

## कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी

## Monthly Program Transmission Schedule of Class - 8

### कक्षा - 8 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

### Subject-wise Weekly Program Transmission Schedule of Class - 8

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](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 3.00 pm to 4.00 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 #30



8800440559



Jio TV



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Dish TV Channel #2029

## कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 8

जनवरी 2025  
January 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
<b>बुधवार, 01 जनवरी 2025 Wednesday, 01 January 2025</b>			
Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:31 AM    05:02 AM    07:33 AM    10:04 AM    12:36 PM    03:07 PM    05:38 PM    08:09 PM    10:40 PM
योग	पवन मुक्तासन	English/Hindi	12:29 AM    03:00 AM    05:32 AM    08:03 AM    10:34 AM    01:05 PM    03:36 PM    06:08 PM    08:39 PM    11:10 PM
Sanskrit	पाठ 4: सदैव पुरतो निधेहि चरणम्	Sanskrit/ Hindi	12:32 AM    03:03 AM    05:35 AM    08:06 AM    10:37 AM    01:08 PM    03:40 PM    06:11 PM    08:42 PM    11:13 PM
General Awareness Programme	Maulana Abul Kalam Azad (मौलाना अबुल कलाम आज़ाद)	Hindi	01:01 AM    03:32 AM    06:03 AM    08:34 AM    11:06 AM    01:37 PM    04:08 PM    06:39 PM    09:10 PM    11:42 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 1	English	01:29 AM    04:01 AM    06:32 AM    09:03 AM    11:34 AM    02:06 PM    04:37 PM    07:08 PM    09:39 PM
योग	सूर्य नमस्कार	English/Hindi	01:45 AM    04:16 AM    06:48 AM    09:19 AM    11:50 AM    02:21 PM    04:52 PM    07:24 PM    09:55 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:52 AM    04:23 AM    06:54 AM    09:26 AM    11:57 AM    02:28 PM    04:59 PM    07:30 PM    10:02 PM
<b>बृहस्पतिवार, 02 जनवरी 2025 Thursday, 02 January 2025</b>			
Mathematics	पाठ 3: चतुर्भुजों को समझना	Hindi	12:00 AM    02:30 AM    05:01 AM    07:32 AM    10:03 AM    12:34 PM    03:05 PM    05:36 PM    08:07 PM    10:38 PM



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Social Science (History)	पाठ 6: बुनकर; लोहा बनाने वाले और फैक्ट्री मालिक	Hindi	12:40 AM    03:11 AM    05:42 AM    08:13 AM    10:44 AM    01:15 PM    03:46 PM    06:17 PM    08:47 PM    11:18 PM
English Honeydew	Chapter-1, The Best Christmas Present in the World	English	01:10 AM    03:41 AM    06:12 AM    08:43 AM    11:14 AM    01:45 PM    04:16 PM    06:47 PM    09:18 PM    11:49 PM
योग	सूर्य नमस्कार	English/Hindi	01:33 AM    04:04 AM    06:35 AM    09:06 AM    11:37 AM    02:08 PM    04:39 PM    07:10 PM    09:41 PM
Science	Chapter-12:Friction part 3	English	01:40 AM    04:11 AM    06:42 AM    09:13 AM    11:44 AM    02:15 PM    04:46 PM    07:17 PM    09:47 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:56 AM    04:27 AM    06:58 AM    09:29 AM    12:00 PM    02:31 PM    05:02 PM    07:33 PM    10:04 PM
<b>शुक्रवार, 03 जनवरी 2025</b> <b>Friday, 03 January 2025</b>			
Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:30 AM    05:01 AM    07:32 AM    10:03 AM    12:34 PM    03:05 PM    05:36 PM    08:07 PM    10:38 PM
General English	Episode 10 Agreeing 2	English	12:36 AM    03:07 AM    05:38 AM    08:09 AM    10:40 AM    01:11 PM    03:42 PM    06:13 PM    08:44 PM    11:15 PM
Hindi	पाठ 3: चिट्ठियों में यूरोप	Hindi	12:52 AM    03:23 AM    05:54 AM    08:25 AM    10:56 AM    01:27 PM    03:58 PM    06:29 PM    09:00 PM    11:31 PM
Social Science (Political Science)	Unit-1, Chapter-1, The Indian Constitution	English	01:16 AM    03:47 AM    06:18 AM    08:49 AM    11:20 AM    01:51 PM    04:21 PM    06:52 PM    09:23 PM    11:54 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:52 AM    04:23 AM    06:54 AM    09:25 AM    11:56 AM    02:27 PM    04:58 PM    07:29 PM    10:00 PM
<b>शनिवार, 04 जनवरी 2025</b> <b>Saturday, 04 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
Sanskrit	पाठ 4: सदैव पुरतो निधेहि चरणम्	Sanskrit/ Hindi	12:39 AM    03:09 AM    05:39 AM    08:09 AM    10:39 AM    01:09 PM    03:39 PM    06:09 PM    08:39 PM    11:09 PM



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Social Science (Geography)	Chapter-1: Resources, Part-1	English	01:07 AM    03:37 AM    06:07 AM    08:37 AM    11:07 AM    01:37 PM    04:07 PM    06:37 PM    09:07 PM    11:37 PM
General Awareness Programme	भोजन यात्रा- ग्रास से निकास तक	Hindi	01:18 AM    03:48 AM    06:18 AM    08:48 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:18 PM    11:48 PM
Science	Chapter-12:Friction part 3	English	01:30 AM    04:00 AM    06:30 AM    09:00 AM    11:30 AM    02:00 PM    04:30 PM    07:00 PM    09:30 PM
General Awareness Programme	Migratory Birds	English	01:46 AM    04:16 AM    06:46 AM    09:16 AM    11:46 AM    02:16 PM    04:46 PM    07:16 PM    09:46 PM
Vocational Video	कक्षा 8 वर्गों पर लगे दाग धब्बे छुड़ाना	Hindi	01:49 AM    04:19 AM    06:49 AM    09:19 AM    11:49 AM    02:19 PM    04:49 PM    07:19 PM    09:49 PM
योग	सूर्य नमस्कार	English/Hindi	02:23 AM    04:53 AM    07:23 AM    09:53 AM    12:23 PM    02:53 PM    05:23 PM    07:53 PM    10:23 PM
<b>रविवार, 05 जनवरी 2025</b> <b>Sunday, 05 January 2025</b>			
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	12:00 AM    02:30 AM    05:00 AM    07:31 AM    10:01 AM    12:32 PM    03:02 PM    05:33 PM    08:03 PM    10:34 PM
योग	ताड़ासना	English/Hindi	12:43 AM    03:13 AM    05:44 AM    08:14 AM    10:45 AM    01:15 PM    03:46 PM    06:16 PM    08:47 PM    11:17 PM
Social Science (Political Science)	पाठ-3: हमें संसद क्यों चाहिए?	Hindi	12:45 AM    03:15 AM    05:46 AM    08:16 AM    10:47 AM    01:17 PM    03:48 PM    06:18 PM    08:49 PM    11:19 PM
General Awareness	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:20 AM    03:50 AM    06:21 AM    08:51 AM    11:21 AM    01:52 PM    04:22 PM    06:53 PM    09:23 PM    11:54 PM
Mathematics	Maths Activity: Solid Shapes	English	01:25 AM    03:56 AM    06:26 AM    08:57 AM    11:27 AM    01:58 PM    04:28 PM    06:59 PM    09:29 PM
General Awareness Programme	Personal Safety	English	01:41 AM    04:11 AM    06:42 AM    09:12 AM    11:43 AM    02:13 PM    04:44 PM    07:14 PM    09:45 PM



Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 1	English	01:55 AM    04:25 AM    06:56 AM    09:26 AM    11:57 AM    02:27 PM    04:58 PM    07:28 PM    09:59 PM
Vocational Video	Seed Germination	English/Hindi	02:22 AM    04:52 AM    07:23 AM    09:53 AM    12:24 PM    02:54 PM    05:25 PM    07:55 PM    10:25 PM
<b>सोमवार, 06 जनवरी 2025</b> <b>Monday, 06 January 2025</b>			
Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:30 AM    05:00 AM    07:31 AM    10:01 AM    12:31 PM    03:02 PM    05:32 PM    08:02 PM    10:33 PM
EVS	HUMAN RESOURCES AND POPULATION	English	12:36 AM    03:06 AM    05:37 AM    08:07 AM    10:38 AM    01:08 PM    03:38 PM    06:09 PM    08:39 PM    11:09 PM
Social Science (Geography)	पाठ 1: संसाधन	Hindi	12:58 AM    03:28 AM    05:58 AM    08:29 AM    10:59 AM    01:30 PM    04:00 PM    06:30 PM    09:01 PM    11:31 PM
English It So Happened	Chapter-10 The Comet - II, Part 1	English	01:24 AM    03:55 AM    06:25 AM    08:55 AM    11:26 AM    01:56 PM    04:27 PM    06:57 PM    09:27 PM    11:58 PM
General English	Episode 2 Greeting an Acquaintance	English	01:41 AM    04:11 AM    06:41 AM    09:12 AM    11:42 AM    02:12 PM    04:43 PM    07:13 PM    09:44 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:49 AM    04:20 AM    06:50 AM    09:21 AM    11:51 AM    02:21 PM    04:52 PM    07:22 PM    09:52 PM
General	Energy Saving	English	02:28 AM    04:59 AM    07:29 AM    09:59 AM    12:30 PM    03:00 PM    05:30 PM    08:01 PM    10:31 PM
<b>मंगलवार, 07 जनवरी 2025</b> <b>Tuesday, 07 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:28 PM    02:58 PM    05:28 PM    07:58 PM    10:27 PM
Hindi	पाठ 3: चिट्ठियों में यूरोप	Hindi	12:39 AM    03:08 AM    05:38 AM    08:08 AM    10:38 AM    01:08 PM    03:37 PM    06:07 PM    08:37 PM    11:07 PM
General	Nadishodhan Pranayam	English	01:02 AM    03:32 AM    06:02 AM    08:32 AM    11:02 AM    01:31 PM    04:01 PM    06:31 PM    09:01 PM    11:30 PM



Social Science (Geography)	Chapter-1: Resources, Part-1	English	01:06 AM    03:36 AM    06:05 AM    08:35 AM    11:05 AM    01:35 PM    04:05 PM    06:34 PM    09:04 PM    11:34 PM
General	Introduction to MISSION LIFE	English	01:17 AM    03:47 AM    06:16 AM    08:46 AM    11:16 AM    01:46 PM    04:15 PM    06:45 PM    09:15 PM    11:45 PM
Science	Chapter-12:Friction part 3	English	01:19 AM    03:49 AM    06:19 AM    08:49 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:17 PM    11:47 PM
General	Values and Types of Wetlands Part -1	English	01:35 AM    04:05 AM    06:35 AM    09:05 AM    11:35 AM    02:04 PM    04:34 PM    07:04 PM    09:34 PM
General English	Episode 8 Making Requests 2	English	01:42 AM    04:12 AM    06:42 AM    09:11 AM    11:41 AM    02:11 PM    04:41 PM    07:11 PM    09:40 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:50 AM    04:20 AM    06:50 AM    09:19 AM    11:49 AM    02:19 PM    04:49 PM    07:18 PM    09:48 PM
Mathematics	Square Number and its properties	English	02:24 AM    04:54 AM    07:24 AM    09:53 AM    12:23 PM    02:53 PM    05:23 PM    07:52 PM    10:22 PM
<b>बुधवार, 08 जनवरी 2025</b> <b>Wednesday, 08 January 2025</b>			
Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:30 AM    05:01 AM    07:31 AM    10:02 AM    12:32 PM    03:03 PM    05:33 PM    08:04 PM    10:34 PM
Sanskrit	पाठ 4: सदैव पुरतो निधेहि चरणम्	Sanskrit/ Hindi	12:29 AM    03:00 AM    05:30 AM    08:01 AM    10:31 AM    01:02 PM    03:32 PM    06:03 PM    08:33 PM    11:04 PM
General	Surya_Namaskar	English	12:58 AM    03:28 AM    05:59 AM    08:29 AM    11:00 AM    01:30 PM    04:01 PM    06:31 PM    09:02 PM    11:32 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 1	English	01:04 AM    03:35 AM    06:05 AM    08:36 AM    11:06 AM    01:37 PM    04:07 PM    06:38 PM    09:08 PM    11:39 PM
General	Values and Types of Wetlands Part -2	English	01:20 AM    03:51 AM    06:21 AM    08:52 AM    11:22 AM    01:53 PM    04:23 PM    06:54 PM    09:24 PM    11:55 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:28 AM    03:59 AM    06:29 AM    09:00 AM    11:30 AM    02:01 PM    04:31 PM    07:02 PM    09:32 PM



