

Transmission Schedule for July, 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)
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education

****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

ONE CLASS, ONE CHANNEL



DD Free Dish Channel #29
Dish TV Channel #2028



8800440559



Jio TV



NCERT OFFICIAL

Subject

Title of the Topic

Duration

Medium

01 July 2022			
विज्ञान	पाठ-13: गति एवं समय	0:27:31	Hindi
हिन्दी	पाठ-12: कंचा	0:15:02	Hindi
Storytelling/Value Education	एक अनेक और एकता	0:06:57	Hindi
Political Science	Ch-5, Women Change the World	0:25:09	English
Creative Activities: Art& Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Creative Activities: Art& Craft	String Mosquito	0:01:11	English
Mathematics	Ch-11: Perimeter and area, Part-1	0:29:55	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	Personal hygiene and Health	0:10:15	English
02 July 2022			
गणित	पाठ-13: घातांक और घात भाग-1	0:21:09	Hindi
संस्कृत	भूपति मयादस	0:08:48	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Geography	Chapter-4, Air	00:18:39	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Science	Ch-14: Electric Current and Its Effects	0:20:59	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi

Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
03 July 2022			
शारीरिक शिक्षा	Yoga Dhanurasan	0:12:12	Hindi
राजनीति विज्ञान	पाठ-4, लड़के और लड़कियों के रूप में बड़ा होना	0:23:35	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General Awareness	e-waste management Film 2	0:09:04	English
General Awareness	रोज़ बदलता कैसे चाँद -१	0:08:26	Hindi
History	Chapter-4, The Mughal Empire	00:30:33	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
04 July 2022			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	0:20:45	Hindi
भूगोल	पाठ-5, जल	00:32:23	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
English	Ch-8, Fire Friend and Foe part-2	0:17:18	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Mathematics	Ch-11: Perimeter and area, Part-2	0:24:24	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Important tips for good embroidery work (Part B)	0:07:37	English
05 July 2022			
गणित	पाठ-13: घातांक और घात भाग-2	0:25:21	Hindi
हिन्दी	पाठ-13: एक तिनका	0:09:07	Hindi
Storytelling	आज़ादी की कहानी-2	0:14:47	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Ch-5, Water	00:18:28	English
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	0:07:22	English/Hindi

Science	Ch-14: Electric Current and Its Effects	0:20:59	English
Vocational	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
06 July 2022			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	0:20:45	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
History	Chapter-3, The Delhi Sultans	00:23:22	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-11: Perimeter and area, Part-2	0:24:24	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
07 July 2022			
गणित	पाठ-13: घातांक और घात भाग-1	0:21:09	Hindi
इतिहास	पाठ-2, नए राजा और उनके राज्य	00:21:41	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
English	Ch-10: The Story of Cricket	0:27:35	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Ch-14: Electric Current and Its Effects	0:20:59	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
08 July 2022			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	0:20:45	Hindi
हिन्दी	पाठ-13: एक तिनका	0:09:07	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Creative Activities: Art & Craft	जन्मदिन कार्ड (Birthday Card)	0:03:52	Hindi
Political Science	Ch-6, Understanding media	0:20:33	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	English/Hindi
Mathematics	Ch-11: Perimeter and area, Part-2	0:24:24	English

Vocational	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
09 July 2022			
गणित	पाठ-13: घातांक और घात भाग-2	0:25:21	Hindi
संस्कृत	चतुर बानर	0:08:23	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	0:17:34	Hindi
Geography	Geography, Ch-5, Water	00:19:46	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-15: Light	0:24:43	English
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
10 July 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-5, औरतों ने बदली दुनिया भाग-1	0:25:26	Hindi
Cultural Heritage: Art, Music & Dance	Dance A Way of Expression-2	0:29:59	Hindi
General awareness	Fake-Whatsapp-Messages	0:02:19	English
General Awareness	Levers Around Us	0:08:00	English
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
History	Ch-5, Rulers and Buildings	00:23:11	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
11 July 2022			
विज्ञान	पाठ-15: प्रकाश	0:31:58	Hindi
भूगोल	पाठ-6, प्राकृतिक वनस्पति एवं वन्य जीवन	0:29:48	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi
English	Ch-9: A bicycle in good repair	0:25:18	English
Creative Activities: Art & Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Ch-12: Algebraic Expressions	0:31:28	English

