

## कक्षा-10 की मासिक कार्यक्रम प्रसारण सारणी

### Monthly Program Transmission Schedule of Class-10

### कक्षा-10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

#### Subject-wise Weekly Program Transmission Schedule of Class - 10

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 9 to 10 times a day and the same scheme is followed for the whole month.

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

[https://www.swayamprabha.gov.in/index.php/program/current\\_se/28](https://www.swayamprabha.gov.in/index.php/program/current_se/28).

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Friday from 3.00 pm to 4.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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



DD Free Dish Channel #32



8800440559



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

**जुलाई 2023**

**July 2023**

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
<b>शनिवार, 01 जुलाई 2023 Saturday, 01 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Sewagram	Hindi	12:30 AM    03:31 AM    06:31 AM    09:32 AM    12:32 PM    03:33 PM    06:33 PM    09:34 PM
सामान्य	India-Pavilion-at-COP27-Mission	हिन्दी	12:39 AM    03:40 AM    06:40 AM    09:41 AM    12:41 PM    03:42 PM    06:42 PM    09:43 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:42 AM    03:43 AM    06:43 AM    09:44 AM    12:44 PM    03:44 PM    06:45 PM    09:45 PM
Cultural Heritage: Art, Music & Dance	Taal aur Lay	Regional	01:03 AM    04:04 AM    07:04 AM    10:05 AM    01:05 PM    04:06 PM    07:06 PM    10:07 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	01:17 AM    04:17 AM    07:18 AM    10:18 AM    01:19 PM    04:19 PM    07:20 PM    10:20 PM
Social Science (Geography)	S.Sc. (Geo):Chp 7: Lifelines of National Economy-1	English	01:48 AM    04:49 AM    07:49 AM    10:50 AM    01:50 PM



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			04:51 PM    07:51 PM    10:52 PM
सामान्य	कथक परिचय होली	Hindi	02:07 AM    05:07 AM    08:08 AM    11:08 AM    02:09 PM    05:09 PM    08:10 PM    11:10 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	02:18 AM    05:19 AM    08:19 AM    11:20 AM    02:20 PM    05:21 PM    08:21 PM    11:22 PM
सामान्य	Consumer Awareness	English	02:41 AM    05:42 AM    08:42 AM    11:43 AM    02:43 PM    05:44 PM    08:44 PM    11:45 PM
Science	Science: Chapter 7: Control and Coordination-1	English	02:46 AM    05:47 AM    08:47 AM    11:48 AM    02:48 PM    05:49 PM    08:49 PM    11:50 PM
<b>रविवार, 02 जुलाई 2023 Sunday, 02 July 2023</b>			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
Cultural Heritage: Art, Music & Dance	Didi Nirmala	English	12:30 AM    03:30 AM    06:30 AM    09:30 AM    12:30 PM    03:31 PM    06:31 PM    09:31 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:58 AM    03:59 AM    06:59 AM    09:59 AM    12:59 PM    03:59 PM    06:59 PM    09:59 PM
General	Health And Sanitaion (H)	Hindi	01:24 AM    04:24 AM    07:24 AM    10:24 AM    01:24 PM    04:24 PM    07:24 PM    10:25 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	01:30 AM    04:30 AM    07:31 AM    10:31 AM    01:31 PM

			04:31 PM    07:31 PM    10:31 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:43 AM    04:43 AM    07:43 AM    10:43 AM    01:43 PM    04:43 PM    07:44 PM    10:44 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- I	English	01:43 AM    04:43 AM    07:43 AM    10:44 AM    01:44 PM    04:44 PM    07:44 PM    10:44 PM
Cultural Heritage: Art, Music & Dance	National Role Play & Folk Dance - Puducherry	Regional	02:10 AM    05:10 AM    08:10 AM    11:10 AM    02:10 PM    05:10 PM    08:10 PM    11:11 PM
Cultural Heritage: Art, Music & Dance	Tere Liye Bhi - For You Too (Laghu Film)	Hindi	02:19 AM    05:20 AM    08:20 AM    11:20 AM    02:20 PM    05:20 PM    08:20 PM    11:20 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:31 AM    05:31 AM    08:31 AM    11:31 AM    02:31 PM    05:32 PM    08:32 PM    11:32 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	02:54 AM    05:54 AM    08:54 AM    11:54 AM    02:54 PM    05:54 PM    08:54 PM    11:54 PM
<b>सोमवार, 03 जुलाई 2023 Monday, 03 July 2023</b>			
हिन्दी	हिंदी :पाठ-9: कवि मंगलेश डबराल और उनकी कविता	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:04 PM    09:05 PM
General	Introduction to MISSION LIFE	English	12:33 AM    03:34 AM    06:35 AM    09:36 AM    12:37 PM    03:37 PM    06:38 PM    09:39 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:36 AM    03:37 AM    06:38 AM    09:38 AM    12:39 PM



