

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

सितंबर 2026

September 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
मंगलवार, 01 सितंबर 2026 Tuesday, 01 September 2026			
हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	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 06:02 PM 08:02 PM 10:02 PM
Flood	Flood - What To Do During Floods	English	12:12 AM 02:12 AM 04:13 AM 06:13 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:15 PM 10:15 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:13 AM 02:13 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
General	Waste Reduced	English	12:26 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:27 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:30 PM 10:30 PM
ISL Geography	Biodegradable	English/hindi	12:47 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:48 AM 12:48 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	हिंदी	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:51 PM
Social science	Social Science_Chapter 2: Understanding the Weather (Part 1)	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 06:51 PM 08:51 PM 10:52 PM



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Vocational	Finishing and costing of embroidered Products	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM
बुधवार, 02 सितंबर 2026 Wednesday, 02 September 2026			
संस्कृत	संस्कृत_ अष्टमः पाठः - हितं मनोहारि च दुर्लभं वचः	संस्कृत	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
Maths	Mathematics_Chapter 6: Number Play	English	12:14 AM 02:14 AM 04:13 AM 06:13 AM 08:13 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:11 PM 08:11 PM 10:11 PM
Flood	Flood - बाढ़ के दौरान क्या करें और क्या न करें	हिंदी	12:27 AM 02:27 AM 04:27 AM 06:26 AM 08:26 AM 10:26 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:24 PM 10:24 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-1)	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:27 AM 10:27 AM 12:27 PM 02:26 PM 04:26 PM 06:26 PM 08:25 PM 10:25 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:53 AM 02:53 AM 04:53 AM 06:52 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
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	01:07 AM 03:06 AM 05:06 AM 07:06 AM 09:05 AM 11:05 AM 01:05 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:03 PM
Vocational	Tools And Materials	English	01:45 AM 03:45 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:43 PM 03:43 PM 05:43 PM 07:42 PM 09:42 PM 11:42 PM
बृहस्पतिवार, 03 सितंबर 2026 Thursday, 03 September 2026			
English	English_Unit 4: Travel and Adventure- Travel	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
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -2	English	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:34 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM



General	General, Nadishodhan Pranayam	English	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:15 PM 09:16 PM 11:17 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:10 AM 03:11 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:19 PM 11:20 PM
शुक्रवार, 04 सितंबर 2026 Friday, 04 September 2026			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	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
Flood	Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित	हिंदी	12:12 AM 02:11 AM 04:10 AM 06:09 AM 08:08 AM 10:07 AM 12:07 PM 02:06 PM 04:05 PM 06:04 PM 08:03 PM 10:02 PM
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:13 AM 02:12 AM 04:11 AM 06:10 AM 08:09 AM 10:09 AM 12:08 PM 02:07 PM 04:06 PM 06:05 PM 08:04 PM 10:04 PM
General Awareness	Why Seasons Happen?	English	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:18 AM 10:17 AM 12:16 PM 02:15 PM 04:14 PM 06:13 PM 08:13 PM 10:12 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:24 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:20 AM 12:19 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:15 PM
Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	हिंदी	12:37 AM 02:37 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 10:28 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:38 AM 02:38 AM 04:37 AM 06:36 AM 08:35 AM 10:34 AM 12:33 PM 02:33 PM 04:32 PM 06:31 PM 08:30 PM 10:29 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:02 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:58 AM 12:57 PM 02:57 PM 04:56 PM 06:55 PM 08:54 PM 10:53 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	01:08 AM 03:07 AM 05:07 AM 07:06 AM 09:05 AM 11:04 AM 01:03 PM 03:02 PM 05:02 PM 07:01 PM 09:00 PM 10:59 PM



