

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.



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

जुलाई 2025

July 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
मंगलवार, 01 जुलाई 2025 Tuesday, 01 July 2025			
गणित	पाठ-5: रेखा एवं कोण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
General Awareness	Cyber Stalking	English	12:30 AM 02:30 AM 04:29 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:24 PM 06:23 PM 08:22 PM 10:21 PM
हिन्दी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:28 AM 10:27 AM 12:26 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:22 PM
Flood	Flood - How To Be Prepared For Floods	English	12:59 AM 02:58 AM 04:57 AM 06:57 AM 08:56 AM 10:55 AM 12:54 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM
Geography	Ch-5: Water	English	01:00 AM 02:59 AM 04:58 AM 06:58 AM 08:57 AM 10:56 AM 12:55 PM 02:54 PM 04:53 PM 06:52 PM 08:52 PM 10:51 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:22 AM 03:21 AM 05:20 AM 07:19 AM 09:18 AM 11:17 AM 01:17 PM 03:16 PM 05:15 PM 07:14 PM 09:13 PM 11:12 PM
General Awareness	Cyber Stalking	English	01:51 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:47 AM 01:46 PM 03:45 PM 05:44 PM 07:43 PM 09:42 PM 11:42 PM



DD Free Dish Channel #29



8800440559



Jio TV



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Dish TV Channel #2028

Vocational	Seed Germination	English	01:52 AM 03:51 AM 05:50 AM 07:49 AM 09:49 AM 11:48 AM 01:47 PM 03:46 PM 05:45 PM 07:44 PM 09:43 PM 11:43 PM
बुधवार, 02 जुलाई 2025 Wednesday, 02 July 2025			
विज्ञान	पाठ-10: जीवों में श्वसन	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
General Awareness	Fake-Whatsapp-Messages	English	12:20 AM 02:20 AM 04:21 AM 06:21 AM 08:21 AM 10:22 AM 12:22 PM 02:23 PM 04:23 PM 06:23 PM 08:24 PM 10:24 PM
संस्कृत	सम्वयो ही दुर्जयः	हिंदी	12:22 AM 02:22 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:26 PM
History	Ch-7: Tribes, nomads and settled communities	English	12:30 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:35 PM
Flood	Flood - How To Be Prepared For Floods	English	12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:57 PM
Mathematics	Ch-6: The triangle and its properties	English	12:54 AM 02:54 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:58 PM
Thunderstorm and Lighting	Thunderstorm and Lighting	English	01:10 AM 03:10 AM 05:11 AM 07:11 AM 09:12 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
General Awareness	Personal Safety	English	01:12 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:16 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:29 PM 09:30 PM 11:30 PM
बृहस्पतिवार, 03 जुलाई 2025 Thursday, 03 July 2025			
गणित	पाठ-5: रेखा एवं कोण	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 05:58 PM 07:57 PM 09:57 PM 11:57 PM
General Awareness	Growing up Healthy	English	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:29 PM 08:29 PM 10:29 PM
इतिहास	पाठ-4: मुगल साम्राज्य (भाग-1)	हिंदी	12:35 AM 02:35 AM 04:35 AM 06:35 AM 08:35 AM 10:34 AM 12:34 PM 02:34 PM 04:34 PM 06:34 PM 08:33 PM 10:33 PM
Flood	Flood - How To Be Prepared For Floods	English	12:50 AM 02:50 AM 04:50 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 6	English	12:51 AM 02:51 AM 04:51 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
General Awareness	Growing up Healthy	English	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:16 PM 09:16 PM 11:16 PM
Flood	Flood - बाढ़ से पहले क्या तैयारी रखें	हिंदी	01:48 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:47 AM 01:46 PM 03:46 PM 05:46 PM 07:46 PM 09:45 PM 11:45 PM



DD Free Dish Channel #29



8800440559



Jio TV



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Dish TV Channel #2028

Vocational	Personal hygiene and Health	English	01:49 AM 03:49 AM 05:49 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM
शुक्रवार, 04 जुलाई 2025 Friday, 04 July 2025			
विज्ञान	पाठ-10: जीवों में श्वसन	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Flood	Flood - बाढ़ के दौरान क्या करें और क्या न करें	हिंदी	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM
हिन्दी	दूर्वा-२:पाठ-३: मैं हूँ रोबोट	हिंदी	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM
Flood	Flood - How To Be Prepared For Floods	English	12:48 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General Awareness	Fake-Whatsapp-Messages	English	12:49 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
Political science	Ch-5: Women Change the World	English	12:52 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
Flood	Flood - What To Do During Floods	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
Mathematics	Ch-6: The triangle and its properties	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:19 AM 01:19 PM 03:19 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM



Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:37 PM 11:37 PM
शनिवार, 05 जुलाई 2025 Saturday, 05 July 2025			
गणित	पाठ-5: रेखा एवं कोण	हिंदी	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	Fake-Whatsapp-Messages	English	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
संस्कृत	सम्बन्धो ही दुर्जयः	हिंदी	12:34 AM 02:34 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:33 PM 10:33 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	12:42 AM 02:42 AM 04:42 AM 06:42 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
Geography	Ch-5: Water	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 06:42 PM 08:42 PM 10:42 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:10 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
Flood	Floods - बाढ़ के दौरान क्या किया जाना चाहिए	हिंदी	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:38 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:39 AM 11:39 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
रविवार, 06 जुलाई 2025 Sunday, 06 July 2025			
शारीरिक शिक्षा	सर्वांगासन	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General Awareness	Focused on waste segregation into dry and wet garbage	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
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना (Part-1)	हिंदी	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
General Awareness	3R's station and recycling lab	English	12:57 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
History	Ch-7: Tribes, nomads and settled communities	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:28 AM 03:28 AM 05:28 AM 07:28 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
General Awareness	Segregation chip-chop	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:49 PM 03:49 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM



सोमवार, 07 जुलाई 2025

Monday, 07 July 2025

विज्ञान	पाठ-10: जीवों में श्वसन	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
भूगोल	पाठ-5: जल	हिंदी	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 6	English	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Mathematics	Ch-6: The triangle and its properties	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 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
मंगलवार, 08 जुलाई 2025 Tuesday, 08 July 2025			
गणित	पाठ-5: रेखा एवं कोण	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 10:13 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

Flood	Flood - What To Do During Floods	English	12:28 AM 02:29 AM 04:31 AM 06:32 AM 08:33 AM 10:34 AM 12:36 PM 02:37 PM 04:38 PM 06:39 PM 08:41 PM 10:42 PM
हिन्दी	दूबा-२, पाठ-४: गुब्बारे पर चीता	हिंदी	12:29 AM 02:30 AM 04:32 AM 06:33 AM 08:34 AM 10:35 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:42 PM 10:43 PM
General Awareness	Growing up Healthy	English	12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:50 AM 10:51 AM 12:52 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:59 PM
Geography	Ch-5: Water	English	12:49 AM 02:50 AM 04:51 AM 06:53 AM 08:54 AM 10:55 AM 12:56 PM 02:58 PM 04:59 PM 07:00 PM 09:02 PM 11:03 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:10 AM 03:11 AM 05:12 AM 07:13 AM 09:15 AM 11:16 AM 01:17 PM 03:18 PM 05:20 PM 07:21 PM 09:22 PM 11:24 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिंदी	01:39 AM 03:40 AM 05:41 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:48 PM 05:49 PM 07:50 PM 09:52 PM 11:53 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:42 AM 07:44 AM 09:45 AM 11:46 AM 01:48 PM 03:49 PM 05:50 PM 07:51 PM 09:53 PM 11:54 PM
बुधवार, 09 जुलाई 2025 Wednesday, 09 July 2025			
विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	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	Fake-Whatsapp-Messages	English	12:23 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 06:22 PM 08:22 PM 10:22 PM
संस्कृत	सम्वयो ही दुर्जयः	हिंदी	12:25 AM 02:25 AM 04:25 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 10:25 PM
History	Ch-7: Tribes, nomads and settled communities	English	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:33 PM 10:33 PM



General Awareness	Fake-Whatsapp-Messages	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
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	12:59 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
Mathematics	Ch-6: The triangle and its properties	English	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM
General Awareness	Understanding how long things take to decompose	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:49 PM 09:49 PM 11:49 PM
बृहस्पतिवार, 10 जुलाई 2025 Thursday, 10 July 2025			
गणित	पाठ-5: रेखा एवं कोण	हिंदी	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 09:58 PM 11:58 PM
General Awareness	Cyber Stalking	English	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
इतिहास	पाठ-4: मुगल साम्राज्य (भाग-1)	हिंदी	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:31 PM 08:31 PM 10:31 PM
General Awareness	Online gaming safety for children	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM



English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 6	English	12:55 AM 02:55 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:54 PM 10:54 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:47 AM 01:47 PM 03:46 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM
Vocational	Seed Germination	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:47 PM 11:47 PM
General Awareness	Growing up Healthy	English	01:55 AM 03:55 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
शुक्रवार, 11 जुलाई 2025 Friday, 11 July 2025			
विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM
Thunderstorm and Lighting	Lightning - बिजली की चोटों के संकेत और लक्षण	हिंदी	12:20 AM 02:20 AM 04:21 AM 06:22 AM 08:23 AM 10:23 AM 12:24 PM 02:25 PM 04:26 PM 06:26 PM 08:27 PM 10:28 PM
हिंदी	दूरवा-२, पाठ-४: गुब्बारे पर चीता	हिंदी	12:20 AM 02:21 AM 04:22 AM 06:23 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:28 PM 10:29 PM
Political science	Ch-5: Women Change the World	English	12:36 AM 02:37 AM 04:38 AM 06:38 AM 08:39 AM 10:40 AM 12:41 PM 02:41 PM 04:42 PM 06:43 PM 08:44 PM 10:44 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:01 AM 03:02 AM 05:03 AM 07:03 AM 09:04 AM 11:05 AM 01:06 PM 03:06 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM



Urban Floods	Urban Flood - During Urban Flood	English	01:25 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:32 PM 09:33 PM 11:33 PM
Mathematics	Ch-6: The Triangle and its Properties Part 1	English	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:34 PM
Vocational	Personal hygiene and Health	English	01:50 AM 03:51 AM 05:52 AM 07:52 AM 09:53 AM 11:54 AM 01:55 PM 03:55 PM 05:56 PM 07:57 PM 09:58 PM 11:58 PM
शनिवार, 12 जुलाई 2025 Saturday, 12 July 2025			
गणित	पाठ-5: रेखा एवं कोण	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
संस्कृत	सम्बन्धो ही दुर्जयः	हिंदी	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	12:36 AM 02:36 AM 04:37 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
Geography	Ch-5: Water	English	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:32 AM 03:32 AM 05:32 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:35 PM
Vocational	The evolution of communication	English	01:56 AM 03:56 AM 05:56 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:59 PM



रविवार, 13 जुलाई 2025

Sunday, 13 July 2025

शारीरिक शिक्षा	सर्वांगसन	हिंदी	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
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना (Part-1)	हिंदी	12:16 AM 02:16 AM 04:17 AM 06:17 AM 08:18 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिंदी	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
History	Ch-7: Tribes, nomads and settled communities	English	12:35 AM 02:35 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
General Awareness	e-waste management Block-3	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
General Awareness	Understanding the value of composting	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 11:55 PM

सोमवार, 14 जुलाई 2025

Monday, 14 July 2025

विज्ञान	पाठ-10: जीवों में श्वसन	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 04:06 PM 06:07 PM 08:08 PM 10:09 PM
Flood	Flood - What To Do During Floods	English	12:20 AM 02:21 AM 04:21 AM 06:22 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:28 PM 10:29 PM



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भूगोल	पाठ-5: जल	हिंदी	12:21 AM 02:22 AM 04:22 AM 06:23 AM 08:24 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 7	English	12:53 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
Mathematics	Ch-6: The Triangle and its Properties Part 1	English	01:25 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:29 AM 01:30 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:34 PM
General Awareness	Interpersonal Relationships	English	01:49 AM 03:50 AM 05:51 AM 07:51 AM 09:52 AM 11:53 AM 01:54 PM 03:55 PM 05:56 PM 07:57 PM 09:57 PM 11:58 PM
Vocational	Light as electromagnetic spectrum	English	01:53 AM 03:54 AM 05:55 AM 07:56 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:02 PM
मंगलवार, 15 जुलाई 2025 Tuesday, 15 July 2025			
गणित	पाठ-5: रेखा एवं कोण	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 10:09 PM
हिन्दी	दूर्वा-२, पाठ-४: गुब्बारे पर चीता	हिंदी	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
Geography	Ch-5: Water	English	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:47 AM 10:48 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:54 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:07 AM 01:08 PM 03:08 PM 05:09 PM 07:10 PM 09:11 PM 11:12 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:03 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM



