

## कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी

### Monthly Program Transmission Schedule of Class - 10

### कक्षा - 10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

### Subject-wise Weekly Program Transmission Schedule of Class - 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	हिन्दी	हिन्दी	संस्कृत	संस्कृत	اردو (उर्दू)
भूगोल	भूगोल	इतिहास	इतिहास	राजनीति विज्ञान	राजनीति विज्ञान	अर्थशास्त्र
विज्ञान	विज्ञान	गणित	गणित	गणित	गणित	विज्ञान
English	English	English	English	Geography	Geography	Economics
Mathematics	Mathematics	History	History	Mathematics	Mathematics	Political Science
Political Science	Political Science	Science	Science	Science	Science	General/ Value Education

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 9 to 10 times a day and the same scheme is followed for the whole month.

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:

[https://www.swayamprabha.gov.in/index.php/program/current\\_se/32](https://www.swayamprabha.gov.in/index.php/program/current_se/32).

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Friday from 3.00 pm to 4.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

<https://www.facebook.com/ncertofficial>.

☞ All the QR-coded video programs telecast on 12 PM eVIDYA TV Channels are also available on the DIKSHA web portal. In case you miss watching any program/episode on TV or otherwise, you can watch these programs on the DIKSHA web portal (<https://diksha.gov.in/>). You can scan the QR code of a program on TV with the help of the DIKSHA mobile app and watch/download the same on your mobile phone.



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

**कक्षा -10 की मासिक कार्यक्रम प्रसारण सारणी**  
**Monthly Program Transmission Schedule of Class 10**

क्र० सं० S. No.	विषय Subject	कार्यक्रम शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time							
				आवृत्ति 1 Cycle 1	आवृत्ति 2 Cycle 2	आवृत्ति 3 Cycle 3	आवृत्ति 4 Cycle 4	आवृत्ति 5 Cycle 5	आवृत्ति 6 Cycle 6	आवृत्ति 7 Cycle 7	आवृत्ति 8 Cycle 8
				<b>रविवार, 1 जनवरी 2023</b> <b>Sunday, 1 January 2023</b>							
1	Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM	2:59 AM	5:59 AM	8:58 AM	11:58 AM	2:58 PM	5:57 PM	8:57 PM
2	सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:32 AM	3:31 AM	6:31 AM	9:31 AM	12:30 PM	3:30 PM	6:29 PM	9:29 PM
3	विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	12:57 AM	3:56 AM	6:56 AM	9:56 AM	12:55 PM	3:55 PM	6:55 PM	9:54 PM
4	Social Science (Economics)	S.Sc (Eco): Ch-1 Development- I	English	1:04 AM	4:04 AM	7:04 AM	10:03 AM	1:03 PM	4:03 PM	7:02 PM	10:02 PM
5	ENVIRONMENT	Green Gold on Fire (Forest Fires)	English	1:31 AM	4:31 AM	7:30 AM	10:30 AM	1:30 PM	4:29 PM	7:29 PM	10:29 PM
6	General(Science)	All Roads Lead to Rome	English	1:59 AM	4:59 AM	7:58 AM	10:58 AM	1:58 PM	4:57 PM	7:57 PM	10:57 PM
7	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	2:00 AM	5:00 AM	7:59 AM	10:59 AM	1:59 PM	4:58 PM	7:58 PM	10:58 PM
8	General	जेंडर समानता	Hindi	2:22 AM	5:21 AM	8:21 AM	11:20 AM	2:20 PM	5:20 PM	8:19 PM	11:19 PM
9	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Instrumental Music- Traditional Folk(Boy); Ladakh	Regional	2:29 AM	5:29 AM	8:28 AM	11:28 AM	2:27 PM	5:27 PM	8:27 PM	11:26 PM
10	Cultural Heritage: Art, Music & Dance	Tie and Dye	Hindi	2:33 AM	5:33 AM	8:33 AM	11:32 AM	2:32 PM	5:32 PM	8:31 PM	11:31 PM
<b>सोमवार, 2 जनवरी 2023</b> <b>Monday, 2 January 2023</b>											
1	हिंदी	हिंदी: पाठ-1 कवि सूरदास और उनके पद	Hindi	12:00 AM	2:59 AM	5:59 AM	8:58 AM	11:58 AM	2:57 PM	5:57 PM	8:56 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:37 AM	3:37 AM	6:36 AM	9:36 AM	12:35 PM	3:35 PM	6:34 PM	9:34 PM
3	विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	1:06 AM	4:05 AM	7:05 AM	10:04 AM	1:04 PM	4:03 PM	7:03 PM	10:03 PM
4	Language (English)	English: Ch 1 : A Letter to God	English	1:21 AM	4:20 AM	7:20 AM	10:19 AM	1:19 PM	4:18 PM	7:18 PM	10:17 PM
5	ENVIRONMENT	Indian Grey Hornbill	English	1:44 AM	4:44 AM	7:43 AM	10:43 AM	1:43 PM	4:42 PM	7:42 PM	10:41 PM
6	Mathematics	Maths: Ch-1: Real Numbers-1	English	2:02 AM	5:02 AM	8:01 AM	11:01 AM	2:00 PM	5:00 PM	8:00 PM	10:59 PM
7	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	2:38 AM	5:37 AM	8:37 AM	11:36 AM	2:36 PM	5:35 PM	8:35 PM	11:34 PM

**मंगलवार, 3 जनवरी 2023**  
**Tuesday, 3 January 2023**

1	हिंदी	हिंदी: पाठ-1: कवि सूरदास और उनकी कविता -1	Hindi	12:00 AM	2:57 AM	5:55 AM	8:53 AM	11:51 AM	2:49 PM	5:46 PM	8:44 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:29 AM	3:27 AM	6:25 AM	9:23 AM	12:21 PM	3:18 PM	6:16 PM	9:14 PM
3	विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	Hindi	12:56 AM	3:54 AM	6:52 AM	9:50 AM	12:47 PM	3:45 PM	6:43 PM	9:41 PM
4	सामान्य	आज़ादी की अमृत कहानियाँ (अंशु जमसेंपा-पर्वत)	Hindi	1:11 AM	4:09 AM	7:07 AM	10:05 AM	1:03 PM	4:01 PM	6:58 PM	9:56 PM
5	Language (English)	English: Ch-1 : A Letter to God	English	1:14 AM	4:12 AM	7:09 AM	10:07 AM	1:05 PM	4:03 PM	7:01 PM	9:58 PM
6	Cultural Heritage: Art, Music & Dance	Hadoti Ka Sirmaur Kota	Hindi	1:42 AM	4:40 AM	7:37 AM	10:35 AM	1:33 PM	4:31 PM	7:29 PM	10:27 PM
7	Mathematics	Maths: Ch-1: Real Numbers-2	English	2:03 AM	5:01 AM	7:59 AM	10:56 AM	1:54 PM	4:52 PM	7:50 PM	10:48 PM
8	General	Dhyana	English	2:32 AM	5:30 AM	8:28 AM	11:26 AM	2:24 PM	5:21 PM	8:19 PM	11:17 PM
9	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	2:36 AM	5:34 AM	8:32 AM	11:30 AM	2:28 PM	5:25 PM	8:23 PM	11:21 PM

