

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

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

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

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

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

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

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



DD Free Dish Channel #29



8800440559



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

मई 2026

May 2026

| विषय Subject | कार्यक्रम का शीर्षक Program Title | माध्यम Medium | प्रसारण समय Telecast Time |
|--|---|------------------|--|
| शुक्रवार, 01 मई 2026 Friday, 01 May 2026 | | | |
| हिंदी | Class 7_Hindi_CH01_माँ कह एक कहानी | 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 |
| General Awareness | e-waste management Block-3 | English | 12:13 AM 02:14 AM 04:14 AM 06:14 AM 08:15 AM 10:15 AM 12:15 PM 02:16 PM 04:16 PM 06:16 PM 08:17 PM 10:17 PM |
| Social science | Class07_Social Science_CH01_Geographical Diversity of India | English | 12:31 AM 02:32 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:35 PM |
| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-1 | हिंदी | 12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:40 AM 10:41 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:42 PM 10:43 PM |
| Storytelling/ Value Education | दान का हिसाब | हिंदी | 01:08 AM 03:09 AM 05:09 AM 07:09 AM 09:10 AM 11:10 AM 01:11 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:12 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:25 AM 03:25 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM |



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शनिवार, 02 मई 2026
Saturday, 02 May 2026

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| संस्कृत | Class 7_संस्कृत_CH01_VANDE BHARATAM - Part 01 | संस्कृत | 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 |
| Cultural Heritage: Art, Music & Dance | Understanding Our Architectural Heritage | English | 12:11 AM 02:10 AM 04:09 AM 06:09 AM 08:08 AM 10:07 AM 12:06 PM 02:06 PM 04:05 PM 06:04 PM 08:03 PM 10:03 PM |
| सामान्य जागरूकता | व्यक्तिगत सुरक्षा | हिंदी | 12:31 AM 02:30 AM 04:29 AM 06:29 AM 08:28 AM 10:27 AM 12:26 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:23 PM |
| General | THE BHARATIYA NYAYA SANHITA Part - 1 | Hindi | 12:49 AM 02:48 AM 04:48 AM 06:47 AM 08:46 AM 10:45 AM 12:45 PM 02:44 PM 04:43 PM 06:42 PM 08:42 PM 10:41 PM |
| Wetland, Our Amrit Dharohar | Values and Types of Wetlands Part -2 | English | 01:04 AM 03:03 AM 05:02 AM 07:02 AM 09:01 AM 11:00 AM 12:59 PM 02:59 PM 04:58 PM 06:57 PM 08:56 PM 10:56 PM |
| सामान्य जागरूकता | किशोरावस्था की ओर | हिंदी | 01:12 AM 03:11 AM 05:10 AM 07:10 AM 09:09 AM 11:08 AM 01:07 PM 03:07 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:22 AM 11:21 AM 01:20 PM 03:19 PM 05:19 PM 07:18 PM 09:17 PM 11:16 PM |

रविवार, 03 मई 2026
Sunday, 03 May 2026

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| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-2 | 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 |
| General Awareness | e-waste management Block-3 | English | 12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:33 AM 10:34 AM 12:34 PM 02:35 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM |



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| General Awareness | Fabric | English | 01:20 AM 03:21 AM 05:21 AM 07:22 AM 09:22 AM 11:22 AM 01:23 PM 03:23 PM 05:24 PM 07:24 PM 09:24 PM 11:25 PM |
| Cultural Heritage: Art, Music & Dance | Nature in Dance Movements | English/hindi | 01:30 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:33 PM 07:33 PM 09:33 PM 11:34 PM |
| General Awareness | Why Seasons Happen? | English | 01:37 AM 03:37 AM 05:38 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:40 PM 09:41 PM 11:41 PM |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 01:40 AM 03:41 AM 05:41 AM 07:41 AM 09:42 AM 11:42 AM 01:42 PM 03:43 PM 05:43 PM 07:44 PM 09:44 PM 11:44 PM |
| सोमवार, 04 मई 2026 Monday, 04 May 2026 | | | |
| English | Class 07_ENG_Unit 1.1-The-Day-the-River-Spoke | 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 |
| General | THE BHARATIYA NYAYA SANHITA Part - 2 | Hindi | 12:17 AM 02:17 AM 04:17 AM 06:18 AM 08:18 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:21 PM 10:22 PM |
| General English | General English, Episode 7 Making Requests 1 | English | 12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:31 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:35 PM |
| General Awareness | Why Seasons Happen? | English | 12:41 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:46 PM |
| Storytelling/ Value Education | दान का हिसाब | हिंदी | 12:45 AM 02:45 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:47 PM 02:48 PM 04:48 PM 06:49 PM 08:49 PM 10:50 PM |



