	सामाजिक विज्ञान (इतिहास)	पाठ-2: भारत में राष्ट्रवाद -3	हिन्दी	00:20:56
19 December 2021	Sunday	Cultural Heritage: Art, Music & Dance	Navras: Dance Emotions	English	00:03:50
19 December 2021	Sunday	सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-4: जाति; धर्म और लैंगिक मसले	हिन्दी	00:22:54
19 December 2021	Sunday	सांस्कृतिक विरासत: कला और शिल्प	हाडोती का सिरमौर - कोटा	हिन्दी	00:21:10

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19 December 2021	Sunday	Social Science (Economics)	Chapter 5: Consumer Rights	English	00:22:32
19 December 2021	Sunday	Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Jharkhand	NA	00:04:14
19 December 2021	Sunday	Social Science (Geography)	Chapter 6: Manufacturing Industries -2	English	00:13:13
19 December 2021	Sunday	सांस्कृतिक विरासत: कला और शिल्प	ताजमहल अतुलिया धरोवर	हिन्दी	00:10:06
20 December 2021	Monday	हिन्दी	पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-1	हिन्दी	00:20:12
20 December 2021	Monday	सामाजिक विज्ञान (भूगोल)	पाठ-6: विनिर्माण उद्योग-1	हिन्दी	00:23:29
20 December 2021	Monday	स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	जेवलिन थ्रो - 2	हिन्दी	00:15:40
20 December 2021	Monday	Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	English	00:11:58
20 December 2021	Monday	Science	Chapter 16: Management of Natural Resources-1	English	00:22:51
20 December 2021	Monday	Mathematics	Chapter 15: Probability-1	English	00:14:14
21 December 2021	Tuesday	हिन्दी	पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-2	हिन्दी	00:21:02
21 December 2021	Tuesday	सामाजिक विज्ञान (भूगोल)	पाठ-6: विनिर्माण उद्योग-2	हिन्दी	00:22:13
21 December 2021	Tuesday	सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - सेवाग्राम	हिन्दी	00:08:49
21 December 2021	Tuesday	Science	Chapter 16: Management of Natural Resources-1	English	00:22:51
21 December 2021	Tuesday	Mathematics	Chapter 15: Probability-2	English	00:35:58
22 December 2021	Wednesday	गणित	पाठ-15: प्रायिकता	हिन्दी	00:22:29

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22 December 2021	Wednesday	विज्ञान	पाठ-16: प्राकृतिक संसाधनों का संपोषित प्रबंधन	हिन्दी	00:25:35
22 December 2021	Wednesday	Cultural Heritage: Art, Music & Dance	NRP Role Play 2014: Mysore	English	00:08:48
22 December 2021	Wednesday	General	Emotional Well Being and Mental Health	English	00:04:57
22 December 2021	Wednesday	Social Science (History)	Chapter 3: The Making of a Global World- 3	English	00:31:26
22 December 2021	Wednesday	Language (English)	Chapter 10: The Book that Saved the Earth	English	00:25:32
23 December 2021	Thursday	गणित	पाठ-15: प्रायिकता	हिन्दी	00:22:29
23 December 2021	Thursday	विज्ञान	पाठ-16: प्राकृतिक संसाधनों का संपोषित प्रबंधन-1	हिन्दी	00:13:54
23 December 2021	Thursday	सांस्कृतिक विरासत: कला और शिल्प	प्रिंट आर्ट	हिन्दी	00:20:43
23 December 2021	Thursday	Social Science (History)	Chapter 3: The Making of a Global World- 1	English	00:29:47
23 December 2021	Thursday	Language (English)	Chapter 10: The Book that Saved the Earth	English	00:25:32
24 December 2021	Friday	संस्कृत	पाठ - 4: शिशुलालनम-1	संस्कृत	00:24:05
24 December 2021	Friday	सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-5: उपभोक्ता अधिकार	हिन्दी	00:24:38
24 December 2021	Friday	Cultural Heritage: Art, Music & Dance	Folk Dance - Assam	NA	00:09:48
24 December 2021	Friday	Science	Chapter 16: Management of Natural Resources	English	00:30:18
24 December 2021	Friday	Mathematics	Chapter 15: Probability	English	00:29:54
25 December 2021	Saturday	Urdu	Chp-4: Sir Sayyad Ka Bachpan	Urdu	00:28:01
25 December 2021	Saturday	हिन्दी	पाठ-16: यतींद्र मिश्र: नौबतखाने में इबादत-3	हिन्दी	00:22:52