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Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:22 AM 03:21 AM 05:21 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:16 PM 07:15 PM 09:14 PM 11:13 PM
General	Introduction to MISSION LIFE	English	01:56 AM 03:55 AM 05:55 AM 07:54 AM 09:53 AM 11:52 AM 01:51 PM 03:50 PM 05:50 PM 07:49 PM 09:48 PM 11:47 PM
शनिवार, 05 सितंबर 2026 Saturday, 05 September 2026			
Urdu	Urdu_ Chapter 7: برگذیر محمد عثمان	Urdu	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 English	General English, Episode 12 Disagreeing 1	English	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:17 AM 10:16 AM 12:15 PM 02:14 PM 04:13 PM 06:12 PM 08:11 PM 10:11 PM
Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:35 AM 02:34 AM 04:33 AM 06:32 AM 08:31 AM 10:30 AM 12:29 PM 02:28 PM 04:27 PM 06:26 PM 08:25 PM 10:24 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:51 AM 02:50 AM 04:49 AM 06:49 AM 08:48 AM 10:47 AM 12:46 PM 02:45 PM 04:44 PM 06:43 PM 08:42 PM 10:41 PM
General Awareness	Real world challenge and what to do	English	01:04 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:00 AM 12:59 PM 02:58 PM 04:57 PM 06:56 PM 08:55 PM 10:54 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 1)	English	01:11 AM 03:10 AM 05:09 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:01 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:21 AM 03:20 AM 05:19 AM 07:18 AM 09:18 AM 11:17 AM 01:16 PM 03:15 PM 05:14 PM 07:13 PM 09:12 PM 11:11 PM
General Awareness	e-waste management Block-5	English	01:37 AM 03:36 AM 05:35 AM 07:34 AM 09:33 AM 11:33 AM 01:32 PM 03:31 PM 05:30 PM 07:29 PM 09:28 PM 11:27 PM



रविवार, 06 सितंबर 2026
Sunday, 06 September 2026

Creative Activities: Art& Craft	Fun with Paper- Double Spiral from Square	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
Social science	Social Science_Chapter 8: How the Land Becomes Sacred (Part 1)	English	12:24 AM 02:24 AM 04:23 AM 06:22 AM 08:22 AM 10:21 AM 12:20 PM 02:20 PM 04:19 PM 06:19 PM 08:18 PM 10:17 PM
General English	General English, Episode 12 Disagreeing 1	English	12:35 AM 02:34 AM 04:34 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 English	General English, Episode 11 Agreeing 3	English	01:13 AM 03:13 AM 05:12 AM 07:12 AM 09:11 AM 11:10 AM 01:10 PM 03:09 PM 05:08 PM 07:08 PM 09:07 PM 11:07 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:24 AM 05:24 AM 07:23 AM 09:22 AM 11:22 AM 01:21 PM 03:21 PM 05:20 PM 07:19 PM 09:19 PM 11:18 PM

सोमवार, 07 सितंबर 2026
Monday, 07 September 2026

English	English_Unit 3: Dreams and Discoveries - North, South, East, West	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	Promotion of Healthy Lifestyle	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:14 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:20 PM 08:20 PM 10:20 PM
सामान्य जागरूकता	रौशनी और रंग	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 04:34 PM 06:34 PM 08:34 PM 10:34 PM
General English	General English, Episode 12 Disagreeing 1	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM



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सामान्य जागरूकता	खेल खेल में	हिंदी	01:05 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
General English	General English, Episode 13 Disagreeing 2	English	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM

मंगलवार, 08 सितंबर 2026
Tuesday, 08 September 2026

हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	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
General Awareness	Prevention and Management of Substance Misuse	English	12:12 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
Social science	Social Science_Chapter 2: Understanding the Weather (Part 2)	English	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM

बुधवार, 09 सितंबर 2026
Wednesday, 09 September 2026

संस्कृत	संस्कृत_ अष्टमः पाठः - हितं मनोहारि च दुर्लभं वचः	संस्कृत	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
Maths	Mathematics_Chapter 6: Number Play	English	12:19 AM 02:19 AM 04:19 AM 06:18 AM 08:18 AM 10:18 AM 12:17 PM 02:17 PM 04:17 PM 06:16 PM 08:16 PM 10:16 PM



