

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

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

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 11 to 12 times a day and the same scheme is followed for the whole month.

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:

https://www.swayamprabha.gov.in/index.php/program/current_se/29.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Thursday from 2.00 pm to 3.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

<https://www.facebook.com/ncertofficial>.

☞ All the QR-coded video programs telecast on 12 PM eVIDYA TV Channels are also available on the DIKSHA web portal. In case you miss watching any program/episode on TV or otherwise, you can watch these programs on the DIKSHA web portal (<https://diksha.gov.in/>). You can scan the QR code of a program on TV with the help of the DIKSHA mobile app and watch/download the same on your mobile phone.



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

मार्च 2025
March 2025

| विषय Subject | कार्यक्रम का शीर्षक Program Title | माध्यम Medium | प्रसारण समय Telecast Time |
|---|---|------------------|---|
| शनिवार, 01 मार्च 2025 Saturday, 01 March 2025 | | | |
| गणित | पाठ-15: ठोस आकारों का चित्रण | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:04 PM |
| संस्कृत | पाठ-1: सुभाषित -I | संस्कृत | 12:29 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM |
| Geography | Ch-9: Life in the desert | English | 01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:02 AM 01:03 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM |
| Science | Ch-18: Waste Water Story | English | 01:28 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM |
| Creative Activities: Art & Craft | Fun with Paper- Double Spiral from Square | English | 01:44 AM 03:44 AM 05:44 AM 07:45 AM 09:45 AM 11:46 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:47 PM 11:48 PM |
| Vocational | Blanket Stitch | English | 01:47 AM 03:48 AM 05:48 AM 07:49 AM 09:49 AM 11:49 AM 01:50 PM 03:50 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM |



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रविवार, 02 मार्च 2025
Sunday, 02 March 2025

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| शारीरिक शिक्षा | सर्वागासन | हिंदी | 12:00 AM 01:49 AM 03:38 AM 05:28 AM 07:17 AM 09:07 AM 10:56 AM 12:46 PM 02:35 PM 04:25 PM 06:14 PM 08:04 PM 09:53 PM 11:43 PM |
| राजनीति विज्ञान | पाठ-8: बाज़ार में एक कमीज़ | हिंदी | 12:24 AM 02:13 AM 04:03 AM 05:52 AM 07:41 AM 09:31 AM 11:20 AM 01:10 PM 02:59 PM 04:49 PM 06:38 PM 08:28 PM 10:17 PM |
| Maths/Science Activity | Maths activity-1: To explore the cubic algebraic activity | English | 01:00 AM 02:50 AM 04:39 AM 06:29 AM 08:18 AM 10:08 AM 11:57 AM 01:47 PM 03:36 PM 05:26 PM 07:15 PM 09:04 PM 10:54 PM |
| History | Ch-10: Eighteenth century political formations | English | 01:16 AM 03:06 AM 04:55 AM 06:44 AM 08:34 AM 10:23 AM 12:13 PM 02:02 PM 03:52 PM 05:41 PM 07:31 PM 09:20 PM 11:10 PM |
| Vocational | Electricity and its importance | English | 01:44 AM 03:33 AM 05:23 AM 07:12 AM 09:02 AM 10:51 AM 12:41 PM 02:30 PM 04:19 PM 06:09 PM 07:58 PM 09:48 PM 11:37 PM |

सोमवार, 03 मार्च 2025
Monday, 03 March 2025

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| विज्ञान | पाठ-18: अपशिष्ट जल की कहानी | 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 |
| भूगोल | पाठ-9: रेगिस्तान में जीवन | हिंदी | 12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM |



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| English | Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 9 | English | 01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM |
| Mathematics | Ch-15: Visualising solid shape | English | 01:31 AM 03:31 AM 05:31 AM 07:31 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM |
| Vocational | Fishbone Stitch | English | 01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM |

मंगलवार, 04 मार्च 2025
Tuesday, 04 March 2025

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| गणित | पाठ-14: सममिति | 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 |
| हिन्दी | दूर्वा-२, पाठ-18: हम होंगे कामयाब एक दिन | हिंदी | 12:46 AM 02:46 AM 04:47 AM 06:47 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:51 PM |
| Geography | Ch-9: Life in the desert | English | 12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:59 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM |
| Science | Ch-17: Forests, Our lifeline Part-2 | English | 01:21 AM 03:22 AM 05:22 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:26 PM 09:26 PM 11:27 PM |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:39 PM |



