

Transmission Schedule for **June, 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



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Subject	Title of the Topic	Duration	Medium
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01 June 2022			
Science	विज्ञान, पाठ-9: मृदा	0:21:34	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Creative Activities: Art& Craft	Flying Fish	0:01:11	English
History	History, Ch-8: Devotional paths to divine-let us check what we remember	0:18:21	English
Creative Activities: Art& Craft	String Mosquito	0:01:11	English
Mathematics	Maths, Ch-8: Comparing quantities	0:29:13	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
02 June 2022			
गणित	गणित, पाठ-8: राशियों की तुलना	0:26:38	Hindi
इतिहास	इतिहास, पाठ-7: जनजातियां, खानाबदोश और एक जगह बसे हुए समुदाय	0:25:35	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-3	0:18:29	Hindi
English	English, Ch-6, Expert detectives Part-1	0:18:58	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi
Science	Science, Ch-9: Soil	0:19:32	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi

03 June 2022			
विज्ञान	विज्ञान, पाठ-9: मृदा	0:21:34	Hindi
हिन्दी	हिन्दी, पाठ-8: वसंत-२: शाम एक किसान	0:21:05	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	English
Political Science	Ch-1, Equality in Indian Democracy	0:25:53	English
Creative Activities: Art& Craft	बोतल मकड़ी (Bottle spider)	0:02:48	Hindi
Mathematics	Maths, Ch-8: Comparing quantities	0:29:13	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
04 June 2022			
गणित	गणित, पाठ-8: राशियों की तुलना भाग-2	0:26:44	Hindi
संस्कृत	संस्कृत, पाठ-1, सुभाषित -I	0:30:54	Sanskrit
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Geography	Geography, Ch-9: Life in the desert	0:19:43	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Science	Science, Ch-10: Respiration In Organisms	0:23:58	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
05 June 2022			
शारीरिक शिक्षा	Yoga Dhanurasan	0:12:12	Hindi
राजनीति विज्ञान	पाठ-9: समानता के लिए संघर्ष	0:17:44	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	History, Ch-10: Eighteenth century political formations	0:25:15	English

Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
Vocational	Feather Stitch	0:05:39	English
06 June 2022			
विज्ञान	विज्ञान, पाठ-10: जीवों में श्वसन	0:18:58	Hindi
भूगोल	भूगोल, पाठ-1, पर्यावरण	0:28:13	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
English	English, Ch-6, Expert detectives Part-1	0:18:58	English
Creative Activities: Art & Craft	Origami (Kagaz Kala)-1	0:10:33	Hindi
Mathematics	Maths, Ch-8: Comparing quantities Part-2	0:27:00	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
07 June 2022			
गणित	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
हिन्दी	हिन्दी, पाठ-9: वसंत-२: चिड़िया की बच्ची	0:20:06	Hindi
Storytelling	आज़ादी की कहानी-2	0:14:47	Hindi
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	0:07:19	Hindi
Geography	Geography, Chapter-1, Our Environment	0:20:49	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	Hindi
Science	Science, Ch-10: Respiration In Organisms	0:23:58	English
Vocational	Tools And Materials	0:12:44	English
08 June 2022			
विज्ञान	विज्ञान, पाठ-10: जीवों में श्वसन	0:18:58	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	आज़ादी की कहानी-2	0:14:47	Hindi
History	History, Ch-9: The Making of regional cultures	0:21:58	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi

Mathematics	Maths, Ch-8: Comparing quantities Part-2	0:27:00	VII
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
09 June 2022			
गणित	गणित, पाठ-8: राशियों की तुलना भाग-2	0:26:44	Hindi
इतिहास	इतिहास, पाठ-8: ईश्वर से अनुराग	0:30:52	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
English	English, Ch-6, Expert detectives Part-2	0:21:50	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Science, Ch-10: Respiration In Organisms	0:23:58	English
Vocational	Tools And Materials	0:12:44	English
10 June 2022			
विज्ञान	विज्ञान, पाठ-10: जीवों में श्वसन	0:18:58	Hindi
हिन्दी	हिन्दी, पाठ-9: वसंत-२: चिड़िया की बच्ची	0:20:06	Hindi
Creative Activities: Art& Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Political Science	Ch-2, Role of the Government in Health	0:30:00	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	English/Hindi
Mathematics	Maths, Ch-8: Comparing quantities Part-2	0:27:00	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
11 June 2022			
गणित	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
संस्कृत	संस्कृत, पाठ-1, सुभाषित -II	00:27:46	Sanskrit
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	0:17:34	Hindi
Geography	Geography, Chapter-1, Our Environment	0:20:49	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English

Science	Science, Ch-11: Transportation in Animals & Plants	0:21:56	English
Vocational	Design and Tracing Methods	0:02:24	English
12 June 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-1, समानता	0:30:46	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	Lever Around Us	0:08:00	English
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
History	History, Chapter-1, Tracing Changes Through a Thousand Years	0:24:25	English
Vocational	Tools And Materials	0:12:44	English
13 June 2022			
विज्ञान	विज्ञान, पाठ-11: जंतुओं और पादप में परिवहन	0:23:51	Hindi
भूगोल	भूगोल, पाठ-2, हमारी पृथ्वी के अंदर	00:20:22	Hindi
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	0:07:19	Hindi
English	English, Ch-6, Expert detectives Part-2	0:21:50	English
Creative Activities: Art& Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Maths, Ch-9: Rational numbers	0:30:56	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
14 June 2022			
गणित	गणित, पाठ-11: परिमाप और क्षेत्रफल भाग-1	0:29:09	Hindi
हिन्दी	हिन्दी, पाठ-10: अपूर्व अनुभव	0:22:36	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi

Story Telling/Value Education	वो कुछ दिन	0:07:51	Hindi
Geography	Geography, Chapter-2, Inside our Earth	0:19:23	English
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	0:07:23	English/Hindi
Science	Science, Ch-11: Transportation in Animals & Plants	0:21:56	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Tools And Materials	0:12:44	English
15 June 2022			
Science	विज्ञान, पाठ-11: जंतुओं और पादप में परिवहन	0:23:51	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
History	History, Ch-10: Eighteenth century political formations	0:25:15	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Maths, Ch-9: Rational numbers	0:30:56	English
Vocational	Personal hygiene and Health	0:10:15	English
16 June 2022			
गणित	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
इतिहास	इतिहास, पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	0:25:12	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
English	English, Ch-7: The invention of vita-wonk	0:24:18	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi

Science	Science, Ch-11: Transportation in Animals & Plants	0:21:56	English
Vocational	Seed Germination	0:06:44	English
Vocational	Personal hygiene and Health	0:10:15	English
17 June 2022			
विज्ञान	विज्ञान, पाठ-11: जंतुओं और पादप में परिवहन	0:23:51	Hindi
हिन्दी	हिंदी, पाठ-10: अपूर्व अनुभव	0:22:36	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-3, How the State Government Works	0:25:07	English
Cultural Heritage: Art, Music & Dance	National Role Play & Folk Dances-Andaman & Nicobar Islands	0:08:33	Hindi
Mathematics	Maths, Ch-9: Rational numbers	0:30:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
18 June 2022			
गणित	गणित, पाठ-11: परिमाप और क्षेत्रफल भाग-1	0:29:09	Hindi
संस्कृत	संस्कृत कथा, बुद्धि बलवती	0:06:08	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
Geography	Geography, Chapter-2, Inside our Earth	0:19:23	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Science, Ch-12: Reproduction In Plants	0:23:00	English

Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Electricity and its importance	0:04:08	English
Vocational	Important tips for good embroidery work (Part B)	0:07:37	English
19 June 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	0:31:26	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	व्यक्तिगत सुरक्षा	0:17:02	Hindi
History	History, Chapter-2, New King & Kingdom	00:20:26	English
Vocational	Hand Embroidery Part B	0:13:54	English
20 June 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:01	Hindi
भूगोल	भूगोल, पाठ-3, हमारी बदलती पृथ्वी	00:24:12	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
English	English, Ch-8, Fire Friend and Foe	0:06:50	English
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Creative Activities: Art& Craft	Flying Fish	0:01:11	English
Mathematics	Maths, Ch-10: Practical geometry	0:29:01	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
21 June 2022			
गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
हिन्दी	हिंदी, पाठ-11: रहीम के दोहे	0:22:43	Hindi

Storytelling	आज़ादी की कहानी-3	0:11:42	Hindi
Geography	Geography, Chapter-3, Our Changing Earth	00:19:28	English
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	0:07:23	English/Hindi
Science	Science, Ch-12: Reproduction In Plants	0:23:00	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
22 June 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:01	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
History	History, Chapter-1, Tracing Changes Through a Thousand Years	0:24:25	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Maths, Ch-10: Practical geometry	0:29:01	English
Vocational	Tools And Materials	0:12:44	English
Vocational	Seed Germination	0:06:44	English
23 June 2022			
गणित	गणित, पाठ-11: परिमाप और क्षेत्रफल भाग-1	0:29:09	Hindi
इतिहास	इतिहास, पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	0:30:22	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	English, Ch-8: Fire Friend and Foe	0:24:22	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Rajasthan	0:04:35	English/Hindi
Science	Science, Ch-12: Reproduction In Plants	0:23:00	English
Vocational	Light as electromagnetic spectrum	0:06:56	English

Vocational	Hand Embroidery Part B	0:13:54	English
24 June 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:01	Hindi
हिन्दी	हिंदी, पाठ-11: रहीम के दोहे	0:22:43	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-4, Growing up as Boys and Girls	0:23:10	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi
Mathematics	Maths, Ch-10: Practical geometry	0:29:01	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
25 June 2022			
गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Geography	Geography, Chapter-3, Our Changing Earth	00:19:28	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Science, Ch-13: Motion and Time	0:23:57	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
26 June 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-3, राज्य शासन कैसे काम करता है	0:30:28	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	History, Chapter-3, The Delhi Sultans	00:23:22	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
Vocational	Electricity and its importance	0:04:08	English
27 June 2022			
विज्ञान	विज्ञान, पाठ-13: गति एवं समय	0:27:31	Hindi
भूगोल	भूगोल, पाठ-4, वायु	00:32:56	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
English	English, Ch-8, Fire Friend and Foe part-1	0:14:57	English
Creative Activities: Art& Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Maths, Ch-11: Perimeter and area, Part-1	0:29:55	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Stencil Method)	0:02:01	English
28 June 2022			
गणित	पाठ-13: घातांक और घात भाग-1	0:21:09	Hindi
हिन्दी	पाठ-12: कंचा	0:15:02	Hindi
Storytelling	आज़ादी की कहानी-3	0:11:42	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Geography	Geography, Chapter-4, Air	00:18:39	English
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Science, Ch-13: Motion and Time	0:23:57	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Fishbone Stitch	0:05:56	English
29 June 2022			
विज्ञान	विज्ञान, पाठ-13: गति एवं समय	0:27:31	Hindi

उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
History	History, Chapter-2, New King & Kingdom	00:20:26	English
Cultural Heritage: Art, Music, Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Maths, Ch-11: Perimeter and area, Part-1	0:29:55	English
Vocational	Tools And Materials	0:12:44	English
Vocational	Important tips for good embroidery work (Part B)	0:07:37	English
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गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
इतिहास	इतिहास, पाठ-1, हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	00:23:05	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	English, Ch-9: A bicycle in good repair	0:25:18	English
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Rajasthan	0:04:35	English/Hindi
Science	Science, Ch-13: Motion and Time	0:23:57	English
Vocational	Light as electromagnetic spectrum	0:06:56	Englishphy

***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



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dth.class7@ciet.nic.in

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