General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:56 AM    04:27 AM    06:57 AM    09:28 AM    11:58 AM    02:29 PM    04:59 PM    07:30 PM    10:00 PM
General	Energy Saving	English	02:28 AM    04:59 AM    07:29 AM    10:00 AM    12:30 PM    03:01 PM    05:31 PM    08:02 PM    10:32 PM
<b>बृहस्पतिवार, 09 जनवरी 2025</b> Thursday, 09 January 2025			
Mathematics	पाठ 3: चतुर्भुजों को समझना	Hindi	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:31 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:40 AM    03:10 AM    05:40 AM    08:10 AM    10:41 AM    01:11 PM    03:41 PM    06:11 PM    08:41 PM    11:11 PM
Social Science (History)	पाठ 6: बुनकर; लोहा बनाने वाले और फैक्ट्री मालिक	Hindi	12:43 AM    03:14 AM    05:44 AM    08:14 AM    10:44 AM    01:14 PM    03:44 PM    06:14 PM    08:44 PM    11:15 PM
English Honeydew	Chapter-1, The Best Christmas Present in the World	English	01:14 AM    03:44 AM    06:14 AM    08:44 AM    11:14 AM    01:44 PM    04:14 PM    06:44 PM    09:15 PM    11:45 PM
Science	Chapter-12:Friction part 3	English	01:37 AM    04:07 AM    06:37 AM    09:07 AM    11:37 AM    02:07 PM    04:37 PM    07:08 PM    09:38 PM
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	01:53 AM    04:23 AM    06:53 AM    09:23 AM    11:53 AM    02:24 PM    04:54 PM    07:24 PM    09:54 PM
General	Energy Saving	English	02:28 AM    04:58 AM    07:28 AM    09:58 AM    12:28 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
<b>शुक्रवार, 10 जनवरी 2025</b> Friday, 10 January 2025			
Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:30 AM    05:00 AM    07:31 AM    10:01 AM    12:32 PM    03:02 PM    05:32 PM    08:03 PM    10:33 PM
Hindi	पाठ 3: चिट्ठियों में यूरोप	Hindi	12:40 AM    03:11 AM    05:41 AM    08:11 AM    10:42 AM    01:12 PM    03:43 PM    06:13 PM    08:43 PM    11:14 PM
General Awareness Programme	Personal Safety	English	01:04 AM    03:34 AM    06:05 AM    08:35 AM    11:06 AM    01:36 PM    04:06 PM    06:37 PM    09:07 PM    11:38 PM



Social Science (Political Science)	Unit-1, Chapter-1, The Indian Constitution	English	01:18 AM    03:49 AM    06:19 AM    08:49 AM    11:20 AM    01:50 PM    04:21 PM    06:51 PM    09:21 PM    11:52 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:56 AM    04:27 AM    06:57 AM    09:28 AM    11:58 AM    02:28 PM    04:59 PM    07:29 PM    10:00 PM
<b>शनिवार, 11 जनवरी 2025</b> <b>Saturday, 11 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:31 AM    05:03 AM    07:35 AM    10:07 AM    12:39 PM    03:11 PM    05:43 PM    08:14 PM    10:46 PM
General	E-Waste Management: Block 1	English	12:21 AM    02:53 AM    05:25 AM    07:56 AM    10:28 AM    01:00 PM    03:32 PM    06:04 PM    08:36 PM    11:08 PM
Sanskrit	पाठ 4: सदैव पुरतो निधेहि चरणम्	Sanskrit/ Hindi	12:33 AM    03:05 AM    05:37 AM    08:09 AM    10:41 AM    01:12 PM    03:44 PM    06:16 PM    08:48 PM    11:20 PM
General	E-Waste Management: Block 2	English	01:02 AM    03:33 AM    06:05 AM    08:37 AM    11:09 AM    01:41 PM    04:13 PM    06:45 PM    09:16 PM    11:48 PM
Social Science (Geography)	Chapter-1: Resources, Part-1	English	01:16 AM    03:48 AM    06:20 AM    08:52 AM    11:24 AM    01:55 PM    04:27 PM    06:59 PM    09:31 PM
Science	Chapter-12: Friction part 3	English	01:27 AM    03:59 AM    06:31 AM    09:03 AM    11:34 AM    02:06 PM    04:38 PM    07:10 PM    09:42 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	01:43 AM    04:15 AM    06:47 AM    09:19 AM    11:51 AM    02:23 PM    04:54 PM    07:26 PM    09:58 PM
Vocational Video	वृक्षों की पहचान एवं महत्व	Hindi	02:00 AM    04:32 AM    07:04 AM    09:36 AM    12:08 PM    02:40 PM    05:11 PM    07:43 PM    10:15 PM
<b>रविवार, 12 जनवरी 2025</b> <b>Sunday, 12 January 2025</b>			
Physical Education	प्राणायाम और ध्यान	Hindi	12:00 AM    02:29 AM    04:59 AM    07:28 AM    09:58 AM    12:28 PM    02:57 PM    05:27 PM    07:57 PM    10:26 PM
General English	Episode 11 Agreeing 3	English	12:38 AM    03:08 AM    05:38 AM    08:07 AM    10:37 AM    01:06 PM    03:36 PM    06:06 PM    08:35 PM    11:05 PM





Social Science (Political Science)	पाठ-3: हमें संसद क्यों चाहिए?	Hindi	12:48 AM    03:18 AM    05:48 AM    08:17 AM    10:47 AM    01:17 PM    03:46 PM    06:16 PM    08:46 PM    11:15 PM
Science	Activity 4- Combustion and Flame	English	01:34 AM    04:04 AM    06:33 AM    09:03 AM    11:33 AM    02:02 PM    04:32 PM    07:01 PM    09:31 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 1	English	01:44 AM    04:14 AM    06:43 AM    09:13 AM    11:43 AM    02:12 PM    04:42 PM    07:12 PM    09:41 PM
General Awareness Programme	Dr. B.R. Ambedkar - Part 2	English/Hindi	02:00 AM    04:29 AM    06:59 AM    09:29 AM    11:58 AM    02:28 PM    04:58 PM    07:27 PM    09:57 PM
Vocational Video	Seed Germination	English/Hindi	02:22 AM    04:52 AM    07:22 AM    09:51 AM    12:21 PM    02:51 PM    05:20 PM    07:50 PM    10:20 PM