**बुधवार, 4 जनवरी 2023**  
**Wednesday, 4 January 2023**

1	हिंदी	हिंदी: पाठ-1: कवि सूरदास और उनकी कविता -2	Hindi	12:00 AM	2:59 AM	5:59 AM	8:58 AM	11:58 AM	2:58 PM	5:57 PM	8:57 PM
2	सामान्य	पादहस्तासना	हिन्दी	12:31 AM	3:30 AM	6:30 AM	9:30 AM	12:29 PM	3:29 PM	6:28 PM	9:28 PM
3	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:33 AM	3:33 AM	6:32 AM	9:32 AM	12:32 PM	3:31 PM	6:31 PM	9:30 PM
4	गणित	गणित: पाठ-1 : वास्तविक संख्याएँ-1	Hindi	12:53 AM	3:53 AM	6:52 AM	9:52 AM	12:52 PM	3:51 PM	6:51 PM	9:51 PM
5	General	Personal Safety	English	1:16 AM	4:16 AM	7:15 AM	10:15 AM	1:15 PM	4:14 PM	7:14 PM	10:13 PM
6	General	Shalabhasana	English	1:30 AM	4:30 AM	7:30 AM	10:29 AM	1:29 PM	4:28 PM	7:28 PM	10:28 PM
7	Language (English)	English: Ch-1: Dust of Snow	English	1:33 AM	4:32 AM	7:32 AM	10:32 AM	1:31 PM	4:31 PM	7:30 PM	10:30 PM
8	General(Science)	Induced Voltage	English	1:57 AM	4:57 AM	7:56 AM	10:56 AM	1:56 PM	4:55 PM	7:55 PM	10:55 PM
9	Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	1:58 AM	4:58 AM	7:58 AM	10:57 AM	1:57 PM	4:57 PM	7:56 PM	10:56 PM
10	General	व्यक्तिगत सुरक्षा	Hindi	2:25 AM	5:25 AM	8:25 AM	11:24 AM	2:24 PM	5:23 PM	8:23 PM	11:23 PM
11	Science	Science: Ch-1: Chemical Reactions and Equations-I	English	2:42 AM	5:42 AM	8:42 AM	11:41 AM	2:41 PM	5:40 PM	8:40 PM	11:40 PM

**बृहस्पतिवार, 5 जनवरी 2023**  
**Thursday, 5 January 2023**

1	हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:58 AM	2:58 PM	5:58 PM	8:57 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:43 AM	3:43 AM	6:42 AM	9:42 AM	12:42 PM	3:41 PM	6:41 PM	9:41 PM
3	गणित	गणित: पाठ-1 : वास्तविक संख्याएँ-1	Hindi	1:11 AM	4:11 AM	7:11 AM	10:10 AM	1:10 PM	4:10 PM	7:09 PM	10:09 PM
4	General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	1:34 AM	4:34 AM	7:33 AM	10:33 AM	1:33 PM	4:32 PM	7:32 PM	10:32 PM
5	Language (English)	English: Ch-1: Poem- Fire and Ice	English	1:40 AM	4:40 AM	7:40 AM	10:39 AM	1:39 PM	4:39 PM	7:38 PM	10:38 PM
6	Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	2:08 AM	5:08 AM	8:07 AM	11:07 AM	2:07 PM	5:06 PM	8:06 PM	11:06 PM
7	Science	Science: Ch-1: Chemical Reactions and Equations-II	English	2:30 AM	5:29 AM	8:29 AM	11:29 AM	2:28 PM	5:28 PM	8:28 PM	11:27 PM

**शुक्रवार, 6 जनवरी 2023**  
**Friday, 6 January 2023**

1	संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:00 AM	3:00 AM	6:00 AM	9:00 AM	12:01 PM	3:01 PM	6:01 PM	9:02 PM
2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञान): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:33 AM	3:33 AM	6:33 AM	9:34 AM	12:34 PM	3:34 PM	6:35 PM	9:35 PM
3	गणित	गणित: पाठ-1 : वास्तविक संख्याएँ-2	Hindi	12:54 AM	3:55 AM	6:55 AM	9:55 AM	12:56 PM	3:56 PM	6:56 PM	9:57 PM
4	General	व्यक्तिगत सुरक्षा	Hindi	1:15 AM	4:15 AM	7:16 AM	10:16 AM	1:16 PM	4:17 PM	7:17 PM	10:17 PM
5	Social Science (Geography)	Chapter-1: Resources and Development-1	English	1:32 AM	4:33 AM	7:33 AM	10:33 AM	1:33 PM	4:34 PM	7:34 PM	10:34 PM
6	Mathematics	Maths: Ch-1: Real Numbers-3	English	1:41 AM	4:41 AM	7:41 AM	10:42 AM	1:42 PM	4:42 PM	7:43 PM	10:43 PM
7	General	Value and responsible Citizenship	English	1:48 AM	4:49 AM	7:49 AM	10:49 AM	1:50 PM	4:50 PM	7:50 PM	10:51 PM
8	Science	Science: Ch-1: Chemical Reactions and Equations-III	English	1:53 AM	4:54 AM	7:54 AM	10:54 AM	1:55 PM	4:55 PM	7:55 PM	10:55 PM
9	ENVIRONMENT	Bravo Banana	English	2:11 AM	5:11 AM	8:11 AM	11:11 AM	2:12 PM	5:12 PM	8:12 PM	11:13 PM
10	ENVIRONMENT	And thus man gets crushed AGAIN and AGAIN...	Malayalam	2:35 AM	5:35 AM	8:35 AM	11:35 AM	2:36 PM	5:36 PM	8:36 PM	11:37 PM

