

## कक्षा 4 की समय सारणी

### TIME TABLE OF CLASS 4

Monday सोमवार	Tuesday मंगलवार	Wednesday बुधवार	Thursday बृहस्पतिवार	Friday शुक्रवार	Saturday शनिवार	Sunday रविवार
गणित	गणित	पर्यावरण अध्ययन	पर्यावरण अध्ययन	गणित	गणित	Physical Education
हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	Storytelling	Storytelling
EVS	EVS	Mathematics	Mathematics	Mathematics	Mathematics	Physical Education
English	English	English	English	English	Storytelling	Storytelling

**\*Note: Watch live and interact with subject experts on Every Tuesday from 3:00pm – 4:00 pm.**

Please follow the NCERT Facebook 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://swayamprabha.gov.in/index.php/program/current\\_se/26](https://swayamprabha.gov.in/index.php/program/current_se/26)

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## Transmission Schedule for January, 2022

Subject	Title / Topic	Duration (HH:MM:SS)	Medium
<b>Saturday, January 1, 2022</b>			
गणित	पाठ 13:खेत और बाड़	0:19:36	Hindi
Storytelling	टर्म टू भाग 4	0:24:03	Hindi
Mathematics	Chapter 12: How Heavy? How Light? Part 1	0:14:40	English
Storytelling	टर्म टू भाग 5	0:22:22	Hindi
CWSN	पानी कहीं ज्यादा कहीं कम-1	0:16:03	ISL
CWSN	नंदिता मुंबई में भाग 2	0:10:36	ISL
CWSN	बसवा का खेत	0:11:09	ISL
<b>Sunday, January 2, 2022</b>			
Physical Education	पोषण, स्वास्थ्य और स्वच्छता	0:06:39	Hindi
Physical Education	योग: सर्वांगसन	0:12:33	Hindi
Storytelling	टर्म टू भाग 6	0:22:54	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Goa	0:06:25	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Jammu and Kashmir	0:07:01	Hindi
Physical Education	योग: त्रिकोणासन	0:16:18	Hindi
Storytelling	टर्म टू भाग 7	0:23:24	Hindi
CWSN	चूं-चूं करती आई चिड़िया	0:24:01	ISL
<b>Monday, January 3, 2022</b>			
गणित	पाठ 14:स्मार्ट चार्ट	0:25:28	Hindi
हिन्दी	पाठ 13 :हुदहुद	0:22:05	Hindi
EVS	Hu-tu-tu, Hu-tu-tu	0:21:41	English
English	Unit 1: Wake up and Neha's Alarm Clock	0:26:37	English
CWSN	मिलकर खाएं भाग 2	0:09:51	ISL
CWSN	कैसे-कैसे बदले घर भाग 2	0:10:23	ISL

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**ONE CLASS, ONE CHANNEL**

CWSN	मिलकर खाएं भाग 2	0:18:42	ISL
<b>Tuesday, January 4, 2022</b>			
गणित	पाठ 13:खेत और बाड़	0:19:36	Hindi
हिन्दी	पाठ 14 :मुफ्त ही मुफ्त	0:27:25	Hindi
EVS	Hu tu tu, Hu tu tu	0:36:42	English
English	Unit 1: Wake up	0:25:12	English
CWSN	अनीता की मधुमक्खियां भाग 2	0:13:22	ISL
CWSN	बदलते परिवार	0:15:52	ISL
<b>Wednesday, January 5, 2022</b>			
पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	0:27:20	Hindi
हिन्दी	पाठ 13 :हुदहुद	0:22:05	Hindi
Mathematics	Chapter 12: How Heavy? How Light? Part 2	0:22:35	English
English	Unit 1: Neha's Alarm clock	0:28:18	English
CWSN	पोचमपल्ली	0:15:30	ISL
CWSN	कैसे-कैसे बदले घर भाग 1	0:14:00	ISL
<b>Thursday, January 6, 2022</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुंद्र तक	0:13:23	Hindi
हिन्दी	पाठ 14 :मुफ्त ही मुफ्त	0:27:25	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Andhra Pradesh	0:06:51	Hindi
Mathematics	Chapter 13 : Fields And Fences	0:15:00	English
English	Unit 2: Noses and The Little Fir Tree	0:30:27	English
CWSN	अनीता की मधुमक्खियां भाग 1	0:09:49	ISL
CWSN	पहाड़ों से समुंद्र तक	0:15:03	ISL
CWSN	फुलवारी	0:20:21	ISL
<b>Friday, January 7, 2022</b>			
गणित	पाठ 14:स्मार्ट चार्ट	0:25:28	Hindi
हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:17:58	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Assam	0:05:34	Hindi

