

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

मई 2025

May 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बृहस्पतिवार, 01 मई 2025 Thursday, 01 May 2025			
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:52 PM 11:51 PM
इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:37 AM 02:36 AM 04:35 AM 06:35 AM 08:34 AM 10:33 AM 12:32 PM 02:32 PM 04:31 PM 06:30 PM 08:30 PM 10:29 PM
General Awareness	e-waste management Film 2	English	12:58 AM 02:58 AM 04:57 AM 06:56 AM 08:56 AM 10:55 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:51 PM 10:51 PM
English	Ch-1: The Squirrel	English	01:08 AM 03:07 AM 05:06 AM 07:05 AM 09:05 AM 11:04 AM 01:03 PM 03:03 PM 05:02 PM 07:01 PM 09:00 PM 11:00 PM
General	Energy Saving	English	01:20 AM 03:19 AM 05:19 AM 07:18 AM 09:17 AM 11:16 AM 01:16 PM 03:15 PM 05:14 PM 07:14 PM 09:13 PM 11:12 PM
General Awareness	Online predators	English	01:22 AM 03:21 AM 05:20 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:17 PM 05:16 PM 07:15 PM 09:15 PM 11:14 PM
Science	Ch-3: Fibre To Fabric, Part-1	English	01:23 AM 03:22 AM 05:21 AM 07:21 AM 09:20 AM 11:19 AM 01:19 PM 03:18 PM 05:17 PM 07:16 PM 09:16 PM 11:15 PM



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Vocational	Seed Germination	English	01:48 AM 03:47 AM 05:46 AM 07:46 AM 09:45 AM 11:44 AM 01:44 PM 03:43 PM 05:42 PM 07:41 PM 09:41 PM 11:40 PM
General Awareness	Growing up Healthy	English	01:55 AM 03:54 AM 05:53 AM 07:52 AM 09:52 AM 11:51 AM 01:50 PM 03:50 PM 05:49 PM 07:48 PM 09:47 PM 11:47 PM
शुक्रवार, 02 मई 2025 Friday, 02 May 2025			
विज्ञान	पाठ-3: कोकून से रेशम तक (CWSN)	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
हिन्दी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:09 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:11 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
Political science	Ch-2: Role of the Government in Health	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
Mathematics	Ch-3: Data Handling	English	01:08 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:10 PM 05:10 PM 07:10 PM 09:11 PM 11:11 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM
शनिवार, 03 मई 2025 Saturday, 03 May 2025			
गणित	पाठ-३: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:56 PM 11:56 PM
General Awareness	Why Seasons Happen?	English	12:37 AM 02:37 AM 04:36 AM 06:36 AM 08:36 AM 10:35 AM 12:35 PM 02:35 PM 04:34 PM 06:34 PM 08:34 PM 10:34 PM
संस्कृत	बुद्धि बलवती	हिंदी	12:40 AM 02:40 AM 04:40 AM 06:39 AM 08:39 AM 10:39 AM 12:38 PM 02:38 PM 04:38 PM 06:37 PM 08:37 PM 10:37 PM
General Awareness	Fake-Whatsapp-Messages	English	12:46 AM 02:46 AM 04:46 AM 06:45 AM 08:45 AM 10:45 AM 12:44 PM 02:44 PM 04:44 PM 06:44 PM 08:43 PM 10:43 PM



Geography	Ch-2: Inside our Earth	English	12:49 AM 02:48 AM 04:48 AM 06:48 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:46 PM 06:46 PM 08:46 PM 10:45 PM
General Awareness	Growing up Healthy	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:07 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:05 PM 09:05 PM 11:05 PM
Science	Ch-3: Fibre To Fabric, Part-1	English	01:13 AM 03:13 AM 05:12 AM 07:12 AM 09:12 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:10 PM 09:10 PM 11:10 PM
Vocational	Tools And Materials	English	01:39 AM 03:39 AM 05:38 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
रविवार, 04 मई 2025 Sunday, 04 May 2025			
शारीरिक शिक्षा	धनुरासन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:56 PM
General Awareness	Online gaming safety for children	English	12:13 AM 02:13 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:11 PM 02:11 PM 04:11 PM 06:11 PM 08:10 PM 10:10 PM
राजनीति विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (Part-1)	हिंदी	12:14 AM 02:14 AM 04:13 AM 06:13 AM 08:13 AM 10:13 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:11 PM 10:11 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:01 AM 03:01 AM 05:01 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:58 PM
General Awareness	Cyber Stalking	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:07 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:05 PM 09:05 PM 11:05 PM
History	Ch-2: New King & Kingdom	English	01:09 AM 03:09 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:07 PM 03:07 PM 05:07 PM 07:06 PM 09:06 PM 11:06 PM
General	Tadasana	English	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:28 AM 11:28 AM 01:28 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:26 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:32 AM 03:31 AM 05:31 AM 07:31 AM 09:31 AM 11:30 AM 01:30 PM 03:30 PM 05:29 PM 07:29 PM 09:29 PM 11:29 PM



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सोमवार, 05 मई 2025 Monday, 05 May 2025			
विज्ञान	पाठ-3: कोकून से रेशम तक (CWSN)	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	Cyber Stalking	English	12:09 AM 02:10 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:17 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:10 AM 02:11 AM 04:12 AM 06:13 AM 08:13 AM 10:14 AM 12:15 PM 02:15 PM 04:16 PM 06:17 PM 08:18 PM 10:18 PM
English	Ch-1: The Squirrel	English	12:30 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
Mathematics	Ch-3: Data Handling	English	01:13 AM 03:14 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:20 PM 09:21 PM 11:21 PM
General Awareness	Online gaming safety for children	English	01:46 AM 03:46 AM 05:47 AM 07:48 AM 09:49 AM 11:49 AM 01:50 PM 03:51 PM 05:51 PM 07:52 PM 09:53 PM 11:54 PM
Vocational	Light as electromagnetic spectrum	English	01:47 AM 03:47 AM 05:48 AM 07:49 AM 09:50 AM 11:50 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
General Awareness	Safety and Security against Violence and Injuries	English	01:55 AM 03:55 AM 05:56 AM 07:57 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:02 PM
मंगलवार, 06 मई 2025 Tuesday, 06 May 2025			
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
General Awareness	Cyber Stalking	English	12:35 AM 02:35 AM 04:34 AM 06:33 AM 08:33 AM 10:32 AM 12:32 PM 02:31 PM 04:31 PM 06:30 PM 08:29 PM 10:29 PM
हिन्दी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:36 AM 02:36 AM 04:35 AM 06:34 AM 08:34 AM 10:33 AM 12:33 PM 02:32 PM 04:32 PM 06:31 PM 08:31 PM 10:30 PM