**शनिवार, 7 जनवरी 2023**  
**Saturday, 7 January 2023**

1	संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:00 AM	3:00 AM	6:00 AM	9:01 AM	12:01 PM	3:02 PM	6:02 PM	9:02 PM
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2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:40 AM	3:40 AM	6:40 AM	9:41 AM	12:41 PM	3:42 PM	6:42 PM	9:43 PM
3	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Vocal Music Traditional-Folk(Girl):Tamil Nadu	Regional	1:01 AM	4:02 AM	7:02 AM	10:03 AM	1:03 PM	4:03 PM	7:04 PM	10:04 PM
4	गणित	गणित: पाठ-1 : वास्तविक संख्याएँ-2	Hindi	1:07 AM	4:07 AM	7:08 AM	10:08 AM	1:09 PM	4:09 PM	7:10 PM	10:10 PM
5	Social Science (Geography)	S.Sc (Geo.): Ch-1:Resources and Development: 2	English	1:28 AM	4:28 AM	7:29 AM	10:29 AM	1:29 PM	4:30 PM	7:30 PM	10:31 PM
6	Mathematics	Maths: Ch-1: Real Numbers-4	English	1:46 AM	4:47 AM	7:47 AM	10:47 AM	1:48 PM	4:48 PM	7:49 PM	10:49 PM
7	Health, Physical Education/Yoga/ Sports	Judoo pt. I	Hindi	2:05 AM	5:05 AM	8:06 AM	11:06 AM	2:06 PM	5:07 PM	8:07 PM	11:08 PM
8	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Vocal Music-Classical(Girl): Maharashtra	Regional	2:21 AM	5:22 AM	8:22 AM	11:23 AM	2:23 PM	5:23 PM	8:24 PM	11:24 PM
9	Science	Science: Ch-1: Chemical Reactions and Equations-IV	English	2:29 AM	5:30 AM	8:30 AM	11:31 AM	2:31 PM	5:32 PM	8:32 PM	11:32 PM
10	General	Promotion of Healthy Lifestyle	English	2:47 AM	5:48 AM	8:48 AM	11:48 AM	2:49 PM	5:49 PM	8:50 PM	11:50 PM
11	सामान्य	सूर्य नमस्कार	हिन्दी	2:53 AM	5:54 AM	8:54 AM	11:54 AM	2:55 PM	5:55 PM	8:56 PM	11:56 PM

**रविवार, 8 जनवरी 2023**  
**Sunday, 8 January 2023**

1	Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM	3:00 AM	6:01 AM	9:02 AM	12:03 PM	3:04 PM	6:05 PM	9:05 PM
2	सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास	Hindi	12:00 AM	3:00 AM	6:01 AM	9:02 AM	12:03 PM	3:04 PM	6:05 PM	9:05 PM
3	विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	Hindi	12:32 AM	3:32 AM	6:33 AM	9:34 AM	12:35 PM	3:36 PM	6:37 PM	9:37 PM
4	General(Science)	Loop the loop	English	1:04 AM	4:05 AM	7:05 AM	10:06 AM	1:07 PM	4:08 PM	7:09 PM	10:10 PM
5	Social Science (Economics)	S.Sc (Eco): Ch-1 Development- II	English	1:34 AM	4:35 AM	7:36 AM	10:37 AM	1:38 PM	4:38 PM	7:39 PM	10:40 PM
6	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	1:36 AM	4:37 AM	7:37 AM	10:38 AM	1:39 PM	4:40 PM	7:41 PM	10:42 PM
7	General	E-Waste Management: Block 2	English	1:59 AM	5:00 AM	8:01 AM	11:02 AM	2:03 PM	5:04 PM	8:04 PM	11:05 PM
8	Cultural Heritage: Art, Music & Dance	Art - A Brain Developer	English Hindi	2:20 AM	5:21 AM	8:22 AM	11:23 AM	2:24 PM	5:24 PM	8:25 PM	11:26 PM

**सोमवार, 9 जनवरी 2023**  
**Monday, 9 January 2023**

1	हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM	3:00 AM	6:01 AM	9:02 AM	12:03 PM	3:04 PM	6:05 PM	9:06 PM
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2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-1	Hindi	12:29 AM	3:30 AM	6:31 AM	9:32 AM	12:33 PM	3:34 PM	6:35 PM	9:36 PM
3	विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	12:57 AM	3:58 AM	6:59 AM	10:00 AM	1:00 PM	4:01 PM	7:02 PM	10:03 PM
4	Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	1:35 AM	4:36 AM	7:37 AM	10:38 AM	1:39 PM	4:40 PM	7:41 PM	10:42 PM
5	General(Mathematics)	Pythagoras Theorem	English	1:59 AM	5:00 AM	8:01 AM	11:02 AM	2:03 PM	5:04 PM	8:05 PM	11:06 PM
6	Social Science (Political Science)	S.Sc (Pol.Sci.): Ch-1: Power Sharing	English	2:00 AM	5:01 AM	8:02 AM	11:03 AM	2:04 PM	5:05 PM	8:06 PM	11:07 PM
7	सामान्य	मंदिरों की माला भुवनेश्वर	Hindi	2:40 AM	5:41 AM	8:42 AM	11:43 AM	2:44 PM	5:45 PM	8:46 PM	11:47 PM

**मंगलवार, 10 जनवरी 2023**  
**Tuesday, 10 January 2023**

1	हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM	3:05 AM	6:10 AM	9:15 AM	12:20 PM	3:25 PM	6:30 PM	9:35 PM
2	Cyber Security	Id Theft for children	Hindi	12:40 AM	3:45 AM	6:50 AM	9:55 AM	1:00 PM	4:05 PM	7:10 PM	10:15 PM
3	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-2	Hindi	12:42 AM	3:47 AM	6:52 AM	9:57 AM	1:02 PM	4:07 PM	7:12 PM	10:17 PM
4	विज्ञान	विज्ञान: Samanya Prayogshala Niyam : Hindi	Hindi	1:05 AM	4:10 AM	7:15 AM	10:20 AM	1:25 PM	4:30 PM	7:35 PM	10:40 PM
5	Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	1:26 AM	4:31 AM	7:36 AM	10:41 AM	1:46 PM	4:51 PM	7:56 PM	11:01 PM
6	Mathematics	Maths: Ch-2 Polynomials-1	English	1:51 AM	4:56 AM	8:01 AM	11:06 AM	2:11 PM	5:16 PM	8:21 PM	11:26 PM
7	General	Azadi ki Amrit Kahaniyan:(Harshini Kanhekar :Agni)	English	2:21 AM	5:26 AM	8:31 AM	11:36 AM	2:41 PM	5:46 PM	8:51 PM	11:56 PM
8	Social Science (Political Science)	S.Sc (Pol.Sci.): Ch-1: Power Sharing	English	2:24 AM	5:29 AM	8:34 AM	11:39 AM	2:44 PM	5:49 PM	8:54 PM	11:59 PM

