

Transmission Schedule for **March, 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)

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*Watch Live programmes on every Thursday at 2:00 pm to 3:00 pm

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*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

Subject	Title of the Topic	Duration	Medium
1 March 2022			
गणित	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
हिंदी	पाठ-12: कंचा	0:15:02	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	0:21:47	Hindi
Geography	Geography, Ch-9: Life in the desert	0:19:43	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andhra Pradesh	0:06:50	English/Hindi
Science	Science, Ch-9: Soil	0:19:32	English
Vocational	Hand Embroidery Part B	0:13:54	Hindi
Vocational	Tools And Materials	0:12:44	English
2 March 2022			
विज्ञान	पाठ-9: मृदा	0:11:10	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-10	0:19:45	Hindi
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	Ch-9: Rational numbers	0:30:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
3 March 2022			
Mathematics	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
इतिहास	इतिहास, पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	0:25:12	Hindi
उर्दू	ईदगाह	0:28:18	Hindi

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ONE CLASS, ONE CHANNEL

Class - VII

English	English, Ch-9: Garden snake	0:07:58	English
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	0:07:23	English/Hindi
Science	Science, Ch-9: Soil	0:19:32	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
4 March 2022			
विज्ञान	विज्ञान, पाठ-9: मृदा	0:11:10	Hindi
हिंदी	हिंदी, पाठ-13: एक तिनका	0:25:19	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी -1	0:18:10	Hindi
Political Science	Ch-9: Struggles for equality	0:28:48	English
Creative Activities: Art & Craft	Slithering Snake	0:01:37	English
Mathematics	Math, Ch-9: Rational numbers	0:30:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
5 March 2022			
गणित	गणित, पाठ-9: परिमेय संख्याएँ	0:26:40	Hindi
संस्कृत	संस्कृत कथा, बुद्धिर्यस्य बलमतस्य	0:09:16	Sanskrit
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	0:21:47	Hindi
Geography	Geography, Ch-9: Life in the desert	0:19:43	English
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
Science	Science, Ch-9: Soil	0:19:32	English
Vocational	Electricity and its importance	0:04:08	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English
6 March 2022			
शारीरिक शिक्षा	Yoga Dhanurasan	0:12:12	Hindi

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Class - VII

राजनीति शास्त्र	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	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
History	History, Ch-9: The Making of regional cultures	0:21:58	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
7 March 2022			
विज्ञान	विज्ञान, पाठ-9: मृदा	0:11:10	Hindi
भूगोल	भूगोल, पाठ-9: रेगिस्तान में जीवन	0:31:15	Hindi
English	English, Ch-9: A bicycle in good repair	0:25:18	English
Creative Activities: Art & Craft	3D Kaleidoscope	0:03:16	English
Mathematics	Maths, Ch-9: Rational numbers	0:30:56	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
8 March 2022			
गणित	पाठ-10: प्रायोगिक ज्यामिति	0:21:45	Hindi
हिंदी	पाठ-13: एक तिनका	0:09:07	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Ch-1, Environment	0:21:12	English
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
Science	Ch-10: Respiration in Organisms	0:23:58	English

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Class - VII

Vocational	Tools And Materials	0:12:44	English
Vocational	Hand Embroidery Part B	0:13:54	English
9 March 2022			
विज्ञान	पाठ-10: जीवों में श्वसन	0:18:58	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	बस के नीचे बारा	0:05:52	Hindi
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	Ch-10: Practical geometry	0:29:01	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
Vocational	The evolution of communication	0:03:58	English
10 March 2022			
गणित	गणित, Ch-6, त्रिभुज और उसके गुण भाग-1	0:22:59	Hindi
इतिहास	इतिहास, पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	0:30:22	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
English	English, Ch-10: The Story of Cricket	0:15:57	English
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	0:07:23	English/Hindi
Science	Science, Ch-10: Respiration In Organisms	0:23:58	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
11 March 2022			

