

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	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत/ उर्दू (उर्दू)	इतिहास	हिन्दी	संस्कृत/ उर्दू (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.



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

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

दिसंबर 2024
December 2024

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 दिसंबर 2024 Sunday, 01 December 2024			
शारीरिक शिक्षा	सर्वांगासन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया भाग-1	हिंदी	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:01 AM 03:01 AM 05:01 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 06:59 PM 08:59 PM 10:59 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -2	English	01:08 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:07 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
History	Ch-10: Eighteenth century political formations	English	01:16 AM 03:15 AM 05:15 AM 07:15 AM 09:15 AM 11:15 AM 01:15 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM
Vocational	Fishbone Stitch	English	01:47 AM 03:47 AM 05:47 AM 07:46 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:46 PM 07:45 PM 09:45 PM 11:45 PM
सोमवार, 02 दिसंबर 2024 Monday, 02 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

भूगोल	पाठ-9: रेगिस्तान में जीवन	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:20 PM
English	An Alien Hand, Ch-9: A tiger in the house	English	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
सामान्य जागरूकता	एक्सप्लोरिंग 3 R's	हिंदी	01:21 AM 03:21 AM 05:21 AM 07:22 AM 09:22 AM 11:22 AM 01:22 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:23 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:30 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM
Vocational	Blanket Stitch	English	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
मंगलवार, 03 दिसंबर 2024 Tuesday, 03 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
हिन्दी	पाठ-13: वसंत-२: एक तिनका	हिंदी	12:32 AM 02:32 AM 04:31 AM 06:31 AM 08:30 AM 10:29 AM 12:29 PM 02:28 PM 04:27 PM 06:27 PM 08:26 PM 10:25 PM
General Awareness	Growing up Healthy	English	12:58 AM 02:57 AM 04:56 AM 06:56 AM 08:55 AM 10:55 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:51 PM 10:51 PM
Geography	Ch-9: Life in the desert	English	01:02 AM 03:01 AM 05:01 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:57 PM 04:57 PM 06:56 PM 08:55 PM 10:55 PM
Science	Ch-15: Light Part-1	English	01:23 AM 03:22 AM 05:21 AM 07:21 AM 09:20 AM 11:19 AM 01:19 PM 03:18 PM 05:18 PM 07:17 PM 09:16 PM 11:16 PM
सामान्य जागरूकता	एक्सप्लोरिंग 3 R's	हिंदी	01:34 AM 03:34 AM 05:33 AM 07:32 AM 09:32 AM 11:31 AM 01:30 PM 03:30 PM 05:29 PM 07:28 PM 09:28 PM 11:27 PM



Vocational	Blanket Stitch	English	01:43 AM 03:43 AM 05:42 AM 07:41 AM 09:41 AM 11:40 AM 01:39 PM 03:39 PM 05:38 PM 07:37 PM 09:37 PM 11:36 PM
बुधवार, 04 दिसंबर 2024 Wednesday, 04 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
संस्कृत	भूपति मयादस	हिंदी	12:23 AM 02:22 AM 04:21 AM 06:21 AM 08:20 AM 10:19 AM 12:19 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:15 PM
History	Ch-10: Eighteenth century political formations	English	12:31 AM 02:31 AM 04:30 AM 06:29 AM 08:29 AM 10:28 AM 12:27 PM 02:27 PM 04:26 PM 06:25 PM 08:25 PM 10:24 PM
General Awareness	e-waste management Block-2	English	12:57 AM 02:56 AM 04:55 AM 06:55 AM 08:54 AM 10:53 AM 12:53 PM 02:52 PM 04:51 PM 06:51 PM 08:50 PM 10:49 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:11 AM 03:10 AM 05:10 AM 07:09 AM 09:08 AM 11:08 AM 01:07 PM 03:06 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:33 AM 03:33 AM 05:32 AM 07:31 AM 09:31 AM 11:30 AM 01:29 PM 03:29 PM 05:28 PM 07:27 PM 09:27 PM 11:26 PM
बृहस्पतिवार, 05 दिसंबर 2024 Thursday, 05 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:57 PM 11:57 PM
इतिहास	पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	हिंदी	12:26 AM 02:26 AM 04:26 AM 06:25 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM
English	An Alien Hand, Ch-9: A tiger in the house	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:54 PM 10:54 PM