**बुधवार, 11 जनवरी 2023**  
**Wednesday, 11 January 2023**

1	हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:59 AM	2:59 PM	5:58 PM	8:58 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:37 AM	3:37 AM	6:37 AM	9:37 AM	12:36 PM	3:36 PM	6:36 PM	9:36 PM
3	गणित	गणित: पाठ-1: वास्तविक संख्याएँ भाग-3	Hindi	1:03 AM	4:02 AM	7:02 AM	10:02 AM	1:02 PM	4:02 PM	7:01 PM	10:01 PM
4	General	It's My Right to Get Education	Marathi	1:19 AM	4:19 AM	7:18 AM	10:18 AM	1:18 PM	4:18 PM	7:18 PM	10:17 PM
5	Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	1:25 AM	4:24 AM	7:24 AM	10:24 AM	1:24 PM	4:24 PM	7:23 PM	10:23 PM
6	Sports	The Sound Mind	English	1:46 AM	4:46 AM	7:46 AM	10:46 AM	1:46 PM	4:45 PM	7:45 PM	10:45 PM

7	Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	1:52 AM	4:52 AM	7:52 AM	10:52 AM	1:51 PM	4:51 PM	7:51 PM	10:51 PM
8	सामान्य	Bhook	Marathi	2:20 AM	5:20 AM	8:20 AM	11:20 AM	2:20 PM	5:19 PM	8:19 PM	11:19 PM
9	Science	Science: Ch-1 Chemical Reactions and Equations-1	English	2:31 AM	5:31 AM	8:31 AM	11:30 AM	2:30 PM	5:30 PM	8:30 PM	11:30 PM

**बुधस्पतिवार, 12 जनवरी 2023**  
**Thursday, 12 January 2023**

1	हिंदी	हिंदी: पाठ-2 राम-लक्ष्मण-परशुराम संवाद	Hindi	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:59 AM	2:59 PM	5:59 PM	8:59 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1 यूरोप में राष्ट्रवाद का उदय	Hindi	12:43 AM	3:43 AM	6:43 AM	9:43 AM	12:43 PM	3:43 PM	6:42 PM	9:42 PM
3	गणित	गणित: पाठ-1: वास्तविक संख्याएँ भाग-3	Hindi	1:09 AM	4:09 AM	7:09 AM	10:09 AM	1:08 PM	4:08 PM	7:08 PM	10:08 PM
4	Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	1:25 AM	4:25 AM	7:25 AM	10:25 AM	1:25 PM	4:25 PM	7:25 PM	10:24 PM
5	Cyber Security	Fake Whats app messages	English	1:50 AM	4:50 AM	7:50 AM	10:50 AM	1:50 PM	4:50 PM	7:50 PM	10:50 PM
6	Social Science (History)	S.Sc (History): Ch-1: The Rise of Nationalism in Europe	English	1:53 AM	4:53 AM	7:52 AM	10:52 AM	1:52 PM	4:52 PM	7:52 PM	10:52 PM
7	Science	Science: Ch-1 Chemical Reactions and Equations-2	English	2:21 AM	5:21 AM	8:21 AM	11:21 AM	2:21 PM	5:21 PM	8:21 PM	11:20 PM

**शुक्रवार, 13 जनवरी 2023**  
**Friday, 13 January 2023**

1	संस्कृत	पाठ - 2 बुद्धिर्वलवती सदा-1	संस्कृत	0:00:00	3:13:32	6:27:04	9:40:36	12:54:08	16:07:40	19:21:12	22:34:44
2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञान): पाठ-1: सत्ता की साझेदारी-2	Hindi	0:36:06	3:49:38	7:03:10	10:16:42	13:30:14	16:43:46	19:57:18	23:10:50
3	सांस्कृतिक विरासत: कला, संगीत और नृत्य	कला उत्सव - 2021-22	Hindi	1:06:00	4:19:32	7:33:04	10:46:36	14:00:08	17:13:40	20:27:12	23:40:44
4	गणित	गणित: पाठ-1: वास्तविक संख्याएँ भाग-4	Hindi	1:13:23	4:26:55	7:40:27	10:53:59	14:07:31	17:21:03	20:34:35	23:48:07
5	Travel	Emnittum Kanthaloor	Malayalam	1:35:49	4:49:21	8:02:53	11:16:25	14:29:57	17:43:29	20:57:01	NA
6	Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development: 3	English	2:03:49	5:17:21	8:30:53	11:44:25	14:57:57	18:11:29	21:25:01	NA
7	Mathematics	Maths: Ch-2 Polynomials-2	English	2:16:05	5:29:37	8:43:09	11:56:41	15:10:13	18:23:45	21:37:17	NA
8	General(Mathematics)	Pythagoras Theorem	English	2:51:35	6:05:07	9:18:39	12:32:11	15:45:43	18:59:15	22:12:47	NA
9	Science	Science: Ch 2: Acids, Bases and Salts, -I	English	2:52:41	6:06:13	9:19:45	12:33:17	15:46:49	19:00:21	22:13:53	NA

10	General	Safety and Security against Violence and Injuries	English	3:07:53	6:21:25	9:34:57	12:48:29	16:02:01	19:15:33	22:29:05	NA
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**शनिवार, 14 जनवरी 2023**  
**Saturday, 14 January 2023**

1	संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-II	Sanskrit	12:00 AM	3:01 AM	6:02 AM	9:03 AM	12:04 PM	3:05 PM	6:06 PM	9:07 PM
2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:28 AM	3:29 AM	6:30 AM	9:31 AM	12:32 PM	3:33 PM	6:34 PM	9:35 PM
3	गणित	गणित: पाठ-1: वास्तविक संख्याएँ	Hindi	12:58 AM	3:59 AM	7:00 AM	10:01 AM	1:02 PM	4:03 PM	7:04 PM	10:05 PM
4	सामान्य	आज़ादी की अमृत कहानियाँ (हर्षिणी कान्हेकर - अग्नि)	Hindi	1:19 AM	4:20 AM	7:21 AM	10:22 AM	1:23 PM	4:24 PM	7:25 PM	10:26 PM
5	सामान्य	गुरु गोविंद सिंह	Hindi	1:21 AM	4:22 AM	7:23 AM	10:24 AM	1:25 PM	4:26 PM	7:27 PM	10:28 PM
6	Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development: 4	English	1:30 AM	4:31 AM	7:32 AM	10:33 AM	1:34 PM	4:35 PM	7:36 PM	10:37 PM
7	General	It's My Right to Get Education	Marathi	1:43 AM	4:44 AM	7:45 AM	10:46 AM	1:47 PM	4:48 PM	7:49 PM	10:50 PM
8	Mathematics	Maths: Chp 2: Polynomials	English	1:49 AM	4:50 AM	7:51 AM	10:52 AM	1:53 PM	4:54 PM	7:55 PM	10:56 PM
9	Science	Science: Ch 2: Acids, Bases and Salts, -II	English	2:11 AM	5:12 AM	8:13 AM	11:14 AM	2:16 PM	5:17 PM	8:18 PM	11:19 PM
10	सामान्य	सीखने की राह पर	Hindi	2:37 AM	5:38 AM	8:39 AM	11:40 AM	2:41 PM	5:42 PM	8:43 PM	11:44 PM