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Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-2)	English	12:41 AM 02:41 AM 04:40 AM 06:40 AM 08:40 AM 10:39 AM 12:39 PM 02:39 PM 04:38 PM 06:38 PM 08:38 PM 10:37 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:51 AM 02:51 AM 04:51 AM 06:50 AM 08:50 AM 10:50 AM 12:49 PM 02:49 PM 04:49 PM 06:48 PM 08:48 PM 10:48 PM
General English	General English, Episode 11 Agreeing 3	English	01:04 AM 03:04 AM 05:03 AM 07:03 AM 09:03 AM 11:02 AM 01:02 PM 03:02 PM 05:01 PM 07:01 PM 09:01 PM 11:00 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:39 AM 07:38 AM 09:38 AM 11:38 AM 01:37 PM 03:37 PM 05:37 PM 07:36 PM 09:36 PM 11:36 PM
बृहस्पतिवार, 10 सितंबर 2026 Thursday, 10 September 2026			
English	English_Unit 4: Travel and Adventure- Travel	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 04:06 PM 06:07 PM 08:08 PM 10:09 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:34 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
शुक्रवार, 11 सितंबर 2026 Friday, 11 September 2026			
हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	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
Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:18 PM 08:18 PM 10:18 PM



Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	12:52 AM 02:52 AM 04:52 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:49 PM
General Awareness	e-waste & hazardous waste	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:15 AM 01:15 PM 03:15 PM 05:15 PM 07:14 PM 09:14 PM 11:14 PM
General Awareness	Tree Tale - Kadamba	English	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:27 PM 09:27 PM 11:27 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:32 PM
शनिवार, 12 सितंबर 2026 Saturday, 12 September 2026			
Urdu	Urdu_ Chapter 7: برگٹیر محمد عثمان	Urdu	12:00 AM 02:07 AM 04:15 AM 06:23 AM 08:31 AM 10:38 AM 12:46 PM 02:54 PM 05:02 PM 07:09 PM 09:17 PM 11:25 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:12 AM 02:20 AM 04:28 AM 06:35 AM 08:43 AM 10:51 AM 12:59 PM 03:07 PM 05:14 PM 07:22 PM 09:30 PM 11:38 PM
Storytelling/Value Education	आजादी की कहानी-1	हिंदी	12:25 AM 02:33 AM 04:41 AM 06:49 AM 08:56 AM 11:04 AM 01:12 PM 03:20 PM 05:27 PM 07:35 PM 09:43 PM 11:51 PM
General	General, Surya Namaskar	English	12:34 AM 02:42 AM 04:49 AM 06:57 AM 09:05 AM 11:13 AM 01:20 PM 03:28 PM 05:36 PM 07:44 PM 09:51 PM 11:59 PM
Storytelling/Value Education	आजादी की कहानी-2	हिंदी	12:41 AM 02:48 AM 04:56 AM 07:04 AM 09:12 AM 11:19 AM 01:27 PM 03:35 PM 05:43 PM 07:50 PM 09:58 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 1)	English	12:55 AM 03:03 AM 05:11 AM 07:19 AM 09:26 AM 11:34 AM 01:42 PM 03:50 PM 05:57 PM 08:05 PM 10:13 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:06 AM 03:14 AM 05:22 AM 07:30 AM 09:37 AM 11:45 AM 01:53 PM 04:01 PM 06:08 PM 08:16 PM 10:24 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:13 AM 03:21 AM 05:28 AM 07:36 AM 09:44 AM 11:52 AM 02:00 PM 04:07 PM 06:15 PM 08:23 PM 10:31 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:33 AM 03:40 AM 05:48 AM 07:56 AM 10:04 AM 12:11 PM 02:19 PM 04:27 PM 06:35 PM 08:43 PM 10:50 PM
रविवार, 13 सितंबर 2026 Sunday, 13 September 2026			
शारीरिक शिक्षा	शारीरिक शिक्षा, योग ओलम्पियाड	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
Social science	Social Science_Chapter 8: How the Land Becomes Sacred (Part 1)	English	12:28 AM 02:27 AM 04:26 AM 06:26 AM 08:25 AM 10:24 AM 12:23 PM 02:22 PM 04:22 PM 06:21 PM 08:20 PM 10:19 PM
General Awareness	e-waste & hazardous waste	English	12:39 AM 02:38 AM 04:37 AM 06:36 AM 08:35 AM 10:35 AM 12:34 PM 02:33 PM 04:32 PM 06:31 PM 08:31 PM 10:30 PM
General	General, Surya Namaskar	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 04:47 PM 06:46 PM 08:45 PM 10:44 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:21 AM 11:21 AM 01:20 PM 03:19 PM 05:18 PM 07:17 PM 09:17 PM 11:16 PM
सोमवार, 14 सितंबर 2026 Monday, 14 September 2026			
English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:50 PM 07:49 PM 09:48 PM 11:47 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:19 AM 02:18 AM 04:17 AM 06:16 AM 08:15 AM 10:14 AM 12:13 PM 02:11 PM 04:10 PM 06:09 PM 08:08 PM 10:07 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:29 AM 02:28 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:53 AM 02:52 AM 04:50 AM 06:49 AM 08:48 AM 10:47 AM 12:46 PM 02:45 PM 04:44 PM 06:43 PM 08:42 PM 10:41 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:12 AM 03:11 AM 05:10 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:01 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:42 AM 03:41 AM 05:39 AM 07:38 AM 09:37 AM 11:36 AM 01:35 PM 03:34 PM 05:33 PM 07:32 PM 09:31 PM 11:30 PM
General Awareness	Why Seasons Happen?	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
General Awareness	Real world challenge and what to do	English	01:52 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:42 PM 09:41 PM 11:40 PM
मंगलवार, 15 सितंबर 2026 Tuesday, 15 September 2026			
हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षात्कार	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:52 AM 01:51 PM 03:50 PM 05:49 PM 07:48 PM 09:46 PM 11:45 PM
General Awareness	Understanding landfills and their impact on all living things	English	12:27 AM 02:26 AM 04:25 AM 06:24 AM 08:23 AM 10:21 AM 12:20 PM 02:19 PM 04:18 PM 06:17 PM 08:15 PM 10:14 PM
Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:37 AM 02:36 AM 04:35 AM 06:33 AM 08:32 AM 10:31 AM 12:30 PM 02:29 PM 04:27 PM 06:26 PM 08:25 PM 10:24 PM
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	12:41 AM 02:40 AM 04:39 AM 06:37 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:31 PM 06:30 PM 08:29 PM 10:28 PM
Urban Floods	Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो	हिंदी	12:55 AM 02:54 AM 04:53 AM 06:52 AM 08:51 AM 10:49 AM 12:48 PM 02:47 PM 04:46 PM 06:45 PM 08:43 PM 10:42 PM
General Awareness	Why Seasons Happen?	English	12:57 AM 02:56 AM 04:55 AM 06:53 AM 08:52 AM 10:51 AM 12:50 PM 02:49 PM 04:47 PM 06:46 PM 08:45 PM 10:44 PM