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बुधवार, 05 मार्च 2025
Wednesday, 05 March 2025

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| विज्ञान | पाठ-17: वन हमारी जीवन रेखा | 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 |
| संस्कृत | पाठ-1: सुभाषित -II | संस्कृत | 12:24 AM 02:24 AM 04:23 AM 06:23 AM 08:23 AM 10:22 AM 12:22 PM 02:22 PM 04:21 PM 06:21 PM 08:20 PM 10:20 PM |
| History | Ch-10: Eighteenth century political formations | English | 12:59 AM 02:59 AM 04:58 AM 06:58 AM 08:58 AM 10:57 AM 12:57 PM 02:56 PM 04:56 PM 06:56 PM 08:55 PM 10:55 PM |
| Mathematics | Ch-14: Symmetry | English | 01:26 AM 03:26 AM 05:26 AM 07:25 AM 09:25 AM 11:25 AM 01:24 PM 03:24 PM 05:24 PM 07:23 PM 09:23 PM 11:23 PM |
| Vocational | Electricity and its importance | English | 01:49 AM 03:48 AM 05:48 AM 07:48 AM 09:47 AM 11:47 AM 01:46 PM 03:46 PM 05:46 PM 07:45 PM 09:45 PM 11:45 PM |

बृहस्पतिवार, 06 मार्च 2025
Thursday, 06 March 2025

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| गणित | पाठ-13: घातांक और घात भाग-1 | हिंदी | 12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM |
| इतिहास | पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन | हिंदी | 12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM |
| English | Ch-9: Garden snake | English | 01:07 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM |



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| Science | Ch-15: Light | English | 01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM |
| Vocational | Personal hygiene and Health | English | 01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM |
| शुक्रवार, 07 मार्च 2025 Friday, 07 March 2025 | | | |
| विज्ञान | पाठ-15: प्रकाश | हिंदी | 12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM |
| हिन्दी | पाठ-19: वसंत-२: आश्रम का अनुमानित व्यय | हिंदी | 12:25 AM 02:26 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 |
| Political science | Ch-8: A shirt in the market | English | 12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:58 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM |
| Creative Activities: Art & Craft | Fun with Paper- Double Spiral from Square | English | 01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:14 PM 11:15 PM |
| Mathematics | Ch-13: Exponents and powers part-1 | English | 01:10 AM 03:11 AM 05:12 AM 07:12 AM 09:13 AM 11:14 AM 01:15 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:19 PM |
| Vocational | Blanket Stitch | English | 01:48 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:52 AM 01:53 PM 03:54 PM 05:54 PM 07:55 PM 09:56 PM 11:57 PM |



शनिवार, 08 मार्च 2025

Saturday, 08 March 2025

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| गणित | पाठ-13: घातांक और घात भाग-2 | हिंदी | 12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM |
| संस्कृत | बुद्धि बलवती | हिंदी | 12:44 AM 02:44 AM 04:45 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:52 PM |
| Geography | Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region | English | 12:57 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:05 PM |
| Science | Ch-14: Electric Current and Its Effects | English | 01:19 AM 03:20 AM 05:21 AM 07:21 AM 09:22 AM 11:23 AM 01:24 PM 03:24 PM 05:25 PM 07:26 PM 09:27 PM 11:27 PM |
| Vocational | Personal hygiene and Health | English | 01:44 AM 03:44 AM 05:45 AM 07:46 AM 09:47 AM 11:47 AM 01:48 PM 03:49 PM 05:50 PM 07:50 PM 09:51 PM 11:52 PM |

रविवार, 09 मार्च 2025

Sunday, 09 March 2025

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| शारीरिक शिक्षा | गोमुखान | हिंदी | 12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:54 PM |
| राजनीति विज्ञान | पाठ-7: हमारे आस-पास के बाजार | हिंदी | 12:29 AM 02:28 AM 04:28 AM 06:27 AM 08:27 AM 10:26 AM 12:26 PM 02:25 PM 04:25 PM 06:24 PM 08:24 PM 10:23 PM |
| Maths/Science Activity | Maths activity-1: To explore the cubic algebraic activity | English | 01:08 AM 03:07 AM 05:07 AM 07:06 AM 09:06 AM 11:05 AM 01:05 PM 03:04 PM 05:04 PM 07:03 PM 09:03 PM 11:02 PM |



