

अक्टूबर 2021 प्रसारण अनुसूची

Transmission Schedule for October, 2021

कक्षा 10 की समय सारणी
TIME TABLE OF CLASS 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	वीरवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	गणित	गणित	संस्कृत	اردو (उर्दू)	सामाजिक विज्ञान (इतिहास)
सामाजिक विज्ञान (भूगोल)	सामाजिक विज्ञान (भूगोल)	विज्ञान	विज्ञान	सामाजिक विज्ञान (अर्थशास्त्र)	हिन्दी	सामाजिक विज्ञान (राजनीति विज्ञान)
Science	Science	Social Science (History)	Social Science (History)	Mathematics	Social Science (Pol. Sc.)	Social Science (Economics)
Mathematics	Mathematics	English	English	Science	Social Science (Geography)	Social Science (Geography)

*Note: Watch live and interact with subject experts on Every Friday from 2:00pm – 3:00 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://www.swayamprabha.gov.in/index.php/program/current_se/32

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ONE CLASS, ONE CHANNEL

विषय Subject	कार्यक्रम का शीर्षक Title of the Topic	माध्यम Medium	अवधि Duration
01 October 2021			
संस्कृत	पाठ - 11: प्राणेभ्योपि प्रियः सुहृद्-1	संस्कृत	0:22:01
सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-3: मुद्रा और साख	हिन्दी	0:31:49
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	0:07:22
Mathematics	Chapter 11: Constructions-1	English	0:34:52
Science	Chapter 11: The Human Eye and the Colourful World-1	English	0:17:00

02 October 2021			
Urdu	Chp-1: Bhola	Urdu	0:22:14
हिन्दी	पाठ-11: रामवृझ बेनीपुरी: बालगोबिन भगत	हिन्दी	0:22:49
स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	कबड्डी	हिन्दी	0:24:27
Social Science (Political Science)	Chapter - 2 Federalism	English	0:23:03
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India - 1	English	0:17:09

03 October 2021			
सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	हिन्दी	0:22:06
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:22:58
General	Personal Safety	English	0:14:19
Social Science (Economics)	Chapter 3: Money and Credit-1	English	0:23:50
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	0:26:47

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04 October 2021			
हिन्दी	पाठ-11: रामवृझ बेनीपुरी: बालगोबिन भगत	हिन्दी	0:23:49
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Cyber Security	Id Theft for children	हिन्दी	0:01:17
Science	Chapter 11: The Human Eye and the Colourful World	English	0:24:15
Mathematics	Chapter 11: Constructions-2	English	0:21:40

05 October 2021			
हिन्दी	पाठ-11: रामवृझ बेनीपुरी: बालगोबिन भगत	हिन्दी	0:23:49
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Science	Chapter 11: The Human Eye and the Colourful World	English	0:24:15
Mathematics	Chapter 11: Constructions-1	English	0:22:34

06 October 2021			
गणित	पाठ-11: रचनाएँ -1	हिन्दी	0:29:24
विज्ञान	पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-1	हिन्दी	0:20:51
General	Mental Health and Well Being -1	English	0:21:02
Cyber Security	Fake Whats app messages	English	0:02:19
Social Science (History)	Chapter 5: Print Culture and the Modern World-1	English	0:22:38
General	Growth & Health	English	0:04:11
Language (English)	Chapter 4: A Question of Trust-1	English	0:18:28

07 October 2021			
गणित	पाठ-11: रचनाएँ -2	हिन्दी	0:21:56
विज्ञान	पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-2	हिन्दी	0:16:20
Cultural Heritage: Art, Music & Dance	Didi Nirmla	English	0:28:39
Social Science (History)	Chapter 5: Print Culture and the Modern World-2	English	0:24:29
General	E-Waste Management: Film 2	English	0:09:04
Language (English)	Chapter 4: A Question of Trust-1	English	0:18:28

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08 October 2021			
संस्कृत	पाठ - 11: प्राणेभ्योपि प्रियः सुहृद्-2	संस्कृत	0:24:16
सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-3: मुद्रा और साख	हिन्दी	0:31:49
Science	Chapter 11: The Human Eye and the Colourful World-1	English	0:17:00
सांस्कृतिक विरासत: कला, संगीत और नृत्य	भारत की शास्त्रीय नृत्य शैलियाँ - कथकलि - 1	हिन्दी	0:15:44
सामान्य	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	0:06:07
Mathematics	Chapter 11: Constructions-2	English	0:18:21

09 October 2021			
Urdu	Chp-2: Naya Qanun	Urdu	0:26:05
हिन्दी	पाठ-11: रामवृझ बेनीपुरी: बालगोबिन भगत	हिन्दी	0:22:49
Cultural Heritage: Art, Music & Dance	Folk Dance - Arunachal Pradesh	NA	0:09:33
General	Safe Use of Internet	English	0:05:59
Social Science (Political Science)	Chapter - 2 Federalism	English	0:23:45
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -3	English	0:26:56