			03:40 PM    06:41 PM    09:42 PM
सामान्य	India-Pavilion-at-COP27-Mission	हिन्दी	12:58 AM    03:59 AM    07:00 AM    10:01 AM    01:02 PM    04:02 PM    07:03 PM    10:04 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	01:01 AM    04:02 AM    07:03 AM    10:04 AM    01:05 PM    04:05 PM    07:06 PM    10:07 PM
Cultural Heritage: Art, Music & Dance	Didi Nirmala	English	01:14 AM    04:15 AM    07:16 AM    10:16 AM    01:17 PM    04:18 PM    07:19 PM    10:20 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:43 AM    04:43 AM    07:44 AM    10:45 AM    01:46 PM    04:47 PM    07:47 PM    10:48 PM
General	Value and responsible Citizenship	English	02:06 AM    05:07 AM    08:07 AM    11:08 AM    02:09 PM    05:10 PM    08:11 PM    11:11 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	02:11 AM    05:12 AM    08:12 AM    11:13 AM    02:14 PM    05:15 PM    08:16 PM    11:16 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Dance Competition: –Dance Folk(Girl) : Maharashtra	Regional	02:34 AM    05:35 AM    08:35 AM    11:36 AM    02:37 PM    05:38 PM    08:39 PM    11:39 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:38 AM    05:38 AM    08:39 AM    11:40 AM    02:41 PM    05:42 PM    08:42 PM    11:43 PM
<b>मंगलवार, 04 जुलाई 2023 Tuesday, 04 July 2023</b>			
हिन्दी	हिंदी :पाठ-9: कवि मंगलेश डबराल और उनकी कविता	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM



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			12:00 PM    03:00 PM    06:00 PM    09:00 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Visual Arts- 2D(Girl):Bihar	Regional	12:33 AM    03:34 AM    06:34 AM    09:34 AM    12:34 PM    03:34 PM    06:34 PM    09:34 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:35 AM    03:35 AM    06:35 AM    09:35 AM    12:36 PM    03:36 PM    06:36 PM    09:36 PM
General	Waste Reduced	English	12:58 AM    03:58 AM    06:58 AM    09:58 AM    12:58 PM    03:58 PM    06:58 PM    09:58 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	12:59 AM    03:59 AM    06:59 AM    09:59 AM    01:00 PM    04:00 PM    07:00 PM    10:00 PM
Health, Physical Education/Yoga/ Sports	Yoga - Padmasan	Hindi	01:12 AM    04:12 AM    07:12 AM    10:12 AM    01:12 PM    04:12 PM    07:12 PM    10:12 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:28 AM    04:28 AM    07:28 AM    10:28 AM    01:28 PM    04:28 PM    07:28 PM    10:28 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	01:52 AM    04:52 AM    07:52 AM    10:52 AM    01:52 PM    04:52 PM    07:52 PM    10:52 PM
Travel	Rangsapara	English	02:15 AM    05:15 AM    08:15 AM    11:15 AM    02:15 PM    05:15 PM    08:15 PM    11:15 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:37 AM    08:37 AM    11:37 AM    02:37



			PM    05:37 PM    08:37 PM    11:37 PM
<b>बुधवार, 05 जुलाई 2023 Wednesday, 05 July 2023</b>			
हिन्दी	हिंदी : पाठ-9: मंगलेश डबराल	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Music – Indigenous Toys and Games(Boy) :Bihar	Regional	12:27 AM    03:27 AM    06:27 AM    09:28 AM    12:28 PM    03:28 PM    06:28 PM    09:28 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:36 AM    03:36 AM    06:36 AM    09:36 AM    12:37 PM    03:37 PM    06:37 PM    09:37 PM
General	E-Waste Management: Film 2	English	12:57 AM    03:57 AM    06:57 AM    09:57 AM    12:57 PM    03:57 PM    06:57 PM    09:57 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:06 AM    04:06 AM    07:06 AM    10:06 AM    01:06 PM    04:06 PM    07:06 PM    10:06 PM
General	Waste Reduced	English	01:37 AM    04:37 AM    07:37 AM    10:37 AM    01:37 PM    04:37 PM    07:37 PM    10:37 PM
Language (English)	English: Chp-7: Glimpses of India : Coorg	English	01:38 AM    04:38 AM    07:38 AM    10:38 AM    01:38 PM    04:39 PM    07:39 PM    10:39 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Dance Competition: –Dance Folk(Girl) : Maharashtra	Regional	02:04 AM    05:04 AM    08:04 AM    11:04 AM    02:04 PM    05:04 PM    08:04 PM    11:04 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	02:08 AM    05:08 AM    08:08 AM    11:08 AM    02:08 PM