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**ONE CLASS, ONE CHANNEL**

**Class - IV**

Mathematics	Chapter 14 : Smart Charts	0:24:17	English
English	Unit 2: Noses	0:15:09	English
CWSN	नंदू हाथी	0:18:11	ISL
CWSN	मन के भोले-भाले बादल	0:09:24	ISL
CWSN	कौन	0:08:52	ISL
<b>Saturday, January 8, 2022</b>			
गणित	पाठ 1: ईंटों से बनी ईमारत	0:27:53	Hindi
Storytelling	टर्म टू भाग 8	0:24:06	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Bihar	0:06:37	Hindi
Mathematics	Chapter 14 : Smart Charts	0:21:41	English
Storytelling	टर्म टू भाग 9	0:22:43	Hindi
CWSN	स्वतंत्रता की ओर भाग 1	0:16:42	ISL
CWSN	स्वतंत्रता की ओर भाग 2	0:19:35	ISL
<b>Sunday, January 9, 2022</b>			
Physical Education	Growing up Healthy	0:04:11	English
Physical Education	स्वस्थ बढ़ना	0:04:20	Hindi
Storytelling	टर्म टू भाग 10	0:24:42	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chandigarh	0:06:13	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Odisha	0:07:09	Hindi
Physical Education	Nutrition, Health & Sanitation	0:06:21	English
Physical Education	पोषण, स्वास्थ्य और स्वच्छता	0:06:39	Hindi
Storytelling	टर्म टू भाग 11	0:22:57	Hindi
CWSN	मुफ्त ही मुफ्त भाग 2	0:15:26	ISL
CWSN	पापा जब बच्चे थे भाग 1	0:14:44	ISL
CWSN	उलझन/एक साथ तीन सुख	0:06:06	ISL
<b>Monday, January 10, 2022</b>			
गणित	पाठ 2 : लंबा और छोटा	0:31:23	Hindi

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हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:23:15	Hindi
<b>Cultural Heritage: Art/Music &amp; Dance</b>	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Delhi	0:06:22	Hindi
<b>EVS</b>	The Valley of Flowers	0:21:38	English
<b>English</b>	Unit 2: The Little Fir Tree	0:20:21	English
<b>CWSN</b>	थप्प रोटी थप्प दाल	0:22:52	ISL
<b>CWSN</b>	बजाओ खुद का बनाया बाजा	0:06:03	ISL
<b>Tuesday, January 11, 2022</b>			
<b>गणित</b>	पाठ 3: भोपाल की सैर	0:39:10	Hindi
<b>हिन्दी</b>	पाठ 2 : जैसा सवाल वैसा जवाब	0:20:41	Hindi
<b>EVS</b>	Changing Times	0:28:45	English
<b>English</b>	Unit 3 : Run & Nasruddin's Aim	0:23:43	English
<b>CWSN</b>	Going to Buy a Book Part 1	0:12:34	ISL
<b>CWSN</b>	Going to Buy a Book Part 2	0:08:39	ISL
<b>Wednesday, January 12, 2022</b>			
<b>पर्यावरण अध्ययन</b>	पाठ 14: बसवा का खेत	0:16:07	Hindi
<b>हिन्दी</b>	पाठ 2 : जैसा सवाल वैसा जवाब	0:30:31	Hindi
<b>Mathematics</b>	Chapter 14 : Smart Charts	0:25:28	English
<b>Cultural Heritage: Art/Music &amp; Dance</b>	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Jharkhand	0:04:14	Hindi
<b>English</b>	Unit 3 : Run & Nasruddin's Aim	0:22:26	English
<b>CWSN</b>	The Scholars Mother Tongue	0:16:50	ISL
<b>CWSN</b>	The Truth Balloon	0:04:22	ISL
<b>CWSN</b>	दूर देश की बात भाग 2	0:08:37	ISL
<b>Thursday, January 13, 2022</b>			
<b>पर्यावरण अध्ययन</b>	पाठ 15: मंडी से घर तक	0:19:05	Hindi
<b>हिन्दी</b>	पाठ 3 : किरमिच की गेंद	0:27:14	Hindi
<b>Mathematics</b>	Chapter 12: How Heavy? How Light? Part 1	0:14:40	English
<b>English</b>	Unit 1: Wake up and Neha's Alarm Clock	0:26:37	English
<b>CWSN</b>	फ़ौजी वहीदा	0:18:10	ISL