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| History | Ch-9: The Making of regional cultures | English | 01:19 AM 03:18 AM 05:18 AM 07:17 AM 09:17 AM 11:16 AM 01:16 PM 03:15 PM 05:15 PM 07:14 PM 09:14 PM 11:13 PM |
| Vocational | Seed Germination | English | 01:47 AM 03:46 AM 05:46 AM 07:45 AM 09:45 AM 11:44 AM 01:44 PM 03:43 PM 05:43 PM 07:42 PM 09:42 PM 11:41 PM |

सोमवार, 10 मार्च 2025
Monday, 10 March 2025

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| विज्ञान | पाठ-14: विद्युत धारा और इसके प्रभाव | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM |
| भूगोल | पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश | हिंदी | 12:23 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:26 PM 06:26 PM 08:26 PM 10:27 PM |
| English | Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 8 | English | 12:52 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:56 PM |
| Mathematics | Ch-13: Exponents and powers part-2 | English | 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 |
| Vocational | Design and Tracing Methods | English | 01:56 AM 03:57 AM 05:57 AM 07:58 AM 09:58 AM 11:58 AM 01:59 PM 03:59 PM 05:59 PM 08:00 PM 10:00 PM |

मंगलवार, 11 मार्च 2025
Tuesday, 11 March 2025

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| गणित | पाठ-12: बीजीय व्यंजक | हिंदी | 12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:50 PM |
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| हिन्दी | दूर्वा-२, पाठ-17: मौत का पहाड़ | हिंदी | 12:37 AM 02:36 AM 04:36 AM 06:35 AM 08:34 AM 10:33 AM 12:32 PM 02:32 PM 04:31 PM 06:30 PM 08:29 PM 10:29 PM |
| Geography | Ch-5: Water | English | 01:04 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:01 AM 01:00 PM 02:59 PM 04:58 PM 06:57 PM 08:57 PM 10:56 PM |
| Science | Ch-13: Motion and Time | English | 01:25 AM 03:24 AM 05:24 AM 07:23 AM 09:22 AM 11:21 AM 01:21 PM 03:20 PM 05:19 PM 07:18 PM 09:17 PM 11:17 PM |
| Vocational | Electricity and its importance | English | 01:50 AM 03:49 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:46 PM 03:45 PM 05:44 PM 07:43 PM 09:42 PM 11:42 PM |

बुधवार, 12 मार्च 2025
Wednesday, 12 March 2025

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| विज्ञान | पाठ-13: गति एवं समय | 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 05:58 PM 07:58 PM 09:58 PM 11:58 PM |
| संस्कृत | बुद्धिर्यस्य बलमतस्य | हिंदी | 12:35 AM 02:35 AM 04:35 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM |
| History | Ch-8: Devotional paths to divine-let us check what we remember | English | 12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:48 AM 10:48 AM 12:48 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM |
| Mathematics | Ch-12: Algebraic Expression | English | 01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM |
| Vocational | Blanket Stitch | English | 01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:46 AM 01:46 PM 03:46 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM |



बृहस्पतिवार, 13 मार्च 2025
Thursday, 13 March 2025

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| गणित | पाठ-11: परिमाप और क्षेत्रफल 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 10:05 PM |
| इतिहास | पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण | हिंदी | 12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM |
| English | Ch-7: The invention of vita-wonk, Dad & the Cat & the tree | English | 12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM |
| Science | Ch-12: Reproduction in plants | English | 01:24 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM |
| Vocational | Feather Stitch | English | 01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM |

शुक्रवार, 14 मार्च 2025
Friday, 14 March 2025

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| विज्ञान | पाठ-12: पादप में जनन | 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 09:55 PM 11:55 PM |
| हिन्दी | पाठ-18: वसंत-२: संघर्ष के कारण तुनुकमिजाज हो गया | हिंदी | 12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:25 AM 10:24 AM 12:24 PM 02:24 PM 04:23 PM 06:23 PM 08:22 PM 10:22 PM |
| Political science | Ch-7: Markets around us | English | 12:54 AM 02:53 AM 04:53 AM 06:53 AM 08:52 AM 10:52 AM 12:52 PM 02:51 PM 04:51 PM 06:51 PM 08:50 PM 10:50 PM |