**सोमवार, 13 जनवरी 2025**  
**Monday, 13 January 2025**

Science	पाठ-4, पदार्थ : धातु और अधातु	Hindi	12:00 AM    02:33 AM    05:07 AM    07:41 AM    10:15 AM    12:49 PM    03:23 PM    05:57 PM    08:31 PM    11:05 PM
General Awareness Programme	Dr. B.R. Ambedkar - Part 2	English/Hindi	12:29 AM    03:03 AM    05:37 AM    08:11 AM    10:45 AM    01:19 PM    03:53 PM    06:27 PM    09:01 PM    11:35 PM
Social Science (Geography)	पाठ 1: संसाधन	Hindi	12:52 AM    03:26 AM    06:00 AM    08:34 AM    11:08 AM    01:42 PM    04:16 PM    06:50 PM    09:24 PM    11:58 PM
English It So Happened	Chapter-10 The Comet - II, Part 1	English	01:14 AM    03:48 AM    06:22 AM    08:56 AM    11:30 AM    02:04 PM    04:38 PM    07:12 PM    09:46 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:41 AM    04:15 AM    06:49 AM    09:23 AM    11:57 AM    02:31 PM    05:05 PM    07:39 PM    10:13 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	02:09 AM    04:43 AM    07:17 AM    09:51 AM    12:25 PM    02:59 PM    05:33 PM    08:07 PM    10:41 PM

**मंगलवार, 14 जनवरी 2025**  
**Tuesday, 14 January 2025**

Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:29 AM    04:58 AM    07:27 AM    09:56 AM    12:26 PM    02:55 PM    05:24 PM    07:53 PM    10:23 PM
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General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:28 AM    02:57 AM    05:26 AM    07:55 AM    10:25 AM    12:54 PM    03:23 PM    05:52 PM    08:22 PM    10:51 PM
Hindi	पाठ 3: चिट्ठियों में यूरोप	Hindi	12:49 AM    03:18 AM    05:48 AM    08:17 AM    10:46 AM    01:15 PM    03:45 PM    06:14 PM    08:43 PM    11:12 PM
Social Science (Geography)	Chapter-1: Resources, Part-1	English	01:13 AM    03:42 AM    06:11 AM    08:41 AM    11:10 AM    01:39 PM    04:08 PM    06:38 PM    09:07 PM    11:36 PM
General Awareness Programme	Jaliawallah Bagh- the struggle	English	01:24 AM    03:53 AM    06:22 AM    08:52 AM    11:21 AM    01:50 PM    04:19 PM    06:49 PM    09:18 PM    11:47 PM
Science	Chapter-12:Friction part 3	English	01:37 AM    04:06 AM    06:35 AM    09:04 AM    11:34 AM    02:03 PM    04:32 PM    07:01 PM    09:31 PM
Vocational Video	वृक्षों की पहचान एवं महत्व	Hindi	01:53 AM    04:22 AM    06:51 AM    09:21 AM    11:50 AM    02:19 PM    04:48 PM    07:18 PM    09:47 PM

**बुधवार, 15 जनवरी 2025**  
**Wednesday, 15 January 2025**

Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:29 AM    04:58 AM    07:28 AM    09:57 AM    12:27 PM    02:56 PM    05:26 PM    07:55 PM    10:25 PM
Sanskrit	पाठ 5: कण्टकेनैव कण्टकम्	Sanskrit	12:30 AM    02:59 AM    05:29 AM    07:58 AM    10:28 AM    12:57 PM    03:27 PM    05:56 PM    08:26 PM    10:55 PM
General	Setu Bandhasana	English	12:54 AM    03:24 AM    05:53 AM    08:23 AM    10:52 AM    01:22 PM    03:51 PM    06:21 PM    08:50 PM    11:20 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 2	English	12:57 AM    03:26 AM    05:56 AM    08:25 AM    10:55 AM    01:24 PM    03:54 PM    06:23 PM    08:53 PM    11:22 PM
General	Values and Types of Wetlands Part -2	English	01:08 AM    03:38 AM    06:07 AM    08:37 AM    11:06 AM    01:35 PM    04:05 PM    06:34 PM    09:04 PM    11:33 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:16 AM    03:46 AM    06:15 AM    08:45 AM    11:14 AM    01:44 PM    04:13 PM    06:42 PM    09:12 PM    11:41 PM



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Vocational Video	कक्षा 8 वर्गों पर लगे दाग धब्बे छुड़ाना	Hindi	01:44 AM    04:13 AM    06:43 AM    09:12 AM    11:42 AM    02:11 PM    04:41 PM    07:10 PM    09:40 PM
<b>बृहस्पतिवार, 16 जनवरी 2025</b> <b>Thursday, 16 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:31 AM    05:02 AM    07:34 AM    10:05 AM    12:37 PM    03:08 PM    05:40 PM    08:11 PM    10:42 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:28 AM    02:59 AM    05:31 AM    08:02 AM    10:33 AM    01:05 PM    03:36 PM    06:08 PM    08:39 PM    11:11 PM
Social Science (History)	पाठ-7: देशी जनता को सभ्य बनाना राष्ट्र को शिक्षित करना	Hindi	12:31 AM    03:03 AM    05:34 AM    08:05 AM    10:37 AM    01:08 PM    03:40 PM    06:11 PM    08:43 PM    11:14 PM
Story Telling/ Value Education	Story Telling: Meena - 2 Dividing the Mongos	Hindi	12:58 AM    03:30 AM    06:01 AM    08:33 AM    11:04 AM    01:36 PM    04:07 PM    06:38 PM    09:10 PM    11:41 PM
English Honeydew	Chapter-1, The Best Christmas Present in the World	English	01:11 AM    03:42 AM    06:14 AM    08:45 AM    11:17 AM    01:48 PM    04:19 PM    06:51 PM    09:22 PM    11:54 PM
General	What is Science?	English	01:23 AM    03:54 AM    06:26 AM    08:57 AM    11:29 AM    02:00 PM    04:32 PM    07:03 PM    09:34 PM
Science	Chapter-12:Friction part 3	English	01:41 AM    04:12 AM    06:44 AM    09:15 AM    11:47 AM    02:18 PM    04:50 PM    07:21 PM    09:52 PM
General Awareness Programme	Dr. B.R. Ambedkar - Part 2	English/Hindi	02:08 AM    04:40 AM    07:11 AM    09:42 AM    12:14 PM    02:45 PM    05:17 PM    07:48 PM    10:20 PM
<b>शुक्रवार, 17 जनवरी 2025</b> <b>Friday, 17 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
योग	नाड़ीशोधन प्राणायाम	English/Hindi	12:28 AM    02:58 AM    05:28 AM    07:58 AM    10:29 AM    12:59 PM    03:29 PM    05:59 PM    08:30 PM    11:00 PM
Hindi	पाठ 3: चिट्ठियों में यूरोप	Hindi	12:31 AM    03:01 AM    05:32 AM    08:02 AM    10:32 AM    01:02 PM    03:33 PM    06:03 PM    08:33 PM    11:03 PM