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CWSN	कोशिश हुई कामयाब	0:12:22	ISL
CWSN	खिड़की से	0:15:44	ISL
<b>Friday, January 14, 2022</b>			
गणित	पाठ 1: ईंटों से बनी ईमारत	0:27:53	Hindi
हिन्दी	पाठ 3 : किरमिच की गेंद	0:17:03	Hindi
Mathematics	Chapter 12: How Heavy? How Light? Part 2	0:22:35	English
English	Unit 1: Wake up	0:25:12	English
CWSN	हु तू तू: हु तू तू भाग 1	0:10:13	ISL
CWSN	हु तू तू: हु तू तू भाग 2	0:10:39	ISL
CWSN	ओमना का सफर	0:12:21	ISL
<b>Saturday, January 15, 2022</b>			
गणित	पाठ 2 : लंबा और छोटा	0:31:23	Hindi
Storytelling	टर्म टू भाग 12	0:21:29	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Haryana	0:06:08	Hindi
Mathematics	Chapter 13 : Fields And Fences	0:15:00	English
Storytelling	टर्म टू भाग 13	0:23:36	Hindi
CWSN	पानी कहीं ज्यादा कहीं कम-1	0:16:03	ISL
CWSN	नंदिता मुंबई में भाग 2	0:10:36	ISL
<b>Sunday, January 16, 2022</b>			
Physical Education	योग: सर्वांगासन	0:12:33	Hindi
Physical Education	योग: सर्वांगासन	0:12:33	Hindi
Physical Education	योग: त्रिकोणासन	0:16:18	Hindi
Storytelling	तुम्हारी कहानियां : डोमी की चप्पलें भाग 1	0:12:46	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Uttar Pradesh	0:04:46	Hindi
Physical Education	Growing up Healthy	0:04:11	English
Physical Education	स्वस्थ बढ़ना	0:04:20	Hindi
Physical Education	Nutrition, Health & Sanitation	0:06:21	English
Storytelling	तुम्हारी कहानियां : डोमी की चप्पलें भाग 2	0:14:11	Hindi

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CWSN	चूं-चूं करती आई चिड़िया	0:24:01	ISL
<b>Monday, January 17, 2022</b>			
गणित	पाठ 3: भोपाल की सैर	0:39:10	Hindi
हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:17:58	Hindi
<b>Cultural Heritage: Art/Music &amp; Dance</b>	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Gujarat	0:06:44	Hindi
EVS	Changing Times Part I	0:09:11	English
English	Unit 1: Neha's Alarm clock	0:28:18	English
<b>Cultural Heritage: Art/Music &amp; Dance</b>	Badal Raag	0:01:37	Hindi
CWSN	पानी कहीं ज्यादा कहीं कम-3	0:09:24	ISL
CWSN	मिलकर खाएं भाग 2	0:09:51	ISL
CWSN	कैसे-कैसे बदले घर भाग 2	0:10:23	ISL
<b>Tuesday, January 18, 2022</b>			
गणित	पाठ 1: ईंटों से बनी ईमारत	0:27:53	Hindi
हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:23:15	Hindi
EVS	Changing Times Part II	0:14:44	English
English	Unit 2: Noses and The Little Fir Tree	0:30:27	English
CWSN	मिलकर खाएं भाग 2	0:18:42	ISL
CWSN	दुनियां मेरे घर में	0:18:46	ISL
<b>Wednesday, January 19, 2022</b>			
पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	0:27:20	Hindi
हिन्दी	पाठ 2 : जैसा सवाल वैसा जवाब	0:20:41	Hindi
Mathematics	Chapter 14 : Smart Charts	0:24:17	English
English	Unit 2: Noses	0:15:09	English
CWSN	बदलते परिवार	0:15:52	ISL
CWSN	पोचमपल्ली	0:15:30	ISL
CWSN	कैसे-कैसे बदले घर भाग 1	0:14:00	ISL
<b>Thursday, January 20, 2022</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुन्द्र तक	0:13:23	Hindi