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Geography	Ch-2: Inside our Earth	English	01:05 AM 03:05 AM 05:04 AM 07:04 AM 09:03 AM 11:02 AM 01:02 PM 03:01 PM 05:01 PM 07:00 PM 09:00 PM 10:59 PM
Science	Ch-3: Fibre To Fabric, Part-1	English	01:26 AM 03:26 AM 05:25 AM 07:24 AM 09:24 AM 11:23 AM 01:23 PM 03:22 PM 05:22 PM 07:21 PM 09:20 PM 11:20 PM
General Awareness	Cyber Stalking	English	01:51 AM 03:51 AM 05:50 AM 07:49 AM 09:49 AM 11:48 AM 01:48 PM 03:47 PM 05:47 PM 07:46 PM 09:45 PM 11:45 PM
Vocational	Seed Germination	English	01:52 AM 03:52 AM 05:51 AM 07:51 AM 09:50 AM 11:49 AM 01:49 PM 03:48 PM 05:48 PM 07:47 PM 09:47 PM 11:46 PM

बुधवार, 07 मई 2025
Wednesday, 07 May 2025

विज्ञान	पाठ-3: कोकून से रेशम तक (CWSN)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:56 PM 09:56 PM 11:56 PM
संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:13 AM 02:12 AM 04:12 AM 06:12 AM 08:11 AM 10:11 AM 12:11 PM 02:10 PM 04:10 PM 06:10 PM 08:09 PM 10:09 PM
History	Ch-2: New King & Kingdom	English	12:44 AM 02:43 AM 04:43 AM 06:43 AM 08:42 AM 10:42 AM 12:42 PM 02:41 PM 04:41 PM 06:41 PM 08:40 PM 10:40 PM
Mathematics	Ch-3: Data Handling(Part-1)	English	01:05 AM 03:04 AM 05:04 AM 07:04 AM 09:03 AM 11:03 AM 01:03 PM 03:02 PM 05:02 PM 07:02 PM 09:01 PM 11:01 PM
Vocational	घर पर बनाए हर्बल शेम्पू	हिंदी	01:30 AM 03:29 AM 05:29 AM 07:29 AM 09:28 AM 11:28 AM 01:28 PM 03:27 PM 05:27 PM 07:27 PM 09:26 PM 11:26 PM

बृहस्पतिवार, 08 मई 2025
Thursday, 08 May 2025

गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:51 PM 11:50 PM
General Awareness	Growing up Healthy	English	12:36 AM 02:35 AM 04:34 AM 06:34 AM 08:33 AM 10:32 AM 12:31 PM 02:30 PM 04:29 PM 06:29 PM 08:28 PM 10:27 PM



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इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:40 AM 02:39 AM 04:39 AM 06:38 AM 08:37 AM 10:36 AM 12:35 PM 02:34 PM 04:34 PM 06:33 PM 08:32 PM 10:31 PM
English	Ch-1: The Squirrel	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:57 PM 04:56 PM 06:55 PM 08:55 PM 10:54 PM
General Awareness	Online gaming safety for children	English	01:15 AM 03:14 AM 05:14 AM 07:13 AM 09:12 AM 11:11 AM 01:10 PM 03:09 PM 05:09 PM 07:08 PM 09:07 PM 11:06 PM
Science	Ch-3: Fibre To Fabric, Part-2	English	01:16 AM 03:15 AM 05:15 AM 07:14 AM 09:13 AM 11:12 AM 01:11 PM 03:11 PM 05:10 PM 07:09 PM 09:08 PM 11:07 PM
Vocational	Personal hygiene and Health	English	01:40 AM 03:40 AM 05:39 AM 07:38 AM 09:37 AM 11:36 AM 01:36 PM 03:35 PM 05:34 PM 07:33 PM 09:32 PM 11:31 PM
General	Energy Saving	English	01:57 AM 03:56 AM 05:55 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
शुक्रवार, 09 मई 2025 Friday, 09 May 2025			
विज्ञान	पाठ-3: कोकून से रेशम तक (CWSN)	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:54 PM 11:53 PM
General	Energy Saving	English	12:13 AM 02:12 AM 04:12 AM 06:11 AM 08:10 AM 10:10 AM 12:09 PM 02:09 PM 04:08 PM 06:08 PM 08:07 PM 10:07 PM
हिन्दी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:14 AM 02:14 AM 04:13 AM 06:13 AM 08:12 AM 10:12 AM 12:11 PM 02:10 PM 04:10 PM 06:09 PM 08:09 PM 10:08 PM
Political science	Ch-2: Role of the Government in Health	English	12:43 AM 02:42 AM 04:42 AM 06:41 AM 08:41 AM 10:40 AM 12:39 PM 02:39 PM 04:38 PM 06:38 PM 08:37 PM 10:37 PM
General	Energy Saving	English	01:13 AM 03:12 AM 05:12 AM 07:11 AM 09:11 AM 11:10 AM 01:09 PM 03:09 PM 05:08 PM 07:08 PM 09:07 PM 11:07 PM