Social Science (Political Science)	Unit-1, Chapter-1, The Indian Constitution	English	01:00 AM    03:30 AM    06:00 AM    08:31 AM    11:01 AM    01:31 PM    04:01 PM    06:32 PM    09:02 PM    11:32 PM
General	जादुई किताब	Hindi	01:34 AM    04:04 AM    06:34 AM    09:04 AM    11:34 AM    02:05 PM    04:35 PM    07:05 PM    09:35 PM
Mathematics	Chapter-13: Direct and Inverse Proportions, Part 1	English	01:49 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:21 PM    04:51 PM    07:21 PM    09:51 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिन्दी	02:28 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:30 PM    08:00 PM    10:30 PM
<b>शनिवार, 18 जनवरी 2025</b> <b>Saturday, 18 January 2025</b>			
Mathematics	पाठ-7 घन और घनमूल	Hindi	12:00 AM    02:29 AM    04:58 AM    07:27 AM    09:56 AM    12:25 PM    02:54 PM    05:23 PM    07:52 PM    10:21 PM
General Awareness Programme	ज़रा सोचिये	Musical	12:30 AM    02:59 AM    05:28 AM    07:57 AM    10:26 AM    12:55 PM    03:24 PM    05:53 PM    08:22 PM    10:51 PM
Sanskrit	पाठ 5: कण्टकेनैव कण्टकम्	Sanskrit	12:34 AM    03:03 AM    05:32 AM    08:01 AM    10:31 AM    01:00 PM    03:29 PM    05:58 PM    08:27 PM    10:56 PM
General	E-Waste Management: Block 2	English	12:59 AM    03:28 AM    05:57 AM    08:26 AM    10:55 AM    01:24 PM    03:53 PM    06:22 PM    08:51 PM    11:20 PM
Social Science (Geography)	Chapter-1: Resources, Part-2 (Types of Resources)	English	01:13 AM    03:42 AM    06:11 AM    08:40 AM    11:09 AM    01:38 PM    04:07 PM    06:36 PM    09:05 PM    11:35 PM
General	Ardha Chakrasana	English	01:32 AM    04:01 AM    06:30 AM    08:59 AM    11:28 AM    01:57 PM    04:26 PM    06:55 PM    09:24 PM    11:53 PM
Science	Chapter-12:Friction part 4	English	01:34 AM    04:03 AM    06:32 AM    09:01 AM    11:30 AM    01:59 PM    04:28 PM    06:57 PM    09:26 PM    11:55 PM
योग	शशांकसन	English/Hindi	01:57 AM    04:26 AM    06:55 AM    09:24 AM    11:53 AM    02:23 PM    04:52 PM    07:21 PM    09:50 PM



सामान्य	बेटी हिन्दुस्तान की	हिंदी	02:11 AM    04:40 AM    07:09 AM    09:38 AM    12:07 PM    02:36 PM    05:05 PM    07:34 PM    10:03 PM
General	Values and Types of Wetlands Part -2	English	02:21 AM    04:50 AM    07:19 AM    09:48 AM    12:17 PM    02:46 PM    05:15 PM    07:44 PM    10:13 PM
<b>रविवार, 19 जनवरी 2025</b> <b>Sunday, 19 January 2025</b>			
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	12:00 AM    02:31 AM    05:02 AM    07:33 AM    10:04 AM    12:36 PM    03:07 PM    05:38 PM    08:09 PM    10:41 PM
General English	Episode 11 Agreeing 3	English	12:36 AM    03:07 AM    05:38 AM    08:09 AM    10:41 AM    01:12 PM    03:43 PM    06:14 PM    08:46 PM    11:17 PM
Social Science (Political Science)	पाठ-4: कानूनों की समझ, भाग-2	Hindi	12:46 AM    03:17 AM    05:48 AM    08:20 AM    10:51 AM    01:22 PM    03:53 PM    06:24 PM    08:56 PM    11:27 PM
EVS	Water Pollution	English	01:08 AM    03:40 AM    06:11 AM    08:42 AM    11:13 AM    01:45 PM    04:16 PM    06:47 PM    09:18 PM    11:49 PM
Science	Activity 4- Combustion and Flame	English	01:32 AM    04:04 AM    06:35 AM    09:06 AM    11:37 AM    02:09 PM    04:40 PM    07:11 PM    09:42 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 2	English	01:38 AM    04:09 AM    06:40 AM    09:12 AM    11:43 AM    02:14 PM    04:45 PM    07:17 PM    09:48 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:49 AM    04:21 AM    06:52 AM    09:23 AM    11:54 AM    02:25 PM    04:57 PM    07:28 PM    09:59 PM
Vocational Video	Seed Germination	English/Hindi	02:11 AM    04:42 AM    07:13 AM    09:44 AM    12:16 PM    02:47 PM    05:18 PM    07:49 PM    10:21 PM
योग	शशांकसन	English/Hindi	02:28 AM    05:00 AM    07:31 AM    10:02 AM    12:33 PM    03:05 PM    05:36 PM    08:07 PM    10:38 PM
<b>सोमवार, 20 जनवरी 2025</b> <b>Monday, 20 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM



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योग	ताड्रासना	English/Hindi	12:28 AM    02:58 AM    05:28 AM    07:58 AM    10:28 AM    12:58 PM    03:28 PM    05:58 PM    08:28 PM    10:58 PM
Social Science (Geography)	पाठ 2: भूमि; मृदा; जल; प्राकृतिक वनस्पति और वन्य जीवन संसाधन	Hindi	12:30 AM    03:00 AM    05:30 AM    08:00 AM    10:30 AM    01:00 PM    03:30 PM    06:00 PM    08:30 PM    11:00 PM
English It So Happened	Chapter-10 The Comet - II, Part 2	English	12:58 AM    03:28 AM    05:58 AM    08:28 AM    10:58 AM    01:28 PM    03:58 PM    06:28 PM    08:58 PM    11:28 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:34 AM    04:03 AM    06:33 AM    09:03 AM    11:33 AM    02:03 PM    04:33 PM    07:03 PM    09:33 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:55 AM    04:25 AM    06:55 AM    09:25 AM    11:55 AM    02:25 PM    04:55 PM    07:25 PM    09:55 PM
<b>मंगलवार, 21 जनवरी 2025</b> <b>Tuesday, 21 January 2025</b>			
Mathematics	पाठ-7 घन और घनमूल	Hindi	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:58 AM    12:28 PM    02:58 PM    05:28 PM    07:57 PM    10:27 PM
Hindi	पाठ 3: बस की यात्रा	Hindi	12:48 AM    03:18 AM    05:47 AM    08:17 AM    10:47 AM    01:16 PM    03:46 PM    06:16 PM    08:46 PM    11:15 PM
Social Science (Geography)	Chapter-1: Resources, Part-2 (Types of Resources)	English	01:18 AM    03:48 AM    06:18 AM    08:47 AM    11:17 AM    01:47 PM    04:17 PM    06:46 PM    09:16 PM    11:46 PM
Science	Chapter-12:Friction part 4	English	01:37 AM    04:07 AM    06:36 AM    09:06 AM    11:36 AM    02:06 PM    04:35 PM    07:05 PM    09:35 PM
General	Values and Types of Wetlands Part -2	English	01:56 AM    04:26 AM    06:55 AM    09:25 AM    11:55 AM    02:24 PM    04:54 PM    07:24 PM    09:54 PM
General English	Episode 8 Making Requests 2	English	02:04 AM    04:34 AM    07:03 AM    09:33 AM    12:03 PM    02:32 PM    05:02 PM    07:32 PM    10:02 PM
Vocational Video	Hand tools	English/Hindi	02:12 AM    04:41 AM    07:11 AM    09:41 AM    12:11 PM    02:40 PM    05:10 PM    07:40 PM    10:09 PM 



योग	शशांकसन	English/Hindi	02:27 AM    04:57 AM    07:26 AM    09:56 AM    12:26 PM    02:55 PM    05:25 PM    07:55 PM    10:25 PM
<b>बुधवार, 22 जनवरी 2025</b> <b>Wednesday, 22 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:29 AM    04:58 AM    07:28 AM    09:57 AM    12:27 PM    02:56 PM    05:26 PM    07:55 PM    10:25 PM
Sanskrit	पाठ 5: कण्टकेनैव कण्टकम्	Sanskrit	12:23 AM    02:53 AM    05:22 AM    07:52 AM    10:21 AM    12:51 PM    03:20 PM    05:49 PM    08:19 PM    10:48 PM
General	Setu Bandhasana	English	12:47 AM    03:17 AM    05:46 AM    08:16 AM    10:45 AM    01:15 PM    03:44 PM    06:14 PM    08:43 PM    11:13 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 2	English	12:50 AM    03:19 AM    05:49 AM    08:18 AM    10:48 AM    01:17 PM    03:47 PM    06:16 PM    08:46 PM    11:15 PM
General	Values and Types of Wetlands Part -2	English	01:01 AM    03:31 AM    06:00 AM    08:30 AM    10:59 AM    01:29 PM    03:58 PM    06:28 PM    08:57 PM    11:27 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:09 AM    03:39 AM    06:08 AM    08:38 AM    11:07 AM    01:37 PM    04:06 PM    06:36 PM    09:05 PM    11:35 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:31 AM    04:01 AM    06:30 AM    09:00 AM    11:29 AM    01:59 PM    04:28 PM    06:58 PM    09:27 PM    11:57 PM
General Awareness Programme	Jaliawallah Bagh- the struggle	English	02:05 AM    04:35 AM    07:04 AM    09:34 AM    12:03 PM    02:33 PM    05:02 PM    07:32 PM    10:01 PM
<b>बृहस्पतिवार, 23 जनवरी 2025</b> <b>Thursday, 23 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:31 AM    05:02 AM    07:33 AM    10:04 AM    12:35 PM    03:06 PM    05:37 PM    08:08 PM    10:39 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:28 AM    02:59 AM    05:30 AM    08:01 AM    10:32 AM    01:03 PM    03:34 PM    06:05 PM    08:37 PM    11:08 PM
Social Science (History)	पाठ-7: देशी जनता को सभ्य बनाना राष्ट्र को शिक्षित करना	Hindi	12:31 AM    03:02 AM    05:33 AM    08:04 AM    10:36 AM    01:07 PM    03:38 PM    06:09 PM    08:40 PM    11:11 PM



English Honeydew	Chapter-1 The Best Christmas Present in the World	English	12:58 AM    03:29 AM    06:01 AM    08:32 AM    11:03 AM    01:34 PM    04:05 PM    06:36 PM    09:07 PM    11:38 PM
General	What is Science?	English	01:14 AM    03:45 AM    06:16 AM    08:47 AM    11:19 AM    01:50 PM    04:21 PM    06:52 PM    09:23 PM    11:54 PM
Science	Chapter-12:Friction part 4	English	01:32 AM    04:03 AM    06:34 AM    09:06 AM    11:37 AM    02:08 PM    04:39 PM    07:10 PM    09:41 PM
General	E-Waste Management: Film 2	English	01:56 AM    04:27 AM    06:58 AM    09:29 AM    12:00 PM    02:31 PM    05:02 PM    07:33 PM    10:05 PM
Story Telling/ Value Education	A Sunrise at Ganga Sagar	Musical	02:16 AM    04:47 AM    07:18 AM    09:49 AM    12:20 PM    02:51 PM    05:22 PM    07:53 PM    10:25 PM
<b>शुक्रवार, 24 जनवरी 2025</b> <b>Friday, 24 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:30 AM    05:01 AM    07:31 AM    10:02 AM    12:32 PM    03:03 PM    05:34 PM    08:04 PM    10:35 PM
योग	नाडीशोधन प्राणायाम	English/Hindi	12:32 AM    03:02 AM    05:33 AM    08:04 AM    10:34 AM    01:05 PM    03:35 PM    06:06 PM    08:37 PM    11:07 PM
Hindi	पाठ 3: बस की यात्रा	Hindi	12:35 AM    03:06 AM    05:37 AM    08:07 AM    10:38 AM    01:08 PM    03:39 PM    06:09 PM    08:40 PM    11:11 PM
Social Science (Political Science)	Unit-1, Chapter-1, The Indian Constitution, Part-1	English	01:06 AM    03:36 AM    06:07 AM    08:37 AM    11:08 AM    01:39 PM    04:09 PM    06:40 PM    09:10 PM    11:41 PM
General	जादुई किताब	Hindi	01:37 AM    04:08 AM    06:38 AM    09:09 AM    11:39 AM    02:10 PM    04:41 PM    07:11 PM    09:42 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:53 AM    04:24 AM    06:54 AM    09:25 AM    11:55 AM    02:26 PM    04:56 PM    07:27 PM    09:58 PM
Vocational Video	Hand tools	English/Hindi	02:15 AM    04:45 AM    07:16 AM    09:47 AM    12:17 PM    02:48 PM    05:18 PM    07:49 PM    10:20 PM
<b>शनिवार, 25 जनवरी 2025</b> <b>Saturday, 25 January 2025</b>			