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हिन्दी	पाठ 2 : जैसा सवाल वैसा जवाब	0:30:31	Hindi
Mathematics	Chapter 14 : Smart Charts	0:21:41	English
English	Unit 2: The Little Fir Tree	0:20:21	English
CWSN	चटपटी पहेलियाँ!	0:12:43	ISL
CWSN	अनीता की मधुमक्खियां भाग 1	0:09:49	ISL
CWSN	पहाड़ों से समुंदर तक	0:15:03	ISL
<b>Friday, January 21, 2022</b>			
गणित	पाठ 2 : लंबा और छोटा	0:31:23	Hindi
हिन्दी	पाठ 3 : किरमिच की गेंद	0:27:14	Hindi
Mathematics	Chapter 14 : Smart Charts	0:25:28	English
English	Unit 3 : Run & Nasruddin's Aim	0:23:43	English
CWSN	नंदू हाथी	0:18:11	ISL
<b>Saturday, January 22, 2022</b>			
गणित	पाठ 3: भोपाल की सैर	0:39:10	Hindi
Storytelling	तुम्हारी कहानियां : सच बोलो	0:13:33	Hindi
Mathematics	Chapter 1 : Building with Bricks	0:22:02	English
Storytelling	टर्म टू भाग 1	0:22:58	Hindi
CWSN	स्वतंत्रता की ओर भाग 1	0:16:42	ISL
CWSN	स्वतंत्रता की ओर भाग 2	0:19:35	ISL
<b>Sunday, January 23, 2022</b>			
Physical Education	योग: त्रिकोणासन	0:16:18	Hindi
Physical Education	Growing up Healthy	0:04:11	English
Physical Education	स्वस्थ बढ़ना	0:04:20	Hindi
Storytelling	टर्म टू भाग 2	0:22:00	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Kendriya Vidyalaya	0:04:18	Hindi
Physical Education	Nutrition, Health & Sanitation	0:06:21	English
Storytelling	टर्म टू भाग 3	0:21:54	Hindi
CWSN	मुफ्त ही मुफ्त भाग 1	0:16:40	ISL
CWSN	मुफ्त ही मुफ्त भाग 2	0:15:26	ISL

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CWSN	पापा जब बच्चे थे भाग 1	0:14:44	ISL
<b>Monday, January 24, 2022</b>			
गणित	पाठ 1: ईंटों से बनी ईमारत	0:27:53	Hindi
हिन्दी	पाठ 3 : किरमिच की गेंद	0:17:03	Hindi
EVS	Chapter 13 :A River's Tale Part 1	0:20:34	English
English	Unit 3 : Run & Nasruddin's Aim	0:22:26	English
CWSN	बजाओ खुद का बनाया बाजा	0:06:03	ISL
CWSN	Alice in Wonderland	0:11:17	ISL
CWSN	Going to Buy a Book Part 1	0:12:34	ISL
<b>Tuesday, January 25, 2022</b>			
गणित	पाठ 2 : लंबा और छोटा	0:31:23	Hindi
हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:17:58	Hindi
EVS	Chapter 13 :A River's Tale Part 2	0:21:16	English
English	Unit 1: Wake up and Neha's Alarm Clock	0:26:37	English
CWSN	Going to Buy a Book Part 2	0:08:39	ISL
CWSN	Hellen Keller	0:13:28	ISL
CWSN	The Scholars Mother Tongue	0:16:50	ISL
<b>Wednesday, January 26, 2022</b>			
पर्यावरण अध्ययन	पाठ 14: बसवा का खेत	0:16:07	Hindi
हिन्दी	पाठ 1 : मन के भोले- भाले बादल	0:23:15	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Navodaya Vidyalaya	0:06:18	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	0:06:08	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	0:05:17	Hindi
Mathematics	Chapter 2 : Long and Short Part 1	0:23:13	English
English	Unit 1: Wake up	0:25:12	English
CWSN	The Truth Balloon	0:04:22	ISL
CWSN	फ़ौजी वहीदा	0:18:10	ISL