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| General Awareness | e-waste management Block-3 | English | 01:01 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM |
| Wetland, Our Amrit Dharohar | Values and Types of Wetlands Part -1 | English | 01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:22 AM 01:22 PM 03:22 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM |
| मंगलवार, 05 मई 2026 Tuesday, 05 May 2026 | | | |
| हिंदी | Class 7_Hindi_CH01_माँ कह एक कहानी | 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 |
| रचनात्मक गतिविधियाँ: कला और शिल्प | ऑरिगामी भाग-2 (कागज़ कला) | हिंदी | 12:13 AM 02:13 AM 04:13 AM 06:13 AM 08:13 AM 10:13 AM 12:13 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM |
| Social science | Class07_Social Science_CH01_Geographical Diversity of India | English | 12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | आओ खेलौने बनाएं | हिंदी | 12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM |
| शारीरिक शिक्षा | शारीरिक शिक्षा, धनुरासन | हिंदी | 12:52 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM |
| General Awareness | e-waste management Block-3 | 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 |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:23 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM |



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| General Awareness | Tree Tale - Kadamba | English | 01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM |
| बुधवार, 06 मई 2026 Wednesday, 06 May 2026 | | | |
| संस्कृत | Class 7_संस्कृत_CH01_VANDE BHARATAM - Part 01 | संस्कृत | 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 |
| General Awareness | Safe Use of Internet_Gadgets and Media | English | 12:08 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:11 PM 10:12 PM |
| Social science | Class07_Social Science_CH01_Geographical Diversity of India | English | 12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:17 PM 10:18 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:21 AM 02:22 AM 04:22 AM 06:22 AM 08:23 AM 10:23 AM 12:23 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:25 PM |
| सामान्य जागरूकता | रोज़ बदलता कैसे चाँद -१ | हिंदी | 12:45 AM 02:46 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:47 PM 02:48 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 12:54 AM 02:54 AM 04:54 AM 06:55 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:57 PM 08:57 PM 10:58 PM |
| सामान्य जागरूकता | रोज़ बदलता कैसे चाँद -2 | हिंदी | 01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM |



बृहस्पतिवार, 07 मई 2026
Thursday, 07 May 2026

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| English | Class 07_ENG_Unit 1.1-The-Day-the-River- Spoke | 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 10:04 PM |
| Storytelling/ Value Education | दान का हिसाब | हिंदी | 12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:14 PM 08:14 PM 10:15 PM |
| General Awareness | Growing up Healthy | English | 12:26 AM 02:27 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM |
| General Awareness | e-waste management Block-5 | English | 12:31 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:33 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM |
| General Awareness | Personal Safety | English | 12:53 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM |
| सामान्य जागरूकता | किशोरावस्था की ओर | हिंदी | 01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM |
| Vocational | घर पर बनाए हर्बल शैम्पू | हिंदी | 01:20 AM 03:20 AM 05:21 AM 07:21 AM 09:21 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM |
| सामान्य जागरूकता | रौशनी और रंग | हिंदी | 01:44 AM 03:44 AM 05:45 AM 07:45 AM 09:46 AM 11:46 AM 01:47 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:49 PM |
| शुक्रवार, 08 मई 2026 Friday, 08 May 2026 | | | |
| हिंदी | Class 7_Hindi_CH01_माँ कह एक कहानी | 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 |



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| General Awareness | Tree Tale - Kadamba | English | 12:13 AM 02:13 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM |
| Social science | Class07_Social Science_CH03_CLIMATES OF INDIA - Part 1 | English | 12:15 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:18 PM |
| General Awareness | e-waste management Block-3 | English | 12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:32 PM 08:32 PM 10:32 PM |
| General Awareness | e-waste management Block-5 | English | 12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:55 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM |
| Vocational | Personal hygiene and Health | English | 01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:17 PM 11:17 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM |
| शनिवार, 09 मई 2026 Saturday, 09 May 2026 | | | |
| संस्कृत | Class 7_संस्कृत_CH01_VANDE BHARATAM - Part 02 | संस्कृत | 12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:06 PM |
| General Awareness | Understanding how long things take to decompose | English | 12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:29 PM |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:35 AM 12:35 PM 02:36 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM |
| General Awareness | Why Seasons Happen? | English | 12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM |



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| General | THE BHARATIYA NYAYA SANHITA Part - 1 | Hindi | 01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM |
| Storytelling/ Value Education | सवाली राम जवाबो रानी | हिंदी | 01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM |
| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-1 | हिंदी | 01:30 AM 03:30 AM 05:31 AM 07:31 AM 09:32 AM 11:32 AM 01:33 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:36 PM |
| रविवार, 10 मई 2026 Sunday, 10 May 2026 | | | |
| सामान्य जागरूकता | रोज़ बदलता कैसे चाँद -१ | हिंदी | 12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:06 PM |
| Storytelling/ Value Education | दान का हिसाब | हिंदी | 12:11 AM 02:12 AM 04:12 AM 06:13 AM 08:13 AM 10:14 AM 12:15 PM 02:15 PM 04:16 PM 06:16 PM 08:17 PM 10:17 PM |
| Storytelling/ Value Education | खेल पिटाटा | हिंदी | 12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM |
| General Awareness | e-waste management Block-3 | English | 12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:54 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM |
| सोमवार, 11 मई 2026 Monday, 11 May 2026 | | | |
| English | Class 07_ENG_Unit 1.2_Try Again | English | 12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM |
| General Awareness | Why Seasons Happen? | English | 12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM |



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| General | THE BHARATIYA NYAYA SANHITA Part - 2 | Hindi | 01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM |
| General Awareness | Understanding how long things take to decompose | English | 01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM |
| मंगलवार, 12 मई 2026 Tuesday, 12 May 2026 | | | |
| हिंदी | तीन बुद्धिमान | हिंदी | 12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM |
| Flood | Flood - What To Do During Floods | English | 12:18 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 1 | English | 12:19 AM 02:19 AM 04:19 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM |
| General Awareness | Focused on E-waste and hazardous waste | English | 12:58 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM |



बुधवार, 13 मई 2026
Wednesday, 13 May 2026

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| संस्कृत | Class 7_संस्कृत_CH01_VANDE BHARATAM - Part 02 | संस्कृत | 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 |
| General Awareness | Empowerment: Hearing stories from student changemakers across the country | English | 12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:12 PM 08:12 PM 10:13 PM |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 1 | English | 12:15 AM 02:15 AM 04:16 AM 06:16 AM 08:17 AM 10:17 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM |
| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-2 | हिंदी | 12:29 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:35 PM |
| सामान्य जागरूकता | किशोरावस्था की ओर | हिंदी | 12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 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 | Tools And Materials | English | 01:47 AM 03:48 AM 05:48 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:53 PM |
| बृहस्पतिवार, 14 मई 2026 Thursday, 14 May 2026 | | | |
| English | Class 07_ENG_Unit 1.2_Try Again | English | 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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| Storytelling/ Value Education | सुधीर तैलंग | हिंदी | 12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM |
| General Awareness | Understanding how long things take to decompose | English | 01:13 AM 03:13 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:13 PM 11:13 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:25 AM 03:26 AM 05:26 AM 07:26 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 |
| शुक्रवार, 15 मई 2026 Friday, 15 May 2026 | | | |
| हिंदी | तीन बुद्धिमान | 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 |
| General | THE BHARATIYA NYAYA SANHITA Part - 1 | Hindi | 12:17 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 2 | English | 12:31 AM 02:32 AM 04:32 AM 06:33 AM 08:34 AM 10:35 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:39 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:49 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:53 AM 12:54 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:57 PM |
| General English | General English, Episode 11 Agreeing 3 | English | 01:13 AM 03:14 AM 05:15 AM 07:15 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 |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM |



| शनिवार, 16 मई 2026 Saturday, 16 May 2026 | | | |
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| संस्कृत | Class 7_संस्कृत_CH02_नित्यं पिवाम सुभाषितरसम् - EP01 | संस्कृत | 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 |
| Storytelling/ Value Education | सुधीर तैलंग | हिंदी | 12:10 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:11 AM 12:11 PM 02:11 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 12:35 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:38 PM |
| General | THE BHARATIYA NYAYA SANHITA Part - 2 | Hindi | 01:06 AM 03:06 AM 05:06 AM 07:06 AM 09:07 AM 11:07 AM 01:07 PM 03:07 PM 05:07 PM 07:08 PM 09:08 PM 11:08 PM |
| General Awareness | Why Seasons Happen? | English | 01:19 AM 03:19 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | आओ खेलौने बनाएं | हिंदी | 01:22 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:25 PM |
| General Awareness | e-waste management Block-5 | English | 01:38 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:41 PM |
| रविवार, 17 मई 2026 Sunday, 17 May 2026 | | | |
| General Awareness | Understanding how long things take to decompose | English | 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 |
| सामान्य जागरूकता | किशोरावस्था की ओर | हिंदी | 12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:16 PM 08:16 PM 10:17 PM |