**रविवार, 15 जनवरी 2023**  
**Sunday, 15 January 2023**

1	Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM	3:01 AM	6:03 AM	9:05 AM	12:06 PM	3:08 PM	6:10 PM	9:11 PM
2	सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:34 AM	3:35 AM	6:37 AM	9:39 AM	12:40 PM	3:42 PM	6:44 PM	9:45 PM
3	विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-1	हिन्दी	12:58 AM	4:00 AM	7:02 AM	10:03 AM	1:05 PM	4:07 PM	7:08 PM	10:10 PM
4	Language	Theatre in Education	English	1:26 AM	4:27 AM	7:29 AM	10:31 AM	1:32 PM	4:34 PM	7:36 PM	10:37 PM
5	Social Science (Economics)	S.Sc (Eco): Ch-1 Development- III	English	1:50 AM	4:51 AM	7:53 AM	10:55 AM	1:56 PM	4:58 PM	8:00 PM	11:02 PM
6	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	2:11 AM	5:13 AM	8:15 AM	11:16 AM	2:18 PM	5:20 PM	8:21 PM	11:23 PM
7	General	Azadi ki Amrit Kahaniyan: (Poonam Nautiyal: Jeevan)	English	2:34 AM	5:36 AM	8:38 AM	11:39 AM	2:41 PM	5:43 PM	8:44 PM	11:46 PM
8	Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	2:37 AM	5:38 AM	8:40 AM	11:42 AM	2:43 PM	5:45 PM	8:47 PM	11:48 PM
9	Health, Physical Education/Yoga/ Sports	Tihri kood	Hindi	2:47 AM	5:48 AM	8:50 AM	11:52 AM	2:53 PM	5:55 PM	8:57 PM	11:58 PM



**सोमवार, 16जनवरी 2023**  
**Monday, 16 January 2023**

1	हिंदी	हिंदी: पाठ-2 कवियत्री 'मीराबाई' और उनकी कविताएँ	Hindi	12:00 AM	3:01 AM	6:03 AM	9:05 AM	12:07 PM	3:09 PM	6:11 PM	9:12 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:37 AM	3:38 AM	6:40 AM	9:42 AM	12:44 PM	3:46 PM	6:48 PM	9:49 PM
3	विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-2	हिन्दी	1:03 AM	4:05 AM	7:07 AM	10:09 AM	1:10 PM	4:12 PM	7:14 PM	10:16 PM
4	सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	1:37 AM	4:39 AM	7:41 AM	10:42 AM	1:44 PM	4:46 PM	7:48 PM	10:50 PM
5	Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	1:47 AM	4:49 AM	7:50 AM	10:52 AM	1:54 PM	4:56 PM	7:58 PM	11:00 PM
6	Mathematics	Maths: Ch-3: Pair of Linear Equations in two Variables-1	English	2:09 AM	5:11 AM	8:12 AM	11:14 AM	2:16 PM	5:18 PM	8:20 PM	11:22 PM
7	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	2:24 AM	5:25 AM	8:27 AM	11:29 AM	2:31 PM	5:33 PM	8:35 PM	11:36 PM
8	Cultural Heritage: Art, Music & Dance	Kalpvrisham	English	2:47 AM	5:48 AM	8:50 AM	11:52 AM	2:54 PM	5:56 PM	8:58 PM	11:59 PM

**मंगलवार, 17जनवरी 2023**  
**Tuesday, 17 January 2023**

1	हिन्दी	पाठ-4: कवि और कविता : कवि जयशंकर प्रसाद: और उनकी कविता "आत्मकथ्य"	हिन्दी	12:00 AM	3:01 AM	6:03 AM	9:04 AM	12:06 PM	3:08 PM	6:09 PM	9:11 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:34 AM	3:36 AM	6:38 AM	9:39 AM	12:41 PM	3:42 PM	6:44 PM	9:46 PM
3	विज्ञान	विज्ञान: पाठ-2 अम्ल, क्षारक एवं लवण	Hindi	12:58 AM	4:00 AM	7:02 AM	10:03 AM	1:05 PM	4:06 PM	7:08 PM	10:10 PM
4	Cultural Heritage: Art, Music & Dance	Dances of India	Hindi	1:34 AM	4:36 AM	7:37 AM	10:39 AM	1:41 PM	4:42 PM	7:44 PM	10:46 PM
5	Language (English)	English: Chp-3: His First Flight	English	1:48 AM	4:50 AM	7:51 AM	10:53 AM	1:55 PM	4:56 PM	7:58 PM	10:59 PM
6	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-2	English	2:16 AM	5:18 AM	8:20 AM	11:21 AM	2:23 PM	5:24 PM	8:26 PM	11:28 PM
7	Social Science (Political Science)	S.Sc (Pol. Sc.):Chapter - 2 Federalism	English	2:37 AM	5:39 AM	8:41 AM	11:42 AM	2:44 PM	5:45 PM	8:47 PM	11:49 PM

**बुधवार, 18 जनवरी 2023**  
**Wednesday, 18 January 2023**

1	हिंदी	हिंदी : पाठ-4: आत्मकथ्य	Hindi	12:00 AM	3:01 AM	6:02 AM	9:03 AM	12:05 PM	3:06 PM	6:07 PM	9:08 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:25 AM	3:26 AM	6:27 AM	9:29 AM	12:30 PM	3:31 PM	6:32 PM	9:34 PM
3	गणित	गणित: पाठ-1: वास्तविक संख्याएँ	Hindi	12:52 AM	3:54 AM	6:55 AM	9:56 AM	12:57 PM	3:59 PM	7:00 PM	10:01 PM
4	Cultural Heritage: Art, Music & Dance	Musical Instruments of India	English	1:13 AM	4:14 AM	7:16 AM	10:17 AM	1:18 PM	4:19 PM	7:21 PM	10:22 PM

5	Language (English)	English: Chp-3: Black Aeroplane	English	1:35 AM	4:37 AM	7:38 AM	10:39 AM	1:40 PM	4:42 PM	7:43 PM	10:44 PM
6	Social Science (History)	S.Sc. (His): Chapter-2 Nationalism in India-1	English	2:02 AM	5:04 AM	8:05 AM	11:06 AM	2:07 PM	5:09 PM	8:10 PM	11:11 PM
7	Science	Science: Ch 2: Acids, Bases and Salts, -III	English	2:28 AM	5:29 AM	8:30 AM	11:31 AM	2:33 PM	5:34 PM	8:35 PM	11:36 PM
8	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Delhi	Regional	2:54 AM	5:56 AM	8:57 AM	11:58 AM	2:59 PM	6:01 PM	9:02 PM	NA