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ONE CLASS, ONE CHANNEL

Class - VII

विज्ञान	विज्ञान, पाठ-10: जीवों में श्वसन	0:18:58	Hindi
हिंदी	पाठ-14: खान पान की बदलती तस्वीर	0:27:25	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	Hindi
Political Science	Ch-1, Equality in Indian Democracy	0:25:53	English
Creative Activities: Art & Craft	String Mosquito	0:01:11	Hindi
Mathematics	Math, Ch-10: Practical geometry	0:29:01	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
12 March 2022			
गणित	प्रायोगिक ज्यामिति	0:21:45	Hindi
संस्कृत	भूपति मयादस	0:08:48	Sanskrit
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
Geography	Geography, Chapter-1, Environment	0:21:12	English
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	0:19:10	Hindi
Science	Science, Ch-10: Respiration In Organisms	0:23:58	English
Vocational	Feather Stitch	0:05:39	English
Vocational	Overview of Automotive Service Technician	0:05:51	English
13 March 2022			
शारीरिक शिक्षा	Yoga Dhanurasan	0:12:12	Hindi
राजनीति शास्त्र	पाठ-1, समानता	0:30:46	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General awareness	रोज़ बदलता कैसे चाँद -2	0:06:23	Hindi
General Awareness	रोज़ बदलता कैसे चाँद -१	0:08:26	Hindi

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Class - VII

History	History, Ch-10: Eighteenth century political formations	0:25:15	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
14 March 2022			
विज्ञान	रोज़ बदलता कैसे चाँद -2	0:06:23	Hindi
भूगोल	भूगोल, पाठ-1, पर्यावरण	0:28:13	Hindi
Storytelling/Value Education	आम की टोकरी	0:02:35	Hindi
English	English, Ch-10: The Story of Cricket	0:15:57	English
Creative Activities: Art & Craft	जादुई किताब- आओ खिलौने बनाएं	0:15:54	Hindi
Mathematics	Maths, Ch-10: Practical geometry	0:29:01	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
General awareness	Cyber Stalking	0:01:04	English
15 March 2022			
गणित	गणित, पाठ-11: परिमाण और क्षेत्रफल भाग-1	0:29:09	Hindi
हिंदी	पाठ-14: खान पान की बदलती तस्वीर	0:27:25	Hindi
Storytelling	आज़ादी की कहानी-2	0:14:47	Hindi
Story Telling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	0:07:19	Hindi
Geography	Ch-2, Inside our Earth	0:15:19	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	Hindi
Science	Ch-11: Transportation in Animals & Plants	0:21:56	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English

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16 March 2022			
विज्ञान	विज्ञान, पाठ-11: जंतुओं और पादप में परिवहन	0:23:51	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
History	History, Ch-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	Ch-11: Perimeter and area, Part-1	0:29:55	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Electricity and its importance	0:04:08	English
17 March 2022			
गणित	गणित, पाठ-11: परिमाण और क्षेत्रफल भाग-1	0:29:09	Hindi
इतिहास	इतिहास, पाठ-1, हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	00:23:05	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	0:21:47	Hindi
English	Chapter-1, English Language Classroom Three Questions, Lesson - 1 Part - 1	00:18:43	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	English/Hindi
Science	Science, Ch-11: Transportation in Animals & Plants	0:21:56	English
Vocational	Tools And Materials	0:12:44	English
18 March 2022			
विज्ञान	विज्ञान, पाठ-11: जंतुओं और पादप में परिवहन	0:23:51	Hindi
हिंदी	पाठ-15: नीलकंठ भाग-2	0:24:21	Hindi

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ONE CLASS, ONE CHANNEL

Class - VII

Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
Political Science	Ch-2, Role of the Government in Health	0:30:00	English
Cultural Heritage: Art, Music, Dance	Kala Utsav – 2019 Dance Competition: Boys Arunachal Pradesh	0:03:47	English
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 (Heat Method)	0:01:41	English
19 March 2022			
गणित	गणित, पाठ-11: परिमाप और क्षेत्रफल भाग-1	0:29:09	Hindi
संस्कृत	चतुर बानर	0:08:23	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	0:19:10	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-11: Transportation in Animals & Plants	0:21:56	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
20 March 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति शास्त्र	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	Why Seasons Happen?	0:03:17	English