			PM    05:08 PM    08:08 PM    11:08 PM
सामान्य	कथक परिचय होली	Hindi	02:34 AM    05:35 AM    08:35 AM    11:35 AM    02:35 PM    05:35 PM    08:35 PM    11:35 PM
Science	Science: Chapter 7: Control and Coordination-1	English	02:46 AM    05:46 AM    08:46 AM    11:46 AM    02:46 PM    05:47 PM    08:47 PM    11:47 PM
<b>बृहस्पतिवार, 06 जुलाई 2023 Thursday, 06 July 2023</b>			
हिन्दी	हिंदी : पाठ-9: मंगलेश डबराल	Hindi	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
सामान्य	ध्यान	हिन्दी	12:27 AM    03:28 AM    06:28 AM    09:29 AM    12:29 PM    03:30 PM    06:30 PM    09:31 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:31 AM    03:32 AM    06:32 AM    09:33 AM    12:33 PM    03:34 PM    06:34 PM    09:35 PM
सामान्य	Water Saved	हिन्दी	12:56 AM    03:56 AM    06:57 AM    09:57 AM    12:58 PM    03:58 PM    06:59 PM    09:59 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	12:57 AM    03:58 AM    06:58 AM    09:58 AM    12:59 PM    03:59 PM    07:00 PM    10:00 PM
कहानी	मीना- टेक केयर ऑफ़ गर्ल	Hindi	01:28 AM    04:28 AM    07:29 AM    10:29 AM    01:30 PM    04:30 PM    07:31 PM    10:31 PM
Language (English)	English: Chp-7: Glimpses of India : Coorg	English	01:40 AM    04:41 AM    07:41 AM    10:42 AM    01:42 PM





			04:42 PM    07:43 PM    10:43 PM
सामान्य	आजादी की कहानी-1	हिन्दी	02:06 AM    05:06 AM    08:07 AM    11:07 AM    02:08 PM    05:08 PM    08:09 PM    11:09 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:14 AM    05:15 AM    08:15 AM    11:16 AM    02:16 PM    05:17 PM    08:17 PM    11:18 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	02:36 AM    05:37 AM    08:37 AM    11:38 AM    02:38 PM    05:39 PM    08:39 PM    11:40 PM
Science	Science: Chapter 7: Control and Coordination-1	English	02:46 AM    05:47 AM    08:47 AM    11:48 AM    02:48 PM    05:49 PM    08:49 PM    11:50 PM
<b>शुक्रवार, 07 जुलाई 2023 Friday, 07 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
सामान्य	गुरु गोबिंद सिंह	Hindi	12:23 AM    03:24 AM    06:24 AM    09:24 AM    12:24 PM    03:24 PM    06:24 PM    09:24 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:32 AM    03:32 AM    06:33 AM    09:33 AM    12:33 PM    03:33 PM    06:33 PM    09:33 PM
सामान्य	गुरु गोबिंद सिंह	Hindi	01:08 AM    04:08 AM    07:08 AM    10:08 AM    01:08 PM    04:08 PM    07:08 PM    10:09 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:17 AM    04:17 AM    07:17 AM    10:17 AM    01:17 PM



			04:17 PM    07:17 PM    10:18 PM
सामान्य	आजादी की अमृत कहानियां (अंशु जमसेंपा- पर्वत )	Hindi	01:48 AM    04:48 AM    07:49 AM    10:49 AM    01:49 PM    04:49 PM    07:49 PM    10:49 PM
Social Science (Geography)	S.Sc. (Geo):Chp 7: Lifelines of National Economy-1	English	01:51 AM    04:51 AM    07:51 AM    10:51 AM    01:51 PM    04:51 PM    07:51 PM    10:52 PM
सामान्य	Sustainable Food Systems Adopted	हिन्दी	02:09 AM    05:09 AM    08:09 AM    11:10 AM    02:10 PM    05:10 PM    08:10 PM    11:10 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-2	English	02:10 AM    05:10 AM    08:10 AM    11:10 AM    02:10 PM    05:10 PM    08:10 PM    11:11 PM
General	Health And Sanitaion (E)	English	02:33 AM    05:33 AM    08:33 AM    11:33 AM    02:34 PM    05:34 PM    08:34 PM    11:34 PM
Science	Science: Chapter 7: Control and Coordination-2	English	02:39 AM    05:40 AM    08:40 AM    11:40 AM    02:40 PM    05:40 PM    08:40 PM    11:40 PM
<b>शनिवार, 08 जुलाई 2023 Saturday, 08 July 2023</b>			
General	Single Use Plastic	हिन्दी	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:01 PM    03:01 PM    06:01 PM    09:01 PM
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:02 AM    03:03 AM    06:03 AM    09:03 AM    12:03 PM    03:04 PM    06:04 PM    09:04 PM
General	Emotional Well Being and Mental Health (E)	English	12:25 AM    03:25 AM    06:26 AM    09:26 AM    12:26 PM



			PM    03:26 PM    06:27 PM    09:27 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:30 AM    03:30 AM    06:31 AM    09:31 AM    12:31 PM    03:31 PM    06:32 PM    09:32 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:05 AM    04:06 AM    07:06 AM    10:06 AM    01:06 PM    04:07 PM    07:07 PM    10:07 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:37 AM    04:37 AM    07:38 AM    10:38 AM    01:38 PM    04:38 PM    07:39 PM    10:39 PM
Social Science (Geography)	S.Sc. (Geo):Chp 7: Lifelines of National Economy-1	English	01:43 AM    04:44 AM    07:44 AM    10:44 AM    01:44 PM    04:45 PM    07:45 PM    10:45 PM
कहानी	मीना- टेक केयर ऑफ़ गर्ल	Hindi	02:02 AM    05:02 AM    08:02 AM    11:03 AM    02:03 PM    05:03 PM    08:03 PM    11:04 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-2	English	02:14 AM    05:14 AM    08:15 AM    11:15 AM    02:15 PM    05:15 PM    08:16 PM    11:16 PM
General	जेंडर समानता	Hindi	02:37 AM    05:38 AM    08:38 AM    11:38 AM    02:38 PM    05:39 PM    08:39 PM    11:39 PM
Science	Science: Chapter 7: Control and Coordination-2	English	02:45 AM    05:45 AM    08:45 AM    11:46 AM    02:46 PM    05:46 PM    08:46 PM    11:47 PM
<b>रविवार, 09 जुलाई 2023 Sunday, 09 July 2023</b>			
General	MOTHER EARTH Prakriti English	English	12:00 AM    03:00 AM    06:00 AM    09:00 AM