**बृहस्पतिवार, 19 जनवरी 2023**  
**Thursday, 19 January 2023**

1	हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-1	Hindi	12:00 AM	3:00 AM	6:00 AM	9:00 AM	12:00 PM	3:01 PM	6:01 PM	9:01 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:38 AM	3:38 AM	6:38 AM	9:38 AM	12:39 PM	3:39 PM	6:39 PM	9:39 PM
3	Cultural Heritage: Art, Music & Dance	Cartoonist Sudhir Tailang	Hindi	1:01 AM	4:01 AM	7:01 AM	10:01 AM	1:01 PM	4:02 PM	7:02 PM	10:02 PM
4	गणित	गणित: पाठ-2: बहुपद भाग-1	Hindi	1:17 AM	4:18 AM	7:18 AM	10:18 AM	1:18 PM	4:19 PM	7:19 PM	10:19 PM
5	Language (English)	English: Chp 3: Two Stories about Flying-1	English	1:43 AM	4:43 AM	7:44 AM	10:44 AM	1:44 PM	4:44 PM	7:44 PM	10:45 PM
6	Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	2:11 AM	5:11 AM	8:11 AM	11:11 AM	2:12 PM	5:12 PM	8:12 PM	11:12 PM
7	Science	Science: Ch-2: Acids, Bases and Salts-IV	English	2:33 AM	5:34 AM	8:34 AM	11:34 AM	2:34 PM	5:35 PM	8:35 PM	11:35 PM

**शुक्रवार, 20 जनवरी 2023**  
**Friday, 20 January 2023**

1	संस्कृत	पाठ - 2 बुद्धिर्बलवती सदा-I	संस्कृत	12:00 AM	2:59 AM	5:58 AM	8:57 AM	11:56 AM	2:55 PM	5:54 PM	8:53 PM
2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:27 AM	3:26 AM	6:25 AM	9:24 AM	12:23 PM	3:23 PM	6:22 PM	9:21 PM
3	गणित	गणित: पाठ-2: बहुपद भाग-2	Hindi	12:57 AM	3:56 AM	6:55 AM	9:54 AM	12:53 PM	3:52 PM	6:52 PM	9:51 PM
4	Science	Green Energy	English	1:21 AM	4:20 AM	7:19 AM	10:18 AM	1:17 PM	4:16 PM	7:15 PM	10:14 PM
5	Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development: 5	English	1:26 AM	4:25 AM	7:25 AM	10:24 AM	1:23 PM	4:22 PM	7:21 PM	10:20 PM
6	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-3	English	1:45 AM	4:44 AM	7:44 AM	10:43 AM	1:42 PM	4:41 PM	7:40 PM	10:39 PM
7	Science	Science: Ch-2: Acid Base and Salt-1	English	2:10 AM	5:09 AM	8:09 AM	11:08 AM	2:07 PM	5:06 PM	8:05 PM	11:04 PM

**शनिवार, 21 जनवरी 2023**  
**Saturday, 21 January 2023**

1	संस्कृत	संस्कृत: पाठ-2 बुद्धिर्बलवती सदा-II	Sanskrit	12:00 AM	3:01 AM	6:03 AM	9:04 AM	12:06 PM	3:08 PM	6:09 PM	9:11 PM
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2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान): पाठ-1 सत्ता की सांख्यिकी	Hindi	12:26 AM	3:28 AM	6:29 AM	9:31 AM	12:33 PM	3:34 PM	6:36 PM	9:38 PM
3	गणित	गणित: पाठ-2: बहुपद भाग-3	Hindi	1:15 AM	4:17 AM	7:18 AM	10:20 AM	1:22 PM	4:23 PM	7:25 PM	10:26 PM
4	Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -1	English	1:49 AM	4:51 AM	7:52 AM	10:54 AM	1:56 PM	4:57 PM	7:59 PM	11:01 PM
5	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-4	English	2:06 AM	5:08 AM	8:10 AM	11:11 AM	2:13 PM	5:14 PM	8:16 PM	11:18 PM
6	Science	Science: Chap 3: Metal and Non-Metal-1	English	2:39 AM	5:41 AM	8:43 AM	11:44 AM	2:46 PM	5:48 PM	8:49 PM	11:51 PM

**रविवार, 22 जनवरी 2023**  
**Sunday, 22 January 2023**

1	Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM	3:00 AM	6:01 AM	9:02 AM	12:03 PM	3:03 PM	6:04 PM	9:05 PM
2	सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के क्षेत्रक	Hindi	12:35 AM	3:36 AM	6:37 AM	9:38 AM	12:38 PM	3:39 PM	6:40 PM	9:41 PM
3	विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-1	हिन्दी	1:14 AM	4:15 AM	7:16 AM	10:16 AM	1:17 PM	4:18 PM	7:19 PM	10:19 PM
4	Social Science (Economics)	S.Sc (Eco): Ch- 2 Sectors of the Indian Economy	English	1:41 AM	4:42 AM	7:43 AM	10:44 AM	1:44 PM	4:45 PM	7:46 PM	10:47 PM
5	Social Science (Political Science)	S.Sc (Pol. Sc.):Chapter - 2 Federalism	English	2:21 AM	5:21 AM	8:22 AM	11:23 AM	2:24 PM	5:25 PM	8:25 PM	11:26 PM
6	Cultural Heritage: Art, Music & Dance	Parichakali Folk Dance of Lakshadweep Islands	English	2:44 AM	5:45 AM	8:46 AM	11:47 AM	2:48 PM	5:48 PM	8:49 PM	11:50 PM