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**ONE CLASS, ONE CHANNEL**

**Thursday, January 27, 2022**

पर्यावरण अध्ययन	पाठ 15: मंडी से घर तक	0:19:05	Hindi
हिन्दी	पाठ 2 : जैसा सवाल वैसा जवाब	0:20:41	Hindi
Mathematics	Chapter 2 : Long and Short Part 2	0:22:31	English
English	Unit 1: Neha's Alarm clock	0:28:18	English
CWSN	कोशिश हुई कामयाब	0:12:22	ISL
CWSN	खिड़की से	0:15:44	ISL
CWSN	हु तू तू: हु तू तू भाग 1	0:10:13	ISL

**Friday, January 28, 2022**

गणित	पाठ 3: भोपाल की सैर	0:39:10	Hindi
हिन्दी	पाठ 2 : जैसा सवाल वैसा जवाब	0:30:31	Hindi
Storytelling	Laalu aur Peelu	0:02:14	Hindi
Mathematics	Chapter 3 : A Trip to Bhopal	0:25:05	English
English	Unit 2: Noses and The Little Fir Tree	0:30:27	English
CWSN	हु तू तू: हु तू तू भाग 2	0:10:39	ISL
CWSN	ओमना का सफर	0:12:21	ISL

**Saturday, January 29, 2022**

गणित	पाठ 1: ईंटों से बनी ईमारत	0:27:53	Hindi
Storytelling	तुम्हारी कहानियां : सच बोलो	0:13:33	Hindi
Mathematics	Chapter 4 : Tick Tick Tick	0:31:12	English
Storytelling	टर्म टू भाग 1	0:22:58	Hindi
CWSN	स्वतंत्रता की ओर भाग 1	0:16:42	ISL
CWSN	स्वतंत्रता की ओर भाग 2	0:19:35	ISL

**Sunday, January 30, 2022**

Physical Education	योग: त्रिकोणासन	0:16:18	Hindi
Physical Education	Growing up Healthy	0:04:11	English
Physical Education	स्वस्थ बढ़ना	0:04:20	Hindi
Storytelling	टर्म टू भाग 2	0:22:00	Hindi
Cultural Heritage: Art/Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Kendriya Vidyalaya	0:04:18	Hindi

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## ONE CLASS, ONE CHANNEL

## Class - IV

Physical Education	Nutrition, Health & Sanitation	0:06:21	English
Storytelling	टर्म टू भाग 3	0:21:54	Hindi
CWSN	मुफ्त ही मुफ्त भाग 1	0:16:40	ISL
CWSN	मुफ्त ही मुफ्त भाग 2	0:15:26	ISL
CWSN	पापा जब बच्चे थे भाग 1	0:14:44	ISL
<b>Monday, January 31, 2022</b>			
गणित	पाठ 2 : लंबा और छोटा	0:31:23	Hindi
हिन्दी	पाठ 3 : किरमिच की गेंद	0:27:14	Hindi
EVS	Chapter 13 :A River's Tale Part 3	0:21:06	English
English	Unit 2: Noses	0:15:09	English
CWSN	बजाओ खुद का बनाया बाजा	0:06:03	ISL
CWSN	Alice in Wonderland	0:11:17	ISL
CWSN	Going to Buy a Book Part 1	0:12:34	ISL

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