General Awareness	Why Seasons Happen?	English	01:33 AM 03:34 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:38 PM 03:39 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:40 AM 11:40 AM 01:41 PM 03:42 PM 05:43 PM 07:44 PM 09:45 PM 11:46 PM
बुधवार, 16 जुलाई 2025 Wednesday, 16 July 2025			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
Flood	Flood - What To Do During Floods	English	12:25 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:33 PM 10:34 PM
उर्दू	ईदगाह	हिंदी	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
History	Ch-7: Tribes, nomads and settled communities	English	12:54 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:03 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिंदी	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
General Awareness	Understanding landfills and their impact on all living things	English	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:21 AM 11:22 AM 01:23 PM 03:24 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
Mathematics	Ch-6: The Triangle and its Properties Part 1	English	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:32 PM 03:33 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	01:51 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM



Vocational	Important tips for good embroidery work (Part B)	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 05:59 PM 08:00 PM 10:01 PM
बृहस्पतिवार, 17 जुलाई 2025 Thursday, 17 July 2025			
गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:03 PM
इतिहास	पाठ-4: मुगल साम्राज्य (भाग-1)	हिंदी	12:24 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:25 AM 12:25 PM 02:26 PM 04:26 PM 06:26 PM 08:27 PM 10:27 PM
General Awareness	Online gaming safety for children	English	12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 7	English	12:39 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:41 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:12 AM 03:13 AM 05:13 AM 07:13 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:16 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:41 AM 07:41 AM 09:41 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:43 PM 09:43 PM 11:43 PM
शुक्रवार, 18 जुलाई 2025 Friday, 18 July 2025			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	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 06:07 PM 08:08 PM 10:09 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	12:25 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 08:33 PM 10:34 PM



हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिन्दी	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिन्दी	12:53 AM 02:54 AM 04:55 AM 06:56 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
General Awareness	Understanding landfills and their impact on all living things	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
Political science	Ch-5: Women Change the World	English	01:04 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
Flood	Flood - What To Do During Floods	English	01:29 AM 03:30 AM 05:31 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:38 PM
Mathematics	Ch-6: The Triangle and its Properties Part 1	English	01:30 AM 03:31 AM 05:32 AM 07:32 AM 09:33 AM 11:34 AM 01:35 PM 03:36 PM 05:37 PM 07:38 PM 09:39 PM 11:39 PM
Vocational	Seed Germination	English	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:02 PM
शनिवार, 19 जुलाई 2025 Saturday, 19 July 2025			
गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिन्दी	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
उर्दू	ईदगाह	हिन्दी	12:24 AM 02:24 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:28 PM 04:29 PM 06:29 PM 08:30 PM 10:31 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:58 PM 08:58 PM 10:59 PM
Geography	Ch-5: Water	English	12:53 AM 02:54 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:58 PM 04:58 PM 06:59 PM 08:59 PM 11:00 PM



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Science	Ch-5: Acids, Bases, And Salts	English	01:12 AM 03:12 AM 05:13 AM 07:14 AM 09:14 AM 11:15 AM 01:15 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:19 PM
Flood	Flood - What To Do During Floods	English	01:39 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:43 AM 01:43 PM 03:44 PM 05:44 PM 07:45 PM 09:46 PM 11:46 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:44 AM 01:44 PM 03:45 PM 05:45 PM 07:46 PM 09:47 PM 11:47 PM

रविवार, 20 जुलाई 2025

Sunday, 20 July 2025

शारीरिक शिक्षा	गोमुखवासन	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 04:06 PM 06:07 PM 08:08 PM 10:09 PM
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना (Part-2)	हिंदी	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:21 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:34 PM 02:35 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	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 04:59 PM 07:00 PM 09:01 PM 11:02 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:59 AM 03:00 AM 05:01 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:05 PM 05:06 PM 07:07 PM 09:08 PM 11:09 PM
History	Ch-7: Tribes, nomads and settled communities	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 05:13 PM 07:14 PM 09:15 PM 11:16 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:29 AM 03:30 AM 05:31 AM 07:32 AM 09:33 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:41 AM 03:42 AM 05:42 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:50 PM



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सोमवार, 21 जुलाई 2025

Monday, 21 July 2025

विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	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
भूगोल	पाठ-05: जल	हिंदी	12:25 AM 02:26 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
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 7	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 06:53 PM 08:54 PM 10:55 PM
Mathematics	Ch-6: The Triangle and its Properties Part 2	English	01:17 AM 03:18 AM 05:19 AM 07:20 AM 09:21 AM 11:22 AM 01:23 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:34 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 11:45 PM
Flood	Flood - What To Do During Floods	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
मंगलवार, 22 जुलाई 2025 Tuesday, 22 July 2025			
गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	हिंदी	12:24 AM 02:24 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	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 04:29 PM 06:29 PM 08:30 PM 10:30 PM
Geography	Ch-5: Water	English	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM



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Science	Ch-5: Acids, Bases, And Salts	English	01:10 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM
General Awareness	Fake-Whatsapp-Messages	English	01:38 AM 03:38 AM 05:39 AM 07:39 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:43 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 01:43 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:46 PM

बुधवार, 23 जुलाई 2025
Wednesday, 23 July 2025

विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:25 AM 02:25 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:32 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	12:31 AM 02:31 AM 04:32 AM 06:33 AM 08:33 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
उर्दू	ईदगाह	हिंदी	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:40 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:00 AM 03:01 AM 05:02 AM 07:02 AM 09:03 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:07 PM 09:07 PM 11:08 PM
History	Ch-7: Tribes, nomads and settled communities	English	01:02 AM 03:02 AM 05:03 AM 07:04 AM 09:04 AM 11:05 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
Mathematics	Ch-6: The Triangle and its Properties Part 2	English	01:24 AM 03:25 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
General Awareness	e-waste management Block-2	English	01:42 AM 03:43 AM 05:43 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:49 PM 11:50 PM



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Vocational	Electricity and its importance	English	01:56 AM 03:57 AM 05:57 AM 07:58 AM 09:59 AM 12:00 PM 02:00 PM 04:01 PM 06:02 PM 08:02 PM 10:03 PM
बृहस्पतिवार, 24 जुलाई 2025 Thursday, 24 July 2025			
गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	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
इतिहास	पाठ-4: मुगल साम्राज्य (भाग-2)	हिंदी	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:24 AM 10:24 AM 12:24 PM 02:24 PM 04:25 PM 06:25 PM 08:25 PM 10:25 PM
English	Ch-2: The Rebel	English	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:53 AM 02:54 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:54 PM 10:55 PM
Science	Ch-5: Acids, Bases, And Salts	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
Vocational	Design and Tracing Methods	English	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:33 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:33 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:34 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:36 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	हिंदी	01:58 AM 03:58 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
शुक्रवार, 25 जुलाई 2025 Friday, 25 July 2025			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	हिंदी	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 10:06 PM



हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिन्दी	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:27 AM 10:27 AM 12:28 PM 02:28 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
Political science	Ch-5: Women Change the World	English	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:58 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:19 AM 11:19 AM 01:20 PM 03:21 PM 05:21 PM 07:22 PM 09:22 PM 11:23 PM
Mathematics	Ch-6: The Triangle and its Properties Part 2	English	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
General Awareness	Value and responsible Citizenship	English	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:38 AM 11:38 AM 01:39 PM 03:39 PM 05:40 PM 07:40 PM 09:41 PM 11:41 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिन्दी	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:46 PM

शनिवार, 26 जुलाई 2025

Saturday, 26 July 2025

गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिन्दी	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
उर्दू	ईदगाह	हिन्दी	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
Geography	Ch-5: Water	English	12:55 AM 02:54 AM 04:53 AM 06:52 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
General Awareness	Why Seasons Happen?	English	01:14 AM 03:13 AM 05:12 AM 07:11 AM 09:10 AM 11:09 AM 01:08 PM 03:07 PM 05:06 PM 07:05 PM 09:04 PM 11:03 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:17 AM 03:16 AM 05:15 AM 07:14 AM 09:13 AM 11:12 AM 01:11 PM 03:10 PM 05:09 PM 07:08 PM 09:07 PM 11:06 PM



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Vocational	Hand Embroidery Part B	English	01:45 AM 03:44 AM 05:43 AM 07:42 AM 09:41 AM 11:40 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM
रविवार, 27 जुलाई 2025 Sunday, 27 July 2025			
शारीरिक शिक्षा	गोमुखवासन	हिंदी	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
General Awareness	Value and responsible Citizenship	English	12:15 AM 02:15 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:22 PM 10:22 PM
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना (Part-2)	हिंदी	12:20 AM 02:20 AM 04:21 AM 06:22 AM 08:22 AM 10:23 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:27 PM 10:27 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:32 AM 02:32 AM 04:33 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:56 AM 02:56 AM 04:57 AM 06:58 AM 08:59 AM 10:59 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
General Awareness	Fake-Whatsapp-Messages	English	01:02 AM 03:03 AM 05:04 AM 07:04 AM 09:05 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM
History	Ch-7: Tribes, nomads and settled communities	English	01:05 AM 03:05 AM 05:06 AM 07:07 AM 09:08 AM 11:08 AM 01:09 PM 03:10 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
General Awareness	e-waste & hazardous waste	English	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:30 AM 11:31 AM 01:32 PM 03:33 PM 05:33 PM 07:34 PM 09:35 PM 11:35 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:41 AM 03:41 AM 05:42 AM 07:43 AM 09:43 AM 11:44 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:48 PM 11:48 PM