Mathematics	Ch-3: Data Handling(Part-1)	English	01:14 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:11 PM 03:11 PM 05:10 PM 07:10 PM 09:09 PM 11:08 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:38 AM 07:38 AM 09:37 AM 11:37 AM 01:36 PM 03:36 PM 05:35 PM 07:34 PM 09:34 PM 11:33 PM
शनिवार, 10 मई 2025 Saturday, 10 May 2025			
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
General Awareness	Fake-Whatsapp-Messages	English	12:45 AM 02:44 AM 04:43 AM 06:42 AM 08:41 AM 10:40 AM 12:39 PM 02:38 PM 04:37 PM 06:36 PM 08:35 PM 10:34 PM
संस्कृत	बुद्धि बलवती	हिंदी	12:47 AM 02:46 AM 04:45 AM 06:44 AM 08:43 AM 10:42 AM 12:41 PM 02:40 PM 04:39 PM 06:38 PM 08:37 PM 10:36 PM
Geography	Ch-2: Inside our Earth	English	12:54 AM 02:53 AM 04:52 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
Science	Ch-3: Fibre To Fabric, Part-2	English	01:20 AM 03:19 AM 05:18 AM 07:17 AM 09:16 AM 11:15 AM 01:14 PM 03:13 PM 05:12 PM 07:12 PM 09:11 PM 11:10 PM
General	Energy Saving	English	01:44 AM 03:43 AM 05:42 AM 07:41 AM 09:40 AM 11:39 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM
Vocational	Tools And Materials	English	01:46 AM 03:45 AM 05:44 AM 07:43 AM 09:42 AM 11:41 AM 01:40 PM 03:39 PM 05:38 PM 07:37 PM 09:36 PM 11:35 PM
रविवार, 11 मई 2025 Sunday, 11 May 2025			
शारीरिक शिक्षा	धनुरासन	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 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
राजनीति विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (Part-1)	हिंदी	12:47 AM 02:46 AM 04:46 AM 06:45 AM 08:45 AM 10:45 AM 12:44 PM 02:44 PM 04:43 PM 06:43 PM 08:43 PM 10:42 PM



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General Awareness	Growing up Healthy	English	01:03 AM 03:03 AM 05:03 AM 07:02 AM 09:02 AM 11:01 AM 01:01 PM 03:01 PM 05:00 PM 07:00 PM 08:59 PM 10:59 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 11:06 AM 01:05 PM 03:05 PM 05:04 PM 07:04 PM 09:04 PM 11:03 PM
General	E-Waste	English	01:14 AM 03:14 AM 05:13 AM 07:13 AM 09:13 AM 11:12 AM 01:12 PM 03:11 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
History	Ch-2: New King & Kingdom	English	01:16 AM 03:15 AM 05:15 AM 07:15 AM 09:14 AM 11:14 AM 01:13 PM 03:13 PM 05:13 PM 07:12 PM 09:12 PM 11:11 PM
General	Waste Reduced	English	01:36 AM 03:36 AM 05:35 AM 07:35 AM 09:35 AM 11:34 AM 01:34 PM 03:33 PM 05:33 PM 07:33 PM 09:32 PM 11:32 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:38 AM 03:37 AM 05:37 AM 07:36 AM 09:36 AM 11:36 AM 01:35 PM 03:35 PM 05:34 PM 07:34 PM 09:34 PM 11:33 PM

सोमवार, 12 मई 2025

Monday, 12 May 2025

विज्ञान	पाठ-3: कोकून से रेशम तक (CWSN)	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
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:13 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
Earthquake	Earthquake - Drop, Cover, Hold technique	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
English	An Alien Hand, Ch-1: The Tiny Teacher	English	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 08:35 PM 10:36 PM
Mathematics	Ch-3: Data Handling(Part-2)	English	01:13 AM 03:13 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:36 AM 05:37 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



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मंगलवार, 13 मई 2025 Tuesday, 13 May 2025			
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
हिन्दी	दूर्वा-२, पाठ-4: गुब्बारे पर चीता	हिंदी	12:39 AM 02:38 AM 04:37 AM 06:36 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:33 PM 06:32 PM 08:31 PM 10:31 PM
General Awareness	Growing up Healthy	English	12:54 AM 02:53 AM 04:53 AM 06:52 AM 08:51 AM 10:51 AM 12:50 PM 02:49 PM 04:48 PM 06:48 PM 08:47 PM 10:46 PM
Geography	Ch-3: Our Changing Earth	English	12:58 AM 02:58 AM 04:57 AM 06:56 AM 08:55 AM 10:55 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:51 PM 10:50 PM
Science	Ch-3: Fibre To Fabric, Part-2	English	01:19 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:15 AM 01:14 PM 03:14 PM 05:13 PM 07:12 PM 09:12 PM 11:11 PM
General Awareness	Nutrition_Health and Sanitation	English	01:43 AM 03:42 AM 05:42 AM 07:41 AM 09:40 AM 11:39 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:36 PM 11:35 PM
Vocational	Electricity and its importance	English	01:49 AM 03:49 AM 05:48 AM 07:47 AM 09:46 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:43 PM 09:42 PM 11:41 PM
बुधवार, 14 मई 2025 Wednesday, 14 May 2025			
विज्ञान	पाठ-4: ऊष्मा	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 05:57 PM 07:57 PM 09:57 PM 11:57 PM
General Awareness	Fake-Whatsapp-Messages	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:24 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:21 PM 10:21 PM
General Awareness	Online predators	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:49 PM 08:49 PM 10:49 PM