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ONE CLASS, ONE CHANNEL

Class - VII

General Awareness	Levers 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	Light as electromagnetic spectrum	0:06:56	English
Vocational	Seed Germination	0:06:44	English
21 March 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	छोटा है या बड़ा	0:04:07	Hindi
English	Chapter-1, English Language Classroom Three Questions, Lesson - 1 Part - 1	00:18:43	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	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
22 March 2022			
गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
हिंदी	पाठ-15: नीलकंठ भाग-1	0:26:52	Hindi
Storytelling	अक्ल बड़ी या पूँछ	0:02:00	Hindi
Story Telling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Ch-3, Our Changing Earth	0:20:21	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	Hindi
Science	Ch-12: Reproduction In Plants	0:23:00	English
Vocational	Personal hygiene and Health	0:10:15	English

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ONE CLASS, ONE CHANNEL

Class - VII

Vocational	Seed Germination	0:06:44	English
23 March 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:01	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	दान का हिसाब	0:16:30	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-2	0:24:24	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
24 March 2022			
गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
इतिहास	इतिहास, पाठ-2, नए राजा और उनके राज्य	00:21:41	Hindi
Storytelling/Value Education	बस के नीचे बाग़	0:05:52	Hindi
English	English, Chapter-1, Three Questions Part-2	00:38:42	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andaman & Nicobar Is.	0:05:12	English/Hindi
Science	Science, Ch-12: Reproduction In Plants	0:23:00	English
Vocational	Seed Germination	0:06:44	English
Vocational	Design and Tracing Methods (Heat Method)	0:01:41	English
25 March 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:01	Hindi
हिंदी	पाठ-15: नीलकंठ भाग-1	0:26:52	Hindi

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ONE CLASS, ONE CHANNEL

Class - VII

Storytelling	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	Navras (9 Rasas) - Dance Emotions	0:03:50	English
Mathematics	Maths, Ch-11: Perimeter and area, Part-2	0:24:24	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
26 March 2022			
गणित	पाठ-12: बीजीय व्यंजक	0:32:57	Hindi
संस्कृत	सम्बन्धो ही दुर्जयः	0:08:09	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi
Geography	Ch-3, Our Changing Earth	0:20:21	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	Light as electromagnetic spectrum	0:06:56	English
27 March 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति शास्त्र	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	Personal Safety	0:14:19	English

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ONE CLASS, ONE CHANNEL

Class - VII

General awareness	व्यक्तिगत सुरक्षा	0:17:02	Hindi
History	History, Chapter-2, New King & Kingdom	00:20:26	English
Vocational	Light as electromagnetic spectrum	0:06:56	English
Vocational	Electricity and its importance	0:04:08	English
28 March 2022			
विज्ञान	विज्ञान, पाठ-12: पादप में जनन	0:18:46	Hindi
भूगोल	भूगोल, पाठ-3, हमारी बदलती पृथ्वी	00:24:12	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	Hindi
English	Chapter-1, English Language Classroom Three Questions, Lesson - 1 Part - 2	00:25:10	English
Creative Activities: Art & Craft	Flying Fish	0:01:11	English
Mathematics	Maths, Ch-12: Algebraic expressions	0:32:32	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Feather Stitch	0:05:39	English
29 March 2022			
गणित	गणित, पाठ-8: राशियों की तुलना	0:26:38	Hindi
हिंदी	पाठ-11: रहीम के दोहे	0:20:58	Hindi
Storytelling	आज़ादी की कहानी-2	0:14:47	Hindi
Story Telling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Geography	Geography, Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	0:18:27	English
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	0:08:22	Hindi

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ONE CLASS, ONE CHANNEL

Class - VII

Science	Science, Ch-8: Winds, Storms, And Cyclones	0:23:35	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
Vocational	Overview of Automotive Service Technician	0:05:51	English
30 March 2022			
विज्ञान	विज्ञान, पाठ-13: गति एवं समय	0:27:31	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi
History	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	Maths, Ch-12: Algebraic expressions	0:32:32	English
Vocational	Tools And Materials	0:12:44	English
31 March 2022			
गणित	पाठ-13: घातांक और घात भाग-1	0:21:09	Hindi
इतिहास	इतिहास, पाठ-3, दिल्ली के सुलतान भाग -1	00:34:11	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	English
English	English, Chapter-2, A Gift of Chappals	00:22:29	English
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	Seed Germination	0:06:44	English
Vocational	Hand Embroidery Part B	0:13:54	English

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