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| General Awareness | Growing up Healthy | English | 12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM |
| General English | General English, Episode 12 Disagreeing 1 | English | 12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:34 PM |
| General Awareness | Understanding how long things take to decompose | English | 01:11 AM 03:12 AM 05:13 AM 07:13 AM 09:14 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:18 PM |
| General Awareness | Value and responsible Citizenship | English | 01:21 AM 03:22 AM 05:22 AM 07:23 AM 09:23 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM |
| सोमवार, 18 मई 2026 Monday, 18 May 2026 | | | |
| English | Class 07_ENG_Unit 1.3_DAYS TO SEE | English | 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 |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 12:12 AM 02:12 AM 04:11 AM 06:11 AM 08:11 AM 10:10 AM 12:10 PM 02:10 PM 04:10 PM 06:09 PM 08:09 PM 10:09 PM |
| सामान्य जागरूकता | रौशनी और रंग | हिंदी | 01:02 AM 03:02 AM 05:02 AM 07:01 AM 09:01 AM 11:01 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 08:59 PM 10:59 PM |
| General Awareness | Growing up Healthy | English | 01:18 AM 03:18 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:15 PM 11:15 PM |
| General Awareness | Personal Safety | English | 01:22 AM 03:22 AM 05:22 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:20 PM 05:20 PM 07:20 PM 09:19 PM 11:19 PM |



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| Storytelling/ Value Education | दान का हिसाब | हिंदी | 01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM |
| मंगलवार, 19 मई 2026 Tuesday, 19 May 2026 | | | |
| हिंदी | तीन बुद्धिमान | 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 |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 2 | English | 12:22 AM 02:23 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:27 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:40 AM 02:40 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:44 PM 10:44 PM |
| General Awareness | e-waste management Block-5 | English | 01:04 AM 03:05 AM 05:05 AM 07:06 AM 09:06 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:08 PM 09:08 PM 11:09 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:29 PM 09:30 PM 11:30 PM |
| बुधवार, 20 मई 2026 Wednesday, 20 May 2026 | | | |
| संस्कृत | Class 7_संस्कृत_CH02_नित्यं पिवाम सुभाषितरसम् - EP01 | संस्कृत | 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 |
| सामान्य जागरूकता | किशोरावस्था की ओर | हिंदी | 12:13 AM 02:13 AM 04:13 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:10 PM |



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| Social science | Class07_Social Sience_CH03_CLIMATE S OF INDIA - Part 2 | English | 12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:25 AM 10:25 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:23 PM 10:23 PM |
| General English | General English, Episode 13 Disagreeing 2 | English | 12:43 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:40 PM |
| Storytelling/ Value Education | दान का हिसाब | हिंदी | 12:58 AM 02:58 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:55 PM 10:55 PM |
| General Awareness | e-waste & hazardous waste | English | 01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 01:40 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:37 PM 09:37 PM 11:37 PM |
| बृहस्पतिवार, 21 मई 2026 Thursday, 21 May 2026 | | | |
| English | Class 07_ENG_Unit 1.3_DAYS TO SEE | English | 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 |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 12:09 AM 02:09 AM 04:09 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:10 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM |
| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-1 | हिंदी | 12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM |
| General Awareness | e-waste management Block-5 | English | 01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:11 PM |



शुक्रवार, 22 मई 2026
Friday, 22 May 2026

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| हिंदी | फूल और कांटा | 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 |
| सामान्य जागरूकता | RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में | हिंदी | 12:08 AM 02:09 AM 04:09 AM 06:09 AM 08:10 AM 10:10 AM 12:11 PM 02:11 PM 04:11 PM 06:12 PM 08:12 PM 10:12 PM |
| Social science | Class07_Social Sience_CH03_CLIMATE S OF INDIA - Part 3 | English | 12:09 AM 02:09 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 08:13 PM 10:13 PM |
| General Awareness | Focused on exploring three R's | English | 12:28 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 |
| General | Energy Saving | English | 01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM |
| General Awareness | Fake-Whatsapp-Messages | English | 01:33 AM 03:34 AM 05:34 AM 07:34 AM 09:35 AM 11:35 AM 01:35 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM |
| Vocational | घर पर बनाए हर्बल शैम्पू | हिंदी | 01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:39 PM 11:40 PM |