History	Ch-3: The Delhi Sultans	English	12:53 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:50 PM 08:50 PM 10:50 PM
General Awareness	Fake-Whatsapp-Messages	English	01:16 AM 03:16 AM 05:15 AM 07:15 AM 09:15 AM 11:15 AM 01:15 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:13 PM
Mathematics	Ch-3: Data Handling(Part-2)	English	01:19 AM 03:19 AM 05:19 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
Vocational	Design and Tracing Methods	English	01:46 AM 03:46 AM 05:46 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM
General Awareness	Understanding how long things take to decompose	English	01:49 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:47 AM 01:47 PM 03:47 PM 05:47 PM 07:46 PM 09:46 PM 11:46 PM
बृहस्पतिवार, 15 मई 2025 Thursday, 15 May 2025			
General	Waste Reduced	English	12:00 AM 01:58 AM 03:56 AM 05:55 AM 07:53 AM 09:51 AM 11:50 AM 01:48 PM 03:46 PM 05:45 PM 07:43 PM 09:42 PM 11:40 PM
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -2	हिंदी	12:05 AM 02:04 AM 04:02 AM 06:00 AM 07:59 AM 09:57 AM 11:56 AM 01:54 PM 03:52 PM 05:51 PM 07:49 PM 09:47 PM 11:46 PM
General Awareness	Cyber Stalking	English	12:39 AM 02:37 AM 04:36 AM 06:34 AM 08:33 AM 10:31 AM 12:29 PM 02:28 PM 04:26 PM 06:24 PM 08:23 PM 10:21 PM
इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:46 AM 02:44 AM 04:43 AM 06:41 AM 08:40 AM 10:38 AM 12:36 PM 02:35 PM 04:33 PM 06:31 PM 08:30 PM 10:28 PM
General Awareness	Online gaming safety for children	English	01:10 AM 03:08 AM 05:06 AM 07:05 AM 09:03 AM 11:01 AM 01:00 PM 02:58 PM 04:56 PM 06:55 PM 08:53 PM 10:52 PM
General Awareness	Gender Equality	English	01:11 AM 03:10 AM 05:08 AM 07:06 AM 09:05 AM 11:03 AM 01:01 PM 03:00 PM 04:58 PM 06:57 PM 08:55 PM 10:53 PM



English	An Alien Hand, Ch-1: The Tiny Teacher	English	01:18 AM 03:17 AM 05:15 AM 07:13 AM 09:12 AM 11:10 AM 01:09 PM 03:07 PM 05:05 PM 07:04 PM 09:02 PM 11:00 PM
Science	Ch-3: Fibre To Fabric	English	01:32 AM 03:30 AM 05:29 AM 07:27 AM 09:25 AM 11:24 AM 01:22 PM 03:20 PM 05:19 PM 07:17 PM 09:16 PM 11:14 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:34 AM 03:32 AM 05:31 AM 07:29 AM 09:27 AM 11:26 AM 01:24 PM 03:23 PM 05:21 PM 07:19 PM 09:18 PM 11:16 PM
General Awareness	Growing up Healthy	English	01:54 AM 03:52 AM 05:50 AM 07:49 AM 09:47 AM 11:46 AM 01:44 PM 03:42 PM 05:41 PM 07:39 PM 09:37 PM 11:36 PM
शुक्रवार, 16 मई 2025 Friday, 16 May 2025			
General Awareness	Interpersonal Relationships	English	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 05:53 PM 07:52 PM 09:51 PM 11:50 PM
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:09 AM 02:08 AM 04:07 AM 06:06 AM 08:06 AM 10:05 AM 12:04 PM 02:03 PM 04:02 PM 06:02 PM 08:01 PM 10:00 PM 11:59 PM
हिन्दी	दूर्वा-२, पाठ-4: गुब्बारे पर चीता	हिंदी	12:27 AM 02:26 AM 04:25 AM 06:24 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:20 PM 08:19 PM 10:18 PM
General Awareness	Emotional well being and mental health	English	12:42 AM 02:41 AM 04:41 AM 06:40 AM 08:39 AM 10:38 AM 12:38 PM 02:37 PM 04:36 PM 06:35 PM 08:35 PM 10:34 PM
Political science	Ch-3: How the State Government Works	English	12:47 AM 02:46 AM 04:46 AM 06:45 AM 08:44 AM 10:43 AM 12:43 PM 02:42 PM 04:41 PM 06:40 PM 08:39 PM 10:39 PM
General Awareness	Social Networking	English	01:10 AM 03:09 AM 05:09 AM 07:08 AM 09:07 AM 11:06 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:02 PM
Mathematics	Ch-4: Simple Equations	English	01:15 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:11 AM 01:10 PM 03:10 PM 05:09 PM 07:08 PM 09:07 PM 11:07 PM



General Awareness	Value and responsible Citizenship	English	01:41 AM 03:40 AM 05:40 AM 07:39 AM 09:38 AM 11:37 AM 01:37 PM 03:36 PM 05:35 PM 07:34 PM 09:34 PM 11:33 PM
Vocational	Personal hygiene and Health	English	01:46 AM 03:45 AM 05:45 AM 07:44 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:39 PM 11:38 PM
General Awareness	Fake-Whatsapp-Messages	English	01:56 AM 03:56 AM 05:55 AM 07:54 AM 09:53 AM 11:53 AM 01:52 PM 03:51 PM 05:50 PM 07:50 PM 09:49 PM 11:48 PM
शनिवार, 17 मई 2025 Saturday, 17 May 2025			
गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:54 PM 11:53 PM
General Awareness	Personal Safety	English	12:38 AM 02:37 AM 04:37 AM 06:36 AM 08:36 AM 10:35 AM 12:35 PM 02:34 PM 04:33 PM 06:33 PM 08:32 PM 10:32 PM
संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:52 AM 02:51 AM 04:51 AM 06:50 AM 08:50 AM 10:49 AM 12:49 PM 02:48 PM 04:48 PM 06:47 PM 08:47 PM 10:46 PM
Earthquake	Earthquake - What to do when indoors during an earthquake	English	01:01 AM 03:01 AM 05:00 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
Geography	Ch-3: Our Changing Earth	English	01:03 AM 03:03 AM 05:02 AM 07:02 AM 09:01 AM 11:00 AM 01:00 PM 02:59 PM 04:59 PM 06:58 PM 08:58 PM 10:57 PM
Science	Ch-3: Fibre To Fabric	English	01:23 AM 03:23 AM 05:22 AM 07:22 AM 09:21 AM 11:21 AM 01:20 PM 03:20 PM 05:19 PM 07:18 PM 09:18 PM 11:17 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:57 AM 03:56 AM 05:56 AM 07:55 AM 09:54 AM 11:54 AM 01:53 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:51 PM