General Awareness	Focused on E-waste and hazardous waste	English	01:00 AM 02:59 AM 04:58 AM 06:57 AM 08:55 AM 10:54 AM 12:53 PM 02:52 PM 04:51 PM 06:49 PM 08:48 PM 10:47 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:24 AM 03:23 AM 05:22 AM 07:21 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:15 PM 07:13 PM 09:12 PM 11:11 PM
बुधवार, 16 सितंबर 2026 Wednesday, 16 September 2026			
संस्कृत	संस्कृत_ अष्टमः पाठः - हितं मनोहारि च दुर्लभं वचः	संस्कृत	12:00 AM 01:58 AM 03:56 AM 05:54 AM 07:52 AM 09:50 AM 11:48 AM 01:46 PM 03:45 PM 05:43 PM 07:41 PM 09:39 PM 11:37 PM
General	Energy Saving	English	12:17 AM 02:15 AM 04:13 AM 06:12 AM 08:10 AM 10:08 AM 12:06 PM 02:04 PM 04:02 PM 06:00 PM 07:58 PM 09:57 PM 11:55 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:19 AM 02:17 AM 04:15 AM 06:13 AM 08:11 AM 10:09 AM 12:08 PM 02:06 PM 04:04 PM 06:02 PM 08:00 PM 09:58 PM 11:56 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-1)	English	12:28 AM 02:27 AM 04:25 AM 06:23 AM 08:21 AM 10:19 AM 12:17 PM 02:15 PM 04:13 PM 06:12 PM 08:10 PM 10:08 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:37 AM 02:35 AM 04:33 AM 06:31 AM 08:29 AM 10:27 AM 12:26 PM 02:24 PM 04:22 PM 06:20 PM 08:18 PM 10:16 PM
Flood	Flood - बाढ़ से पहले क्या तैयारी रखें	हिंदी	01:06 AM 03:04 AM 05:02 AM 07:01 AM 08:59 AM 10:57 AM 12:55 PM 02:53 PM 04:51 PM 06:49 PM 08:47 PM 10:46 PM
Urban Floods	Urban Flood - शहरी बाढ़ के समय बिजली के झटके से बचें	हिंदी	01:08 AM 03:06 AM 05:04 AM 07:02 AM 09:00 AM 10:58 AM 12:56 PM 02:54 PM 04:53 PM 06:51 PM 08:49 PM 10:47 PM
Vocational	Hand Embroidery Part B	English	01:44 AM 03:42 AM 05:40 AM 07:38 AM 09:36 AM 11:34 AM 01:33 PM 03:31 PM 05:29 PM 07:27 PM 09:25 PM 11:23 PM