Science	Ch-15: Light Part-1	English	01:28 AM 03:28 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
Vocational	Personal hygiene and Health	English	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:37 PM 11:37 PM
शुक्रवार, 06 दिसंबर 2024 Friday, 06 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:06 AM 12:08 PM 02:09 PM 04:11 PM 06:12 PM 08:13 PM 10:15 PM
हिन्दी	दूर्वा-२, पाठ-13: नृत्यांगना सुधा चंद्रन	हिंदी	12:19 AM 02:20 AM 04:22 AM 06:23 AM 08:24 AM 10:26 AM 12:27 PM 02:29 PM 04:30 PM 06:31 PM 08:33 PM 10:34 PM
Political science	Ch-5: Women Change the World	English	12:31 AM 02:33 AM 04:34 AM 06:36 AM 08:37 AM 10:38 AM 12:40 PM 02:41 PM 04:43 PM 06:44 PM 08:45 PM 10:47 PM
General Awareness	e-waste management Block-2	English	12:57 AM 02:58 AM 04:59 AM 07:01 AM 09:02 AM 11:04 AM 01:05 PM 03:06 PM 05:08 PM 07:09 PM 09:10 PM 11:12 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:11 AM 03:12 AM 05:14 AM 07:15 AM 09:16 AM 11:18 AM 01:19 PM 03:21 PM 05:22 PM 07:23 PM 09:25 PM 11:26 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:33 AM 03:35 AM 05:36 AM 07:37 AM 09:39 AM 11:40 AM 01:42 PM 03:43 PM 05:44 PM 07:46 PM 09:47 PM 11:48 PM
शनिवार, 07 दिसंबर 2024 Saturday, 07 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	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
General Awareness	Growing up Healthy	English	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:28 AM 10:27 AM 12:26 PM 02:25 PM 04:24 PM 06:23 PM 08:21 PM 10:20 PM



संस्कृत	पुनर्मूषको भवः	हिंदी	12:36 AM 02:35 AM 04:34 AM 06:33 AM 08:32 AM 10:31 AM 12:30 PM 02:29 PM 04:28 PM 06:27 PM 08:26 PM 10:25 PM
General Awareness	e-waste management Block-2	English	12:44 AM 02:43 AM 04:42 AM 06:41 AM 08:40 AM 10:39 AM 12:38 PM 02:37 PM 04:36 PM 06:35 PM 08:34 PM 10:32 PM
Geography	Ch-9: Life in the desert	English	12:58 AM 02:57 AM 04:56 AM 06:55 AM 08:54 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:49 PM 08:48 PM 10:47 PM
Science	Ch-15: Light Part-1	English	01:19 AM 03:18 AM 05:17 AM 07:16 AM 09:15 AM 11:14 AM 01:13 PM 03:12 PM 05:11 PM 07:10 PM 09:08 PM 11:07 PM
Vocational	Blanket Stitch	English	01:46 AM 03:45 AM 05:44 AM 07:43 AM 09:42 AM 11:41 AM 01:40 PM 03:39 PM 05:38 PM 07:37 PM 09:36 PM 11:35 PM
रविवार, 08 दिसंबर 2024 Sunday, 08 December 2024			
शारीरिक शिक्षा	गोमुखासन	हिंदी	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 05:52 PM 07:51 PM 09:50 PM 11:49 PM
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया भाग-2	हिंदी	12:25 AM 02:24 AM 04:23 AM 06:22 AM 08:21 AM 10:20 AM 12:19 PM 02:18 PM 04:18 PM 06:17 PM 08:16 PM 10:15 PM
General Awareness	e-waste management Block-2	English	12:49 AM 02:48 AM 04:47 AM 06:46 AM 08:45 AM 10:44 AM 12:43 PM 02:43 PM 04:42 PM 06:41 PM 08:40 PM 10:39 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:57 PM 04:56 PM 06:55 PM 08:54 PM 10:53 PM
General Awareness	Growing up Healthy	English	01:10 AM 03:09 AM 05:08 AM 07:07 AM 09:06 AM 11:05 AM 01:04 PM 03:03 PM 05:03 PM 07:02 PM 09:01 PM 11:00 PM
History	Ch-10: Eighteenth century political formations (Part-1)	English	01:14 AM 03:13 AM 05:12 AM 07:11 AM 09:10 AM 11:09 AM 01:08 PM 03:08 PM 05:07 PM 07:06 PM 09:05 PM 11:04 PM



Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:21 AM 11:20 AM 01:19 PM 03:18 PM 05:17 PM 07:17 PM 09:16 PM 11:15 PM
सोमवार, 09 दिसंबर 2024 Monday, 09 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
भूगोल	पाठ-9: रेगिस्तान में जीवन	हिंदी	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:22 PM
English	An Alien Hand, Ch-9: A tiger in the house	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:53 PM 08:53 PM 10:54 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:26 PM 11:26 PM
Vocational	Blanket Stitch	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:52 AM 01:52 PM 03:52 PM 05:53 PM 07:53 PM 09:54 PM 11:54 PM
मंगलवार, 10 दिसंबर 2024 Tuesday, 10 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:10 PM 06:11 PM 08:12 PM 10:14 PM
General Awareness	Growing up Healthy	English	12:32 AM 02:33 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:40 PM 02:41 PM 04:42 PM 06:44 PM 08:45 PM 10:46 PM
हिन्दी	पाठ-13: एक तिनका	हिंदी	12:36 AM 02:37 AM 04:39 AM 06:40 AM 08:41 AM 10:43 AM 12:44 PM 02:45 PM 04:46 PM 06:48 PM 08:49 PM 10:50 PM
Geography	Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	English	12:46 AM 02:48 AM 04:49 AM 06:50 AM 08:51 AM 10:53 AM 12:54 PM 02:55 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
Science	Ch-15: Light Part-2	English	01:10 AM 03:12 AM 05:13 AM 07:14 AM 09:15 AM 11:17 AM 01:18 PM 03:19 PM 05:21 PM 07:22 PM 09:23 PM 11:24 PM



Storytelling/ Value Education	छोटा कौन बड़ा कौन	हिंदी	01:23 AM 03:24 AM 05:25 AM 07:26 AM 09:28 AM 11:29 AM 01:30 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:37 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:27 AM 03:28 AM 05:29 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:36 PM 05:37 PM 07:38 PM 09:40 PM 11:41 PM
बुधवार, 11 दिसंबर 2024 Wednesday, 11 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 02:04 AM 04:09 AM 06:13 AM 08:18 AM 10:22 AM 12:27 PM 02:31 PM 04:36 PM 06:40 PM 08:45 PM 10:49 PM
General Awareness	e-waste management Block-2	English	12:18 AM 02:23 AM 04:27 AM 06:32 AM 08:36 AM 10:41 AM 12:45 PM 02:50 PM 04:54 PM 06:59 PM 09:03 PM 11:08 PM
संस्कृत	पुनर्मूषको भवः	हिंदी	12:32 AM 02:37 AM 04:41 AM 06:46 AM 08:50 AM 10:55 AM 12:59 PM 03:04 PM 05:09 PM 07:13 PM 09:18 PM 11:22 PM
General Awareness	Growing up Healthy	English	12:55 AM 03:00 AM 05:05 AM 07:09 AM 09:14 AM 11:18 AM 01:23 PM 03:27 PM 05:32 PM 07:36 PM 09:41 PM 11:45 PM
History	Ch-10: Eighteenth century political formations (Part- 1)	English	01:00 AM 03:04 AM 05:09 AM 07:13 AM 09:18 AM 11:22 AM 01:27 PM 03:31 PM 05:36 PM 07:40 PM 09:45 PM 11:50 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:10 AM 03:15 AM 05:20 AM 07:24 AM 09:29 AM 11:33 AM 01:38 PM 03:42 PM 05:47 PM 07:51 PM 09:56 PM
Vocational	Blanket Stitch	English	01:54 AM 03:58 AM 06:03 AM 08:07 AM 10:12 AM 12:16 PM 02:21 PM 04:25 PM 06:30 PM 08:35 PM 10:39 PM
बृहस्पतिवार, 12 दिसंबर 2024 Thursday, 12 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM



इतिहास	पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	हिंदी	12:32 AM 02:31 AM 04:31 AM 06:30 AM 08:29 AM 10:29 AM 12:28 PM 02:27 PM 04:27 PM 06:26 PM 08:25 PM 10:25 PM
General Awareness	Growing up Healthy	English	01:02 AM 03:02 AM 05:01 AM 07:00 AM 09:00 AM 10:59 AM 12:58 PM 02:58 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
English	Ch-9: Garden snake	English	01:07 AM 03:06 AM 05:05 AM 07:05 AM 09:04 AM 11:03 AM 01:03 PM 03:02 PM 05:01 PM 07:01 PM 09:00 PM 10:59 PM
Science	Ch-15: Light Part-2	English	01:14 AM 03:14 AM 05:13 AM 07:12 AM 09:12 AM 11:11 AM 01:10 PM 03:10 PM 05:09 PM 07:08 PM 09:08 PM 11:07 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:24 AM 03:24 AM 05:23 AM 07:22 AM 09:22 AM 11:21 AM 01:20 PM 03:20 PM 05:19 PM 07:18 PM 09:18 PM 11:17 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:26 AM 03:25 AM 05:25 AM 07:24 AM 09:23 AM 11:23 AM 01:22 PM 03:21 PM 05:21 PM 07:20 PM 09:19 PM 11:19 PM
शुक्रवार, 13 दिसंबर 2024 Friday, 13 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:56 PM 09:56 PM 11:56 PM
हिन्दी	दूर्वा-२, पाठ-13: नृत्यांगना सुधा चंद्रन	हिंदी	12:26 AM 02:25 AM 04:25 AM 06:25 AM 08:25 AM 10:24 AM 12:24 PM 02:24 PM 04:23 PM 06:23 PM 08:23 PM 10:22 PM
Political science	Ch-4: Growing up as Boys and Girls	English	12:53 AM 02:52 AM 04:52 AM 06:52 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:50 PM 10:49 PM
General Awareness	Growing up Healthy	English	01:11 AM 03:11 AM 05:11 AM 07:10 AM 09:10 AM 11:10 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:08 PM 11:08 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:16 AM 03:15 AM 05:15 AM 07:15 AM 09:14 AM 11:14 AM 01:14 PM 03:13 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM



Vocational	Blanket Stitch	English	01:44 AM 03:44 AM 05:44 AM 07:43 AM 09:43 AM 11:43 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:41 PM 11:41 PM
Vocational	Feather Stitch	English	01:50 AM 03:50 AM 05:50 AM 07:49 AM 09:49 AM 11:49 AM 01:48 PM 03:48 PM 05:48 PM 07:47 PM 09:47 PM 11:47 PM
शनिवार, 14 दिसंबर 2024 Saturday, 14 December 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
उर्दू	ईदगाह	हिंदी	12:25 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:35 PM 08:36 PM 10:37 PM
Geography	Ch-9: Life in the desert	English	01:00 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:06 AM 01:07 PM 03:08 PM 05:09 PM 07:10 PM 09:11 PM 11:12 PM
Science	Ch-15: Light Part-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 11:32 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:31 AM 03:32 AM 05:33 AM 07:34 AM 09:35 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:41 PM 11:42 PM
रविवार, 15 दिसंबर 2024 Sunday, 15 December 2024			
शारीरिक शिक्षा	गोमुखसन	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 03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया	हिंदी	12:40 AM 02:40 AM 04:39 AM 06:39 AM 08:39 AM 10:38 AM 12:38 PM 02:37 PM 04:37 PM 06:37 PM 08:36 PM 10:36 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:25 AM 03:24 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



General Awareness	Fake-Whatsapp-Messages	English	01:31 AM 03:31 AM 05:31 AM 07:30 AM 09:30 AM 11:30 AM 01:29 PM 03:29 PM 05:28 PM 07:28 PM 09:28 PM 11:27 PM
History	Ch-10: Eighteenth century political formations (Part-1)	English	01:35 AM 03:34 AM 05:34 AM 07:34 AM 09:33 AM 11:33 AM 01:32 PM 03:32 PM 05:32 PM 07:31 PM 09:31 PM 11:31 PM
Vocational	Feather Stitch	English	01:44 AM 03:44 AM 05:44 AM 07:43 AM 09:43 AM 11:43 AM 01:42 PM 03:42 PM 05:42 PM 07:41 PM 09:41 PM 11:40 PM
Vocational	Blanket Stitch	English	01:50 AM 03:50 AM 05:49 AM 07:49 AM 09:49 AM 11:48 AM 01:48 PM 03:48 PM 05:47 PM 07:47 PM 09:46 PM 11:46 PM