10 October 2021			
सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	हिन्दी	0:24:38
सामान्य	स्वस्थ बढ़ना	हिन्दी	0:04:20
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:30:25
Social Science (Economics)	Chapter 3: Money and Credit-2	English	0:26:39
Cultural Heritage: Art, Music & Dance	National Role Play & Folk dance - Puducherry	NA	0:09:50
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India - 1	English	0:23:18

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11 October 2021			
हिन्दी	पाठ-11: रामवृद्ध बेनीपुरी: बालगोबिन भगत	हिन्दी	0:23:49
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Science	Chapter 11: The Human Eye and the Colourful World	English	0:24:15
Mathematics	Chapter 11: Constructions-1	English	0:34:52

12 October 2021			
हिन्दी	पाठ-11: रामवृद्ध बेनीपुरी: बालगोबिन भगत	हिन्दी	0:23:49
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Science	Chapter 11: The Human Eye and the Colourful World	English	0:24:15
Mathematics	Chapter 11: Constructions-2	English	0:21:40

13 October 2021			
गणित	पाठ-11: रचनाएँ -1	हिन्दी	0:23:09
विज्ञान	पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-3	हिन्दी	0:15:33
Cyber Security	Social Networking	English	0:04:12
Cultural Heritage: Art, Music & Dance	Dance : A way of expression- I (by Jayalakshmi Eshwar)	English/H indi	0:29:32
Social Science (History)	Chapter 5: Print Culture and the Modern World	English	0:26:04
General	Health And Sanitation	English	0:06:21
Language (English)	Chapter 4: A Question of Trust-2	English	0:14:18

14 October 2021			
गणित	पाठ-12: वृत्तों से संबंधित क्षेत्रफल-1	हिन्दी	0:25:04
विज्ञान	पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार	हिन्दी	0:26:25
Cultural Heritage: Art, Music & Dance	Interview with Dr. Devyani Borole - A polar women (Part 1)	English	0:19:37
Social Science (History)	Chapter 5: Print Culture and the Modern World	English	0:26:04
Language (English)	Chapter 4: A Question of Trust-2	English	0:14:18

15 October 2021			
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संस्कृत	पाठ - 12: अनयोक्त्यः 1	संस्कृत	0:21:56
सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-3: मुद्रा और साख	हिन्दी	0:31:49
सामान्य	जेंडर समानता	हिन्दी	0:07:22
Science	Model of Eye	English	0:02:09
Science	Refractive Disapperance	English	0:03:07
Science	Invisible Glass	English	0:02:24
Science	Cool Colours	English	0:02:24
Science	Total Internal Reflection	English	0:01:32
Cultural Heritage: Art, Music & Dance	Dance : A way of expression- II (by Jayalakshmi Eshwar)	English/Hindi	0:29:59
Mathematics	Chapter 12: Area related to Circles-1	English	0:13:44

16 October 2021

Urdu	Chp-3: Bheek	Urdu	0:18:08
हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:22:51
Cultural Heritage: Art, Music & Dance	Interview with Dr. Devyani Borole - A polar women (Part 2)	English	0:29:13
Social Science (Political Science)	Chapter - 2 Federalism	English	0:23:03
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	0:22:49

17 October 2021

सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया	हिन्दी	0:25:53
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:22:58
Cultural Heritage: Art, Music & Dance	Didi Nirmala	English	0:28:39
Social Science (Economics)	Chapter 3: Money and Credit-3	English	0:23:59
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	0:17:09

18 October 2021

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हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:18:29
Cyber Security	Internet Ethics	English	0:02:50
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Science	Chapter 12: Electricity	English	0:33:23
Mathematics	Chapter 12: Area related to Circles-2	English	0:20:02

19 October 2021

हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:18:29
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Cyber Security	Internet Ethics	English	0:02:50
Science	Chapter 12: Electricity	English	0:33:23
Mathematics	Chapter 12: Area related to Circles-3	English	0:20:02

20 October 2021

गणित	पाठ-12: वृत्तों से संबंधित क्षेत्रफल-2	हिन्दी	0:28:09
विज्ञान	पाठ-12: विद्युत- 1	हिन्दी	0:28:37
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Sikkim	NA	0:03:00
Social Science (History)	Chapter 5: Print Culture and the Modern World-1	English	0:22:38
Language (English)	Chapter 5: Footprints without Feet	English	0:31:36

21 October 2021

गणित	पाठ-12: वृत्तों से संबंधित क्षेत्रफल-3	हिन्दी	0:23:12
General	Gender Equality	English	0:07:09
विज्ञान	पाठ-12: विद्युत- 2	हिन्दी	0:16:10
सामान्य	व्यक्तिगत सुरक्षा	हिन्दी	0:17:02
Social Science (History)	Chapter 5: Print Culture and the Modern World-2	English	0:24:29
Language (English)	Chapter 5: Footprints without Feet	English	0:31:36