			12:00 PM    03:00 PM    06:00 PM    09:00 PM
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:10 AM    03:10 AM    06:10 AM    09:10 AM    12:10 PM    03:10 PM    06:10 PM    09:10 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:32 AM    03:32 AM    06:32 AM    09:32 AM    12:32 PM    03:32 PM    06:32 PM    09:32 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास	Hindi	12:38 AM    03:38 AM    06:39 AM    09:39 AM    12:39 PM    03:39 PM    06:39 PM    09:39 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-1	Hindi	01:23 AM    04:23 AM    07:23 AM    10:23 AM    01:23 PM    04:23 PM    07:23 PM    10:23 PM
सामान्य	पवन मुक्तासन	हिन्दी	01:36 AM    04:36 AM    07:36 AM    10:36 AM    01:36 PM    04:36 PM    07:36 PM    10:36 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- II	English	01:39 AM    04:39 AM    07:39 AM    10:39 AM    01:39 PM    04:39 PM    07:39 PM    10:39 PM
सामान्य	आज़ादी की कहानी-2	हिन्दी	02:02 AM    05:03 AM    08:03 AM    11:03 AM    02:03 PM    05:03 PM    08:03 PM    11:03 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:17 AM    05:17 AM    08:17 AM    11:17 AM    02:17 PM    05:17 PM    08:17 PM    11:17 PM
Cultural Heritage: Art, Music & Dance	Interview with Dr. Devyani Borole - A Polar Women (Part 1)	English	02:40 AM    05:40 AM    08:40 AM    11:40 AM    02:40



			PM    05:40 PM    08:40 PM    11:40 PM
<b>सोमवार, 10 जुलाई 2023 Monday, 10 July 2023</b>			
हिन्दी	हिंदी : पाठ-7: वीरेन इंद्रवाल: तोप	Hindi	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
सामान्य	मंदिरों की माला भुवनेश्वर	Hindi	12:29 AM    03:29 AM    06:30 AM    09:30 AM    12:31 PM    03:31 PM    06:32 PM    09:33 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:49 AM    03:50 AM    06:50 AM    09:51 AM    12:51 PM    03:52 PM    06:52 PM    09:53 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:12 AM    04:12 AM    07:13 AM    10:13 AM    01:14 PM    04:14 PM    07:15 PM    10:15 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-2	Hindi	01:17 AM    04:18 AM    07:18 AM    10:19 AM    01:19 PM    04:20 PM    07:20 PM    10:21 PM
सामान्य	हिंदी शब्दकोष	Hindi	01:26 AM    04:27 AM    07:28 AM    10:28 AM    01:29 PM    04:29 PM    07:30 PM    10:30 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:44 AM    04:44 AM    07:45 AM    10:45 AM    01:46 PM    04:46 PM    07:47 PM    10:48 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Music – Indigenous Toys and Games(Boy) Manipur	Regional	02:12 AM    05:12 AM    08:13 AM    11:13 AM    02:14 PM    05:14 PM    08:15 PM    11:16 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-3	English	02:14 AM    05:15 AM    08:15 AM    11:16 AM    02:17 PM



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			05:17 PM    08:18 PM    11:18 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:37 AM    05:37 AM    08:38 AM    11:39 AM    02:39 PM    05:40 PM    08:40 PM    11:41 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:39 AM    11:39 AM    02:40 PM    05:40 PM    08:41 PM    11:41 PM
<b>मंगलवार, 11 जुलाई 2023 Tuesday, 11 July 2023</b>			
हिन्दी	हिंदी : पाठ-7: वीरेन डंगवाल: तोप	Hindi	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Vocal Music- Traditional Folk(Boy):Maharashtra	Regional	12:22 AM    03:22 AM    06:23 AM    09:23 AM    12:24 PM    03:24 PM    06:25 PM    09:25 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:27 AM    03:28 AM    06:29 AM    09:29 AM    12:30 PM    03:30 PM    06:31 PM    09:31 PM
सामान्य	India-Pavilion-at-COP27-Mission	हिन्दी	12:50 AM    03:51 AM    06:51 AM    09:52 AM    12:52 PM    03:53 PM    06:53 PM    09:54 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय-2	Hindi	12:53 AM    03:54 AM    06:54 AM    09:55 AM    12:55 PM    03:56 PM    06:56 PM    09:57 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:02 AM    04:03 AM    07:04 AM    10:04 AM    01:05 PM    04:05 PM    07:06 PM    10:06 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:13 AM    04:13 AM    07:14 AM    10:14 AM    01:15 PM