बृहस्पतिवार, 17 सितंबर 2026
Thursday, 17 September 2026

English	English_Unit 4: Travel and Adventure - Conquering the Summit	English	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
General Awareness	Prevention and Management of Substance Misuse	English	12:07 AM 02:06 AM 04:06 AM 06:05 AM 08:05 AM 10:04 AM 12:04 PM 02:03 PM 04:03 PM 06:02 PM 08:02 PM 10:01 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:12 AM 02:11 AM 04:11 AM 06:10 AM 08:10 AM 10:09 AM 12:09 PM 02:09 PM 04:08 PM 06:08 PM 08:07 PM 10:07 PM
General English	General English, Episode 9 Agreeing 1	English	12:21 AM 02:20 AM 04:20 AM 06:19 AM 08:19 AM 10:18 AM 12:18 PM 02:17 PM 04:17 PM 06:16 PM 08:16 PM 10:15 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	12:57 AM 02:56 AM 04:56 AM 06:55 AM 08:55 AM 10:54 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:52 PM 10:52 PM
Avalanche	Avalanche – यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाए अपनाएँ	हिंदी	01:22 AM 03:22 AM 05:21 AM 07:21 AM 09:21 AM 11:20 AM 01:20 PM 03:19 PM 05:19 PM 07:18 PM 09:18 PM 11:17 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:29 AM 03:29 AM 05:29 AM 07:28 AM 09:28 AM 11:27 AM 01:27 PM 03:26 PM 05:26 PM 07:25 PM 09:25 PM 11:24 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	01:45 AM 03:45 AM 05:44 AM 07:44 AM 09:44 AM 11:43 AM 01:43 PM 03:42 PM 05:42 PM 07:41 PM 09:41 PM 11:40 PM
शुक्रवार, 18 सितंबर 2026 Friday, 18 September 2026			
हिंदी	हिंदी – पाठ-08: बिरजू महाराज से साक्षात्कार	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



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Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:20 AM 02:21 AM 04:22 AM 06:23 AM 08:24 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:29 PM 08:30 PM 10:31 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	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 10:50 PM
General	General, Pawanmuktasana	English	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
General Awareness	Focused on exploring three R's	English	12:52 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:57 AM 12:58 PM 02:59 PM 05:00 PM 07:01 PM 09:02 PM 11:03 PM
Vocational	The evolution of communication	English	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
General English	General English, Episode 10 Agreeing 2	English	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:29 PM 09:30 PM 11:31 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:47 PM

शनिवार, 19 सितंबर 2026

Saturday, 19 September 2026

Urdu	Urdu_Chapter 7: برگذیر محمد عثمان	Urdu	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
Vocational	The evolution of communication	English	12:12 AM 02:12 AM 04:13 AM 06:13 AM 08:13 AM 10:14 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM



