

## कक्षा-10 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class-10

### कक्षा-10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	हिन्दी	हिन्दी	संस्कृत	संस्कृत	उर्दू (اردو)
भूगोल	भूगोल	इतिहास	इतिहास	राजनीति विज्ञान	राजनीति विज्ञान	अर्थशास्त्र
विज्ञान	विज्ञान	गणित	गणित	गणित	गणित	विज्ञान
English	English	English	English	Geography	Geography	Economics
Mathematics	Mathematics	History	History	Mathematics	Mathematics	Political Science
Political Science	Political Science	Science	Science	Science	Science	General

☞ 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 9 to 10 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/28](https://www.swayamprabha.gov.in/index.php/program/current_se/28).

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Friday 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 #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

## कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 10

**जुलाई 2026**  
**July 2026**

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
<b>बुधवार, 01 जुलाई 2026</b> <b>Wednesday, 01 July 2026</b>			
हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:59 PM    05:59 PM    08:59 PM    11:59 PM
General	Safe Use of Internet (H)	Hindi	12:36 AM    03:36 AM    06:36 AM    09:36 AM    12:36 PM    03:36 PM    06:36 PM    09:35 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:42 AM    03:42 AM    06:42 AM    09:42 AM    12:42 PM    03:42 PM    06:42 PM    09:42 PM
Cyber Security	Blogging Tips	English	01:10 AM    04:10 AM    07:09 AM    10:09 AM    01:09 PM    04:09 PM    07:09 PM    10:09 PM
गणित	गणित: पाठ-5: समान्तर श्रेणियाँ-1	Hindi	01:11 AM    04:10 AM    07:10 AM    10:10 AM    01:10 PM    04:10 PM    07:10 PM    10:10 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:41 AM    04:41 AM    07:41 AM    10:41 AM    01:41 PM    04:41 PM    07:41 PM    10:41 PM
Cyber Security	Change Passwords like Socks	Hindi	02:08 AM    05:08 AM    08:08 AM    11:08 AM    02:08 PM    05:08 PM    08:08 PM    11:08 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English	02:09 AM    05:09 AM    08:09 AM    11:09 AM    02:09 PM    05:08 PM    08:08 PM    11:08 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:37 PM    05:36 PM    08:36 PM    11:36 PM



**बृहस्पतिवार, 02 जुलाई 2026**
**Thursday, 02 July 2026**

हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM    02:58 AM    05:57 AM    08:55 AM    11:54 AM    02:53 PM    05:51 PM    08:50 PM    11:48 PM
Cyber Safety	The Social Media - Boon or Bane	English	12:34 AM    03:33 AM    06:31 AM    09:30 AM    12:28 PM    03:27 PM    06:26 PM    09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:38 AM    03:36 AM    06:35 AM    09:33 AM    12:32 PM    03:31 PM    06:29 PM    09:28 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-2	Hindi	01:05 AM    04:04 AM    07:03 AM    10:01 AM    01:00 PM    03:58 PM    06:57 PM    09:56 PM
Language (English)	English: Chp-3: His First Flight	English	01:37 AM    04:35 AM    07:34 AM    10:33 AM    01:31 PM    04:30 PM    07:29 PM    10:27 PM
General	Emotional Well Being and Mental Health (H)	Hindi	02:01 AM    05:00 AM    07:59 AM    10:57 AM    01:56 PM    04:54 PM    07:53 PM    10:52 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English	02:06 AM    05:05 AM    08:04 AM    11:02 AM    02:01 PM    04:59 PM    07:58 PM    10:57 PM
General English	Episode 1 Greeting a Friend	English	02:25 AM    05:24 AM    08:23 AM    11:21 AM    02:20 PM    05:19 PM    08:17 PM    11:16 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:34 AM    05:32 AM    08:31 AM    11:29 AM    02:28 PM    05:27 PM    08:25 PM    11:24 PM
<b>शुक्रवार, 03 जुलाई 2026</b>			
<b>Friday, 03 July 2026</b>			
संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-1	Sanskrit	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:59 PM    05:59 PM    08:58 PM    11:58 PM
General	Single Use Plastic	हिन्दी	12:32 AM    03:32 AM    06:31 AM    09:31 AM    12:31 PM    03:31 PM    06:31 PM    09:31 PM



सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-6: राजनीतिक दल-1	Hindi	12:33 AM    03:33 AM    06:33 AM    09:33 AM    12:33 PM    03:33 PM    06:33 PM    09:32 PM
General	Safety and Security (E)	English	12:57 AM    03:57 AM    06:57 AM    09:56 AM    12:56 PM    03:56 PM    06:56 PM    09:56 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-3	Hindi	01:03 AM    04:02 AM    07:02 AM    10:02 AM    01:02 PM    04:02 PM    07:02 PM    10:02 PM
General	Gender Equality (E)	English	01:30 AM    04:30 AM    07:30 AM    10:30 AM    01:30 PM    04:29 PM    07:29 PM    10:29 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	01:37 AM    04:37 AM    07:37 AM    10:37 AM    01:37 PM    04:37 PM    07:36 PM    10:36 PM
Mathematics	Maths: Ch-3: Pair of Linear Equations in two Variables-1	English	02:08 AM    05:08 AM    08:08 AM    11:07 AM    02:07 PM    05:07 PM    08:07 PM    11:07 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:23 AM    05:23 AM    08:23 AM    11:23 AM    02:23 PM    05:23 PM    08:23 PM    11:22 PM
Cyber Security	Social Networking	English	02:55 AM    05:55 AM    08:55 AM    11:55 AM    02:55 PM    05:54 PM    08:54 PM    11:54 PM
शनिवार, 04 जुलाई 2026 Saturday, 04 July 2026			
संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-2	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:01 PM    06:01 PM    09:01 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-6: राजनीतिक दल-2	Hindi	12:35 AM    03:35 AM    06:35 AM    09:36 AM    12:36 PM    03:36 PM    06:36 PM    09:37 PM
General	Energy Saving	English	01:00 AM    04:00 AM    07:00 AM    10:00 AM    01:00 PM    04:01 PM    07:01 PM    10:01 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-4	Hindi	01:01 AM    04:01 AM    07:02 AM    10:02 AM    01:02 PM    04:02 PM    07:02 PM    10:03 PM



Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:37 AM    04:37 AM    07:38 AM    10:38 AM    01:38 PM    04:38 PM    07:38 PM    10:39 PM
General	Interpersonal Relationships	English	01:50 AM    04:50 AM    07:50 AM    10:51 AM    01:51 PM    04:51 PM    07:51 PM    10:51 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-2	English	01:55 AM    04:55 AM    07:55 AM    10:55 AM    01:55 PM    04:56 PM    07:56 PM    10:56 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:30 AM    05:30 AM    08:31 AM    11:31 AM    02:31 PM    05:31 PM    08:31 PM    11:32 PM
Cyber Security	Physical Security	English	02:53 AM    05:53 AM    08:53 AM    11:53 AM    02:54 PM    05:54 PM    08:54 PM    11:54 PM
रविवार, 05 जुलाई 2026 Sunday, 05 July 2026			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM    02:59 AM    05:58 AM    08:57 AM    11:57 AM    02:56 PM    05:55 PM    08:54 PM    11:54 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-3: मुद्रा और साख	Hindi	12:39 AM    03:38 AM    06:37 AM    09:36 AM    12:36 PM    03:35 PM    06:34 PM    09:33 PM
Science	Alfred Nobel - 1	English	01:10 AM    04:10 AM    07:09 AM    10:08 AM    01:07 PM    04:07 PM    07:06 PM    10:05 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:19 AM    04:18 AM    07:17 AM    10:17 AM    01:16 PM    04:15 PM    07:14 PM    10:14 PM
General	Health And Sanitaion (H)	Hindi	01:52 AM    04:51 AM    07:51 AM    10:50 AM    01:49 PM    04:48 PM    07:48 PM    10:47 PM
Social Science (Economics)	S. Sc. (Eco): Chp 3: Money and Credit-1	English	01:59 AM    04:58 AM    07:57 AM    10:57 AM    01:56 PM    04:55 PM    07:54 PM    10:54 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:36 AM    05:35 AM    08:34 AM    11:34 AM    02:33 PM    05:32 PM    08:31 PM    11:31 PM



General	Introduction to MISSION LIFE	English	02:56 AM    05:56 AM    08:55 AM    11:54 AM    02:53 PM    05:53 PM    08:52 PM    11:51 PM
<b>सोमवार, 06 जुलाई 2026</b> <b>Monday, 06 July 2026</b>			
हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM    03:01 AM    06:02 AM    09:03 AM    12:04 PM    03:05 PM    06:06 PM    09:07 PM
General	Growing up Healthy	English	12:29 AM    03:31 AM    06:32 AM    09:33 AM    12:34 PM    03:35 PM    06:36 PM    09:37 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन-1	Hindi	12:34 AM    03:35 AM    06:36 AM    09:37 AM    12:38 PM    03:39 PM    06:40 PM    09:41 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:12 AM    04:13 AM    07:14 AM    10:15 AM    01:16 PM    04:17 PM    07:18 PM    10:19 PM
General	Nutrition_Health and Sanitation	English	01:36 AM    04:37 AM    07:38 AM    10:39 AM    01:40 PM    04:41 PM    07:42 PM    10:43 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:42 AM    04:43 AM    07:44 AM    10:45 AM    01:46 PM    04:47 PM    07:49 PM    10:50 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-3	English	02:13 AM    05:14 AM    08:15 AM    11:16 AM    02:17 PM    05:18 PM    08:19 PM    11:20 PM
General	e-Pathshala App Launch	Hindi	02:38 AM    05:39 AM    08:40 AM    11:41 AM    02:42 PM    05:43 PM    08:44 PM    11:45 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:38 AM    05:40 AM    08:41 AM    11:42 AM    02:43 PM    05:44 PM    08:45 PM    11:46 PM
<b>मंगलवार, 07 जुलाई 2026</b> <b>Tuesday, 07 July 2026</b>			
हिंदी	हिंदी: पाठ-2 कवियत्री 'मीराबाई' और उनकी कविताएँ	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:05 PM    09:06 PM



सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन-2	हिन्दी	12:30 AM    03:31 AM    06:32 AM    09:33 AM    12:34 PM    03:35 PM    06:35 PM    09:36 PM
Cyber Security	Internet Ethics	English	12:53 AM    03:53 AM    06:54 AM    09:55 AM    12:56 PM    03:57 PM    06:58 PM    09:59 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:55 AM    03:56 AM    06:57 AM    09:58 AM    12:59 PM    04:00 PM    07:01 PM    10:01 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:29 AM    04:29 AM    07:30 AM    10:31 AM    01:32 PM    04:33 PM    07:34 PM    10:35 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:29 AM    04:30 AM    07:31 AM    10:32 AM    01:33 PM    04:33 PM    07:34 PM    10:35 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-4	English	02:05 AM    05:06 AM    08:07 AM    11:08 AM    02:09 PM    05:10 PM    08:10 PM    11:11 PM
Cyber Security	Safe Downloading	English	02:38 AM    05:39 AM    08:40 AM    11:41 AM    02:42 PM    05:43 PM    08:44 PM    11:45 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:39 AM    05:40 AM    08:41 AM    11:42 AM    02:43 PM    05:44 PM    08:45 PM    11:45 PM
बुधवार, 08 जुलाई 2026 Wednesday, 08 July 2026			
Cyber Security	Fake Whats app messages	English	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:01 PM    06:02 PM    09:02 PM
हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:10 AM    03:10 AM    06:11 AM    09:11 AM    12:11 PM    03:12 PM    06:12 PM    09:13 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:46 AM    03:46 AM    06:47 AM    09:47 AM    12:48 PM    03:48 PM    06:48 PM    09:49 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:07 AM    04:08 AM    07:08 AM    10:09 AM    01:09 PM    04:09 PM    07:10 PM    10:10 PM