सोमवार, 28 जुलाई 2025

Monday, 28 July 2025

विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	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
Flood	Flood - What To Do During Floods	English	12:28 AM 02:27 AM 04:27 AM 06:27 AM 08:26 AM 10:26 AM 12:26 PM 02:25 PM 04:25 PM 06:25 PM 08:24 PM 10:24 PM
भूगोल	पाठ-05: जल	हिंदी	12:29 AM 02:28 AM 04:28 AM 06:28 AM 08:27 AM 10:27 AM 12:27 PM 02:26 PM 04:26 PM 06:26 PM 08:25 PM 10:25 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	12:49 AM 02:49 AM 04:49 AM 06:48 AM 08:48 AM 10:48 AM 12:47 PM 02:47 PM 04:47 PM 06:46 PM 08:46 PM 10:46 PM
English	Ch-2: The Rebel	English	12:56 AM 02:56 AM 04:55 AM 06:55 AM 08:55 AM 10:54 AM 12:54 PM 02:54 PM 04:53 PM 06:53 PM 08:53 PM 10:52 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:10 AM 03:09 AM 05:09 AM 07:09 AM 09:08 AM 11:08 AM 01:08 PM 03:07 PM 05:07 PM 07:07 PM 09:06 PM 11:06 PM
Mathematics	Ch-6: The Triangle and its Properties 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
General Awareness	Nutrition_Health and Sanitation	English	01:33 AM 03:33 AM 05:32 AM 07:32 AM 09:32 AM 11:31 AM 01:31 PM 03:31 PM 05:30 PM 07:30 PM 09:30 PM 11:29 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:39 AM 07:38 AM 09:38 AM 11:38 AM 01:37 PM 03:37 PM 05:37 PM 07:36 PM 09:36 PM 11:36 PM

मंगलवार, 29 जुलाई 2025

Tuesday, 29 July 2025

गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	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 06:05 PM 08:05 PM 10:06 PM
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Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	हिंदी	12:24 AM 02:24 AM 04:25 AM 06:25 AM 08:26 AM 10:27 AM 12:27 PM 02:28 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Geography	Ch-5: Water	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिंदी	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:16 PM 11:17 PM
Science	Ch-5: Acids, Bases, And Salts	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:14 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:18 PM
General Awareness	Online gaming safety for children	English	01:39 AM 03:40 AM 05:40 AM 07:41 AM 09:42 AM 11:42 AM 01:43 PM 03:43 PM 05:44 PM 07:44 PM 09:45 PM 11:46 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:47 PM
बुधवार, 30 जुलाई 2025 Wednesday, 30 July 2025			
विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
Flood	Flood - What To Do During Floods	English	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:33 PM 10:33 PM
उर्दू	ईदगाह	हिंदी	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM



Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:00 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:03 PM
History	Ch-7: Tribes, nomads and settled communities	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:04 PM 11:04 PM
Mathematics	Ch-6: The Triangle and its Properties Part 2	English	01:24 AM 03:24 AM 05:24 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:27 PM
General Awareness	e-waste management Block-2	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 05:43 PM 07:44 PM 09:44 PM 11:44 PM
Vocational	Electricity and its importance	English	01:56 AM 03:56 AM 05:56 AM 07:56 AM 09:57 AM 11:57 AM 01:57 PM 03:57 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM

बृहस्पतिवार, 31 जुलाई 2025

Thursday, 31 July 2025

गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	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 10:06 PM
General Awareness	Nutrition_Health and Sanitation	English	12:24 AM 02:24 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:28 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
इतिहास	पाठ-4: मुगल साम्राज्य (भाग-2)	हिंदी	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:36 PM 10:36 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	12:46 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:51 PM 06:51 PM 08:52 PM 10:52 PM
English	Ch-2: The Rebel	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:54 PM



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Science	Ch-5: Acids, Bases, And Salts	English	01:01 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:05 PM 05:05 PM 07:06 PM 09:07 PM 11:07 PM
Vocational	Design and Tracing Methods	English	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:40 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:42 PM 11:42 PM



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