शनिवार, 23 मई 2026
Saturday, 23 May 2026

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| संस्कृत | Class 7_संस्कृत_CH02_नित्यं पिबाम सुभाषितरसम् - EP02 | संस्कृत | 12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:01 PM 10:01 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:10 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:11 AM 12:11 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:11 PM |
| Storytelling/ Value Education | खेल पिटारा | हिंदी | 12:34 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM |



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| General | General, Surya Namaskar | 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 08:50 PM 10:50 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM |
| General | THE BHARATIYA NYAYA SANHITA Part - 2 | Hindi | 01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | आओ खिलौने बनाएं | हिंदी | 01:43 AM 03:43 AM 05:43 AM 07:43 AM 09:43 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM |
| रविवार, 24 मई 2026 Sunday, 24 May 2026 | | | |
| General Awareness | e-waste management Block-3 | English | 12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | बोतल मकड़ी (Bottle spider) | हिंदी | 01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:29 PM 07:29 PM 09:30 PM 11:31 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:34 PM |
| सोमवार, 25 मई 2026 Monday, 25 May 2026 | | | |
| English | Class 07_ENG_Unit 2.1_Animals, Birds, and Dr. Dolittle | English | 12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:52 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:15 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 |



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| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 12:39 AM 02:39 AM 04:38 AM 06:37 AM 08:37 AM 10:36 AM 12:36 PM 02:35 PM 04:34 PM 06:34 PM 08:33 PM 10:33 PM |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 12:59 AM 02:58 AM 04:58 AM 06:57 AM 08:56 AM 10:56 AM 12:55 PM 02:55 PM 04:54 PM 06:53 PM 08:53 PM 10:52 PM |
| General Awareness | Safe Use of Internet_Gadgets and Media | English | 01:29 AM 03:28 AM 05:28 AM 07:27 AM 09:27 AM 11:26 AM 01:25 PM 03:25 PM 05:24 PM 07:24 PM 09:23 PM 11:22 PM |
| General | General, Surya Namaskar | English | 01:35 AM 03:34 AM 05:34 AM 07:33 AM 09:33 AM 11:32 AM 01:31 PM 03:31 PM 05:30 PM 07:30 PM 09:29 PM 11:28 PM |
| General Awareness | Why Seasons Happen? | English | 01:42 AM 03:41 AM 05:41 AM 07:40 AM 09:39 AM 11:39 AM 01:38 PM 03:38 PM 05:37 PM 07:36 PM 09:36 PM 11:35 PM |
| General | THE BHARATIYA NYAYA SANHITA Part - 1 | Hindi | 01:45 AM 03:44 AM 05:44 AM 07:43 AM 09:43 AM 11:42 AM 01:41 PM 03:41 PM 05:40 PM 07:40 PM 09:39 PM 11:38 PM |
| मंगलवार, 26 मई 2026 Tuesday, 26 May 2026 | | | |
| हिंदी | फूल और कांटा | 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 |
| General Awareness | Empowerment: Hearing stories from student changemakers across the country | English | 12:11 AM 02:11 AM 04:10 AM 06:09 AM 08:09 AM 10:08 AM 12:07 PM 02:07 PM 04:06 PM 06:05 PM 08:05 PM 10:04 PM |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 3 | English | 12:19 AM 02:18 AM 04:18 AM 06:17 AM 08:16 AM 10:16 AM 12:15 PM 02:14 PM 04:14 PM 06:13 PM 08:12 PM 10:12 PM |



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| General Awareness | Focused on E-waste and hazardous waste | English | 01:01 AM 03:00 AM 04:59 AM 06:59 AM 08:58 AM 10:57 AM 12:57 PM 02:56 PM 04:55 PM 06:55 PM 08:54 PM 10:53 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:25 AM 03:24 AM 05:23 AM 07:23 AM 09:22 AM 11:21 AM 01:21 PM 03:20 PM 05:19 PM 07:19 PM 09:18 PM 11:17 PM |