रविवार, 18 मई 2025 Sunday, 18 May 2025			
General Awareness	Online gaming safety for children	English	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
शारीरिक शिक्षा	त्रिकोणासन	हिंदी	12:02 AM 02:03 AM 04:03 AM 06:04 AM 08:04 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
राजनीति विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (Part-2)	हिंदी	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:24 PM 10:24 PM
General Awareness	Tree Tale - Kadamba	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:38 PM 06:39 PM 08:39 PM 10:40 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:40 PM 04:40 PM 06:41 PM 08:41 PM 10:42 PM
History	Ch-3: The Delhi Sultans	English	12:44 AM 02:44 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM
General Awareness	e-waste management Block-3	English	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM
सोमवार, 19 मई 2025 Monday, 19 May 2025			
विज्ञान	पाठ-4: ऊष्मा	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
भूगोल	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:21 AM 02:21 AM 04:20 AM 06:19 AM 08:18 AM 10:17 AM 12:17 PM 02:16 PM 04:15 PM 06:14 PM 08:13 PM 10:13 PM
General	Energy Saving	English	12:46 AM 02:45 AM 04:44 AM 06:43 AM 08:42 AM 10:42 AM 12:41 PM 02:40 PM 04:39 PM 06:38 PM 08:38 PM 10:37 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 1, Simple Present	English	12:47 AM 02:46 AM 04:46 AM 06:45 AM 08:44 AM 10:43 AM 12:42 PM 02:42 PM 04:41 PM 06:40 PM 08:39 PM 10:39 PM
General Awareness	Online gaming safety for children	English	01:12 AM 03:12 AM 05:11 AM 07:10 AM 09:09 AM 11:08 AM 01:08 PM 03:07 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM
General Awareness	Fake-Whatsapp-Messages	English	01:13 AM 03:13 AM 05:12 AM 07:11 AM 09:10 AM 11:09 AM 01:09 PM 03:08 PM 05:07 PM 07:06 PM 09:06 PM 11:05 PM
Mathematics	Ch-4: Simple Equations	English	01:16 AM 03:15 AM 05:14 AM 07:13 AM 09:13 AM 11:12 AM 01:11 PM 03:10 PM 05:09 PM 07:09 PM 09:08 PM 11:07 PM
General Awareness	Interpersonal Relationships	English	01:42 AM 03:41 AM 05:40 AM 07:40 AM 09:39 AM 11:38 AM 01:37 PM 03:36 PM 05:36 PM 07:35 PM 09:34 PM 11:33 PM
Vocational	Light as electromagnetic spectrum	English	01:47 AM 03:46 AM 05:45 AM 07:44 AM 09:43 AM 11:43 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:39 PM 11:38 PM
मंगलवार, 20 मई 2025 Tuesday, 20 May 2025			
गणित	पाठ-4: सरल समीकरण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:51 PM 11:50 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:34 AM 02:34 AM 04:33 AM 06:32 AM 08:31 AM 10:30 AM 12:29 PM 02:29 PM 04:28 PM 06:27 PM 08:26 PM 10:25 PM
हिन्दी	दूर्वा-२, पाठ-४: गुब्बारे पर चीता	हिंदी	12:36 AM 02:36 AM 04:35 AM 06:34 AM 08:33 AM 10:32 AM 12:31 PM 02:31 PM 04:30 PM 06:29 PM 08:28 PM 10:27 PM
General Awareness	Cyber Stalking	English	12:52 AM 02:51 AM 04:50 AM 06:50 AM 08:49 AM 10:48 AM 12:47 PM 02:46 PM 04:45 PM 06:45 PM 08:44 PM 10:43 PM
Geography	Ch-3: Our Changing Earth	English	12:53 AM 02:52 AM 04:51 AM 06:51 AM 08:50 AM 10:49 AM 12:48 PM 02:47 PM 04:46 PM 06:46 PM 08:45 PM 10:44 PM



Science	Ch-3: Fibre To Fabric	English	01:13 AM 03:12 AM 05:12 AM 07:11 AM 09:10 AM 11:09 AM 01:08 PM 03:08 PM 05:07 PM 07:06 PM 09:05 PM 11:04 PM
Vocational	Tools And Materials	English	01:15 AM 03:15 AM 05:14 AM 07:13 AM 09:12 AM 11:11 AM 01:11 PM 03:10 PM 05:09 PM 07:08 PM 09:07 PM 11:06 PM

बुधवार, 21 मई 2025
Wednesday, 21 May 2025

विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:52 AM 11:51 AM 01:49 PM 03:48 PM 05:47 PM 07:45 PM 09:44 PM 11:42 PM
उर्दू	ईदगाह	हिंदी	12:22 AM 02:21 AM 04:19 AM 06:18 AM 08:16 AM 10:15 AM 12:14 PM 02:12 PM 04:11 PM 06:09 PM 08:08 PM 10:06 PM
General Awareness	Social Networking	English	12:51 AM 02:49 AM 04:48 AM 06:46 AM 08:45 AM 10:43 AM 12:42 PM 02:40 PM 04:39 PM 06:38 PM 08:36 PM 10:35 PM
History	Ch-3: The Delhi Sultans	English	12:55 AM 02:53 AM 04:52 AM 06:50 AM 08:49 AM 10:48 AM 12:46 PM 02:45 PM 04:43 PM 06:42 PM 08:40 PM 10:39 PM
General Awareness	Emotional well being and mental health	English	01:15 AM 03:14 AM 05:13 AM 07:11 AM 09:10 AM 11:08 AM 01:07 PM 03:05 PM 05:04 PM 07:03 PM 09:01 PM 11:00 PM
Mathematics	Ch-4: Simple Equations	English	01:20 AM 03:19 AM 05:18 AM 07:16 AM 09:15 AM 11:13 AM 01:12 PM 03:10 PM 05:09 PM 07:07 PM 09:06 PM 11:05 PM
Vocational	Important tips for good embroidery work (Part B)	English	01:47 AM 03:46 AM 05:44 AM 07:43 AM 09:42 AM 11:40 AM 01:39 PM 03:37 PM 05:36 PM 07:34 PM 09:33 PM 11:31 PM

