

कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 7

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बुधस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत/ اردو (उर्दू)	इतिहास	हिन्दी	संस्कृत/ اردو (उर्दू)	राजनीति विज्ञान
English	Geography	History	English	Political Science	Geography	Activities Mathematics/ Science
Mathematics	Science	Mathematics	Science	Mathematics	Science	History
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational 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 11 to 12 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/29.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Thursday from 2.00 pm to 3.00 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.



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कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 7

अगस्त 2026

August 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 अगस्त 2026 Saturday, 01 August 2026			
Urdu	Urdu_ Chapter 7: برگذیر محمد عثمان	Urdu	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
ISL History	Treaty	English/hindi	12:12 AM 02:13 AM 04:14 AM 06:15 AM 08:16 AM 10:17 AM 12:18 PM 02:19 PM 04:20 PM 06:21 PM 08:22 PM 10:23 PM
General Awareness	Real life situations- garbage burning and what to do	English	12:13 AM 02:14 AM 04:15 AM 06:16 AM 08:17 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:21 PM 08:22 PM 10:23 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:24 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:58 PM 10:59 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 1)	English	01:18 AM 03:19 AM 05:20 AM 07:21 AM 09:22 AM 11:23 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM



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रविवार, 02 अगस्त 2026 Sunday, 02 August 2026			
Storytelling/Value Education	दान का हिसाब	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General Awareness	Safety and Security against Violence and Injuries	English	12:19 AM 02:20 AM 04:20 AM 06:21 AM 08:21 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:24 PM 10:24 PM
Storytelling/Value Education	खेल पिढारा	हिंदी	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:27 AM 10:27 AM 12:28 PM 02:28 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
General Awareness	3R's station and recycling lab	English	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:42 AM 10:42 AM 12:43 PM 02:43 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM
General Awareness	e-waste management Block-3	English	01:22 AM 03:23 AM 05:23 AM 07:24 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
सोमवार, 03 अगस्त 2026 Monday, 03 August 2026			
English	English_Unit 3: Dreams and Discoveries - North, South, East, West	English	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:13 AM 12:16 PM 02:19 PM 04:22 PM 06:25 PM 08:27 PM 10:30 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:15 AM 02:18 AM 04:21 AM 06:24 AM 08:26 AM 10:29 AM 12:32 PM 02:35 PM 04:38 PM 06:40 PM 08:43 PM 10:46 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:37 AM 02:40 AM 04:43 AM 06:46 AM 08:49 AM 10:51 AM 12:54 PM 02:57 PM 05:00 PM 07:02 PM 09:05 PM 11:08 PM
General Awareness	Understanding how long things take to decompose	English	01:15 AM 03:18 AM 05:21 AM 07:24 AM 09:27 AM 11:29 AM 01:32 PM 03:35 PM 05:38 PM 07:40 PM 09:43 PM 11:46 PM
Vocational	Design and Tracing Methods (Types of Design)	English	01:25 AM 03:28 AM 05:30 AM 07:33 AM 09:36 AM 11:39 AM 01:42 PM 03:44 PM 05:47 PM 07:50 PM 09:53 PM 11:56 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:28 AM 03:31 AM 05:34 AM 07:37 AM 09:39 AM 11:42 AM 01:45 PM 03:48 PM 05:50 PM 07:53 PM 09:56 PM 11:59 PM
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मंगलवार, 04 अगस्त 2026

Tuesday, 04 August 2026

हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
Flood	Flood - What To Do During Floods	English	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:18 PM 10:19 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:18 AM 02:19 AM 04:19 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:24 PM 10:25 PM
General	Waste Reduced	English	12:31 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:32 AM 02:33 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	01:06 AM 03:07 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
Vocational	Design and Tracing Methods (Light Method)	English	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:58 PM 05:59 PM 08:00 PM 10:00 PM

बुधवार, 05 अगस्त 2026

Wednesday, 05 August 2026

संस्कृत	संस्कृत _सप्तमः पाठः - ईशावास्यम्इदं सर्वम्	संस्कृत	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:12 AM 02:12 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM



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Flood	Flood - बाढ़ के दौरान क्या करें और क्या न करें	हिंदी	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-1)	English	12:26 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:51 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 08:58 PM 10:59 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	01:08 AM 03:08 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Vocational	Tools And Materials	English	01:46 AM 03:47 AM 05:48 AM 07:48 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:52 PM 07:53 PM 09:53 PM 11:54 PM
बृहस्पतिवार, 06 अगस्त 2026 Thursday, 06 August 2026			
English	English_Unit 3: Dreams and Discoveries - North, South, East, West	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -2	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM
Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:24 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM
General	General, Nadishodhan Pranayam	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:08 PM