Mathematics	पाठ-7 घन और घनमूल	Hindi	12:00 AM    02:33 AM    05:06 AM    07:40 AM    10:13 AM    12:47 PM    03:20 PM    05:54 PM    08:27 PM    11:00 PM
Sanskrit	पाठ 5: कण्टकेनैव कण्टकम्	Sanskrit	12:37 AM    03:10 AM    05:44 AM    08:17 AM    10:51 AM    01:24 PM    03:58 PM    06:31 PM    09:04 PM    11:38 PM
General	Bhujangasana	English	01:01 AM    03:35 AM    06:08 AM    08:41 AM    11:15 AM    01:48 PM    04:22 PM    06:55 PM    09:29 PM
Social Science (Geography)	Chapter-1: Resources, Part-2 (Types of Resources)	English	01:04 AM    03:37 AM    06:10 AM    08:44 AM    11:17 AM    01:51 PM    04:24 PM    06:58 PM    09:31 PM
General	Values and Types of Wetlands Part -1	English	01:33 AM    04:07 AM    06:40 AM    09:14 AM    11:47 AM    02:21 PM    04:54 PM    07:27 PM    10:01 PM
Science	Chapter-12:Friction part 4	English	01:40 AM    04:14 AM    06:47 AM    09:20 AM    11:54 AM    02:27 PM    05:01 PM    07:34 PM    10:08 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:59 AM    04:32 AM    07:06 AM    09:39 AM    12:13 PM    02:46 PM    05:19 PM    07:53 PM    10:26 PM
<b>रविवार, 26 जनवरी 2025</b> <b>Sunday, 26 January 2025</b>			
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
General English	Episode 11 Agreeing 3	English	12:36 AM    03:06 AM    05:36 AM    08:06 AM    10:36 AM    01:06 PM    03:36 PM    06:06 PM    08:36 PM    11:06 PM
Social Science (Political Science)	पाठ-4: कानूनों की समझ, भाग-2	Hindi	12:46 AM    03:16 AM    05:46 AM    08:16 AM    10:46 AM    01:16 PM    03:46 PM    06:16 PM    08:46 PM    11:16 PM
General	What is Science?	English	01:08 AM    03:38 AM    06:08 AM    08:38 AM    11:08 AM    01:38 PM    04:08 PM    06:38 PM    09:08 PM    11:38 PM
Science	Activity 4- Combustion and Flame	English	01:26 AM    03:56 AM    06:26 AM    08:56 AM    11:26 AM    01:56 PM    04:26 PM    06:56 PM    09:26 PM    11:56 PM



Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 2	English	01:32 AM    04:02 AM    06:32 AM    09:02 AM    11:32 AM    02:02 PM    04:32 PM    07:02 PM    09:32 PM
General	Air pollution - II	English	01:43 AM    04:13 AM    06:43 AM    09:13 AM    11:43 AM    02:13 PM    04:43 PM    07:13 PM    09:43 PM
Vocational Video	Identification of trees	English/Hindi	02:08 AM    04:38 AM    07:08 AM    09:38 AM    12:08 PM    02:38 PM    05:08 PM    07:38 PM    10:08 PM

**सोमवार, 27 जनवरी 2025**  
**Monday, 27 January 2025**

Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:30 AM    05:01 AM    07:32 AM    10:03 AM    12:34 PM    03:05 PM    05:35 PM    08:06 PM    10:37 PM
योग	ताड़ासना	English/Hindi	12:28 AM    02:59 AM    05:29 AM    08:00 AM    10:31 AM    01:02 PM    03:33 PM    06:04 PM    08:34 PM    11:05 PM
Social Science (Geography)	पाठ 2: भूमि; मृदा; जल; प्राकृतिक वनस्पति और वन्य जीवन संसाधन	Hindi	12:30 AM    03:01 AM    05:32 AM    08:03 AM    10:33 AM    01:04 PM    03:35 PM    06:06 PM    08:37 PM    11:08 PM
English It So Happened	Chapter-10 The Comet - II, Part 2	English	12:58 AM    03:29 AM    06:00 AM    08:31 AM    11:02 AM    01:33 PM    04:03 PM    06:34 PM    09:05 PM    11:36 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:23 AM    03:53 AM    06:24 AM    08:55 AM    11:26 AM    01:57 PM    04:28 PM    06:58 PM    09:29 PM
General English	Episode 13 Disagreeing 2	English	01:44 AM    04:15 AM    06:46 AM    09:17 AM    11:48 AM    02:19 PM    04:49 PM    07:20 PM    09:51 PM
Vocational Video	वृक्षों की पहचान एवं महत्व	Hindi	01:59 AM    04:30 AM    07:01 AM    09:32 AM    12:03 PM    02:33 PM    05:04 PM    07:35 PM    10:06 PM

**मंगलवार, 28 जनवरी 2025**  
**Tuesday, 28 January 2025**

Mathematics	पाठ-7 घन और घनमूल	Hindi	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:58 PM    05:28 PM    07:58 PM    10:28 PM
General Awareness Programme	Personal Safety	English	12:37 AM    03:07 AM    05:37 AM    08:06 AM    10:36 AM    01:06 PM    03:36 PM    06:06 PM    08:35 PM    11:05 PM