Vocational	Design and Tracing Methods (Stencil Method)	0:02:01	English
12 July 2022			
गणित	पाठ-14: सममिति	0:23:56	Hindi
हिन्दी	पाठ-14: खान पान की बदलती तस्वीर	0:27:25	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Story Telling/Value Education	वो कुछ दिन	0:07:51	Hindi
Geography	Ch-6, Natural vegetation & wildlife	0:15:32	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andhra Pradesh	0:06:50	English/Hindi
Science	Ch-15: Light	0:24:43	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Tools And Materials	0:12:44	English
13 July 2022			
विज्ञान	पाठ-15: प्रकाश	0:31:58	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
History	Chapter-4, The Mughal Empire	00:30:33	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-12: Algebraic Expressions	0:31:28	English
Vocational	Blanket Stitch	0:05:58	English
14 July 2022			
गणित	पाठ-13: घातांक और घात भाग-2	0:25:21	Hindi
इतिहास	पाठ-3, दिल्ली के सुलतान भाग -1	00:34:11	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
English	Chapter-1, The Squirrel	0:12:32	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi
Science	Ch-15: Light	0:24:43	English

Vocational	Seed Germination	0:06:44	English
Vocational	Personal hygiene and Health	0:10:15	English
15 July 2022			
विज्ञान	पाठ-15: प्रकाश	0:31:58	Hindi
हिन्दी	पाठ-14: खान पान की बदलती तस्वीर	0:27:25	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-7: Markets around us	0:14:30	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Mathematics	Ch-12: Algebraic Expressions	0:31:28	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
16 July 2022			
गणित	पाठ-14: सममिति	0:23:56	Hindi
संस्कृत	सम्बन्धो ही दुर्जयः	0:08:09	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
Geography	Ch-6, Natural vegetation & wildlife	0:13:55	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-16: Water: A Precious Resource	0:19:36	English
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-10	0:19:45	Hindi
Vocational	Electricity and its importance	0:04:08	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
17 July 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Showing respect to sanitation workers-Hindi	0:00:35	Hindi
राजनीति विज्ञान	पाठ-5, औरतों ने बदली दुनिया भाग-2	0:24:08	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General Awareness	e-waste management Film 2	0:09:04	English

ONE CLASS, ONE CHANNEL

Class - VII

General awareness	व्यक्तिगत सुरक्षा	0:17:02	Hindi
History	History, Ch-6, Towns, traders and craftsperson	0:22:41	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
18 July 2022			
विज्ञान	पाठ-16: जल एक बहुमूल्य संसाधन	0:17:42	Hindi
भूगोल	पाठ-7: मानवीय पर्यावरण बस्तियाँ, परिवहन एवं संचार	0:24:45	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
English	Ch-10: The Story of Cricket	0:27:35	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Creative Activities: Art & Craft	Flying Fish	0:01:11	English
Mathematics	Ch-13: Exponents and powers part-1	0:22:26	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
19 July 2022			
गणित	पाठ-15: ठोस आकारों का चित्रण	0:22:59	Hindi
हिन्दी	पाठ-15: नीलकंठ भाग-1	0:26:52	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	0:19:29	Hindi
Geography	Chapter-1, Environment	0:21:12	English
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	0:07:23	English/Hindi
Science	Ch-16: Water: A Precious Resource	0:19:36	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
20 July 2022			
विज्ञान	पाठ-16: जल एक बहुमूल्य संसाधन	0:17:42	Hindi
उर्दू	ईदगाह	0:28:18	Hindi