			04:16 PM    07:16 PM    10:17 PM
Travel	Emnittum Kanthaloar	Malayalam	01:41 AM    04:41 AM    07:42 AM    10:42 AM    01:43 PM    04:44 PM    07:44 PM    10:45 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-4	English	02:09 AM    05:09 AM    08:10 AM    11:10 AM    02:11 PM    05:12 PM    08:12 PM    11:13 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:39 AM    11:39 AM    02:40 PM    05:40 PM    08:41 PM    11:41 PM
<b>बुधवार, 12 जुलाई 2023 Wednesday, 12 July 2023</b>			
हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:04 PM    09:05 PM
General(Science)	Aromatic Perfumes	English	12:23 AM    03:24 AM    06:25 AM    09:26 AM    12:27 PM    03:28 PM    06:28 PM    09:29 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:25 AM    03:26 AM    06:27 AM    09:27 AM    12:28 PM    03:29 PM    06:30 PM    09:31 PM
सामान्य	Water Saved	हिन्दी	12:46 AM    03:47 AM    06:48 AM    09:49 AM    12:50 PM    03:51 PM    06:51 PM    09:52 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:48 AM    03:48 AM    06:49 AM    09:50 AM    12:51 PM    03:52 PM    06:53 PM    09:53 PM
General	Reproductive Health and HIV Prevention	English	01:12 AM    04:12 AM    07:13 AM    10:14 AM    01:15 PM



			04:16 PM    07:16 PM    10:17 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:17 AM    04:18 AM    07:19 AM    10:20 AM    01:20 PM    04:21 PM    07:22 PM    10:23 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	01:45 AM    04:46 AM    07:47 AM    10:48 AM    01:48 PM    04:49 PM    07:50 PM    10:51 PM
Sports	The Sound Mind	English	02:13 AM    05:14 AM    08:15 AM    11:16 AM    02:17 PM    05:18 PM    08:18 PM    11:19 PM
Science	Science: Chap 7: Control and Coordination	English	02:19 AM    05:20 AM    08:21 AM    11:22 AM    02:22 PM    05:23 PM    08:24 PM    11:25 PM
<b>बृहस्पतिवार, 13 जुलाई 2023 Thursday, 13 July 2023</b>			
हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	Hindi	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:23 AM    03:24 AM    06:24 AM    09:24 AM    12:24 PM    03:24 PM    06:24 PM    09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1 यूरोप में राष्ट्रवाद का उदय	Hindi	12:30 AM    03:30 AM    06:30 AM    09:30 AM    12:30 PM    03:30 PM    06:30 PM    09:30 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:56 AM    03:56 AM    06:56 AM    09:56 AM    12:56 PM    03:56 PM    06:56 PM    09:56 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:20 AM    04:20 AM    07:20 AM    10:20 AM    01:20





			PM    04:20 PM    07:20 PM    10:20 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:20 AM    04:21 AM    07:21 AM    10:21 AM    01:21 PM    04:21 PM    07:21 PM    10:21 PM
General	Reproductive Health and HIV Prevention	English	01:48 AM    04:49 AM    07:49 AM    10:49 AM    01:49 PM    04:49 PM    07:49 PM    10:49 PM
Social Science (History)	S.Sc (History): Ch-1: The Rise of Nationalism in Europe	English	01:54 AM    04:54 AM    07:54 AM    10:54 AM    01:54 PM    04:54 PM    07:54 PM    10:54 PM
सामान्य	Water Saved	हिन्दी	02:23 AM    05:23 AM    08:23 AM    11:23 AM    02:23 PM    05:23 PM    08:23 PM    11:23 PM
Science	Science: Chap 7: Control and Coordination	English	02:24 AM    05:24 AM    08:24 AM    11:24 AM    02:24 PM    05:24 PM    08:24 PM    11:24 PM
<b>शुक्रवार, 14 जुलाई 2023 Friday, 14 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
General	Azadi ki Amrit Kahaniyan: (Tanvi Jagadish: Sagar)	English	12:29 AM    03:30 AM    06:30 AM    09:31 AM    12:31 PM    03:32 PM    06:33 PM    09:33 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:32 AM    03:32 AM    06:33 AM    09:33 AM    12:34 PM    03:34 PM    06:35 PM    09:35 PM
ENVIRONMENT	Green Gold on Fire (Forest Fires)	English	12:55 AM    03:56 AM    06:56 AM    09:57 AM    12:57