Hindi	पाठ 3: बस की यात्रा	Hindi	12:51 AM    03:21 AM    05:51 AM    08:21 AM    10:50 AM    01:20 PM    03:50 PM    06:20 PM    08:50 PM    11:19 PM
Social Science (Geography)	Chapter-1: Resources, Part-2 (Types of Resources)	English	01:33 AM    04:02 AM    06:32 AM    09:02 AM    11:32 AM    02:02 PM    04:31 PM    07:01 PM    09:31 PM
General	Values and Types of Wetlands Part -1	English	01:51 AM    04:21 AM    06:51 AM    09:21 AM    11:51 AM    02:20 PM    04:50 PM    07:20 PM    09:50 PM
Science	Chapter-12:Friction part 4	English	01:58 AM    04:28 AM    06:58 AM    09:27 AM    11:57 AM    02:27 PM    04:57 PM    07:27 PM    09:56 PM
General English	Episode 8 Making Requests 2	English	02:17 AM    04:47 AM    07:16 AM    09:46 AM    12:16 PM    02:46 PM    05:16 PM    07:45 PM    10:15 PM
<b>बुधवार, 29 जनवरी 2025</b> <b>Wednesday, 29 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:29 AM    04:58 AM    07:28 AM    09:57 AM    12:27 PM    02:56 PM    05:26 PM    07:55 PM    10:25 PM
Sanskrit	पाठ 5: कण्टकेनैव कण्टकम्	Sanskrit	12:23 AM    02:53 AM    05:22 AM    07:52 AM    10:21 AM    12:51 PM    03:20 PM    05:49 PM    08:19 PM    10:48 PM
General	Setu Bandhasana	English	12:47 AM    03:17 AM    05:46 AM    08:16 AM    10:45 AM    01:15 PM    03:44 PM    06:14 PM    08:43 PM    11:13 PM
Social Science (History)	Ch-9: The Making of the National Movement: 1870s-1947, Part 2	English	12:50 AM    03:19 AM    05:49 AM    08:18 AM    10:48 AM    01:17 PM    03:47 PM    06:16 PM    08:46 PM    11:15 PM
General	Values and Types of Wetlands Part -2	English	01:01 AM    03:31 AM    06:00 AM    08:30 AM    10:59 AM    01:29 PM    03:58 PM    06:28 PM    08:57 PM    11:27 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:09 AM    03:39 AM    06:08 AM    08:38 AM    11:07 AM    01:37 PM    04:06 PM    06:36 PM    09:05 PM    11:35 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:31 AM    04:01 AM    06:30 AM    09:00 AM    11:29 AM    01:59 PM    04:28 PM    06:58 PM    09:27 PM    11:57 PM



General Awareness Programme	Jaliawallah Bagh- the struggle	English	02:05 AM    04:35 AM    07:04 AM    09:34 AM    12:03 PM    02:33 PM    05:02 PM    07:32 PM    10:01 PM
<b>बृहस्पतिवार, 30 जनवरी 2025</b> <b>Thursday, 30 January 2025</b>			
Mathematics	पाठ 6: वर्ग और वर्गमूल	Hindi	12:00 AM    02:30 AM    05:01 AM    07:32 AM    10:03 AM    12:34 PM    03:05 PM    05:35 PM    08:06 PM    10:37 PM
General	सरदार वल्लभ भाई पटेल	Hindi	12:28 AM    02:59 AM    05:29 AM    08:00 AM    10:31 AM    01:02 PM    03:33 PM    06:04 PM    08:35 PM    11:05 PM
Social Science (History)	पाठ-7: देशी जनता को सभ्य बनाना राष्ट्र को शिक्षित करना	Hindi	12:31 AM    03:02 AM    05:33 AM    08:04 AM    10:35 AM    01:05 PM    03:36 PM    06:07 PM    08:38 PM    11:09 PM
English Honeydew	Chapter-1 The Best Christmas Present in the World	English	12:58 AM    03:29 AM    06:00 AM    08:31 AM    11:02 AM    01:33 PM    04:03 PM    06:34 PM    09:05 PM    11:36 PM
General	What is Science?	English	01:14 AM    03:45 AM    06:16 AM    08:47 AM    11:18 AM    01:48 PM    04:19 PM    06:50 PM    09:21 PM    11:52 PM
Science	Chapter-12:Friction part 4	English	01:32 AM    04:03 AM    06:34 AM    09:05 AM    11:36 AM    02:07 PM    04:37 PM    07:08 PM    09:39 PM
General	E-Waste Management: Film 2	English	01:51 AM    04:22 AM    06:53 AM    09:24 AM    11:54 AM    02:25 PM    04:56 PM    07:27 PM    09:58 PM
Vocational Video	Hand tools	English/Hindi	02:00 AM    04:31 AM    07:02 AM    09:33 AM    12:04 PM    02:34 PM    05:05 PM    07:36 PM    10:07 PM
General	Energy Saving	English	02:26 AM    04:57 AM    07:28 AM    09:59 AM    12:30 PM    03:01 PM    05:31 PM    08:02 PM    10:33 PM
General	Bhujangasana	English	02:28 AM    04:59 AM    07:30 AM    10:00 AM    12:31 PM    03:02 PM    05:33 PM    08:04 PM    10:35 PM
<b>शुक्रवार, 31 जनवरी 2025</b> <b>Friday, 31 January 2025</b>			
Science	पाठ 5: कोयला और पेट्रोलियम	Hindi	12:00 AM    02:31 AM    05:02 AM    07:33 AM    10:04 AM    12:35 PM    03:07 PM    05:38 PM    08:09 PM    10:40 PM



योग	नाडीशोधन प्राणायाम	English/Hindi	12:28 AM    02:59 AM    05:30 AM    08:01 AM    10:32 AM    01:04 PM    03:35 PM    06:06 PM    08:37 PM    11:08 PM
Hindi	पाठ 3: बस की यात्रा	Hindi	12:31 AM    03:02 AM    05:34 AM    08:05 AM    10:36 AM    01:07 PM    03:38 PM    06:09 PM    08:41 PM    11:12 PM
Social Science (Political Science)	Unit-1, Chapter-1, The Indian Constitution, Part-1	English	01:07 AM    03:38 AM    06:09 AM    08:40 AM    11:11 AM    01:42 PM    04:14 PM    06:45 PM    09:16 PM    11:47 PM
Mathematics	Chapter 13 Direct and Inverse Proportions, Part 2	English	01:49 AM    04:20 AM    06:51 AM    09:22 AM    11:54 AM    02:25 PM    04:56 PM    07:27 PM    09:58 PM
Vocational Video	Hand tools	English/Hindi	02:11 AM    04:42 AM    07:13 AM    09:44 AM    12:15 PM    02:47 PM    05:18 PM    07:49 PM    10:20 PM



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