**सोमवार, 23 जनवरी 2023**  
**Monday, 23 January 2023**

1	हिंदी	हिंदी : पाठ-4: मेथिलीशरण गुप्त- मनुष्यता-2	Hindi	12:00 AM	3:00 AM	6:01 AM	9:01 AM	12:02 PM	3:03 PM	6:03 PM	9:04 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन	Hindi	12:30 AM	3:30 AM	6:31 AM	9:32 AM	12:32 PM	3:33 PM	6:34 PM	9:34 PM
3	विज्ञान	पाठ-2 अम्ल, क्षारक एवं लवण-2	हिन्दी	1:11 AM	4:12 AM	7:13 AM	10:13 AM	1:14 PM	4:15 PM	7:15 PM	10:16 PM
4	General(Science)	Colour Shadow	English	1:45 AM	4:46 AM	7:47 AM	10:47 AM	1:48 PM	4:48 PM	7:49 PM	10:50 PM
5	General(Science)	Acrobatic Stick	English	1:47 AM	4:48 AM	7:48 AM	10:49 AM	1:50 PM	4:50 PM	7:51 PM	10:52 PM
6	Language (English)	English: Chp 3: Two Stories about Flying- 2	English	1:49 AM	4:49 AM	7:50 AM	10:51 AM	1:51 PM	4:52 PM	7:52 PM	10:53 PM
7	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-5	English	2:11 AM	5:12 AM	8:13 AM	11:13 AM	2:14 PM	5:15 PM	8:15 PM	11:16 PM
8	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch- 2: Federalism	English	2:37 AM	5:38 AM	8:38 AM	11:39 AM	2:40 PM	5:40 PM	8:41 PM	11:42 PM

**मंगलवार, 24 जनवरी 2023**  
**Tuesday, 24 January 2023**

1	हिन्दी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:59 AM	2:59 PM	5:58 PM	8:58 PM
2	सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन	Hindi	12:38 AM	3:37 AM	6:37 AM	9:37 AM	12:37 PM	3:37 PM	6:36 PM	9:36 PM
3	सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	1:19 AM	4:19 AM	7:19 AM	10:19 AM	1:19 PM	4:18 PM	7:18 PM	10:18 PM
4	विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: भौतिक गुणधर्म	Hindi	1:29 AM	4:29 AM	7:29 AM	10:29 AM	1:29 PM	4:28 PM	7:28 PM	10:28 PM
5	Language (English)	English: Chap 3: The Black Aeroplane -3	English	1:43 AM	4:43 AM	7:43 AM	10:43 AM	1:42 PM	4:42 PM	7:42 PM	10:42 PM
6	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-6	English	2:15 AM	5:15 AM	8:14 AM	11:14 AM	2:14 PM	5:14 PM	8:14 PM	11:13 PM
7	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-2: Federalism	English	2:36 AM	5:36 AM	8:36 AM	11:36 AM	2:35 PM	5:35 PM	8:35 PM	11:35 PM

**बुधवार, 25 जनवरी 2023**  
**Wednesday, 25 January 2023**

1	हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	हिन्दी	12:00 AM	3:00 AM	6:00 AM	9:01 AM	12:01 PM	3:01 PM	6:02 PM	9:02 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:31 AM	3:32 AM	6:32 AM	9:32 AM	12:33 PM	3:33 PM	6:33 PM	9:34 PM
3	गणित	गणित: पाठ-2: बहुपद भाग-4	Hindi	12:56 AM	3:56 AM	6:57 AM	9:57 AM	12:57 PM	3:58 PM	6:58 PM	9:58 PM
4	General	Gender Equality (H)	Hindi	1:29 AM	4:29 AM	7:30 AM	10:30 AM	1:30 PM	4:31 PM	7:31 PM	10:32 PM
5	Language (English)	English: Chap 3: The Black Aeroplane Part-4	English	1:36 AM	4:37 AM	7:37 AM	10:37 AM	1:38 PM	4:38 PM	7:39 PM	10:39 PM
6	Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	2:07 AM	5:07 AM	8:08 AM	11:08 AM	2:09 PM	5:09 PM	8:09 PM	11:10 PM
7	General(Science)	Vortex	English	2:31 AM	5:32 AM	8:32 AM	11:32 AM	2:33 PM	5:33 PM	8:33 PM	11:34 PM
8	General(Science)	Stop the disc	English	2:33 AM	5:33 AM	8:33 AM	11:34 AM	2:34 PM	5:35 PM	8:35 PM	11:35 PM
9	Science	Science: Chap 3: Metal and Non-Metal-2	English	2:34 AM	5:34 AM	8:35 AM	11:35 AM	2:35 PM	5:36 PM	8:36 PM	11:36 PM

**बृहस्पतिवार, 26 जनवरी 2023**  
**Thursday, 26 January 2023**

1	हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM	3:02 AM	6:05 AM	9:08 AM	12:10 PM	3:13 PM	6:16 PM	9:18 PM
2	सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:31 AM	3:34 AM	6:36 AM	9:39 AM	12:42 PM	3:44 PM	6:47 PM	9:50 PM
3	गणित	गणित: पाठ-2: बहुपद	Hindi	12:54 AM	3:57 AM	7:00 AM	10:02 AM	1:05 PM	4:08 PM	7:10 PM	10:13 PM

4	Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	Hindi	1:21 AM	4:24 AM	7:27 AM	10:29 AM	1:32 PM	4:35 PM	7:37 PM	10:40 PM
5	Language (English)	English: Chp-3: How to Tell Wild Animals-2	English	1:37 AM	4:40 AM	7:42 AM	10:45 AM	1:48 PM	4:50 PM	7:53 PM	10:56 PM
6	Social Science (History)	S.Sc (His): Ch-2: Nationalism in India	English	2:07 AM	5:09 AM	8:12 AM	11:15 AM	2:17 PM	5:20 PM	8:23 PM	11:26 PM
7	Science	Science: Chap 3: Metal and Non-Metal-3	English	2:42 AM	5:45 AM	8:48 AM	11:50 AM	2:53 PM	5:56 PM	8:59 PM	NA

**शुक्रवार, 27 जनवरी 2023**  
**Friday, 27 January 2023**

1	संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-1	Sanskrit	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:59 AM	2:59 PM	5:58 PM	8:58 PM
2	सामान्य	आजादी की अमृत कहानियाँ (आरोही पण्डित-वायु)	Hindi	12:32 AM	3:31 AM	6:31 AM	9:31 AM	12:31 PM	3:31 PM	6:30 PM	9:30 PM
3	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:34 AM	3:34 AM	6:34 AM	9:33 AM	12:33 PM	3:33 PM	6:33 PM	9:33 PM
4	गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:57 AM	3:57 AM	6:57 AM	9:56 AM	12:56 PM	3:56 PM	6:56 PM	9:56 PM
5	Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -2	English	1:33 AM	4:33 AM	7:33 AM	10:33 AM	1:33 PM	4:32 PM	7:32 PM	10:32 PM
6	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-7	English	2:00 AM	5:00 AM	8:00 AM	11:00 AM	1:59 PM	4:59 PM	7:59 PM	10:59 PM
7	General(Science)	World of Symmetry	English	2:24 AM	5:24 AM	8:23 AM	11:23 AM	2:23 PM	5:23 PM	8:23 PM	11:22 PM
8	Science	Science: Chap 3: Metal and Non-Metal-4	English	2:25 AM	5:25 AM	8:25 AM	11:24 AM	2:24 PM	5:24 PM	8:24 PM	11:24 PM
9	सामान्य	नाड़ीशोधन प्राणायाम	हिन्दी	2:56 AM	5:56 AM	8:55 AM	11:55 AM	2:55 PM	5:55 PM	8:55 PM	11:54 PM