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सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:42 AM 02:43 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:45 PM 10:46 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 2)	English	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:08 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:11 PM
General	Waste Reduced	English	01:58 AM 03:59 AM 05:59 AM 07:59 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
रविवार, 20 सितंबर 2026 Sunday, 20 September 2026			
Social science	Social Science_Chapter 8: How the Land Becomes Sacred (Part 1)	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:11 AM 02:13 AM 04:14 AM 06:15 AM 08:16 AM 10:17 AM 12:19 PM 02:20 PM 04:21 PM 06:22 PM 08:24 PM 10:25 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:30 PM 09:31 PM 11:32 PM
General Awareness	e-waste management Block-3	English	01:43 AM 03:44 AM 05:45 AM 07:46 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:54 PM 09:55 PM 11:56 PM



सोमवार, 21 सितंबर 2026
Monday, 21 September 2026

English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:51 PM 03:50 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
General Awareness	Why Seasons Happen?	English	12:19 AM 02:18 AM 04:17 AM 06:15 AM 08:14 AM 10:13 AM 12:12 PM 02:11 PM 04:10 PM 06:08 PM 08:07 PM 10:06 PM
Maths	Mathematics_Chapter 7: A Tale of Three Intersecting Lines	English	12:22 AM 02:21 AM 04:20 AM 06:19 AM 08:18 AM 10:16 AM 12:15 PM 02:14 PM 04:13 PM 06:12 PM 08:11 PM 10:09 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:32 AM 02:31 AM 04:30 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:23 PM 06:21 PM 08:20 PM 10:19 PM
Vocational	Important tips for good embroidery work (Part B)	English	01:13 AM 03:12 AM 05:11 AM 07:10 AM 09:09 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:00 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:21 AM 03:20 AM 05:19 AM 07:17 AM 09:16 AM 11:15 AM 01:14 PM 03:13 PM 05:12 PM 07:10 PM 09:09 PM 11:08 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:28 AM 03:26 AM 05:25 AM 07:24 AM 09:23 AM 11:22 AM 01:21 PM 03:19 PM 05:18 PM 07:17 PM 09:16 PM 11:15 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	01:57 AM 03:56 AM 05:55 AM 07:54 AM 09:53 AM 11:52 AM 01:50 PM 03:49 PM 05:48 PM 07:47 PM 09:46 PM 11:45 PM

मंगलवार, 22 सितंबर 2026
Tuesday, 22 September 2026

हिंदी	हिंदी _पाठ-08: बिरजू महाराज से साक्षात्कार	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
Social science	Social Science_Chapter 3: Climates of India (Part 2)	English	12:46 AM 02:46 AM 04:45 AM 06:45 AM 08:45 AM 10:44 AM 12:44 PM 02:43 PM 04:43 PM 06:42 PM 08:42 PM 10:41 PM



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सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	01:46 AM 03:45 AM 05:45 AM 07:44 AM 09:44 AM 11:43 AM 01:43 PM 03:42 PM 05:42 PM 07:41 PM 09:41 PM 11:40 PM
Vocational	Seed Germination	English	01:52 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 07:48 PM 09:47 PM 11:47 PM

बुधवार, 23 सितंबर 2026
Wednesday, 23 September 2026

संस्कृत	संस्कृत_ अष्टमः पाठः - हितं मनोहारि च दुर्लभं वचः	संस्कृत	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:58 PM 11:58 PM
Maths	Mathematics_ Chapter 3: A Peek Beyond the Point	English	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:13 AM 12:13 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-2)	English	12:52 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 06:51 PM 08:51 PM 10:51 PM
Vocational	Tools And Materials	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM

बृहस्पतिवार, 24 सितंबर 2026
Thursday, 24 September 2026

English	English_Unit 4: Travel and Adventure - Conquering the Summit	English	12:00 AM 02:15 AM 04:30 AM 06:45 AM 09:00 AM 11:15 AM 01:30 PM 03:45 PM 06:00 PM 08:15 PM 10:30 PM
General Awareness	Growing up Healthy	English	12:07 AM 02:22 AM 04:37 AM 06:52 AM 09:07 AM 11:22 AM 01:37 PM 03:52 PM 06:07 PM 08:22 PM 10:37 PM