सोमवार, 16 दिसंबर 2024
Monday, 16 December 2024

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
भूगोल	पाठ-09: रेगिस्तान में जीवन	हिंदी	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
English	An Alien Hand, Ch-8: The Bear Story	English	12:36 AM 02:35 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM
Mathematics	Ch-13: Exponents and powers (Part-1)	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:21 AM 03:21 AM 05:21 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:19 PM 09:19 PM 11:19 PM

मंगलवार, 17 दिसंबर 2024
Tuesday, 17 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
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हिन्दी	पाठ-14: खान पान की बदलती तस्वीर	हिन्दी	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:38 PM
Geography	Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
Science	Ch-15: Light Part-3	English	01:22 AM 03:22 AM 05:22 AM 07:22 AM 09:23 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिन्दी	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:34 PM 11:34 PM

बुधवार, 18 दिसंबर 2024

Wednesday, 18 December 2024

Science	Ch-15: Light Part-3	English	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
संस्कृत	सम्बन्धो ही दुर्जयः	हिन्दी	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:17 AM 10:16 AM 12:15 PM 02:14 PM 04:14 PM 06:13 PM 08:12 PM 10:11 PM
General Awareness	Growing up Healthy	English	12:29 AM 02:28 AM 04:27 AM 06:26 AM 08:25 AM 10:24 AM 12:24 PM 02:23 PM 04:22 PM 06:21 PM 08:20 PM 10:19 PM
History	Ch-10: Eighteenth century political formations (Part-2)	English	12:33 AM 02:32 AM 04:31 AM 06:31 AM 08:30 AM 10:29 AM 12:28 PM 02:27 PM 04:26 PM 06:25 PM 08:24 PM 10:23 PM
General Awareness	e-waste management Block-2	English	12:57 AM 02:56 AM 04:55 AM 06:54 AM 08:53 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:49 PM 08:48 PM 10:47 PM
Mathematics	Ch-13: Exponents and powers (Part-1)	English	01:11 AM 03:10 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
Vocational	Blanket Stitch	English	01:44 AM 03:43 AM 05:42 AM 07:41 AM 09:40 AM 11:39 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM



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बृहस्पतिवार, 19 दिसंबर 2024
Thursday, 19 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:11 PM 10:12 PM
General Awareness	Growing up Healthy	English	12:36 AM 02:37 AM 04:38 AM 06:39 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
इतिहास	पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	हिंदी	12:40 AM 02:41 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:48 PM 04:49 PM 06:50 PM 08:51 PM 10:52 PM
General Awareness	e-waste management Block-2	English	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:15 PM 09:17 PM 11:18 PM
English	Honeycomb, Ch-8: Meadow surprises	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 05:29 PM 07:30 PM 09:31 PM 11:32 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
Science	Ch-15: Light Part-3	English	01:33 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:43 PM 09:44 PM 11:46 PM
Vocational	Blanket Stitch	English	01:45 AM 03:46 AM 05:47 AM 07:48 AM 09:49 AM 11:51 AM 01:52 PM 03:53 PM 05:54 PM 07:55 PM 09:56 PM 11:57 PM

शुक्रवार, 20 दिसंबर 2024
Friday, 20 December 2024

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	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
हिन्दी	दूर्वा-२, पाठ-14: पानी और धूप	हिंदी	12:27 AM 02:26 AM 04:25 AM 06:24 AM 08:23 AM 10:22 AM 12:21 PM 02:20 PM 04:19 PM 06:18 PM 08:17 PM 10:16 PM



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Political science	Ch-5: Women Change the World	English	12:46 AM 02:45 AM 04:44 AM 06:43 AM 08:42 AM 10:41 AM 12:40 PM 02:38 PM 04:37 PM 06:36 PM 08:35 PM 10:34 PM
General Awareness	Growing up Healthy	English	01:11 AM 03:10 AM 05:09 AM 07:08 AM 09:07 AM 11:06 AM 01:05 PM 03:04 PM 05:03 PM 07:02 PM 09:01 PM 11:00 PM
Mathematics	Ch-13: Exponents and powers (Part-1)	English	01:15 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 09:05 PM 11:04 PM
Vocational	Finishing and costing of embroidered Products	English	01:37 AM 03:36 AM 05:35 AM 07:34 AM 09:33 AM 11:32 AM 01:31 PM 03:30 PM 05:29 PM 07:28 PM 09:27 PM 11:26 PM