General	It's My Right to Get Education	Marathi	01:32 AM    04:32 AM    07:32 AM    10:33 AM    01:33 PM    04:34 PM    07:34 PM    10:34 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 2	English	01:37 AM    04:38 AM    07:38 AM    10:39 AM    01:39 PM    04:39 PM    07:40 PM    10:40 PM
General	Growth & Health (E)	English	02:02 AM    05:02 AM    08:02 AM    11:03 AM    02:03 PM    05:04 PM    08:04 PM    11:04 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English	02:06 AM    05:06 AM    08:07 AM    11:07 AM    02:07 PM    05:08 PM    08:08 PM    11:09 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:36 AM    05:36 AM    08:37 AM    11:37 AM    02:37 PM    05:38 PM    08:38 PM    11:39 PM
<b>बृहस्पतिवार, 09 जुलाई 2026</b> <b>Thursday, 09 July 2026</b>			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:05 PM    09:06 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:36 AM    03:37 AM    06:37 AM    09:38 AM    12:39 PM    03:40 PM    06:41 PM    09:42 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:36 AM    03:37 AM    06:38 AM    09:39 AM    12:40 PM    03:41 PM    06:42 PM    09:43 PM
गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	01:01 AM    04:02 AM    07:03 AM    10:04 AM    01:05 PM    04:06 PM    07:07 PM    10:07 PM
सामान्य	Sustainable Food Systems Adopted	हिन्दी	01:33 AM    04:34 AM    07:35 AM    10:36 AM    01:37 PM    04:38 PM    07:39 PM    10:40 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:34 AM    04:35 AM    07:36 AM    10:37 AM    01:38 PM    04:39 PM    07:40 PM    10:41 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:14 AM    05:15 AM    08:16 AM    11:17 AM    02:18 PM    05:19 PM    08:20 PM    11:21 PM



Thunderstorm and Lighting	Lightning - बिजली की चोटों के संकेत और लक्षण - 01	Hindi	02:37 AM    05:38 AM    08:39 AM    11:40 AM    02:40 PM    05:41 PM    08:42 PM    11:43 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:37 AM    05:38 AM    08:39 AM    11:40 AM    02:41 PM    05:42 PM    08:43 PM    11:44 PM
शुक्रवार, 10 जुलाई 2026 Friday, 10 July 2026			
संस्कृत	संस्कृत : पाठ - 5: जननी तुल्यवत्सला-1	Sanskrit	12:00 AM    02:59 AM    05:58 AM    08:58 AM    11:57 AM    02:57 PM    05:56 PM    08:56 PM    11:55 PM
General	Energy Saving	English	12:24 AM    03:23 AM    06:23 AM    09:22 AM    12:22 PM    03:21 PM    06:21 PM    09:20 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-6: राजनीतिक दल-3	Hindi	12:25 AM    03:25 AM    06:24 AM    09:24 AM    12:23 PM    03:23 PM    06:22 PM    09:22 PM
General	Growing up Healthy	English	12:46 AM    03:46 AM    06:45 AM    09:45 AM    12:44 PM    03:44 PM    06:43 PM    09:43 PM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	12:51 AM    03:50 AM    06:50 AM    09:49 AM    12:48 PM    03:48 PM    06:47 PM    09:47 PM
General	Safety and Security against Violence and Injuries	English	01:23 AM    04:23 AM    07:22 AM    10:22 AM    01:21 PM    04:20 PM    07:20 PM    10:19 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:29 AM    04:28 AM    07:28 AM    10:27 AM    01:27 PM    04:26 PM    07:26 PM    10:25 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-5	English	01:59 AM    04:58 AM    07:58 AM    10:57 AM    01:57 PM    04:56 PM    07:56 PM    10:55 PM
General	Safe Use of Internet (H)	Hindi	02:24 AM    05:24 AM    08:23 AM    11:23 AM    02:22 PM    05:22 PM    08:21 PM    11:21 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:30 AM    05:30 AM    08:29 AM    11:29 AM    02:28 PM    05:28 PM    08:27 PM    11:27 PM



General	Promotion of Healthy Lifestyle	English	02:53 AM    05:53 AM    08:52 AM    11:51 AM    02:51 PM    05:50 PM    08:50 PM    11:49 PM
<b>शनिवार, 11 जुलाई 2026</b> <b>Saturday, 11 July 2026</b>			
संस्कृत	संस्कृत : पाठ - 5: जननी तुल्यवत्सला-2	Sanskrit	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:59 PM    05:58 PM    08:58 PM    11:58 PM
सामान्य	Water Saved	हिन्दी	12:25 AM    03:25 AM    06:25 AM    09:25 AM    12:24 PM    03:24 PM    06:24 PM    09:24 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:26 AM    03:26 AM    06:26 AM    09:26 AM    12:26 PM    03:25 PM    06:25 PM    09:25 PM
गणित	गणित : पाठ-6: त्रिभुज-4	Hindi	12:48 AM    03:48 AM    06:48 AM    09:48 AM    12:48 PM    03:47 PM    06:47 PM    09:47 PM
General	Gender Equality (E)	English	01:27 AM    04:27 AM    07:27 AM    10:27 AM    01:27 PM    04:26 PM    07:26 PM    10:26 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	01:35 AM    04:34 AM    07:34 AM    10:34 AM    01:34 PM    04:34 PM    07:33 PM    10:33 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-6	English	02:00 AM    05:00 AM    08:00 AM    10:59 AM    01:59 PM    04:59 PM    07:59 PM    10:59 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:22 AM    05:22 AM    08:22 AM    11:22 AM    02:21 PM    05:21 PM    08:21 PM    11:21 PM
<b>रविवार, 12 जुलाई 2026</b> <b>Sunday, 12 July 2026</b>			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:58 PM    05:58 PM    08:58 PM    11:58 PM
General	Safety and Security (H)	Hindi	12:38 AM    03:38 AM    06:38 AM    09:38 AM    12:37 PM    03:37 PM    06:37 PM    09:37 PM



सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	Hindi	12:44 AM    03:44 AM    06:44 AM    09:43 AM    12:43 PM    03:43 PM    06:43 PM    09:42 PM
Health, Physical Education/Yoga/ Sports	Judoo pt. I	Hindi	01:07 AM    04:07 AM    07:06 AM    10:06 AM    01:06 PM    04:06 PM    07:06 PM    10:05 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:24 AM    04:23 AM    07:23 AM    10:23 AM    01:23 PM    04:22 PM    07:22 PM    10:22 PM
General English	Episode 11 Agreeing 3	English	01:47 AM    04:47 AM    07:47 AM    10:47 AM    01:46 PM    04:46 PM    07:46 PM    10:46 PM
Social Science (Economics)	So. Sci. (Eco): Chp 3: Money and Credit-2	English	01:58 AM    04:57 AM    07:57 AM    10:57 AM    01:57 PM    04:56 PM    07:56 PM    10:56 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:36 PM    05:36 PM    08:36 PM    11:36 PM
Cyber Security	Internet Ethics	English	02:56 AM    05:56 AM    08:56 AM    11:56 AM    02:56 PM    05:55 PM    08:55 PM    11:55 PM
सोमवार, 13 जुलाई 2026 Monday, 13 July 2026			
हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
Cyber Security	What to do when Computer System is compromised	English	12:36 AM    03:37 AM    06:37 AM    09:38 AM    12:38 PM    03:39 PM    06:39 PM    09:39 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-1	Hindi	12:37 AM    03:38 AM    06:38 AM    09:39 AM    12:39 PM    03:40 PM    06:40 PM    09:41 PM
Cyber Security	Tips to avoid Lottery Scams	English	01:01 AM    04:01 AM    07:02 AM    10:02 AM    01:03 PM    04:03 PM    07:04 PM    10:04 PM



विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:02 AM    04:02 AM    07:03 AM    10:03 AM    01:04 PM    04:04 PM    07:04 PM    10:05 PM
Language (English)	English: Chp-3: His First Flight	English	01:49 AM    04:49 AM    07:50 AM    10:50 AM    01:51 PM    04:51 PM    07:52 PM    10:52 PM
Cyber Security	Identity Theft	Hindi	02:13 AM    05:14 AM    08:14 AM    11:15 AM    02:15 PM    05:16 PM    08:16 PM    11:17 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-7	English	02:14 AM    05:15 AM    08:15 AM    11:15 AM    02:16 PM    05:16 PM    08:17 PM    11:17 PM
General	Introduction to MISSION LIFE	English	02:38 AM    05:38 AM    08:39 AM    11:39 AM    02:40 PM    05:40 PM    08:40 PM    11:41 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:40 AM    05:41 AM    08:41 AM    11:42 AM    02:42 PM    05:42 PM    08:43 PM    11:43 PM
मंगलवार, 14 जुलाई 2026 Tuesday, 14 July 2026			
हिंदी	हिंदी: पाठ-2 कवियत्री 'मीराबाई' और उनकी कविताएँ	Hindi	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:58 PM    05:58 PM    08:58 PM    11:58 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:30 AM    03:29 AM    06:29 AM    09:29 AM    12:29 PM    03:29 PM    06:28 PM    09:28 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-6: विनिर्माण उद्योग-2	Hindi	12:31 AM    03:30 AM    06:30 AM    09:30 AM    12:30 PM    03:29 PM    06:29 PM    09:29 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:53 AM    03:53 AM    06:52 AM    09:52 AM    12:52 PM    03:52 PM    06:51 PM    09:51 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:54 AM    03:53 AM    06:53 AM    09:53 AM    12:53 PM    03:53 PM    06:52 PM    09:52 PM
Language (English)	English: Chp-3: The Ball Poem	English	01:25 AM    04:25 AM    07:24 AM    10:24 AM    01:24 PM    04:24 PM    07:23 PM    10:23 PM



Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-8	English	01:55 AM    04:55 AM    07:55 AM    10:55 AM    01:54 PM    04:54 PM    07:54 PM    10:54 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:36 PM    05:36 PM    08:36 PM    11:36 PM
<b>बुधवार, 15 जुलाई 2026</b> <b>Wednesday, 15 July 2026</b>			
हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:01 PM    06:01 PM    09:01 PM
Cyber Security	Blogging Tips	English	12:36 AM    03:36 AM    06:36 AM    09:37 AM    12:37 PM    03:37 PM    06:37 PM    09:38 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:37 AM    03:37 AM    06:37 AM    09:38 AM    12:38 PM    03:38 PM    06:38 PM    09:38 PM
Cyber Security	Internet Ethics	English	01:02 AM    04:02 AM    07:02 AM    10:02 AM    01:03 PM    04:03 PM    07:03 PM    10:03 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:05 AM    04:05 AM    07:05 AM    10:05 AM    01:05 PM    04:06 PM    07:06 PM    10:06 PM
गणित	गणित: पाठ-5: समान्तर श्रेणियाँ-1	Hindi	01:06 AM    04:06 AM    07:06 AM    10:06 AM    01:07 PM    04:07 PM    07:07 PM    10:07 PM
General	Migratory Birds	English	01:36 AM    04:36 AM    07:36 AM    10:36 AM    01:37 PM    04:37 PM    07:37 PM    10:37 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:38 AM    04:39 AM    07:39 AM    10:39 AM    01:39 PM    04:39 PM    07:40 PM    10:40 PM
General	Growth & Health (H)	Hindi	02:07 AM    05:07 AM    08:08 AM    11:08 AM    02:08 PM    05:08 PM    08:09 PM    11:09 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:12 AM    05:12 AM    08:12 AM    11:12 AM    02:12 PM    05:13 PM    08:13 PM    11:13 PM



Science	Science: Chap 9: Heredity and Evolution-2	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:37 PM    05:38 PM    08:38 PM    11:38 PM
<b>बृहस्पतिवार, 16 जुलाई 2026</b> <b>Thursday, 16 July 2026</b>			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:35 AM    03:35 AM    06:35 AM    09:35 AM    12:35 PM    03:35 PM    06:36 PM    09:36 PM
Cyber Security	Browser Practices: Best Practices	English	12:58 AM    03:58 AM    06:58 AM    09:58 AM    12:58 PM    03:58 PM    06:58 PM    09:59 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-2	Hindi	12:59 AM    03:59 AM    06:59 AM    09:59 AM    12:59 PM    03:59 PM    06:59 PM    10:00 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 2	English	01:41 AM    04:41 AM    07:41 AM    10:41 AM    01:41 PM    04:41 PM    07:42 PM    10:42 PM
General	MOTHER EARTH Prakriti English	English	02:05 AM    05:05 AM    08:05 AM    11:06 AM    02:06 PM    05:06 PM    08:06 PM    11:06 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English	02:07 AM    05:07 AM    08:07 AM    11:07 AM    02:08 PM    05:08 PM    08:08 PM    11:08 PM
Cyber Security	Fake Whats app messages	English	02:35 AM    05:35 AM    08:35 AM    11:35 AM    02:35 PM    05:35 PM    08:36 PM    11:36 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:38 PM    05:38 PM    08:38 PM    11:38 PM
<b>शुक्रवार, 17 जुलाई 2026</b> <b>Friday, 17 July 2026</b>			
संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-1	Sanskrit	12:00 AM    02:59 AM    05:58 AM    08:57 AM    11:57 AM    02:56 PM    05:55 PM    08:55 PM    11:54 PM