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Flood	Flood - बाढ़ से पहले क्या करें और क्या न करें	हिंदी	12:11 AM 02:26 AM 04:41 AM 06:56 AM 09:11 AM 11:26 AM 01:41 PM 03:56 PM 06:11 PM 08:26 PM 10:41 PM
General Awareness	Personal Safety	English	12:12 AM 02:27 AM 04:42 AM 06:57 AM 09:12 AM 11:27 AM 01:42 PM 03:57 PM 06:12 PM 08:27 PM 10:42 PM
General Awareness	Understanding landfills and their impact on all living things	English	12:26 AM 02:41 AM 04:56 AM 07:11 AM 09:26 AM 11:41 AM 01:56 PM 04:11 PM 06:26 PM 08:41 PM 10:56 PM
Storytelling/Value Education	दान का हिसाब	हिंदी	12:36 AM 02:51 AM 05:06 AM 07:21 AM 09:36 AM 11:51 AM 02:06 PM 04:21 PM 06:36 PM 08:51 PM 11:06 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	हिंदी	12:52 AM 03:07 AM 05:22 AM 07:37 AM 09:52 AM 12:07 PM 02:22 PM 04:37 PM 06:52 PM 09:07 PM 11:22 PM
General Awareness	e-waste management Block-5	English	01:00 AM 03:15 AM 05:30 AM 07:45 AM 10:00 AM 12:15 PM 02:30 PM 04:45 PM 07:00 PM 09:15 PM 11:30 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:21 AM 03:37 AM 05:52 AM 08:07 AM 10:22 AM 12:37 PM 02:52 PM 05:07 PM 07:22 PM 09:37 PM 11:52 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:34 AM 03:49 AM 06:04 AM 08:19 AM 10:34 AM 12:49 PM 03:04 PM 05:19 PM 07:34 PM 09:49 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:59 AM 04:14 AM 06:29 AM 08:44 AM 10:59 AM 01:14 PM 03:29 PM 05:44 PM 07:59 PM 10:14 PM
शुक्रवार, 25 सितंबर 2026 Friday, 25 September 2026			
हिंदी	हिंदी - पाठ-08: बिरजू महाराज से साक्षात्कार	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM



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Social science	Social Science_Chapter 10: The Constitution of India — An Introduction (Part-1)	English	12:20 AM 02:21 AM 04:23 AM 06:24 AM 08:25 AM 10:26 AM 12:27 PM 02:28 PM 04:29 PM 06:30 PM 08:31 PM 10:32 PM
Maths	Mathematics_ Chapter 3: A Peek Beyond the Point	English	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM

शनिवार, 26 सितंबर 2026
Saturday, 26 September 2026

Urdu	Urdu_ Chapter 7: برگذیر محمد عثمان	Urdu	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
Vocational	The evolution of communication	English	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
सामान्य जागरूकता	पोषण ,स्वास्थ्य और स्वच्छता	हिंदी	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:38 PM 06:39 PM 08:39 PM 10:39 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:42 AM 02:43 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
Social science	Social Science_Chapter 11: From Barter to Money (Part 2)	English	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 07:00 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM



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रविवार, 27 सितंबर 2026
Sunday, 27 September 2026

Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
Social science	Social Science_Chapter 8: How the Land Becomes Sacred (Part 1)	English	12:22 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
Storytelling/Value Education	एक अनेक और एकता	हिंदी	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:18 PM 11:18 PM
General Awareness	Focused on exploring three R's	English	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:25 PM 11:25 PM
General Awareness	e-waste management Block-3	English	01:42 AM 03:43 AM 05:43 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:49 PM 11:49 PM