शनिवार, 21 दिसंबर 2024
Saturday, 21 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:09 AM 04:18 AM 06:27 AM 08:37 AM 10:46 AM 12:55 PM 03:05 PM 05:14 PM 07:23 PM 09:33 PM 11:42 PM
संस्कृत	सम्बन्धो ही दुर्जयः	हिंदी	12:28 AM 02:38 AM 04:47 AM 06:56 AM 09:06 AM 11:15 AM 01:24 PM 03:34 PM 05:43 PM 07:52 PM 10:01 PM
General Awareness	e-waste management Block-2	English	12:37 AM 02:46 AM 04:55 AM 07:05 AM 09:14 AM 11:23 AM 01:32 PM 03:42 PM 05:51 PM 08:00 PM 10:10 PM
Geography	Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	English	12:51 AM 03:00 AM 05:09 AM 07:19 AM 09:28 AM 11:37 AM 01:47 PM 03:56 PM 06:05 PM 08:15 PM 10:24 PM
Science	Ch-15: Light Part-3	English	01:09 AM 03:19 AM 05:28 AM 07:37 AM 09:46 AM 11:56 AM 02:05 PM 04:14 PM 06:24 PM 08:33 PM 10:42 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:44 AM 05:53 AM 08:03 AM 10:12 AM 12:21 PM 02:31 PM 04:40 PM 06:49 PM 08:58 PM 11:08 PM

रविवार, 22 दिसंबर 2024
Sunday, 22 December 2024

शारीरिक शिक्षा	त्रिकोणासन	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
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			03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना	हिंदी	12:27 AM 02:27 AM 04:26 AM 06:26 AM 08:26 AM 10:25 AM 12:25 PM 02:25 PM 04:24 PM 06:24 PM 08:24 PM 10:23 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:51 AM 02:50 AM 04:50 AM 06:50 AM 08:49 AM 10:49 AM 12:49 PM 02:48 PM 04:48 PM 06:48 PM 08:47 PM 10:47 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	जन्मदिन कार्ड (Birthday Card)	हिंदी	12:57 AM 02:57 AM 04:57 AM 06:56 AM 08:56 AM 10:56 AM 12:55 PM 02:55 PM 04:55 PM 06:54 PM 08:54 PM 10:54 PM
History	Ch-10: Eighteenth century political formations (Part-2)	English	01:01 AM 03:01 AM 05:01 AM 07:00 AM 09:00 AM 11:00 AM 12:59 PM 02:59 PM 04:58 PM 06:58 PM 08:58 PM 10:57 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:25 AM 03:25 AM 05:24 AM 07:24 AM 09:24 AM 11:23 AM 01:23 PM 03:23 PM 05:22 PM 07:22 PM 09:22 PM 11:21 PM
सोमवार, 23 दिसंबर 2024 Monday, 23 December 2024			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:09 AM 12:11 PM 02:13 PM 04:15 PM 06:16 PM 08:18 PM 10:20 PM
General Awareness	Growing up Healthy	English	12:27 AM 02:29 AM 04:31 AM 06:33 AM 08:35 AM 10:37 AM 12:39 PM 02:40 PM 04:42 PM 06:44 PM 08:46 PM 10:48 PM
भूगोल	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:31 AM 02:33 AM 04:35 AM 06:37 AM 08:39 AM 10:41 AM 12:43 PM 02:45 PM 04:46 PM 06:48 PM 08:50 PM 10:52 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:59 AM 03:01 AM 05:03 AM 07:05 AM 09:07 AM 11:09 AM 01:11 PM 03:13 PM 05:14 PM 07:16 PM 09:18 PM 11:20 PM
English	An Alien Hand, Ch-8: The Bear Story	English	01:07 AM 03:09 AM 05:11 AM 07:12 AM 09:14 AM 11:16 AM 01:18 PM 03:20 PM 05:22 PM 07:24 PM 09:26 PM 11:27 PM