			PM    03:58 PM    06:58 PM    09:59 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:23 AM    04:24 AM    07:24 AM    10:25 AM    01:25 PM    04:26 PM    07:26 PM    10:27 PM
General	Anthropological Museum (Anadaman and Nicobar Islands)	English	01:49 AM    04:50 AM    07:50 AM    10:51 AM    01:51 PM    04:52 PM    07:53 PM    10:53 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy-2	English	01:54 AM    04:54 AM    07:55 AM    10:55 AM    01:56 PM    04:56 PM    07:57 PM    10:57 PM
General	Single Use Plastic	हिन्दी	02:16 AM    05:16 AM    08:17 AM    11:18 AM    02:18 PM    05:19 PM    08:19 PM    11:20 PM
Mathematics	Maths: Chap 7: Coordinate Geometry	English	02:18 AM    05:18 AM    08:19 AM    11:19 AM    02:20 PM    05:20 PM    08:21 PM    11:22 PM
Cultural Heritage: Art, Music & Dance	Rock Garden	Hindi	02:42 AM    05:42 AM    08:43 AM    11:43 AM    02:44 PM    05:44 PM    08:45 PM    11:45 PM
Science	Science: Chapter 7: Structure of Neuron	English	02:53 AM    05:53 AM    08:54 AM    11:54 AM    02:55 PM    05:55 PM    08:56 PM    11:57 PM
<b>शनिवार, 15 जुलाई 2023 Saturday, 15 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	Sanskrit	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:02 PM    03:03 PM    06:04 PM    09:05 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	12:34 AM    03:35 AM    06:36 AM    09:36 AM    12:37 PM



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			03:38 PM    06:39 PM    09:39 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:44 AM    03:45 AM    06:46 AM    09:46 AM    12:47 PM    03:48 PM    06:48 PM    09:49 PM
General	Introduction to MISSION LIFE	English	01:07 AM    04:08 AM    07:09 AM    10:09 AM    01:10 PM    04:11 PM    07:12 PM    10:12 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:10 AM    04:10 AM    07:11 AM    10:12 AM    01:13 PM    04:13 PM    07:14 PM    10:15 PM
Travel	Emnittum Kanthaloore	Malayalam	01:36 AM    04:37 AM    07:38 AM    10:38 AM    01:39 PM    04:40 PM    07:41 PM    10:41 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy-2	English	02:04 AM    05:05 AM    08:06 AM    11:06 AM    02:07 PM    05:08 PM    08:09 PM    11:09 PM
सांस्कृतिक विरासत: कला और शिल्प	गोदना कला	Hindi	02:26 AM    05:27 AM    08:28 AM    11:29 AM    02:29 PM    05:30 PM    08:31 PM    11:32 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-2	English	02:32 AM    05:32 AM    08:33 AM    11:34 AM    02:35 PM    05:35 PM    08:36 PM    11:37 PM
General	Story of Theatre – Basics of Theatre	English	02:51 AM    05:52 AM    08:52 AM    11:53 AM    02:54 PM    05:55 PM    08:55 PM    11:56 PM
Science	Science: Chapter 7: Structure of Neuron	English	02:58 AM    05:59 AM    09:00 AM    12:00 PM    03:01 PM

		PM    06:02 PM    09:03 PM	
रविवार, 16 जुलाई 2023 Sunday, 16 July 2023			
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Vocal Music Traditional-Folk(Girl):Assam	Regional	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:01 PM    06:02 PM    09:02 PM
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:05 AM    03:06 AM    06:06 AM    09:06 AM    12:07 PM    03:07 PM    06:07 PM    09:08 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:46 AM    03:46 AM    06:46 AM    09:47 AM    12:47 PM    03:47 PM    06:48 PM    09:48 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:10 AM    04:11 AM    07:11 AM    10:11 AM    01:12 PM    04:12 PM    07:13 PM    10:13 PM
विज्ञान	विज्ञान: पाठ-7: नियंत्रण एवं समन्वय	Hindi	01:20 AM    04:21 AM    07:21 AM    10:21 AM    01:22 PM    04:22 PM    07:22 PM    10:23 PM
सामान्य	मदिरों की माला भुवनेश्वर	Hindi	01:54 AM    04:54 AM    07:54 AM    10:55 AM    01:55 PM    04:55 PM    07:56 PM    10:56 PM
Social Science (Economics)	S.Sc (Eco): Ch-1 Development- III	English	02:14 AM    05:14 AM    08:15 AM    11:15 AM    02:15 PM    05:16 PM    08:16 PM    11:16 PM
General	Single Use Plastic	हिन्दी	02:35 AM    05:36 AM    08:36 AM    11:37 AM    02:37 PM    05:37 PM    08:38 PM    11:38 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:38 AM    11:38 AM    02:39 PM