शुक्रवार, 07 अगस्त 2026 Friday, 07 August 2026			
हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:54 PM
Flood	Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित	हिंदी	12:12 AM 02:11 AM 04:11 AM 06:10 AM 08:10 AM 10:09 AM 12:09 PM 02:08 PM 04:08 PM 06:08 PM 08:07 PM 10:07 PM
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:13 AM 02:13 AM 04:12 AM 06:12 AM 08:11 AM 10:11 AM 12:10 PM 02:10 PM 04:09 PM 06:09 PM 08:08 PM 10:08 PM
General Awareness	Why Seasons Happen?	English	12:21 AM 02:21 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:18 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:16 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:25 AM 02:24 AM 04:24 AM 06:23 AM 08:23 AM 10:22 AM 12:22 PM 02:21 PM 04:21 PM 06:20 PM 08:20 PM 10:19 PM
Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	हिंदी	12:38 AM 02:37 AM 04:37 AM 06:36 AM 08:36 AM 10:35 AM 12:35 PM 02:34 PM 04:34 PM 06:33 PM 08:33 PM 10:33 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:39 AM 02:38 AM 04:38 AM 06:37 AM 08:37 AM 10:36 AM 12:36 PM 02:35 PM 04:35 PM 06:34 PM 08:34 PM 10:33 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:01 AM 11:00 AM 01:00 PM 02:59 PM 04:59 PM 06:58 PM 08:58 PM 10:57 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	01:09 AM 03:08 AM 05:08 AM 07:07 AM 09:07 AM 11:06 AM 01:06 PM 03:05 PM 05:05 PM 07:04 PM 09:04 PM 11:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:23 AM 03:22 AM 05:22 AM 07:21 AM 09:21 AM 11:20 AM 01:20 PM 03:19 PM 05:19 PM 07:18 PM 09:18 PM 11:17 PM
General	Introduction to MISSION LIFE	English	01:57 AM 03:56 AM 05:56 AM 07:55 AM 09:55 AM 11:54 AM 01:54 PM 03:53 PM 05:53 PM 07:52 PM 09:52 PM 11:51 PM



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शनिवार, 08 अगस्त 2026 Saturday, 08 August 2026			
Urdu	Urdu_ Chapter 7: برگذیر محمد عثمان	Urdu	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
General English	General English, Episode 12 Disagreeing 1	English	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:17 AM 10:16 AM 12:15 PM 02:14 PM 04:13 PM 06:12 PM 08:11 PM 10:11 PM
Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:35 AM 02:34 AM 04:33 AM 06:32 AM 08:31 AM 10:30 AM 12:29 PM 02:28 PM 04:27 PM 06:26 PM 08:25 PM 10:24 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:51 AM 02:50 AM 04:49 AM 06:49 AM 08:48 AM 10:47 AM 12:46 PM 02:45 PM 04:44 PM 06:43 PM 08:42 PM 10:41 PM
General Awareness	Real world challenge and what to do	English	01:04 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:00 AM 12:59 PM 02:58 PM 04:57 PM 06:56 PM 08:55 PM 10:54 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 1)	English	01:11 AM 03:10 AM 05:09 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:01 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:21 AM 03:20 AM 05:19 AM 07:18 AM 09:18 AM 11:17 AM 01:16 PM 03:15 PM 05:14 PM 07:13 PM 09:12 PM 11:11 PM
General Awareness	e-waste management Block-5	English	01:37 AM 03:36 AM 05:35 AM 07:34 AM 09:33 AM 11:33 AM 01:32 PM 03:31 PM 05:30 PM 07:29 PM 09:28 PM 11:27 PM
रविवार, 09 अगस्त 2026 Sunday, 09 August 2026			
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:24 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:25 PM 10:26 PM
General English	General English, Episode 12 Disagreeing 1	English	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:38 PM



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			06:38 PM 08:38 PM 10:38 PM
General English	General English, Episode 11 Agreeing 3	English	01:15 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
सोमवार, 10 अगस्त 2026 Monday, 10 August 2026			
English	English_Unit 3: Dreams and Discoveries - North, South, East, West	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General Awareness	Promotion of Healthy Lifestyle	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:14 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:20 PM 08:20 PM 10:20 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM
General English	General English, Episode 12 Disagreeing 1	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
सामान्य जागरूकता	खेल खेल में	हिंदी	01:05 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
General English	General English, Episode 13 Disagreeing 2	English	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM



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मंगलवार, 11 अगस्त 2026 Tuesday, 11 August 2026			
हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
General Awareness	Prevention and Management of Substance Misuse	English	12:12 AM 02:11 AM 04:11 AM 06:11 AM 08:10 AM 10:10 AM 12:09 PM 02:09 PM 04:09 PM 06:08 PM 08:08 PM 10:07 PM
Social science	Social Science_Chapter 3: Climates of India (Part 2)	English	12:40 AM 02:39 AM 04:39 AM 06:38 AM 08:38 AM 10:38 AM 12:37 PM 02:37 PM 04:36 PM 06:36 PM 08:36 PM 10:35 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:57 AM 02:56 AM 04:56 AM 06:56 AM 08:55 AM 10:55 AM 12:54 PM 02:54 PM 04:54 PM 06:53 PM 08:53 PM 10:52 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:24 AM 07:24 AM 09:23 AM 11:23 AM 01:23 PM 03:22 PM 05:22 PM 07:21 PM 09:21 PM 11:21 PM
बुधवार, 12 अगस्त 2026 Wednesday, 12 August 2026			
संस्कृत	संस्कृत _सप्तमः पाठः - ईशावास्यमूहदं सर्वम्	संस्कृत	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General Awareness	Nutrition_Health and Sanitation	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-1)	English	12:43 AM 02:43 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:52 AM 02:52 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM



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General English	General English, Episode 11 Agreeing 3	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
बृहस्पतिवार, 13 अगस्त 2026 Thursday, 13 August 2026			
English	English_Unit 3: Dreams and Discoveries - North, South, East, West	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:08 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:17 PM 04:18 PM 06:18 PM 08:19 PM 10:20 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:41 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:45 AM 12:46 PM 02:46 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:22 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:26 AM 01:26 PM 03:27 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM
शुक्रवार, 14 अगस्त 2026 Friday, 14 August 2026			
हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:58 PM 03:58 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:18 PM 08:18 PM 10:18 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	12:52 AM 02:52 AM 04:52 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:49 PM
General Awareness	e-waste & hazardous waste	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:15 AM 01:15 PM 03:15 PM 05:15 PM 07:14 PM 09:14 PM 11:14 PM



General Awareness	Tree Tale - Kadamba	English	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:27 PM 09:27 PM 11:27 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:32 PM
शनिवार, 15 अगस्त 2026 Saturday, 15 August 2026			
Urdu	Urdu_ Chapter 7: برگذیر محمد عثمان	Urdu	12:00 AM 02:07 AM 04:15 AM 06:23 AM 08:31 AM 10:39 AM 12:47 PM 02:55 PM 05:03 PM 07:11 PM 09:19 PM 11:27 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:12 AM 02:20 AM 04:28 AM 06:36 AM 08:44 AM 10:52 AM 01:00 PM 03:08 PM 05:16 PM 07:24 PM 09:32 PM 11:40 PM
Storytelling/Value Education	आज़ादी की कहानी-1	हिंदी	12:25 AM 02:33 AM 04:41 AM 06:49 AM 08:57 AM 11:05 AM 01:13 PM 03:21 PM 05:29 PM 07:37 PM 09:45 PM 11:53 PM
General	General, Surya Namaskar	English	12:34 AM 02:42 AM 04:50 AM 06:58 AM 09:06 AM 11:14 AM 01:22 PM 03:30 PM 05:38 PM 07:46 PM 09:53 PM
Storytelling/Value Education	आज़ादी की कहानी-2	हिंदी	12:41 AM 02:49 AM 04:56 AM 07:04 AM 09:12 AM 11:20 AM 01:28 PM 03:36 PM 05:44 PM 07:52 PM 10:00 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 2)	English	12:55 AM 03:03 AM 05:11 AM 07:19 AM 09:27 AM 11:35 AM 01:43 PM 03:51 PM 05:59 PM 08:07 PM 10:15 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:07 AM 03:14 AM 05:22 AM 07:30 AM 09:38 AM 11:46 AM 01:54 PM 04:02 PM 06:10 PM 08:18 PM 10:26 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:13 AM 03:21 AM 05:29 AM 07:37 AM 09:45 AM 11:53 AM 02:01 PM 04:09 PM 06:17 PM 08:25 PM 10:33 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:33 AM 03:41 AM 05:49 AM 07:57 AM 10:05 AM 12:13 PM 02:21 PM 04:29 PM 06:37 PM 08:45 PM 10:53 PM