सोमवार, 28 सितंबर 2026
Monday, 28 September 2026

English	English_Unit 4: Travel and Adventure - The Tunnel	English	12:00 AM 01:58 AM 03:56 AM 05:54 AM 07:52 AM 09:50 AM 11:48 AM 01:46 PM 03:44 PM 05:42 PM 07:41 PM 09:39 PM 11:37 PM
General Awareness	Why Seasons Happen?	English	12:19 AM 02:17 AM 04:15 AM 06:13 AM 08:11 AM 10:09 AM 12:08 PM 02:06 PM 04:04 PM 06:02 PM 08:00 PM 09:58 PM 11:56 PM
Maths	Mathematics_ Chapter 3: A Peek Beyond the Point	English	12:22 AM 02:20 AM 04:18 AM 06:17 AM 08:15 AM 10:13 AM 12:11 PM 02:09 PM 04:07 PM 06:05 PM 08:03 PM 10:01 PM 11:59 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:43 AM 02:41 AM 04:39 AM 06:37 AM 08:35 AM 10:33 AM 12:31 PM 02:29 PM 04:28 PM 06:26 PM 08:24 PM 10:22 PM



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Vocational	Important tips for good embroidery work (Part B)	English	01:09 AM 03:07 AM 05:05 AM 07:03 AM 09:01 AM 10:59 AM 12:57 PM 02:55 PM 04:54 PM 06:52 PM 08:50 PM 10:48 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:21 AM 03:19 AM 05:18 AM 07:16 AM 09:14 AM 11:12 AM 01:10 PM 03:08 PM 05:06 PM 07:04 PM 09:02 PM 11:00 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:52 AM 03:50 AM 05:48 AM 07:46 AM 09:44 AM 11:42 AM 01:40 PM 03:38 PM 05:36 PM 07:35 PM 09:33 PM 11:31 PM

मंगलवार, 29 सितंबर 2026
Tuesday, 29 September 2026

हिंदी	हिंदी_पाठ-07: वर्षा-बहार (कविता)	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
Flood	Flood - What To Do During Floods	English	12:12 AM 02:13 AM 04:14 AM 06:15 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:19 PM 06:20 PM 08:21 PM 10:22 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:13 AM 02:14 AM 04:15 AM 06:16 AM 08:17 AM 10:18 AM 12:18 PM 02:19 PM 04:20 PM 06:21 PM 08:22 PM 10:23 PM
General	Waste Reduced	English	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:35 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM
Social science	Social Science_Chapter 3: Climates of India (Part 3)	English	01:01 AM 03:02 AM 05:03 AM 07:04 AM 09:05 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:10 PM 11:11 PM
Vocational	Feather Stitch	English	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:03 PM

बुधवार, 30 सितंबर 2026
Wednesday, 30 September 2026

संस्कृत	संस्कृत_ अष्टमः पाठः - हितं मनोहारि च दुर्लभं वचः	संस्कृत	12:00 AM 10:05 PM 08:05 PM 06:04 PM 04:04 PM 02:03 PM 10:02 AM 08:02 AM 06:01 AM 04:01 AM 02:00 AM 12:03 PM
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Flood	Flood - बाढ़ के दौरान क्या करें और क्या न करें	हिंदी	12:34 AM 10:40 PM 08:40 PM 06:39 PM 04:39 PM 02:38 PM 12:38 PM 10:37 AM 08:36 AM 06:36 AM 04:35 AM 02:35 AM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	07:02 AM 11:06 PM 09:06 PM 07:05 PM 05:05 PM 03:04 PM 11:03 AM 09:02 AM 05:01 AM 03:01 AM 01:00 AM 01:04 PM
Maths	Mathematics_ Chapter 3: A Peek Beyond the Point	English	12:17 PM 10:20 PM 08:19 PM 06:19 PM 04:18 PM 02:18 PM 10:16 AM 08:16 AM 06:15 AM 04:15 AM 02:14 AM 12:14 AM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:47 PM 10:50 PM 08:49 PM 06:49 PM 04:48 PM 02:48 PM 10:47 AM 08:46 AM 06:46 AM 04:45 AM 02:45 AM 12:44 AM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States (Part-1)	English	10:41 PM 08:41 PM 06:40 PM 04:40 PM 02:39 PM 10:38 AM 08:38 AM 06:37 AM 04:37 AM 02:36 AM 12:36 AM 12:39 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	11:45 PM 09:44 PM 07:44 PM 05:43 PM 03:43 PM 01:42 PM 11:41 AM 09:41 AM 07:40 AM 05:40 AM 03:39 AM 01:39 AM