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| Mathematics | Ch-11: Perimeter and area, Part-1 | English | 01:10 AM 03:10 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 |
| Vocational | Hand Embroidery Part B | English | 01:41 AM 03:41 AM 05:40 AM 07:40 AM 09:39 AM 11:39 AM 01:39 PM 03:38 PM 05:38 PM 07:38 PM 09:37 PM 11:37 PM |

शनिवार, 15 मार्च 2025
Saturday, 15 March 2025

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| गणित | पाठ-11: परिमाप और क्षेत्रफल भाग-2 | हिंदी | 12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM |
| संस्कृत | भूपति मयादस | हिंदी | 12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:49 PM |
| Geography | Ch-4: Air | English | 01:03 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM |
| Science | Ch-11: Transportation in Animals & Plants | English | 01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:32 PM |
| Vocational | Personal hygiene and Health | English | 01:46 AM 03:47 AM 05:47 AM 07:48 AM 09:49 AM 11:50 AM 01:51 PM 03:52 PM 05:53 PM 07:53 PM 09:54 PM 11:55 PM |

रविवार, 16 मार्च 2025
Sunday, 16 March 2025

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| शारीरिक शिक्षा | धनुरासन | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM |
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| राजनीति विज्ञान | पाठ-6: संचार माध्यमों को समझना | हिंदी | 12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM |
| Maths/Science Activity | Maths activity-1: To explore the cubic algebraic activity | English | 12:56 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:58 PM 06:59 PM 08:59 PM 10:59 PM |
| History | Ch-7: Tribes, nomads and settled communities | English | 01:09 AM 03:10 AM 05:10 AM 07:10 AM 09:11 AM 11:11 AM 01:12 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:13 PM |
| Vocational | Tools And Materials | English | 01:36 AM 03:37 AM 05:37 AM 07:37 AM 09:38 AM 11:38 AM 01:39 PM 03:39 PM 05:39 PM 07:40 PM 09:40 PM 11:40 PM |

सोमवार, 17 मार्च 2025
Monday, 17 March 2025

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| विज्ञान | पाठ-11: जंतुओं और पादप में परिवहन (भाग-2) | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM |
| भूगोल | पाठ-5: जल | हिंदी | 12:20 AM 02:20 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM |
| English | Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 7 | English | 12:54 AM 02:54 AM 04:54 AM 06:55 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM |
| Mathematics | Ch-11: Perimeter and area, Part-2 | English | 01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:29 PM |
| Vocational | The evolution of communication | English | 01:52 AM 03:52 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM |



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मंगलवार, 18 मार्च 2025
Tuesday, 18 March 2025

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| गणित | पाठ-10: प्रायोगिक ज्यामिति | हिंदी | 12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM |
| हिन्दी | दूर्वा-२, पाठ-16: मिट्टी की मूर्तियाँ | हिंदी | 12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM |
| Geography | Ch-3: Our Changing Earth | English | 12:56 AM 02:56 AM 04:57 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 03:00 PM 05:00 PM 07:01 PM 09:02 PM 11:02 PM |
| Science | Ch-10: Respiration In Organisms | English | 01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:21 PM 03:21 PM 05:22 PM 07:22 PM 09:23 PM 11:24 PM |
| Vocational | Electricity and its importance | English | 01:47 AM 03:48 AM 05:49 AM 07:49 AM 09:50 AM 11:50 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:54 PM |

बुधवार, 19 मार्च 2025
Wednesday, 19 March 2025

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| विज्ञान | पाठ-11: जंतुओं और पादप में परिवहन (भाग-1) | हिंदी | 12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM |
| संस्कृत | चतुर बानर | हिंदी | 12:25 AM 02:24 AM 04:24 AM 06:23 AM 08:22 AM 10:22 AM 12:21 PM 02:20 PM 04:20 PM 06:19 PM 08:18 PM 10:18 PM |
| History | Ch-4: The Mughal Empire | English | 12:34 AM 02:34 AM 04:33 AM 06:33 AM 08:32 AM 10:31 AM 12:31 PM 02:30 PM 04:29 PM 06:29 PM 08:28 PM 10:27 PM |