22 October 2021

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संस्कृत	पाठ - 12: अनयोक्त्यः 2	संस्कृत	0:23:37
सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-3: मुद्रा और साख	हिन्दी	0:31:49
सांस्कृतिक विरासत: कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	0:12:00
Science	Chapter 12: Electricity	English	0:33:23
Mathematics	Chapter 12: Area related to Circles-4	English	0:19:18

23 October 2021

Urdu	Chp-4: Sir Sayyad Ka Bachpan	Urdu	0:28:01
हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:22:51
सांस्कृतिक विरासत: कला और शिल्प	बांस की हस्त शिल्प कला	हिन्दी	0:16:48
Social Science (Political Science)	Chapter - 2 Federalism	English	0:23:45
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	0:26:47

24 October 2021

सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	हिन्दी	0:22:06
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:30:25
स्वास्थ्य, शारीरिक शिक्षा, योग, खेल कूद	टिहरी कूद	हिन्दी	0:14:29
Social Science (Economics)	Chapter 3: Money and Credit	English	0:25:09
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -3	English	0:26:56

25 October 2021

हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:18:29
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	English	0:11:58
Science	Chapter 12: Equivalent Resistance of Resistors in Parallel	English	0:03:40
Science	Chapter 12: Equivalent Resistance of Resistors in series	English	0:03:44
Science	Chapter 12: Ohm's Law	English	0:02:20

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Science	Chapter 12: Equivalent Resistance of Resistors in Parallel	English	0:05:27
Science	Chapter 12: Equivalent Resistance of Resistors in series	English	0:05:19
Mathematics	Chapter 12: Area related to Circles	English	0:26:24

26 October 2021

हिन्दी	पाठ-12: लखनवी अंदाज़	हिन्दी	0:18:29
सामाजिक विज्ञान (भूगोल)	पाठ-2: वन एवं वन्य जीव संसाधन	हिन्दी	0:41:34
Science	Chapter 12: Equivalent Resistance of Resistors in Parallel	English	0:03:40
Science	Chapter 12: Equivalent Resistance of Resistors in series	English	0:03:44
Science	Chapter 12: Ohm's Law	English	0:02:20
Science	Chapter 12: Equivalent Resistance of Resistors in Parallel	English	0:05:27
Science	Chapter 12: Equivalent Resistance of Resistors in series	English	0:05:19
Cultural Heritage: Art, Music & Dance	NRP 2014 Folk Dance- Bhopal	NA	0:09:24
Mathematics	Chapter 12: Area related to Circles	English	0:26:24

27 October 2021

गणित	पाठ-12: वृत्तों से संबंधित क्षेत्रफल-4	हिन्दी	0:24:30
विज्ञान	पाठ-12: विद्युत	हिन्दी	0:28:39
Social Science (History)	Chapter 5: Print Culture and the Modern World	English	0:26:04
General	Safe Use of Internet	English	0:05:59
Language (English)	Chapter 5: Footprints without Feet	English	0:31:36

28 October 2021

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गणित	पाठ-12: वृत्तों से संबंधित क्षेत्रफल	हिन्दी	0:22:12
विज्ञान	पाठ-12: विद्युत	हिन्दी	0:28:39
सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - कन्याकुमारी	हिन्दी	0:06:04
Social Science (History)	Chapter 5: Print Culture and the Modern World	English	0:26:04
Language (English)	Chapter 5: Footprints without Feet	English	0:31:36

29 October 2021

संस्कृत	पाठ - 12: अनयोक्त्यः 3	संस्कृत	0:27:10
सामाजिक विज्ञान (अर्थशास्त्र)	पाठ-3: मुद्रा और साख	हिन्दी	0:31:49
Science	Chapter 12: Electricity	English	0:33:23
Mathematics	Chapter 12: Area related to Circles	English	0:26:24

30 October 2021

Urdu	Chp-4: Sir Sayyad Ka Bachpan	Urdu	0:28:01
हिन्दी	पाठ-2: सीताराम सेकसरिया: डायरी का एक पन्ना	हिन्दी	0:26:51
स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	जेवलिन थ्रो - 1	हिन्दी	0:17:29
Social Science (Political Science)	Chapter - 2 Federalism	English	0:23:03
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	0:23:18

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सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	हिन्दी	0:24:38
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:22:58
स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	जेवलिन थ्रो - 2	हिन्दी	0:15:40
सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - सेवाग्राम	हिन्दी	0:08:49

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Social Science (Economics)	Chapter 3: Money and Credit	English	0:25:09
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India - 2	English	0:22:49

31 October 2021			
सामाजिक विज्ञान (इतिहास)	पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	हिन्दी	0:24:38
सामाजिक विज्ञान (राजनीति विज्ञान)	पाठ-2: संघवाद	हिन्दी	0:22:58
स्वास्थ्य, शारीरिक शिक्षा, योग , खेल कूद	जेवलिन थ्रो - 2	हिन्दी	0:15:40
सांस्कृतिक विरासत: कला और शिल्प	आओ सैर करें - सेवाग्राम	हिन्दी	0:08:49
Social Science (Economics)	Chapter 3: Money and Credit	English	0:25:09
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	0:22:49

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