General Awareness	e-waste management Block-2	English	01:23 AM 03:25 AM 05:26 AM 07:28 AM 09:30 AM 11:32 AM 01:34 PM 03:36 PM 05:38 PM 07:40 PM 09:41 PM 11:43 PM
Mathematics	Ch-13: Exponents and powers (Part-2)	English	01:37 AM 03:39 AM 05:41 AM 07:43 AM 09:44 AM 11:46 AM 01:48 PM 03:50 PM 05:52 PM 07:54 PM 09:56 PM 11:58 PM
Vocational	Blanket Stitch	English	01:45 AM 03:47 AM 05:49 AM 07:51 AM 09:53 AM 11:55 AM 01:57 PM 03:59 PM 06:00 PM 08:02 PM 10:04 PM

मंगलवार, 24 दिसंबर 2024
Tuesday, 24 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	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 08:00 PM 10:00 PM
हिन्दी	पाठ-14: खानपान की बदलती तस्वीर	हिंदी	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
Geography	Ch-8: Human Enviroment Interactions The Tropical and Subtropical Regions	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM
Science	Ch-17: Forests, Our lifeline	English	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 09:26 PM 11:26 PM
Vocational	Blanket Stitch	English	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM

बुधवार, 25 दिसंबर 2024
Wednesday, 25 December 2024

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM 02:10 AM 04:21 AM 06:32 AM 08:43 AM 10:54 AM 01:05 PM 03:15 PM 05:26 PM 07:37 PM 09:48 PM 11:59 PM
उर्दू	ईदगाह	हिंदी	12:28 AM 02:39 AM 04:50 AM 07:01 AM 09:11 AM 11:22 AM 01:33 PM 03:44 PM 05:55 PM 08:06 PM 10:16 PM
History	Ch-9: The Making of regional cultures	English	12:56 AM 03:07 AM 05:18 AM 07:29 AM 09:40 AM 11:51 AM 02:01 PM 04:12 PM 06:23 PM 08:34 PM 10:45 PM



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General Awareness	e-waste management Block-2	English	01:18 AM 03:29 AM 05:40 AM 07:51 AM 10:02 AM 12:12 PM 02:23 PM 04:34 PM 06:45 PM 08:56 PM 11:07 PM
Mathematics	Ch-13: Exponents and powers (Part-2)	English	01:33 AM 03:43 AM 05:54 AM 08:05 AM 10:16 AM 12:27 PM 02:38 PM 04:48 PM 06:59 PM 09:10 PM 11:21 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:41 AM 03:52 AM 06:03 AM 08:14 AM 10:24 AM 12:35 PM 02:46 PM 04:57 PM 07:08 PM 09:19 PM 11:29 PM

बृहस्पतिवार, 26 दिसंबर 2024
Thursday, 26 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:53 PM 11:53 PM
इतिहास	पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	हिंदी	12:36 AM 02:36 AM 04:35 AM 06:35 AM 08:34 AM 10:33 AM 12:33 PM 02:32 PM 04:32 PM 06:31 PM 08:31 PM 10:30 PM
English	Honeycomb, Ch-8: Meadow surprises	English	01:01 AM 03:01 AM 05:00 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:06 AM 11:06 AM 01:05 PM 03:04 PM 05:04 PM 07:03 PM 09:03 PM 11:02 PM
Science	Ch-17: Forests, Our lifeline Part-1	English	01:16 AM 03:15 AM 05:15 AM 07:14 AM 09:14 AM 11:13 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:30 AM 03:30 AM 05:29 AM 07:29 AM 09:28 AM 11:27 AM 01:27 PM 03:26 PM 05:26 PM 07:25 PM 09:25 PM 11:24 PM