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			PM    05:39 PM    08:39 PM    11:40 PM
सोमवार, 17 जुलाई 2023 Monday, 17 July 2023			
हिन्दी	हिंदी : पाठ-10:स्वयं प्रकाश: नेताजी का चश्मा	Hindi	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:19 AM    03:19 AM    06:20 AM    09:20 AM    12:21 PM    03:21 PM    06:22 PM    09:22 PM
Cyber Security	Change Passwords like Socks	Hindi	12:42 AM    03:43 AM    06:43 AM    09:44 AM    12:44 PM    03:45 PM    06:45 PM    09:46 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-1	Hindi	12:43 AM    03:43 AM    06:44 AM    09:44 AM    12:45 PM    03:45 PM    06:46 PM    09:46 PM
ENVIRONMENT	And thus man gets crushed AGAIN and AGAIN...	Malayalam	01:02 AM    04:03 AM    07:03 AM    10:04 AM    01:04 PM    04:05 PM    07:05 PM    10:06 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:27 AM    04:28 AM    07:28 AM    10:29 AM    01:29 PM    04:30 PM    07:30 PM    10:31 PM
Cultural Heritage: Art, Music & Dance	Aahat aur Anahat Naad - Dhvani - 1	Regional	02:00 AM    05:00 AM    08:01 AM    11:01 AM    02:02 PM    05:02 PM    08:03 PM    11:03 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:07 AM    05:07 AM    08:08 AM    11:08 AM    02:09 PM    05:09 PM    08:10 PM    11:10 PM
General	Single Use Plastic	हिन्दी	02:36 AM    05:36 AM    08:37 AM    11:37 AM    02:38



			PM    05:38 PM    08:39 PM    11:39 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:38 AM    11:39 AM    02:39 PM    05:40 PM    08:40 PM    11:41 PM
<b>मंगलवार, 18 जुलाई 2023 Tuesday, 18 July 2023</b>			
हिन्दी	हिंदी : पाठ-10:स्वयं प्रकाश: नेताजी का चश्मा	Hindi	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:04 PM    06:04 PM    09:05 PM
सामान्य	आजादी की कहानी-3	हिन्दी	12:18 AM    03:19 AM    06:20 AM    09:21 AM    12:21 PM    03:22 PM    06:23 PM    09:24 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:30 AM    03:31 AM    06:31 AM    09:32 AM    12:33 PM    03:34 PM    06:35 PM    09:36 PM
Cultural Heritage: Art, Music & Dance	Taal aur Lay	Regional	12:53 AM    03:54 AM    06:55 AM    09:55 AM    12:56 PM    03:57 PM    06:58 PM    09:59 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-1	Hindi	01:07 AM    04:07 AM    07:08 AM    10:09 AM    01:10 PM    04:11 PM    07:12 PM    10:12 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:26 AM    04:27 AM    07:28 AM    10:29 AM    01:29 PM    04:30 PM    07:31 PM    10:32 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:33 AM    04:34 AM    07:34 AM    10:35 AM    01:36 PM    04:37 PM    07:38 PM    10:38 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Visual Arts- 2D(Girl):Bihar	Regional	02:05 AM    05:06 AM    08:07 AM    11:08 AM    02:08



			PM    05:09 PM    08:10 PM    11:11 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:07 AM    05:08 AM    08:09 AM    11:09 AM    02:10 PM    05:11 PM    08:12 PM    11:13 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	02:36 AM    05:37 AM    08:37 AM    11:38 AM    02:39 PM    05:40 PM    08:41 PM    11:41 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:38 AM    05:39 AM    08:39 AM    11:40 AM    02:41 PM    05:42 PM    08:43 PM    11:43 PM
<b>बुधवार, 19 जुलाई 2023 Wednesday, 19 July 2023</b>			
हिन्दी	हिंदी : पाठ-10:स्वयं प्रकाश: नेताजी का चश्मा	Hindi	12:00 AM    03:01 AM    06:02 AM    09:03 AM    12:04 PM    03:05 PM    06:06 PM    09:07 PM
General(Science)	Colour Shadow	English	12:35 AM    03:36 AM    06:37 AM    09:38 AM    12:39 PM    03:40 PM    06:41 PM    09:42 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:37 AM    03:38 AM    06:39 AM    09:40 AM    12:41 PM    03:42 PM    06:43 PM    09:44 PM
General	Hand Wash	Hindi	01:04 AM    04:05 AM    07:07 AM    10:08 AM    01:09 PM    04:10 PM    07:11 PM    10:12 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:07 AM    04:08 AM    07:09 AM    10:10 AM    01:11 PM    04:13 PM    07:14 PM    10:15 PM
सामान्य	Water Saved	हिन्दी	01:38 AM    04:39 AM    07:40 AM    10:41 AM    01:42 PM



			04:43 PM    07:44 PM    10:45 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:39 AM    04:40 AM    07:41 AM    10:42 AM    01:43 PM    04:44 PM    07:45 PM    10:46 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:11 AM    05:12 AM    08:13 AM    11:14 AM    02:15 PM    05:16 PM    08:18 PM    11:19 PM
Social Science (History)	S.Sc. (His): Chapter-2 Nationalism in India-1	English	02:12 AM    05:13 AM    08:14 AM    11:15 AM    02:16 PM    05:17 PM    08:18 PM    11:19 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:38 AM    05:39 AM    08:40 AM    11:41 AM    02:42 PM    05:43 PM    08:44 PM    11:45 PM
<b>बृहस्पतिवार, 20 जुलाई 2023 Thursday, 20 July 2023</b>			
हिन्दी	हिंदी : पाठ-10:स्वयं प्रकाश: नेताजी का चश्मा	Hindi	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:03 PM    06:03 PM    09:04 PM
General	I will work & work with courage	English	12:28 AM    03:29 AM    06:29 AM    09:30 AM    12:30 PM    03:31 PM    06:32 PM    09:32 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:31 AM    03:32 AM    06:32 AM    09:33 AM    12:33 PM    03:34 PM    06:35 PM    09:35 PM
General(Science)	Head on a Platter	English	12:50 AM    03:51 AM    06:51 AM    09:52 AM    12:52 PM    03:53 PM    06:54 PM    09:54 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	12:51 AM    03:52 AM    06:53 AM    09:53 AM    12:54 PM