**शनिवार, 28 जनवरी 2023**  
**Saturday, 28 January 2023**

1	संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-2	Sanskrit	12:00 AM	2:59 AM	5:59 AM	8:59 AM	11:59 AM	2:59 PM	5:59 PM	8:59 PM
2	सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:30 AM	3:30 AM	6:30 AM	9:30 AM	12:30 PM	3:30 PM	6:29 PM	9:29 PM
3	गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	12:53 AM	3:53 AM	6:53 AM	9:53 AM	12:53 PM	3:53 PM	6:52 PM	9:52 PM
4	Social Science (Geography)	S.Sc (Geo.): Ch-2 Forest and Wildlife Resources in India -3	English	1:22 AM	4:22 AM	7:22 AM	10:22 AM	1:22 PM	4:22 PM	7:22 PM	10:22 PM
5	General	Vakrasana	English	1:49 AM	4:49 AM	7:49 AM	10:49 AM	1:49 PM	4:49 PM	7:49 PM	10:49 PM
6	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-8	English	1:52 AM	4:52 AM	7:52 AM	10:52 AM	1:52 PM	4:51 PM	7:51 PM	10:51 PM

7	Science	Science: Chp 3: Metals and Non-Metals	English	2:21 AM	5:21 AM	8:20 AM	11:20 AM	2:20 PM	5:20 PM	8:20 PM	11:20 PM
<b>रविवार, 29 जनवरी 2023</b> <b>Sunday, 29 January 2023</b>											
1	Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM	3:00 AM	6:00 AM	9:00 AM	12:00 PM	3:00 PM	6:00 PM	9:00 PM
2	सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के क्षेत्रक	Hindi	12:35 AM	3:36 AM	6:36 AM	9:36 AM	12:36 PM	3:36 PM	6:36 PM	9:36 PM
3	विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: धातुओं के रासायनिक गुणधर्म	Hindi	1:14 AM	4:14 AM	7:14 AM	10:14 AM	1:15 PM	4:15 PM	7:15 PM	10:15 PM
4	Social Science (Economics)	S.Sc (Eco): Ch- 2 Sectors of the Indian Economy	English	1:28 AM	4:28 AM	7:28 AM	10:28 AM	1:28 PM	4:29 PM	7:29 PM	10:29 PM
5	General(Science)	Aromatic Perfumes	English	2:07 AM	5:07 AM	8:08 AM	11:08 AM	2:08 PM	5:08 PM	8:08 PM	11:08 PM
6	Social Science (Political Science)	S.Sc (Pol. Sc.):Chapter - 2 Federalism	English	2:09 AM	5:09 AM	8:09 AM	11:09 AM	2:09 PM	5:09 PM	8:10 PM	11:10 PM
7	Cultural Heritage: Art, Music & Dance	Parichakali Folk Dance of Lakshadweep Islands	English	2:33 AM	5:33 AM	8:33 AM	11:33 AM	2:33 PM	5:33 PM	8:33 PM	11:33 PM
8	सांस्कृतिक विरासत: कला और शिल्प	गोदना कला	Hindi	2:49 AM	5:50 AM	8:50 AM	11:50 AM	2:50 PM	5:50 PM	8:50 PM	11:50 PM
9	General	Value and responsible Citizenship	English	2:55 AM	5:55 AM	8:55 AM	11:55 AM	2:55 PM	5:55 PM	8:55 PM	11:56 PM
<b>सोमवार, 30 जनवरी 2023</b> <b>Monday, 30 January 2023</b>											
1	हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश मे पावस "	हिन्दी	12:00 AM	2:59 AM	5:59 AM	8:58 AM	11:58 AM	2:57 PM	5:57 PM	8:56 PM
2	सामाजिक विज्ञान (भूगोल )	सा.विज्ञान.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:35 AM	3:35 AM	6:34 AM	9:34 AM	12:33 PM	3:33 PM	6:32 PM	9:32 PM
3	विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	Hindi	1:02 AM	4:02 AM	7:01 AM	10:01 AM	1:00 PM	4:00 PM	6:59 PM	9:59 PM
4	General(Science)	Colour Shadow	English	1:41 AM	4:40 AM	7:40 AM	10:40 AM	1:39 PM	4:39 PM	7:38 PM	10:38 PM
5	General(Science)	Acrobatic Stick	English	1:43 AM	4:42 AM	7:42 AM	10:42 AM	1:41 PM	4:41 PM	7:40 PM	10:40 PM
6	Language (English)	English: Chp-3:The Ball Poem	English	1:44 AM	4:44 AM	7:43 AM	10:43 AM	1:43 PM	4:42 PM	7:42 PM	10:41 PM
7	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-9	English	2:18 AM	5:17 AM	8:17 AM	11:17 AM	2:16 PM	5:16 PM	8:15 PM	11:15 PM
8	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch- 2: Federalism	English	2:36 AM	5:36 AM	8:35 AM	11:35 AM	2:34 PM	5:34 PM	8:33 PM	11:33 PM

मंगलवार, 31 जनवरी 2023  
Tuesday, 31 January 2023

1	हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	हिन्दी	12:00 AM	3:00 AM	6:00 AM	9:01 AM	12:01 PM	3:01 PM	6:02 PM	9:02 PM
2	सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:32 AM	3:32 AM	6:33 AM	9:33 AM	12:34 PM	3:34 PM	6:34 PM	9:35 PM
3	विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	Hindi	12:56 AM	3:56 AM	6:57 AM	9:57 AM	12:58 PM	3:58 PM	6:58 PM	9:59 PM
4	Language (English)	English: Chp-3:The Ball Poem	English	1:37 AM	4:37 AM	7:37 AM	10:38 AM	1:38 PM	4:38 PM	7:39 PM	10:39 PM
5	Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-1	English	2:06 AM	5:07 AM	8:07 AM	11:07 AM	2:08 PM	5:08 PM	8:09 PM	11:09 PM
6	General(Science)	Stop the Fan	English	2:35 AM	5:36 AM	8:36 AM	11:37 AM	2:37 PM	5:37 PM	8:38 PM	11:38 PM
7	Social Science (Political Science)	S.Sc (Pol. Sci.): Ch- 2: Federalism	English	2:37 AM	5:37 AM	8:38 AM	11:38 AM	2:38 PM	5:39 PM	8:39 PM	11:40 PM