बृहस्पतिवार, 22 मई 2025
Thursday, 22 May 2025

गणित	पाठ-4: सरल समीकरण	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:50 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
General Awareness	Nutrition_Health and Sanitation	English	12:34 AM 02:33 AM 04:32 AM 06:31 AM 08:30 AM 10:29 AM 12:28 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:22 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:41 AM 02:40 AM 04:38 AM 06:37 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:32 PM 06:31 PM 08:29 PM 10:28 PM
General Awareness	Online gaming safety for children	English	01:04 AM 03:03 AM 05:02 AM 07:01 AM 09:00 AM 10:58 AM 12:57 PM 02:56 PM 04:55 PM 06:54 PM 08:53 PM 10:52 PM
English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 1, Simple Present	English	01:05 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:00 AM 12:58 PM 02:57 PM 04:56 PM 06:55 PM 08:54 PM 10:53 PM
Science	Ch-4: Heat	English	01:32 AM 03:31 AM 05:30 AM 07:28 AM 09:27 AM 11:26 AM 01:25 PM 03:24 PM 05:23 PM 07:22 PM 09:20 PM 11:19 PM
Vocational	Seed Germination	English	01:51 AM 03:50 AM 05:48 AM 07:47 AM 09:46 AM 11:45 AM 01:44 PM 03:43 PM 05:42 PM 07:41 PM 09:39 PM 11:38 PM
शुक्रवार, 23 मई 2025 Friday, 23 May 2025			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:53 PM 11:53 PM
General Awareness	Social Networking	English	12:17 AM 02:16 AM 04:16 AM 06:15 AM 08:14 AM 10:14 AM 12:13 PM 02:13 PM 04:12 PM 06:12 PM 08:11 PM 10:11 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:21 AM 02:20 AM 04:20 AM 06:19 AM 08:19 AM 10:18 AM 12:18 PM 02:17 PM 04:16 PM 06:16 PM 08:15 PM 10:15 PM
Political science	Ch-3: How the State Government Works	English	12:53 AM 02:53 AM 04:52 AM 06:52 AM 08:51 AM 10:51 AM 12:50 PM 02:50 PM 04:49 PM 06:48 PM 08:48 PM 10:47 PM
General Awareness	Fake-Whatsapp-Messages	English	01:17 AM 03:16 AM 05:16 AM 07:15 AM 09:15 AM 11:14 AM 01:14 PM 03:13 PM 05:13 PM 07:12 PM 09:12 PM 11:11 PM
General Awareness	Emotional well being and mental health	English	01:19 AM 03:19 AM 05:18 AM 07:18 AM 09:17 AM 11:17 AM 01:16 PM 03:16 PM 05:15 PM 07:14 PM 09:14 PM 11:13 PM



Mathematics	Ch-4: Simple Equations part-1	English	01:24 AM 03:24 AM 05:23 AM 07:23 AM 09:22 AM 11:22 AM 01:21 PM 03:20 PM 05:20 PM 07:19 PM 09:19 PM 11:18 PM
General Awareness	Why Seasons Happen?	English	01:43 AM 03:42 AM 05:42 AM 07:41 AM 09:41 AM 11:40 AM 01:40 PM 03:39 PM 05:39 PM 07:38 PM 09:37 PM 11:37 PM
Vocational	Seed Germination	English	01:46 AM 03:46 AM 05:45 AM 07:45 AM 09:44 AM 11:44 AM 01:43 PM 03:42 PM 05:42 PM 07:41 PM 09:41 PM 11:40 PM
शनिवार, 24 मई 2025 Saturday, 24 May 2025			
गणित	पाठ-4: सरल समीकरण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:50 PM
उर्दू	ईदगाह	हिंदी	12:34 AM 02:34 AM 04:33 AM 06:32 AM 08:31 AM 10:30 AM 12:29 PM 02:29 PM 04:28 PM 06:27 PM 08:26 PM 10:25 PM
General Awareness	Fake-Whatsapp-Messages	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:58 AM 12:58 PM 02:57 PM 04:56 PM 06:55 PM 08:54 PM 10:53 PM
Geography	Ch-3: Our Changing Earth	English	01:06 AM 03:06 AM 05:05 AM 07:04 AM 09:03 AM 11:02 AM 01:01 PM 03:01 PM 05:00 PM 06:59 PM 08:58 PM 10:57 PM
General	Energy Saving	English	01:27 AM 03:26 AM 05:25 AM 07:24 AM 09:23 AM 11:23 AM 01:22 PM 03:21 PM 05:20 PM 07:19 PM 09:18 PM 11:18 PM
Science	Ch-4: Heat	English	01:28 AM 03:27 AM 05:27 AM 07:26 AM 09:25 AM 11:24 AM 01:23 PM 03:22 PM 05:22 PM 07:21 PM 09:20 PM 11:19 PM
General Awareness	e-waste management Film 3	English	01:47 AM 03:46 AM 05:46 AM 07:45 AM 09:44 AM 11:43 AM 01:42 PM 03:41 PM 05:41 PM 07:40 PM 09:39 PM 11:38 PM
Vocational	Electricity and its importance	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 09:44 PM 11:43 PM