रविवार, 16 अगस्त 2026 Sunday, 16 August 2026			
शारीरिक शिक्षा	शारीरिक शिक्षा, योग ओलम्पियाड	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:01 PM 10:01 PM
सामान्य	India-Pavilion-at-COP27- Mission	हिंदी	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
General Awareness	e-waste & hazardous waste	English	12:41 AM 02:41 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:42 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM
General	General, Surya Namaskar	English	12:54 AM 02:54 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
सोमवार, 17 अगस्त 2026 Monday, 17 August 2026			
English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:50 PM 07:49 PM 09:48 PM 11:47 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:19 AM 02:18 AM 04:17 AM 06:16 AM 08:15 AM 10:14 AM 12:13 PM 02:11 PM 04:10 PM 06:09 PM 08:08 PM 10:07 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:29 AM 02:28 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:53 AM 02:52 AM 04:50 AM 06:49 AM 08:48 AM 10:47 AM 12:46 PM 02:45 PM 04:44 PM 06:43 PM 08:42 PM 10:41 PM
Storytelling/Val ue Education	आओ कहानी लिखना सीखें	हिंदी	01:12 AM 03:11 AM 05:10 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:01 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:42 AM 03:41 AM 05:39 AM 07:38 AM 09:37 AM 11:36 AM 01:35 PM 03:34 PM 05:33 PM



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			07:32 PM 09:31 PM 11:30 PM
General Awareness	Why Seasons Happen?	English	01:48 AM 03:47 AM 05:46 AM 07:45 AM 09:44 AM 11:43 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:38 PM 11:37 PM
General Awareness	Real world challenge and what to do	English	01:52 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:42 PM 09:41 PM 11:40 PM
मंगलवार, 18 अगस्त 2026 Tuesday, 18 August 2026			
हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षातकार	हिंदी	12:00 AM 01:58 AM 03:56 AM 05:55 AM 07:53 AM 09:51 AM 11:50 AM 01:48 PM 03:46 PM 05:45 PM 07:43 PM 09:41 PM 11:40 PM
General Awareness	Understanding landfills and their impact on all living things	English	12:27 AM 02:26 AM 04:24 AM 06:22 AM 08:21 AM 10:19 AM 12:17 PM 02:16 PM 04:14 PM 06:12 PM 08:11 PM 10:09 PM
Social science	Social Science_Chapter 3: Climates of India (Part 3)	English	12:37 AM 02:35 AM 04:34 AM 06:32 AM 08:30 AM 10:29 AM 12:27 PM 02:25 PM 04:24 PM 06:22 PM 08:20 PM 10:19 PM
General Awareness	Why Seasons Happen?	English	12:57 AM 02:55 AM 04:53 AM 06:52 AM 08:50 AM 10:48 AM 12:47 PM 02:45 PM 04:43 PM 06:42 PM 08:40 PM 10:38 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:00 AM 02:58 AM 04:56 AM 06:55 AM 08:53 AM 10:52 AM 12:50 PM 02:48 PM 04:47 PM 06:45 PM 08:43 PM 10:42 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:24 AM 03:22 AM 05:20 AM 07:19 AM 09:17 AM 11:16 AM 01:14 PM 03:12 PM 05:11 PM 07:09 PM 09:07 PM 11:06 PM
बुधवार, 19 अगस्त 2026 Wednesday, 19 August 2026			
संस्कृत	संस्कृत _सप्तमः पाठः - ईशावास्यम्-इदं सर्वम्	संस्कृत	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
General	Energy Saving	English	12:15 AM 02:15 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:18 PM 02:19 PM 04:19 PM 06:20 PM 08:20 PM 10:21 PM



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Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:21 PM 06:21 PM 08:22 PM 10:22 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-2)	English	12:26 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:32 PM 10:32 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:36 AM 02:37 AM 04:37 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:42 PM 10:42 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:42 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:46 PM

बृहस्पतिवार, 20 अगस्त 2026
Thursday, 20 August 2026

English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:01 PM 08:01 PM 10:01 PM
General Awareness	Prevention and Management of Substance Misuse	English	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:17 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM
General English	General English, Episode 9 Agreeing 1	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
Avalanche	Avalanche _ यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाए अपनाएँ	हिंदी	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:29 AM 11:29 AM 01:29 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:30 PM