ONE CLASS, ONE CHANNEL

Class - VII

Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	0:19:29	Hindi
History	Ch-5, Rulers and Buildings	00:23:16	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-13: Exponents and powers part-1	0:22:26	English
Vocational	Tools And Materials	0:12:44	English
Vocational	Seed Germination	0:06:44	English
21 July 2022			
गणित	पाठ-14: सममिति	0:23:56	Hindi
इतिहास	पाठ-3, दिल्ली के सुलतान भाग-2	00:27:11	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	Chapter-2, A Gift Of Chappals	00:21:02	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Rajasthan	0:04:35	English/Hindi
Science	Ch-16: Water: A Precious Resource	0:19:36	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	Hand Embroidery Part B	0:13:54	English
22 July 2022			
विज्ञान	पाठ-16: जल एक बहुमूल्य संसाधन	0:17:42	Hindi
हिन्दी	पाठ-15: नीलकंठ भाग-1	0:26:52	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
General Awareness	रौशनी और रंग	0:15:55	Hindi
Political Science	Ch-8: A shirt in the market	0:12:23	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Ch-13: Exponents and powers part-1	0:22:26	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
23 July 2022			

ONE CLASS, ONE CHANNEL

Class - VII

गणित	पाठ-15: ठोस आकारों का चित्रण	0:22:59	Hindi
संस्कृत	पुनर्मूषको भवः	0:07:53	Hindi
Storytelling/Value Education	बस के नीचे बाग	0:05:52	Hindi
Geography	Ch-7: Human Environment–Settlement, Transport & Communication	0:22:10	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	0:07:19	Hindi
Science	Ch-17: Forests, Our lifeline	0:18:02	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
24 July 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-6, संचार माध्यमों को समझना	0:22:52	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General Awareness	e-waste management Block-4.2	0:12:00	English
General Awareness	रौशनी और रंग	0:15:55	Hindi
History	Ch-7: Tribes, nomads and settled communities	0:22:50	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
Vocational	Tools And Materials	0:12:44	English
25 July 2022			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	0:19:08	Hindi
भूगोल	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	0:27:56	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
English	Chapter-1, The Squirrel	0:12:32	English

ONE CLASS, ONE CHANNEL

Class - VII

Creative Activities: Art & Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Ch-13: Exponents and powers part-2	0:27:48	English
Vocational	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
26 July 2022			
गणित	पाठ-1, पूर्णांक भाग - 1	0:20:16	Hindi
हिन्दी	पाठ-15: नीलकंठ भाग-2	0:24:21	Hindi
Storytelling	आज़ादी की कहानी-3	0:11:42	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Geography	Ch-2: Inside our Earth	0:15:19	English
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-17: Forests, Our lifeline	0:18:02	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Fishbone Stitch	0:05:56	English
27 July 2022			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	0:19:08	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
History	Ch-6, Towns, traders and craftsperson	0:28:42	English
Cultural Heritage: Art, Music & Dance	खेल-खेल में एनीमेशन	0:06:30	Hindi
Mathematics	Ch-13: Exponents and powers part-2	0:27:48	English
Vocational	Tools And Materials	0:12:44	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
28 July 2022			
गणित	पाठ-15: ठोस आकारों का चित्रण	0:22:59	Hindi
इतिहास	पाठ-4, मुगल साम्राज्य	00:24:58	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi

ONE CLASS, ONE CHANNEL

Class - VII

English	Chapter-2, The Rebel	00:13:36	English
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Ch-17: Forests, Our lifeline	0:18:02	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
Vocational	Light as electromagnetic spectrum	0:06:56	English
29 July 2022			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	0:19:08	Hindi
हिन्दी	पाठ-15: नीलकंठ भाग-2	0:24:21	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-1, Equality in Indian Democracy	0:25:53	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi
Mathematics	Ch-13: Exponents and powers part-2	0:27:48	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Stencil Method)	0:02:01	English
30 July 2022			
गणित	पाठ-1, पूर्णांक भाग – 1	0:20:16	Hindi
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
संस्कृत	लोभः नाशाय	0:04:43	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Geography	Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	0:18:27	VII
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-18: Waste Water Story	0:15:57	English

ONE CLASS, ONE CHANNEL

Class - VII

Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
31 July 2022			
Physical education	COVID 19 Awareness	0:12:46	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
राजनीति विज्ञान	पाठ-7: हमारे आस-पास के बाज़ार	0:24:43	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General awareness	e-waste management Block-1	0:12:12	English
General Awareness	रौशनी और रंग	0:15:55	Hindi
History	Ch-8: Devotional paths to divine-let us check what we remember	0:18:21	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
Vocational	Electricity and its importance	0:04:08	English

***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**