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25 December 2021	Saturday	सामान्य	Meena: I Am Meena	हिन्दी	00:15:22
25 December 2021	Saturday	Social Science (Political Science)	Chapter 4: Gender, Religion and Caste	English	00:21:35
25 December 2021	Saturday	Social Science (Geography)	Chapter 6: Manufacturing Industries	English	00:31:14
26 December 2021	Sunday	सामाजिक विज्ञान (इतिहास)	पाठ-2: भारत में राष्ट्रवाद -4	हिन्दी	00:23:23
26 December 2021	Sunday	सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-4: जाति; धर्म और लैंगिक मसले	हिन्दी	00:22:54
26 December 2021	Sunday	स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	जेवलिन थ्रो - 1	हिन्दी	00:17:29
26 December 2021	Sunday	Social Science (Economics)	Chapter 5: Consumer Rights	English	00:22:32
26 December 2021	Sunday	Social Science (Geography)	Chapter 6: Manufacturing Industries	English	00:31:14
27 December 2021	Monday	हिन्दी	पाठ-17: भदंत आनंद कौसल्यायन : संस्कृति	हिन्दी	00:25:11
27 December 2021	Monday	सामाजिक विज्ञान (भूगोल)	पाठ-6: विनिर्माण उद्योग-3	हिन्दी	00:19:21
27 December 2021	Monday	सांस्कृतिक विरासत: कला और शिल्प	बांस की हस्त शिल्प कला	हिन्दी	00:16:48
27 December 2021	Monday	Cultural Heritage: Art, Music & Dance	National Role Play- Karnataka	English	00:08:22
27 December 2021	Monday	Science	Chapter 16: Management of Natural Resources-1	English	00:22:51
27 December 2021	Monday	Mathematics	Chapter 15: Probability-1	English	00:14:14
28 December 2021	Tuesday	हिन्दी	पाठ-17: भदंत आनंद कौसल्यायन : संस्कृति	हिन्दी	00:21:50
28 December 2021	Tuesday	सामाजिक विज्ञान (भूगोल)	पाठ-6: विनिर्माण उद्योग	हिन्दी	00:23:50
28 December 2021	Tuesday	Cultural Heritage: Art,	NRP 2014 Folk Dance- Bhopal	NA	00:09:24

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		Music & Dance			
28 December 2021	Tuesday	Science	Chapter 16: Management of Natural Resources-1	English	00:22:51
28 December 2021	Tuesday	Mathematics	Chapter 15: Probability-2	English	00:35:58
29 December 2021	Wednesday	गणित	पाठ-15: प्रायिकता-1	हिन्दी	00:24:25
29 December 2021	Wednesday	विज्ञान	पाठ-16: प्राकृतिक संसाधनों का संपोषित प्रबंधन-2	हिन्दी	00:23:44
29 December 2021	Wednesday	सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - नालन्दा	हिन्दी	00:05:15
29 December 2021	Wednesday	Social Science (History)	Chapter 3: The Making of a Global World- 2	English	0:32:07
29 December 2021	Wednesday	General	Safe Use of Internet	English	00:05:59
29 December 2021	Wednesday	Language (English)	Chapter 10: The Book that Saved the Earth	English	00:25:32
30 December 2021	Thursday	गणित	पाठ-15: प्रायिकता-2	हिन्दी	00:23:41
30 December 2021	Thursday	विज्ञान	पाठ-16: प्राकृतिक संसाधनों का संपोषित प्रबंधन-3	हिन्दी	00:22:08
30 December 2021	Thursday	Cultural Heritage: Art, Music & Dance	Folk Dance - Bihar	NA	00:08:41
30 December 2021	Thursday	Social Science (History)	Chapter 3: The Making of a Global World- 3	English	00:31:26
30 December 2021	Thursday	Language (English)	Chapter 10: The Book that Saved the Earth	English	00:25:32
31 December 2021	Friday	संस्कृत	पाठ - 4: शिशुलालनम-2	संस्कृत	00:27:26
31 December 2021	Friday	सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-5: उपभोक्ता अधिकार	हिन्दी	00:24:38
31 December 2021	Friday	Science	Chapter 16: Management of Natural Resources	English	00:30:18
31 December 2021	Friday	Mathematics	Chapter 15: Probability	English	00:29:54

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