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रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:47 AM 01:47 PM 03:47 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM
शुक्रवार, 21 अगस्त 2026 Friday, 21 August 2026			
हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षात्कार	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:20 AM 02:21 AM 04:22 AM 06:23 AM 08:24 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:29 PM 08:30 PM 10:31 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	General, Pawanmuktasana	English	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
General Awareness	Focused on exploring three R's	English	12:52 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
Vocational	The evolution of communication	English	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
General English	General English, Episode 10 Agreeing 2	English	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:29 PM 09:30 PM 11:31 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:47 PM



शनिवार, 22 अगस्त 2026 Saturday, 22 August 2026			
Urdu	Urdu_ Chapter 7: برگڈیر محمد عثمان	Urdu	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Vocational	The evolution of communication	English	12:12 AM 02:12 AM 04:13 AM 06:13 AM 08:13 AM 10:14 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:42 AM 02:43 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:45 PM 10:46 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 2)	English	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:08 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:11 PM
General	Waste Reduced	English	01:58 AM 03:59 AM 05:59 AM 07:59 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
रविवार, 23 अगस्त 2026 Sunday, 23 August 2026			
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:12 PM 02:12 PM 04:12 PM 06:13 PM 08:13 PM 10:13 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:17 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:19 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:20 PM 11:21 PM



General Awareness	e-waste management Block-3	English	01:41 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:43 AM 01:43 PM 03:43 PM 05:44 PM 07:44 PM 09:44 PM 11:45 PM
सोमवार, 24 अगस्त 2026 Monday, 24 August 2026			
English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
General Awareness	Why Seasons Happen?	English	12:19 AM 02:18 AM 04:17 AM 06:16 AM 08:14 AM 10:13 AM 12:12 PM 02:11 PM 04:10 PM 06:09 PM 08:08 PM 10:07 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:22 AM 02:21 AM 04:20 AM 06:19 AM 08:18 AM 10:17 AM 12:16 PM 02:14 PM 04:13 PM 06:12 PM 08:11 PM 10:10 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:23 PM 06:22 PM 08:21 PM 10:20 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:56 AM 02:55 AM 04:54 AM 06:53 AM 08:51 AM 10:50 AM 12:49 PM 02:48 PM 04:47 PM 06:46 PM 08:45 PM 10:44 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:16 AM 03:14 AM 05:13 AM 07:12 AM 09:11 AM 11:10 AM 01:09 PM 03:08 PM 05:07 PM 07:06 PM 09:04 PM 11:03 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:22 AM 03:21 AM 05:20 AM 07:19 AM 09:18 AM 11:17 AM 01:16 PM 03:14 PM 05:13 PM 07:12 PM 09:11 PM 11:10 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	01:52 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:41 PM 09:40 PM 11:39 PM



General Awareness	Safe Use of Internet_Gadgets and Media	English	01:52 AM 03:51 AM 05:50 AM 07:49 AM 09:48 AM 11:47 AM 01:46 PM 03:45 PM 05:43 PM 07:42 PM 09:41 PM 11:40 PM
मंगलवार, 25 अगस्त 2026 Tuesday, 25 August 2026			
हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षात्कार	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
General Awareness	Promotion of Healthy Lifestyle	English	12:20 AM 02:21 AM 04:21 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
Social science	Social Science_Chapter 3: Climates of India (Part 3)	English	12:26 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:32 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
बुधवार, 26 अगस्त 2026 Wednesday, 26 August 2026			
संस्कृत	संस्कृत _सप्तमः पाठः - ईशावास्यम् अर्द्धं सर्वम्	संस्कृत	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:12 AM 02:12 AM 04:12 AM 06:13 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:15 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-2)	English	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:50 PM 08:50 PM 10:50 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:01 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:17 AM 03:17 AM 05:17 AM 07:18 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:19 PM 07:20 PM 09:20 PM 11:20 PM
बृहस्पतिवार, 27 अगस्त 2026 Thursday, 27 August 2026			
English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 02:16 AM 04:32 AM 06:48 AM 09:04 AM 11:21 AM 01:37 PM 03:53 PM 06:09 PM 08:25 PM 10:42 PM
General Awareness	Growing up Healthy	English	12:16 AM 02:32 AM 04:48 AM 07:04 AM 09:21 AM 11:37 AM 01:53 PM 04:09 PM 06:25 PM 08:42 PM 10:58 PM
Flood	Flood - बाढ़ से पहले क्या करें और क्या न करें	हिंदी	12:20 AM 02:36 AM 04:52 AM 07:09 AM 09:25 AM 11:41 AM 01:57 PM 04:13 PM 06:30 PM 08:46 PM 11:02 PM
General Awareness	Personal Safety	English	12:21 AM 02:37 AM 04:53 AM 07:09 AM 09:26 AM 11:42 AM 01:58 PM 04:14 PM 06:30 PM 08:47 PM 11:03 PM
General Awareness	Understanding landfills and their impact on all living things	English	12:35 AM 02:51 AM 05:08 AM 07:24 AM 09:40 AM 11:56 AM 02:12 PM 04:29 PM 06:45 PM 09:01 PM 11:17 PM
Storytelling/Value Education	दान का हिसाब	हिंदी	12:45 AM 03:01 AM 05:17 AM 07:33 AM 09:50 AM 12:06 PM 02:22 PM 04:38 PM 06:54 PM 09:11 PM 11:27 PM
General Awareness	e-waste management Block-5	English	01:01 AM 03:17 AM 05:34 AM 07:50 AM 10:06 AM 12:22 PM 02:38 PM 04:55 PM 07:11 PM 09:27 PM 11:43 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:23 AM 03:39 AM 05:55 AM 08:11 AM 10:27 AM 12:44 PM 03:00 PM 05:16 PM 07:32 PM 09:48 PM



Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:52 AM 06:08 AM 08:24 AM 10:40 AM 12:56 PM 03:13 PM 05:29 PM 07:45 PM 10:01 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	02:00 AM 04:16 AM 06:32 AM 08:48 AM 11:05 AM 01:21 PM 03:37 PM 05:53 PM 08:09 PM 10:26 PM

शुक्रवार, 28 अगस्त 2026
Friday, 28 August 2026

हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षात्कार	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:21 AM 02:22 AM 04:23 AM 06:24 AM 08:25 AM 10:26 AM 12:27 PM 02:28 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
Vocational	Personal hygiene and Health	English	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:37 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:37 AM 02:38 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:46 PM 08:47 PM 10:48 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:32 PM 03:33 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM

शनिवार, 29 अगस्त 2026
Saturday, 29 August 2026

Urdu	Urdu_Chapter 7: برگذیر محمد عثمان	Urdu	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
Vocational	The evolution of communication	English	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM



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सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:38 PM 06:39 PM 08:39 PM 10:39 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:42 AM 02:43 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 2)	English	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 07:00 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM
रविवार, 30 अगस्त 2026 Sunday, 30 August 2026			
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:37 AM 02:38 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:39 PM 02:40 PM 04:40 PM 06:40 PM 08:41 PM 10:41 PM
General Awareness	Focused on exploring three R's	English	01:17 AM 03:18 AM 05:18 AM 07:18 AM 09:19 AM 11:19 AM 01:19 PM 03:20 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
General Awareness	e-waste management Block-3	English	01:41 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:43 PM 03:44 PM 05:44 PM 07:44 PM 09:45 PM 11:45 PM
सोमवार, 31 अगस्त 2026 Monday, 31 August 2026			
English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 11:52 PM 09:52 PM 07:53 PM 05:54 PM 03:54 PM 01:55 PM 09:56 AM 07:57 AM 05:58 AM 03:58 AM 01:59 AM 11:56 AM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:22 AM 10:15 PM 08:16 PM 06:16 PM 04:17 PM 02:18 PM 12:18 PM 10:19 AM 08:20 AM 06:20 AM 04:21 AM 02:22 AM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	07:21 AM 11:15 PM 09:16 PM 07:17 PM 05:17 PM 03:18 PM 11:19 AM 09:20 AM 05:21 AM 03:22 AM 01:23 AM 01:19 PM



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General Awareness	Why Seasons Happen?	English	12:15 PM 10:12 PM 08:12 PM 06:13 PM 04:14 PM 02:14 PM 10:16 AM 08:16 AM 06:17 AM 04:18 AM 02:18 AM 12:19 AM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:54 PM 10:51 PM 08:51 PM 06:52 PM 04:53 PM 02:53 PM 10:55 AM 08:55 AM 06:56 AM 04:57 AM 02:57 AM 12:58 AM
General Awareness	Focused on waste segregation into dry and wet garbage	English	10:25 PM 08:25 PM 06:26 PM 04:27 PM 02:27 PM 10:29 AM 08:29 AM 06:30 AM 04:31 AM 02:31 AM 12:32 AM 12:28 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	11:46 PM 09:46 PM 07:47 PM 05:48 PM 03:48 PM 01:49 PM 11:50 AM 09:50 AM 07:51 AM 05:52 AM 03:52 AM 01:53 AM



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