रविवार, 25 मई 2025 Sunday, 25 May 2025			
शारीरिक शिक्षा	त्रिकोणासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
राजनीति विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (Part-2)	हिंदी	12:20 AM 02:21 AM 04:21 AM 06:21 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:06 AM 03:07 AM 05:07 AM 07:07 AM 09:08 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:10 PM
History	Ch-3: The Delhi Sultans	English	01:14 AM 03:14 AM 05:14 AM 07:15 AM 09:15 AM 11:15 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:17 PM 11:17 PM
General Awareness	Value and responsible Citizenship	English	01:35 AM 03:35 AM 05:36 AM 07:36 AM 09:36 AM 11:37 AM 01:37 PM 03:37 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 05:41 AM 07:41 AM 09:41 AM 11:42 AM 01:42 PM 03:42 PM 05:43 PM 07:43 PM 09:43 PM 11:43 PM
सोमवार, 26 मई 2025 Monday, 26 May 2025			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:56 PM 09:56 PM 11:56 PM
General	Energy Saving	English	12:17 AM 02:16 AM 04:16 AM 06:16 AM 08:15 AM 10:15 AM 12:15 PM 02:14 PM 04:14 PM 06:14 PM 08:13 PM 10:13 PM
भूगोल	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:17 AM 08:17 AM 10:17 AM 12:16 PM 02:16 PM 04:16 PM 06:15 PM 08:15 PM 10:15 PM
English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 2 Present Progressive Past Progressive	English	12:48 AM 02:48 AM 04:48 AM 06:47 AM 08:47 AM 10:47 AM 12:46 PM 02:46 PM 04:46 PM 06:45 PM 08:45 PM 10:45 PM



General Awareness	Social Networking	English	01:04 AM 03:03 AM 05:03 AM 07:03 AM 09:02 AM 11:02 AM 01:02 PM 03:01 PM 05:01 PM 07:01 PM 09:00 PM 11:00 PM
Mathematics	Ch-4: Simple Equations part-1	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:07 AM 11:06 AM 01:06 PM 03:06 PM 05:05 PM 07:05 PM 09:05 PM 11:04 PM
General Awareness	Nutrition_Health and Sanitation	English	01:26 AM 03:26 AM 05:25 AM 07:25 AM 09:25 AM 11:24 AM 01:24 PM 03:24 PM 05:23 PM 07:23 PM 09:23 PM 11:22 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:32 AM 03:32 AM 05:32 AM 07:31 AM 09:31 AM 11:31 AM 01:30 PM 03:30 PM 05:30 PM 07:29 PM 09:29 PM 11:29 PM
मंगलवार, 27 मई 2025 Tuesday, 27 May 2025			
गणित	पाठ-4: सरल समीकरण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
General Awareness	Cyber Stalking	English	12:34 AM 02:33 AM 04:32 AM 06:31 AM 08:30 AM 10:29 AM 12:28 PM 02:27 PM 04:26 PM 06:26 PM 08:25 PM 10:24 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:35 AM 02:34 AM 04:33 AM 06:32 AM 08:31 AM 10:31 AM 12:30 PM 02:29 PM 04:28 PM 06:27 PM 08:26 PM 10:25 PM
Geography	Ch-3: Our Changing Earth	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:58 AM 12:57 PM 02:56 PM 04:55 PM 06:54 PM 08:53 PM 10:52 PM
General Awareness	Emotional well being and mental health	English	01:23 AM 03:22 AM 05:21 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:15 PM 07:15 PM 09:14 PM 11:13 PM
Science	Ch-4: Heat	English	01:28 AM 03:27 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:22 PM 03:21 PM 05:20 PM 07:19 PM 09:18 PM 11:17 PM
General Awareness	Online gaming safety for children	English	01:47 AM 03:46 AM 05:45 AM 07:44 AM 09:43 AM 11:42 AM 01:41 PM 03:40 PM 05:39 PM 07:38 PM 09:37 PM 11:36 PM
Vocational	Personal hygiene and Health	English	01:48 AM 03:47 AM 05:46 AM 07:45 AM 09:44 AM 11:43 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:38 PM 11:37 PM



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बुधवार, 28 मई 2025 Wednesday, 28 May 2025			
विज्ञान	पाठ-4: ऊष्मा	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
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:18 AM 02:17 AM 04:16 AM 06:16 AM 08:15 AM 10:14 AM 12:13 PM 02:12 PM 04:12 PM 06:11 PM 08:10 PM 10:09 PM
उर्दू	ईदगाह	हिंदी	12:24 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:20 AM 12:19 PM 02:18 PM 04:18 PM 06:17 PM 08:16 PM 10:15 PM
History	Ch-3: The Delhi Sultans	English	12:54 AM 02:53 AM 04:52 AM 06:51 AM 08:50 AM 10:50 AM 12:49 PM 02:48 PM 04:47 PM 06:46 PM 08:46 PM 10:45 PM
General Awareness	Emotional well being and mental health	English	01:14 AM 03:14 AM 05:13 AM 07:12 AM 09:11 AM 11:10 AM 01:10 PM 03:09 PM 05:08 PM 07:07 PM 09:06 PM 11:06 PM
Mathematics	Ch-4: Simple Equations part-2	English	01:19 AM 03:19 AM 05:18 AM 07:17 AM 09:16 AM 11:15 AM 01:15 PM 03:14 PM 05:13 PM 07:12 PM 09:11 PM 11:11 PM
General Awareness	Gender Equality	English	01:43 AM 03:43 AM 05:42 AM 07:41 AM 09:40 AM 11:39 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:35 PM
Vocational	Electricity and its importance	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 09:43 PM 11:42 PM
General Awareness	Why Seasons Happen?	English	01:55 AM 03:55 AM 05:54 AM 07:53 AM 09:52 AM 11:51 AM 01:51 PM 03:50 PM 05:49 PM 07:48 PM 09:47 PM 11:47 PM
बृहस्पतिवार, 29 मई 2025 Thursday, 29 May 2025			
गणित	पाठ-4: सरल समीकरण	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 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
General Awareness	Online gaming safety for children	English	12:34 AM 02:34 AM 04:34 AM 06:33 AM 08:33 AM 10:32 AM 12:32 PM 02:32 PM 04:31 PM 06:31 PM 08:30 PM 10:30 PM