शुक्रवार, 27 दिसंबर 2024
Friday, 27 December 2024

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 02:02 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:13 PM 02:15 PM 04:17 PM 06:19 PM 08:21 PM 10:23 PM
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General Awareness	e-waste management Block-2	English	12:20 AM 02:23 AM 04:25 AM 06:27 AM 08:29 AM 10:31 AM 12:33 PM 02:36 PM 04:38 PM 06:40 PM 08:42 PM 10:44 PM
हिन्दी	दूर्वा-२, पाठ-14: पानी और धूप	हिन्दी	12:35 AM 02:37 AM 04:39 AM 06:41 AM 08:43 AM 10:46 AM 12:48 PM 02:50 PM 04:52 PM 06:54 PM 08:56 PM 10:59 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:48 AM 02:50 AM 04:52 AM 06:54 AM 08:57 AM 10:59 AM 01:01 PM 03:03 PM 05:05 PM 07:07 PM 09:10 PM 11:12 PM
Political science	Ch-4: Growing up as Boys and Girls	English	12:55 AM 02:57 AM 05:00 AM 07:02 AM 09:04 AM 11:06 AM 01:08 PM 03:10 PM 05:13 PM 07:15 PM 09:17 PM 11:19 PM
Mathematics	Ch-13: Exponents and powers (Part-3)	English	01:34 AM 03:36 AM 05:38 AM 07:40 AM 09:43 AM 11:45 AM 01:47 PM 03:49 PM 05:51 PM 07:53 PM 09:56 PM 11:58 PM
Vocational	Blanket Stitch	English	01:51 AM 03:54 AM 05:56 AM 07:58 AM 10:00 AM 12:02 PM 02:04 PM 04:07 PM 06:09 PM 08:11 PM 10:13 PM
शनिवार, 28 दिसंबर 2024 Saturday, 28 December 2024			
गणित	पाठ-13: घातांक और घात भाग-2	हिन्दी	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
उर्दू	ईदगाह	हिन्दी	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Geography	Ch-8: Human Environment Interactions The Tropical and Subtropical Regions	English	01:02 AM 03:02 AM 05:03 AM 07:03 AM 09:04 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
Science	Ch-17: Forests, Our lifeline	English	01:32 AM 03:32 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:36 PM 09:37 PM 11:37 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:50 AM 03:50 AM 05:51 AM 07:51 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:56 PM



रविवार, 29 दिसंबर 2024
Sunday, 29 December 2024

शारीरिक शिक्षा	कबड्डी	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना (Part-1)	हिंदी	12:35 AM 02:36 AM 04:37 AM 06:37 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM
General Awareness	e-waste management Block-2	English	12:46 AM 02:47 AM 04:48 AM 06:49 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:55 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:00 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:04 AM 01:05 PM 03:06 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:12 AM 11:13 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM
History	Ch-9: The Making of regional cultures	English	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
Vocational	Design and Tracing Methods (Light Method)	English	01:45 AM 03:46 AM 05:47 AM 07:48 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:52 PM 09:53 PM 11:54 PM

सोमवार, 30 दिसंबर 2024
Monday, 30 December 2024

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:13 AM 08:17 AM 10:22 AM 12:26 PM 02:30 PM 04:35 PM 06:39 PM 08:44 PM 10:48 PM
भूगोल	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:32 AM 02:37 AM 04:41 AM 06:46 AM 08:50 AM 10:54 AM 12:59 PM 03:03 PM 05:08 PM 07:12 PM 09:16 PM 11:21 PM
English	An Alien Hand, Ch-8: The Bear Story	English	01:05 AM 03:10 AM 05:14 AM 07:18 AM 09:23 AM 11:27 AM 01:32 PM 03:36 PM 05:41 PM 07:45 PM 09:49 PM 11:54 PM



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Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	01:21 AM 03:25 AM 05:30 AM 07:34 AM 09:39 AM 11:43 AM 01:48 PM 03:52 PM 05:56 PM 08:01 PM 10:05 PM
Mathematics	Ch-13: Exponents and powers (Part-3)	English	01:28 AM 03:32 AM 05:37 AM 07:41 AM 09:45 AM 11:50 AM 01:54 PM 03:59 PM 06:03 PM 08:08 PM 10:12 PM
Vocational	Finishing and costing of embroidered Products	English	01:48 AM 03:52 AM 05:57 AM 08:01 AM 10:06 AM 12:10 PM 02:14 PM 04:19 PM 06:23 PM 08:28 PM 10:32 PM

मंगलवार, 31 दिसंबर 2024
Tuesday, 31 December 2024

गणित	पाठ-13: घातांक और घात भाग-2	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
हिन्दी	पाठ-15: वसंत-२:नीलकंठ	हिंदी	12:36 AM 02:37 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:43 PM 04:44 PM 06:45 PM 08:46 PM 10:47 PM
Geography	Ch-8: Human Enviroment Interactions The Tropical and Subtropical Regions	English	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
Science	Ch-17: Forests, Our lifeline Part-2	English	01:15 AM 03:16 AM 05:17 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:25 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:39 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM



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