General	E-Waste Management: Film 2	English	12:25 AM    03:24 AM    06:23 AM    09:23 AM    12:22 PM    03:21 PM    06:21 PM    09:20 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:34 AM    03:33 AM    06:32 AM    09:32 AM    12:31 PM    03:30 PM    06:30 PM    09:29 PM
General	Introduction to MISSION LIFE	English	12:57 AM    03:56 AM    06:56 AM    09:55 AM    12:54 PM    03:54 PM    06:53 PM    09:52 PM
गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-3	Hindi	01:00 AM    03:59 AM    06:58 AM    09:57 AM    12:57 PM    03:56 PM    06:55 PM    09:55 PM
General	Safe Use of Internet (E)	English	01:27 AM    04:26 AM    07:26 AM    10:25 AM    01:24 PM    04:24 PM    07:23 PM    10:22 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	01:33 AM    04:32 AM    07:32 AM    10:31 AM    01:30 PM    04:30 PM    07:29 PM    10:28 PM
General	Growing up Healthy	English	01:50 AM    04:49 AM    07:48 AM    10:48 AM    01:47 PM    04:46 PM    07:46 PM    10:45 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-9	English	01:54 AM    04:53 AM    07:53 AM    10:52 AM    01:51 PM    04:50 PM    07:50 PM    10:49 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:26 AM    05:25 AM    08:25 AM    11:24 AM    02:23 PM    05:23 PM    08:22 PM    11:21 PM
शनिवार, 18 जुलाई 2026 Saturday, 18 July 2026			
संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-2	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:01 PM    03:01 PM    06:01 PM    09:02 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:35 AM    03:36 AM    06:36 AM    09:36 AM    12:37 PM    03:37 PM    06:37 PM    09:38 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	01:01 AM    04:01 AM    07:02 AM    10:02 AM    01:02 PM    04:03 PM    07:03 PM    10:03 PM



गणित	गणित : पाठ-5: समान्तर श्रेणियाँ-4	Hindi	01:03 AM    04:03 AM    07:04 AM    10:04 AM    01:04 PM    04:05 PM    07:05 PM    10:05 PM
Thunderstorm and Lighting	आंधी तूफान	Hindi	01:32 AM    04:32 AM    07:32 AM    10:33 AM    01:33 PM    04:33 PM    07:34 PM    10:34 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:33 AM    04:33 AM    07:33 AM    10:34 AM    01:34 PM    04:34 PM    07:34 PM    10:35 PM
General	E-Waste Management: Block 4.2	English	01:45 AM    04:46 AM    07:46 AM    10:46 AM    01:47 PM    04:47 PM    07:47 PM    10:48 PM
Mathematics	Maths: Chap- 4: Quadratic Equation- 1	English	01:57 AM    04:58 AM    07:58 AM    10:58 AM    01:59 PM    04:59 PM    07:59 PM    11:00 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:37 AM    05:37 AM    08:37 AM    11:38 AM    02:38 PM    05:38 PM    08:39 PM    11:39 PM
रविवार, 19 जुलाई 2026 Sunday, 19 July 2026			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:01 PM    06:01 PM    09:01 PM
General	Gender Equality	English	12:30 AM    03:30 AM    06:30 AM    09:30 AM    12:31 PM    03:31 PM    06:31 PM    09:31 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	Hindi	12:37 AM    03:37 AM    06:37 AM    09:38 AM    12:38 PM    03:38 PM    06:38 PM    09:39 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:14 AM    04:14 AM    07:14 AM    10:14 AM    01:15 PM    04:15 PM    07:15 PM    10:15 PM
Science	Green Energy	English	01:47 AM    04:47 AM    07:48 AM    10:48 AM    01:48 PM    04:48 PM    07:48 PM    10:49 PM
Social Science (Economics)	S.Sc (Eco): Chp 3: Money and Credit-3	English	01:53 AM    04:53 AM    07:53 AM    10:53 AM    01:53 PM    04:54 PM    07:54 PM    10:54 PM



Urban Floods	Urban Flood - During Urban Flood	English	02:17 AM    05:17 AM    08:17 AM    11:17 AM    02:17 PM    05:18 PM    08:18 PM    11:18 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:18 AM    05:18 AM    08:18 AM    11:18 AM    02:18 PM    05:19 PM    08:19 PM    11:19 PM
General English	Episode 1 Greeting a Friend	English	02:52 AM    05:52 AM    08:52 AM    11:52 AM    02:52 PM    05:53 PM    08:53 PM    11:53 PM
<b>सोमवार, 20 जुलाई 2026</b> <b>Monday, 20 July 2026</b>			
हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:02 PM    03:03 PM    06:04 PM    09:04 PM
Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	12:30 AM    03:31 AM    06:31 AM    09:32 AM    12:33 PM    03:33 PM    06:34 PM    09:35 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-6: विनिर्माण उद्योग-3	Hindi	12:31 AM    03:32 AM    06:32 AM    09:33 AM    12:34 PM    03:34 PM    06:35 PM    09:36 PM
General	Safety and Security (E)	English	12:50 AM    03:51 AM    06:52 AM    09:52 AM    12:53 PM    03:54 PM    06:54 PM    09:55 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:56 AM    03:57 AM    06:57 AM    09:58 AM    12:59 PM    03:59 PM    07:00 PM    10:01 PM
General	Gender Equality (H)	Hindi	01:20 AM    04:20 AM    07:21 AM    10:22 AM    01:23 PM    04:23 PM    07:24 PM    10:25 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:27 AM    04:28 AM    07:29 AM    10:29 AM    01:30 PM    04:31 PM    07:31 PM    10:32 PM
Mathematics	Maths: Chap- 4: Quadratic Equations- 2	English	02:01 AM    05:02 AM    08:03 AM    11:03 AM    02:04 PM    05:05 PM    08:06 PM    11:06 PM



Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:41 AM    05:42 AM    08:42 AM    11:43 AM    02:44 PM    05:45 PM    08:45 PM    11:46 PM
<b>मंगलवार, 21 जुलाई 2026</b> <b>Tuesday, 21 July 2026</b>			
हिंदी	हिंदी: पाठ-2 कवियत्री 'मीराबाई' और उनकी कविताएँ	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	12:30 AM    03:30 AM    06:30 AM    09:30 AM    12:30 PM    03:30 PM    06:30 PM    09:30 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन-1	Hindi	12:31 AM    03:31 AM    06:31 AM    09:31 AM    12:31 PM    03:31 PM    06:31 PM    09:31 PM
General	Anthropological Museum (Anadaman and Nicobar Islands)	English	12:55 AM    03:55 AM    06:55 AM    09:55 AM    12:55 PM    03:55 PM    06:55 PM    09:55 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:59 AM    03:59 AM    06:59 AM    09:59 AM    12:59 PM    03:59 PM    06:59 PM    09:59 PM
Flood	Flood - बाढ़ के बाद क्या करें और क्या न करें	Hindi	01:33 AM    04:33 AM    07:33 AM    10:33 AM    01:33 PM    04:33 PM    07:33 PM    10:33 PM
Language (English)	English: Chp-3: His First Flight	English	01:34 AM    04:34 AM    07:34 AM    10:34 AM    01:34 PM    04:34 PM    07:34 PM    10:34 PM
Mathematics	Maths: Ch-3: Pair of Linear Equations in two Variables-1	English	02:11 AM    05:11 AM    08:11 AM    11:11 AM    02:11 PM    05:11 PM    08:11 PM    11:11 PM
General English	Episode 12 Disagreeing 1	English	02:26 AM    05:26 AM    08:26 AM    11:26 AM    02:26 PM    05:26 PM    08:26 PM    11:26 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:40 AM    05:40 AM    08:40 AM    11:40 AM    02:40 PM    05:40 PM    08:40 PM    11:40 PM



**बुधवार, 22 जुलाई 2026**
**Wednesday, 22 July 2026**

हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
General	Women Change the World	English	12:36 AM    03:37 AM    06:37 AM    09:37 AM    12:38 PM    03:38 PM    06:39 PM    09:39 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:42 AM    03:42 AM    06:43 AM    09:43 AM    12:44 PM    03:44 PM    06:45 PM    09:45 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:10 AM    04:10 AM    07:11 AM    10:11 AM    01:12 PM    04:12 PM    07:13 PM    10:13 PM
Flood	Flood - What To Do During Floods	English	01:34 AM    04:34 AM    07:35 AM    10:35 AM    01:36 PM    04:36 PM    07:37 PM    10:37 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:35 AM    04:35 AM    07:36 AM    10:36 AM    01:37 PM    04:37 PM    07:38 PM    10:38 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English	02:05 AM    05:06 AM    08:06 AM    11:07 AM    02:07 PM    05:08 PM    08:08 PM    11:09 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:37 AM    05:38 AM    08:38 AM    11:39 AM    02:39 PM    05:40 PM    08:40 PM    11:41 PM
<b>बृहस्पतिवार, 23 जुलाई 2026</b>			
<b>Thursday, 23 July 2026</b>			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:01 PM    06:02 PM    09:02 PM
Cyber Security	Data Privacy	Hindi	12:36 AM    03:36 AM    06:36 AM    09:37 AM    12:37 PM    03:37 PM    06:38 PM    09:38 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:36 AM    03:37 AM    06:37 AM    09:37 AM    12:38 PM    03:38 PM    06:39 PM    09:39 PM



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General	पारस्परिक संबंध	Hindi	12:55 AM    03:56 AM    06:56 AM    09:57 AM    12:57 PM    03:57 PM    06:58 PM    09:58 PM
गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	01:01 AM    04:01 AM    07:01 AM    10:02 AM    01:02 PM    04:03 PM    07:03 PM    10:03 PM
General English	Episode 2 Greeting an Acquaintance	English	01:33 AM    04:34 AM    07:34 AM    10:35 AM    01:35 PM    04:35 PM    07:36 PM    10:36 PM
Cyber Security	Physical Security	English	01:42 AM    04:43 AM    07:43 AM    10:43 AM    01:44 PM    04:44 PM    07:45 PM    10:45 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:45 AM    04:45 AM    07:45 AM    10:46 AM    01:46 PM    04:47 PM    07:47 PM    10:47 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:14 AM    05:14 AM    08:14 AM    11:15 AM    02:15 PM    05:15 PM    08:16 PM    11:16 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English	02:19 AM    05:20 AM    08:20 AM    11:20 AM    02:21 PM    05:21 PM    08:22 PM    11:22 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:36 AM    05:36 AM    08:37 AM    11:37 AM    02:37 PM    05:38 PM    08:38 PM    11:39 PM
शुक्रवार, 24 जुलाई 2026 Friday, 24 July 2026			
General	स्वस्थ बढ़ना	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
संस्कृत	संस्कृत : पाठ - 5: जननी तुल्यवत्सला-1	Sanskrit	12:12 AM    03:12 AM    06:12 AM    09:12 AM    12:12 PM    03:12 PM    06:12 PM    09:12 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:43 AM    03:43 AM    06:43 AM    09:43 AM    12:43 PM    03:44 PM    06:44 PM    09:44 PM
General	Safe Use of Internet (E)	English	01:06 AM    04:06 AM    07:06 AM    10:06 AM    01:06 PM    04:06 PM    07:06 PM    10:07 PM



गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	01:12 AM    04:12 AM    07:12 AM    10:12 AM    01:12 PM    04:12 PM    07:12 PM    10:12 PM
Cyber Security	Change Passwords like Socks	Hindi	01:45 AM    04:45 AM    07:45 AM    10:45 AM    01:45 PM    04:45 PM    07:45 PM    10:45 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:45 AM    04:45 AM    07:45 AM    10:45 AM    01:45 PM    04:45 PM    07:45 PM    10:45 PM
Cyber Security	Safe Downloading	English	02:01 AM    05:01 AM    08:01 AM    11:01 AM    02:01 PM    05:01 PM    08:01 PM    11:01 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-2	English	02:02 AM    05:02 AM    08:02 AM    11:02 AM    02:02 PM    05:02 PM    08:02 PM    11:02 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:36 AM    05:36 AM    08:36 AM    11:36 AM    02:36 PM    05:36 PM    08:36 PM    11:36 PM
<b>शनिवार, 25 जुलाई 2026</b> <b>Saturday, 25 July 2026</b>			
संस्कृत	संस्कृत : पाठ - 5: जननी तुल्यवत्सला-2	Sanskrit	12:00 AM    03:01 AM    06:03 AM    09:04 AM    12:06 PM    03:07 PM    06:09 PM    09:11 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:32 AM    03:34 AM    06:35 AM    09:37 AM    12:38 PM    03:40 PM    06:42 PM    09:43 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:33 AM    03:34 AM    06:36 AM    09:37 AM    12:39 PM    03:41 PM    06:42 PM    09:44 PM
Flood	Flood - How To Be Prepared For Floods	English	12:48 AM    03:49 AM    06:51 AM    09:52 AM    12:54 PM    03:55 PM    06:57 PM    09:59 PM
गणित	गणित : पाठ-6: त्रिभुज-4	Hindi	12:48 AM    03:50 AM    06:52 AM    09:53 AM    12:55 PM    03:56 PM    06:58 PM    10:00 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:28 AM    04:29 AM    07:31 AM    10:32 AM    01:34 PM    04:36 PM    07:37 PM    10:39 PM



Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	01:33 AM    04:35 AM    07:36 AM    10:38 AM    01:40 PM    04:41 PM    07:43 PM    10:44 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-3	English	02:04 AM    05:05 AM    08:07 AM    11:09 AM    02:10 PM    05:12 PM    08:13 PM    11:15 PM
Cyber Security	Spoofed Calls	English	02:29 AM    05:30 AM    08:32 AM    11:34 AM    02:35 PM    05:37 PM    08:38 PM    11:40 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:30 AM    05:32 AM    08:33 AM    11:35 AM    02:36 PM    05:38 PM    08:39 PM    11:41 PM
<b>रविवार, 26 जुलाई 2026</b> <b>Sunday, 26 July 2026</b>			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM    02:58 AM    05:56 AM    08:54 AM    11:53 AM    02:51 PM    05:49 PM    08:47 PM    11:46 PM
Cyber Security	Data Privacy	Hindi	12:30 AM    03:28 AM    06:26 AM    09:25 AM    12:23 PM    03:21 PM    06:19 PM    09:18 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-3: मुद्रा और साख	Hindi	12:31 AM    03:29 AM    06:27 AM    09:25 AM    12:24 PM    03:22 PM    06:20 PM    09:18 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:03 AM    04:01 AM    06:59 AM    09:58 AM    12:56 PM    03:54 PM    06:52 PM    09:51 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:27 AM    04:25 AM    07:23 AM    10:22 AM    01:20 PM    04:18 PM    07:16 PM    10:15 PM
General	Mental Health and Well Being -2	English	01:38 AM    04:36 AM    07:35 AM    10:33 AM    01:31 PM    04:29 PM    07:28 PM    10:26 PM
Social Science (Economics)	So. Sci. (Eco): Chp 3: Money and Credit	English	01:55 AM    04:54 AM    07:52 AM    10:50 AM    01:48 PM    04:47 PM    07:45 PM    10:43 PM
ENVIRONMENT	Life in Woods	English	02:21 AM    05:19 AM    08:17 AM    11:15 AM    02:14 PM    05:12 PM    08:10 PM    11:08 PM



Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:36 AM    05:34 AM    08:32 AM    11:30 AM    02:29 PM    05:27 PM    08:25 PM    11:23 PM
<b>सोमवार, 27 जुलाई 2026</b> <b>Monday, 27 July 2026</b>			
हिंदी	हिंदी: पाठ-1 कवि कबीर और उनकी साखी	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:04 PM    09:05 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन-2	हिन्दी	12:30 AM    03:31 AM    06:32 AM    09:33 AM    12:34 PM    03:34 PM    06:35 PM    09:36 PM
Cyber Security	Bloggng Tips	English	12:53 AM    03:54 AM    06:54 AM    09:55 AM    12:56 PM    03:57 PM    06:58 PM    09:58 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	12:54 AM    03:54 AM    06:55 AM    09:56 AM    12:57 PM    03:58 PM    06:58 PM    09:59 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 2	English	01:27 AM    04:28 AM    07:29 AM    10:30 AM    01:31 PM    04:31 PM    07:32 PM    10:33 PM
Mathematics	Maths: Ch-3 Pair of Linear Equations in two Variables-4	English	02:06 AM    05:06 AM    08:07 AM    11:08 AM    02:09 PM    05:10 PM    08:10 PM    11:11 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:39 AM    05:40 AM    08:40 AM    11:41 AM    02:42 PM    05:43 PM    08:44 PM    11:44 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:39 AM    05:40 AM    08:41 AM    11:42 AM    02:43 PM    05:43 PM    08:44 PM    11:45 PM
<b>मंगलवार, 28 जुलाई 2026</b> <b>Tuesday, 28 July 2026</b>			
हिंदी	हिंदी: पाठ-2 कवियत्री 'मीराबाई' और उनकी कविताएँ	Hindi	12:00 AM    02:59 AM    05:59 AM    08:59 AM    11:59 AM    02:58 PM    05:58 PM    08:58 PM    11:58 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:30 AM    03:29 AM    06:29 AM    09:29 AM    12:29 PM    03:28 PM    06:28 PM    09:28 PM



सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-1	Hindi	12:30 AM    03:30 AM    06:30 AM    09:29 AM    12:29 PM    03:29 PM    06:29 PM    09:28 PM
General	Health And Sanitation (E)	English	12:54 AM    03:53 AM    06:53 AM    09:53 AM    12:53 PM    03:52 PM    06:52 PM    09:52 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:00 AM    04:00 AM    07:00 AM    09:59 AM    12:59 PM    03:59 PM    06:59 PM    09:58 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:24 AM    04:24 AM    07:23 AM    10:23 AM    01:23 PM    04:23 PM    07:22 PM    10:22 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:30 AM    04:30 AM    07:29 AM    10:29 AM    01:29 PM    04:29 PM    07:28 PM    10:28 PM
Mathematics	Maths: Chap- 4: Quadratic Equation- 1	English	02:10 AM    05:10 AM    08:09 AM    11:09 AM    02:09 PM    05:09 PM    08:08 PM    11:08 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:36 AM    05:36 AM    08:36 AM    11:36 AM    02:35 PM    05:35 PM    08:35 PM    11:35 PM
Cyber Safety	The Social Media - Boon or Bane	English	02:56 AM    05:55 AM    08:55 AM    11:55 AM    02:55 PM    05:54 PM    08:54 PM    11:54 PM
<b>बुधवार, 29 जुलाई 2026</b> <b>Wednesday, 29 July 2026</b>			
हिंदी	हिंदी: पाठ-1 सूरदास	Hindi	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
General	Women Change the World	English	12:36 AM    03:36 AM    06:37 AM    09:37 AM    12:38 PM    03:38 PM    06:39 PM    09:39 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:42 AM    03:42 AM    06:43 AM    09:43 AM    12:44 PM    03:44 PM    06:44 PM    09:45 PM
General English	Episode 1 Greeting a Friend	English	01:03 AM    04:03 AM    07:04 AM    10:04 AM    01:04 PM    04:05 PM    07:05 PM    10:06 PM



गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:11 AM    04:11 AM    07:12 AM    10:12 AM    01:13 PM    04:13 PM    07:14 PM    10:14 PM
General	Management of Wetlands Part -2	English	01:35 AM    04:36 AM    07:36 AM    10:36 AM    01:37 PM    04:37 PM    07:38 PM    10:38 PM
Language (English)	English: Chp-3: His First Flight	English	01:43 AM    04:44 AM    07:44 AM    10:44 AM    01:45 PM    04:45 PM    07:46 PM    10:46 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:08 AM    05:08 AM    08:08 AM    11:09 AM    02:09 PM    05:10 PM    08:10 PM    11:11 PM
General	Growing up Healthy	English	02:08 AM    05:09 AM    08:09 AM    11:09 AM    02:10 PM    05:10 PM    08:11 PM    11:11 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:12 AM    05:13 AM    08:13 AM    11:14 AM    02:14 PM    05:15 PM    08:15 PM    11:15 PM
Flood	Flood - What Should Be Done After Floods	English	02:35 AM    05:35 AM    08:36 AM    11:36 AM    02:37 PM    05:37 PM    08:38 PM    11:38 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:36 AM    05:36 AM    08:37 AM    11:37 AM    02:38 PM    05:38 PM    08:39 PM    11:39 PM
<b>बृहस्पतिवार, 30 जुलाई 2026</b> <b>Thursday, 30 July 2026</b>			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:05 PM    09:06 PM
Cyber Security	Data Privacy	Hindi	12:29 AM    03:30 AM    06:31 AM    09:32 AM    12:33 PM    03:34 PM    06:34 PM    09:35 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:29 AM    03:30 AM    06:31 AM    09:32 AM    12:33 PM    03:34 PM    06:35 PM    09:36 PM
General	पारस्परिक संबंध	Hindi	12:53 AM    03:54 AM    06:55 AM    09:56 AM    12:57 PM    03:58 PM    06:59 PM    10:00 PM



गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	12:58 AM    03:59 AM    07:00 AM    10:01 AM    01:02 PM    04:03 PM    07:04 PM    10:05 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:31 AM    04:32 AM    07:33 AM    10:34 AM    01:35 PM    04:36 PM    07:37 PM    10:38 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:01 AM    05:02 AM    08:03 AM    11:04 AM    02:05 PM    05:06 PM    08:07 PM    11:08 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:07 AM    05:08 AM    08:09 AM    11:10 AM    02:11 PM    05:12 PM    08:13 PM    11:14 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:32 AM    05:33 AM    08:34 AM    11:35 AM    02:36 PM    05:37 PM    08:38 PM    11:39 PM
Science	Green Energy	English	02:55 AM    05:56 AM    08:57 AM    11:58 AM    02:59 PM    06:00 PM    09:01 PM
शुक्रवार, 31 जुलाई 2026 Friday, 31 July 2026			
संस्कृत	संस्कृत : पाठ - 4: शिशुलालनम-1	Sanskrit	12:00 AM    03:02 AM    06:05 AM    09:07 AM    12:10 PM    03:12 PM    06:15 PM    09:17 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:32 AM    03:35 AM    06:37 AM    09:40 AM    12:42 PM    06:47 PM    09:50 PM    03:45 PM
General	Safe Use of Internet (E)	English	12:55 AM    03:58 AM    07:00 AM    10:03 AM    01:05 PM    04:08 PM    07:10 PM    10:13 PM
Cyber Security	Change Passwords like Socks	Hindi	01:34 AM    04:36 AM    07:39 AM    10:41 AM    01:44 PM    04:46 PM    07:49 PM    10:51 PM
Flood	Flood - What To Do During Floods	English	01:51 AM    04:53 AM    07:56 AM    10:58 AM    02:01 PM    05:04 PM    08:06 PM    11:09 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:31 AM    05:33 AM    08:36 AM    11:38 AM    02:41 PM    05:43 PM    08:46 PM    11:48 PM



Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	07:39 AM    10:52 PM    07:49 PM    04:47 PM    10:42 AM    04:37 AM    01:34 AM    01:44 PM
Mathematics	Maths: Chap- 4: Quadratic Equations- 2	English	07:57 AM    11:10 PM    08:07 PM    05:04 PM    02:02 PM    10:59 AM    04:54 AM    01:52 AM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	01:11 PM    10:19 PM    07:16 PM    04:14 PM    10:09 AM    07:06 AM    04:04 AM    01:01 AM



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