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इतिहास	पाठ-3: दिल्ली के सुलतान भाग -1	हिंदी	12:35 AM 02:35 AM 04:35 AM 06:34 AM 08:34 AM 10:33 AM 12:33 PM 02:33 PM 04:32 PM 06:32 PM 08:31 PM 10:31 PM
General Awareness	Online gaming safety for children	English	01:10 AM 03:09 AM 05:09 AM 07:08 AM 09:08 AM 11:08 AM 01:07 PM 03:07 PM 05:06 PM 07:06 PM 09:06 PM 11:05 PM
English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 2 Present Progressive Past Progressive	English	01:12 AM 03:11 AM 05:11 AM 07:10 AM 09:10 AM 11:10 AM 01:09 PM 03:09 PM 05:08 PM 07:08 PM 09:08 PM 11:07 PM
General Awareness	Emotional well being and mental health	English	01:27 AM 03:27 AM 05:26 AM 07:26 AM 09:25 AM 11:25 AM 01:25 PM 03:24 PM 05:24 PM 07:23 PM 09:23 PM 11:23 PM
Science	Ch-4: Heat	English	01:32 AM 03:32 AM 05:31 AM 07:31 AM 09:30 AM 11:30 AM 01:30 PM 03:29 PM 05:29 PM 07:28 PM 09:28 PM 11:28 PM
Vocational	Design and Tracing Methods	English	01:56 AM 03:55 AM 05:55 AM 07:55 AM 09:54 AM 11:54 AM 01:53 PM 03:53 PM 05:53 PM 07:52 PM 09:52 PM 11:51 PM
शुक्रवार, 30 मई 2025 Friday, 30 May 2025			
विज्ञान	पाठ-4: ऊष्मा	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 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
General Awareness	Social Networking	English	12:17 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:15 AM 12:14 PM 02:14 PM 04:13 PM 06:13 PM 08:13 PM 10:12 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:21 AM 02:20 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:18 PM 02:18 PM 04:18 PM 06:17 PM 08:17 PM 10:16 PM
Political science	Ch-3: How the State Government Works	English	12:53 AM 02:53 AM 04:53 AM 06:52 AM 08:52 AM 10:51 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:49 PM 10:49 PM
General Awareness	Fake-Whatsapp-Messages	English	01:16 AM 03:16 AM 05:16 AM 07:15 AM 09:15 AM 11:14 AM 01:14 PM 03:14 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM



General Awareness	Emotional well being and mental health	English	01:19 AM 03:18 AM 05:18 AM 07:17 AM 09:17 AM 11:17 AM 01:16 PM 03:16 PM 05:15 PM 07:15 PM 09:15 PM 11:14 PM
Mathematics	Ch-4: Simple Equations part-2	English	01:24 AM 03:23 AM 05:23 AM 07:22 AM 09:22 AM 11:22 AM 01:21 PM 03:21 PM 05:20 PM 07:20 PM 09:20 PM 11:19 PM
General Awareness	Why Seasons Happen?	English	01:48 AM 03:48 AM 05:48 AM 07:47 AM 09:47 AM 11:46 AM 01:46 PM 03:46 PM 05:45 PM 07:45 PM 09:44 PM 11:44 PM
Vocational	Seed Germination	English	01:52 AM 03:51 AM 05:51 AM 07:51 AM 09:50 AM 11:50 AM 01:49 PM 03:49 PM 05:49 PM 07:48 PM 09:48 PM 11:47 PM
शनिवार, 31 मई 2025 Saturday, 31 May 2025			
गणित	पाठ-4: सरल समीकरण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
उर्दू	ईदगाह	हिंदी	12:34 AM 02:34 AM 04:33 AM 06:33 AM 08:32 AM 10:32 AM 12:31 PM 02:30 PM 04:30 PM 06:29 PM 08:29 PM 10:28 PM
General Awareness	Fake-Whatsapp-Messages	English	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:00 AM 11:00 AM 12:59 PM 02:59 PM 04:58 PM 06:58 PM 08:57 PM 10:56 PM
Geography	Ch-3: Our Changing Earth	English	01:06 AM 03:06 AM 05:05 AM 07:05 AM 09:04 AM 11:04 AM 01:03 PM 03:02 PM 05:02 PM 07:01 PM 09:01 PM 11:00 PM
General	Energy Saving	English	01:27 AM 03:26 AM 05:26 AM 07:25 AM 09:24 AM 11:24 AM 01:23 PM 03:23 PM 05:22 PM 07:22 PM 09:21 PM 11:20 PM
Science	Ch-4: Heat	English	01:28 AM 03:28 AM 05:27 AM 07:27 AM 09:26 AM 11:25 AM 01:25 PM 03:24 PM 05:24 PM 07:23 PM 09:23 PM 11:22 PM



General Awareness	e-waste management Film 3	English	01:47 AM 03:47 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
General Awareness	Online gaming safety for children	English	01:53 AM 03:52 AM 05:51 AM 07:51 AM 09:50 AM 11:50 AM 01:49 PM 03:49 PM 05:48 PM 07:47 PM 09:47 PM 11:46 PM
Vocational	Electricity and its importance	English	01:54 AM 03:53 AM 05:53 AM 07:52 AM 09:51 AM 11:51 AM 01:50 PM 03:50 PM 05:49 PM 07:49 PM 09:48 PM 11:47 PM



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