बुधवार, 27 मई 2026
Wednesday, 27 May 2026

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| संस्कृत | Class 7_संस्कृत_CH02_नित्यं पिबाम सुभाषितरसम् - EP02 | संस्कृत | 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 09:56 PM 11:56 PM |
| General | Energy Saving | English | 12:13 AM 02:13 AM 04:13 AM 06:13 AM 08:12 AM 10:12 AM 12:12 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:10 PM |
| Social science | Class07_Social Science_CH03_CLIMATE S OF INDIA - Part 3 | English | 12:15 AM 02:15 AM 04:15 AM 06:14 AM 08:14 AM 10:14 AM 12:13 PM 02:13 PM 04:13 PM 06:13 PM 08:12 PM 10:12 PM |
| Storytelling/ Value Education | आओ कहानी लिखना सीखें | हिंदी | 12:35 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:33 AM 12:33 PM 02:33 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM |
| सांस्कृतिक विरासत: कला, संगीत और नृत्य | Dance A Way of Expression-1 | हिंदी | 01:10 AM 03:10 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:08 PM 03:08 PM 05:08 PM 07:07 PM 09:07 PM 11:07 PM |
| Vocational | केश सौंदर्य उपकरणों का परिचय | हिंदी | 01:40 AM 03:39 AM 05:39 AM 07:39 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:37 PM 07:37 PM 09:37 PM 11:36 PM |

बृहस्पतिवार, 28 मई 2026
Thursday, 28 May 2026

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| English | Class 07_ENG_Unit 2.1_Animals, Birds, and Dr. Dolittle | English | 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 |
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|---|---|---------|--|
| General Awareness | Empowerment: Hearing stories from student changemakers across the country | English | 12:11 AM 02:12 AM 04:13 AM 06:14 AM 08:15 AM 10:16 AM 12:17 PM 02:18 PM 04:19 PM 06:20 PM 08:21 PM 10:22 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | आओ खिलौने बनाएं | हिंदी | 12:24 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM |
| रचनात्मक गतिविधियाँ: कला और शिल्प | आओ खिलौने बनाएं | हिंदी | 01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:17 PM 05:18 PM 07:19 PM 09:20 PM 11:21 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:32 PM 03:33 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM |
| शुक्रवार, 29 मई 2026 Friday, 29 May 2026 | | | |
| हिंदी | फूल और कांटा | 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 |
| General Awareness | Safety and Security against Violence and Injuries | English | 12:08 AM 02:09 AM 04:09 AM 06:10 AM 08:11 AM 10:11 AM 12:12 PM 02:12 PM 04:13 PM 06:14 PM 08:14 PM 10:15 PM |
| Social science | Class07_Social Sience_CH03_CLIMATE S OF INDIA - Part 3 | English | 12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM |
| General | THE BHARATIYA NYAYA SANHITA Part - 2 | Hindi | 12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:38 PM 04:38 PM 06:39 PM 08:39 PM 10:40 PM |
| General Awareness | Focused on exploring three R's | English | 12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:50 AM 12:50 PM 02:51 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM |



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|---|---|---------|--|
| General English | General English, Episode 10 Agreeing 2 | English | 01:20 AM 03:20 AM 05:21 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:24 PM 05:25 PM 07:25 PM 09:26 PM 11:26 PM |
| Vocational | घर पर बनाए हर्बल शैम्पू | हिंदी | 01:36 AM 03:36 AM 05:37 AM 07:37 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM |
| शनिवार, 30 मई 2026 Saturday, 30 May 2026 | | | |
| संस्कृत | Class 7_संस्कृत_CH02_नित्यं पिबाम सुभाषितरसम् - EP02 | संस्कृत | 12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:06 PM |
| Vocational | The evolution of communication | English | 12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM |
| General Awareness | Focused on waste segregation into dry and wet garbage | English | 12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 12:40 AM 02:41 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM |
| General English | General English, Episode 9 Agreeing 1 | English | 01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:17 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM |
| रविवार, 31 मई 2026 Sunday, 31 May 2026 | | | |
| General | Waste Reduced | 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 06:03 PM 08:04 PM 10:04 PM |
| General Awareness | e-waste management Block-3 | English | 12:40 AM 02:40 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:43 PM 06:43 PM 08:44 PM 10:44 PM |



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|----------------|---|-------|--|
| AAPDA KA SAMNA | Urban Flood-AAPDA KA SAMNA FOR 09-07-2023 | हिंदी | 12:58 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:02 PM |
| Vocational | वस्त्रों पर लगे दाग धब्बे छुड़ाना | हिंदी | 01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM |



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