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| Mathematics | Ch-10: Practical geometry | English | 01:14 AM 03:14 AM 05:13 AM 07:12 AM 09:12 AM 11:11 AM 01:11 PM 03:10 PM 05:09 PM 07:09 PM 09:08 PM 11:07 PM |
| Vocational | Electricity and its importance | English | 01:45 AM 03:44 AM 05:44 AM 07:43 AM 09:42 AM 11:42 AM 01:41 PM 03:41 PM 05:40 PM 07:39 PM 09:39 PM 11:38 PM |

बृहस्पतिवार, 20 मार्च 2025
Thursday, 20 March 2025

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| गणित | पाठ-9: परिमेय संख्याएँ | हिंदी | 12:10 AM 02:10 AM 04:09 AM 06:09 AM 08:08 AM 10:08 AM 12:07 PM 02:07 PM 04:07 PM 06:06 PM 08:06 PM 10:05 PM |
| इतिहास | पाठ-8: ईश्वर से अनुराग | हिंदी | 12:43 AM 02:42 AM 04:42 AM 06:42 AM 08:41 AM 10:41 AM 12:40 PM 02:40 PM 04:39 PM 06:39 PM 08:38 PM 10:38 PM |
| English | Ch-6: Expert detectives Part-1 | English | 01:15 AM 03:15 AM 05:14 AM 07:14 AM 09:13 AM 11:13 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:11 PM 11:10 PM |
| Science | Ch-09: Soil | English | 01:35 AM 03:35 AM 05:34 AM 07:34 AM 09:33 AM 11:33 AM 01:33 PM 03:32 PM 05:32 PM 07:31 PM 09:31 PM 11:30 PM |
| Vocational | Finishing and costing of embroidered Products | English | 01:41 AM 03:40 AM 05:40 AM 07:40 AM 09:39 AM 11:39 AM 01:38 PM 03:38 PM 05:37 PM 07:37 PM 09:36 PM 11:36 PM |

शुक्रवार, 21 मार्च 2025
Friday, 21 March 2025

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| विज्ञान | पाठ-10: जीवों में श्वसन | हिंदी | 12:08 AM 02:08 AM 04:08 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM |
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| हिन्दी | पाठ-17: वसंत-२: वीर कुँवर सिंह | 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 |
| Political science | Ch-6: Understanding media | English | 12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:45 PM |
| Mathematics | Ch-9: Rational numbers | English | 01:11 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM |
| Vocational | Electricity and its importance | English | 01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:49 PM 11:49 PM |

शनिवार, 22 मार्च 2025
Saturday, 22 March 2025

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| गणित | पाठ-8: राशियों की तुलना | 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 |
| संस्कृत | सम्बन्धो ही दुर्जयः | हिंदी | 12:45 AM 02:46 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:54 PM 10:55 PM |
| Geography | Ch-2: Inside our Earth | English | 01:00 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:05 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM |
| Science | Ch-6: Physical Changes | English | 01:25 AM 03:25 AM 05:26 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 11:35 PM |
| Vocational | Seed Germination | English | 01:49 AM 03:50 AM 05:51 AM 07:52 AM 09:53 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM |



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रविवार, 23 मार्च 2025
Sunday, 23 March 2025

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| शारीरिक शिक्षा | त्रिकोणासन | 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 |
| राजनीति विज्ञान | पाठ-5: औरतों ने बदली दुनिया | हिंदी | 12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM |
| Maths/Science Activity | Maths activity-1: To explore the cubic algebraic activity | English | 01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM |
| History | Ch-3: The Delhi Sultans | English | 01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:19 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM |
| Vocational | The evolution of communication | English | 01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:46 AM 01:46 PM 03:47 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM |

सोमवार, 24 मार्च 2025
Monday, 24 March 2025

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| विज्ञान | पाठ-6: भौतिक एवं रासायनिक परिवर्तन | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:02 PM |
| भूगोल | पाठ-4: वायु | हिंदी | 12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM |
| English | Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 6 | English | 12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:51 PM 10:51 PM |



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| Mathematics | Ch-8: Comparing quantities | English | 01:13 AM 03:13 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM |
| Vocational | Electricity and its importance | English | 01:47 AM 03:47 AM 05:47 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM |

मंगलवार, 25 मार्च 2025
Tuesday, 25 March 2025

| | | | |
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| गणित | पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1 | हिंदी | 12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM |
| हिन्दी | दूर्वा-२, पाठ-12: शहीद झलकारी बाई | हिंदी | 12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:30 PM 10:30 PM |
| Geography | Ch-1: Environment | English | 12:50 AM 02:50 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM |
| Science | Ch-5: Acids, Bases, And Salts | English | 01:16 AM 03:16 AM 05:16 AM 07:15 AM 09:15 AM 11:15 AM 01:15 PM 03:15 PM 05:15 PM 07:14 PM 09:14 PM 11:14 PM |
| Vocational | Seed Germination | English | 01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:44 PM |

बुधवार, 26 मार्च 2025
Wednesday, 26 March 2025

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| विज्ञान | पाठ-5: अम्ल क्षार और लवण | 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 |
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| संस्कृत | पुनर्मूषको भवः | हिंदी | 12:36 AM 02:37 AM 04:37 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM |
| History | Ch-2: New Kings & Kingdom | English | 12:48 AM 02:49 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 08:52 PM 10:53 PM |
| Mathematics | Ch-7: Congruence of triangles | English | 01:14 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:19 PM |
| Vocational | Seed Germination | English | 01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:51 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:53 PM |

बृहस्पतिवार, 27 मार्च 2025

Thursday, 27 March 2025

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| गणित | Ch-6: त्रिभुज और उसके गुण भाग-1 | 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 |
| इतिहास | पाठ-7: जनजातियां, खानाबदोश और एक जगह बसे हुए समुदाय | हिंदी | 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 |
| English | Ch-6: Expert detectives Part-2 | 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 |
| Science | Ch-4: Heat | English | 01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM |
| Vocational | Seed Germination | English | 01:51 AM 03:51 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM |



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शुक्रवार, 28 मार्च 2025

Friday, 28 March 2025

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| विज्ञान | पाठ-4: ऊष्मा | 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 |
| हिन्दी | पाठ-16: भोर और बरखा | हिंदी | 12:21 AM 02:21 AM 04:21 AM 06:22 AM 08:22 AM 10:22 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:24 PM 10:24 PM |
| Political science | Ch-5: Women Change the World | English | 12:49 AM 02:49 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:52 PM 08:52 PM 10:52 PM |
| Mathematics | Ch-6: The triangle and its properties | English | 01:19 AM 03:19 AM 05:20 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:22 PM 09:22 PM 11:22 PM |
| Vocational | Tools And Materials | English | 01:37 AM 03:38 AM 05:38 AM 07:38 AM 09:39 AM 11:39 AM 01:39 PM 03:39 PM 05:40 PM 07:40 PM 09:40 PM 11:41 PM |

शनिवार, 29 मार्च 2025

Saturday, 29 March 2025

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| गणित | पाठ-5: रेखा एवं कोण | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM |
| संस्कृत | लोभः नाशाय | हिंदी | 12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM |
| Geography | Ch-9: Life in the desert | English | 12:45 AM 02:46 AM 04:46 AM 06:46 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:48 PM |



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| Science | Ch-2: Nutrition in Animals | English | 01:07 AM 03:07 AM 05:07 AM 07:07 AM 09:08 AM 11:08 AM 01:08 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:09 PM |
| Vocational | घर पर बनाए हर्बल शैम्पू | हिंदी | 01:31 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:33 PM 07:33 PM 09:33 PM 11:33 PM |

रविवार, 30 मार्च 2025
Sunday, 30 March 2025

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| शारीरिक शिक्षा | पद्मासन | 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 |
| राजनीति विज्ञान | पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना | हिंदी | 12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM |
| Maths/Science Activity | Maths activity-1: To explore the cubic algebraic activity | English | 01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:04 PM |
| History | Ch-1: Tracing Changes Through a Thousand Years | English | 01:12 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:14 PM 07:14 PM 09:15 PM 11:15 PM |
| Vocational | Electricity and its importance | English | 01:44 AM 03:45 AM 05:45 AM 07:45 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:47 PM 11:48 PM |

सोमवार, 31 मार्च 2025
Monday, 31 March 2025

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| विज्ञान | पाठ-3: कोकून से रेशम तक (CWSN) | 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 |
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| भूगोल | पाठ-3: हमारी बदलती पृथ्वी | हिंदी | 12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM |
| English | Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 4, Present Perfect Continuous | English | 12:47 AM 02:48 AM 04:48 AM 06:48 AM 08:48 AM 10:48 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM |
| Mathematics | Ch-5: Lines and angles | English | 01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM |
| Vocational | The evolution of communication | English | 01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM |



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