			03:54 PM    06:55 PM    09:56 PM
General	स्वस्थ बढ़ना	Hindi	01:21 AM    04:22 AM    07:22 AM    10:23 AM    01:24 PM    04:24 PM    07:25 PM    10:25 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:25 AM    04:26 AM    07:27 AM    10:27 AM    01:28 PM    04:28 PM    07:29 PM    10:30 PM
General	Single Use Plastic	हिन्दी	01:58 AM    04:58 AM    07:59 AM    11:00 AM    02:00 PM    05:01 PM    08:01 PM    11:02 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	02:00 AM    05:00 AM    08:01 AM    11:01 AM    02:02 PM    05:03 PM    08:03 PM    11:04 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	02:22 AM    05:23 AM    08:23 AM    11:24 AM    02:25 PM    05:25 PM    08:26 PM    11:26 PM
Science	Science: Chap 8: How do organisms reproduce?	English	02:32 AM    05:33 AM    08:33 AM    11:34 AM    02:35 PM    05:35 PM    08:36 PM    11:36 PM
<b>शुक्रवार, 21 जुलाई 2023 Friday, 21 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:03 PM    06:04 PM    09:05 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:31 AM    03:32 AM    06:33 AM    09:33 AM    12:34 PM    03:35 PM    06:36 PM    09:36 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Visual Arts-3D(Girl):Mizoram	Regional	12:57 AM    03:58 AM    06:58 AM    09:59 AM    01:00 PM



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			04:01 PM    07:01 PM    10:02 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	01:01 AM    04:02 AM    07:02 AM    10:03 AM    01:04 PM    04:05 PM    07:05 PM    10:06 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:24 AM    04:25 AM    07:26 AM    10:27 AM    01:27 PM    04:28 PM    07:29 PM    10:30 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy	English	01:25 AM    04:26 AM    07:26 AM    10:27 AM    01:28 PM    04:29 PM    07:29 PM    10:30 PM
General	कमल	Hindi	01:41 AM    04:42 AM    07:43 AM    10:43 AM    01:44 PM    04:45 PM    07:46 PM    10:46 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	01:50 AM    04:51 AM    07:51 AM    10:52 AM    01:53 PM    04:54 PM    07:54 PM    10:55 PM
सामान्य	सीखने की राह पर	Hindi	02:24 AM    05:25 AM    08:26 AM    11:26 AM    02:27 PM    05:28 PM    08:29 PM    11:29 PM
Science	Science: Chap 8: Asexual Reproduction in Amoeba and Yeast	English	02:48 AM    05:48 AM    08:49 AM    11:50 AM    02:51 PM    05:51 PM    08:52 PM    11:53 PM
Science	Science: Chap 8: Embryo of Dicot Seeds	English	02:51 AM    05:52 AM    08:52 AM    11:53 AM    02:54 PM    05:55 PM    08:55 PM    11:56 PM
Science	Science: Chap 8: Asexual Reproduction in Amoeba and Yeast	English	02:56 AM    05:57 AM    08:57 AM    11:58 AM    02:59 PM

			PM    06:00 PM    09:00 PM 
शनिवार, 22 जुलाई 2023 Saturday, 22 July 2023			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:03 PM    06:04 PM    09:05 PM
Cyber Security	Internet Ethics	English	12:26 AM    03:27 AM    06:27 AM    09:28 AM    12:29 PM    03:30 PM    06:31 PM    09:31 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:29 AM    03:30 AM    06:30 AM    09:31 AM    12:32 PM    03:33 PM    06:33 PM    09:34 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:54 AM    03:55 AM    06:56 AM    09:57 AM    12:57 PM    03:58 PM    06:59 PM    10:00 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	01:00 AM    04:01 AM    07:02 AM    10:02 AM    01:03 PM    04:04 PM    07:05 PM    10:05 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Sikkim	Regional	01:24 AM    04:24 AM    07:25 AM    10:26 AM    01:27 PM    04:27 PM    07:28 PM    10:29 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy	English	01:27 AM    04:27 AM    07:28 AM    10:29 AM    01:30 PM    04:30 PM    07:31 PM    10:32 PM
Cultural Heritage: Art, Music & Dance	Didi Nirmala	English	01:43 AM    04:43 AM    07:44 AM    10:45 AM    01:46 PM    04:47 PM    07:47 PM    10:48 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	02:11 AM    05:12 AM    08:13 AM    11:14 AM    02:14 PM

			05:15 PM    08:16 PM    11:17 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	02:46 AM    05:46 AM    08:47 AM    11:48 AM    02:49 PM    05:50 PM    08:50 PM    11:51 PM
Science	Science: Chap 8: Asexual Reproduction in Amoeba and Yeast	English	02:48 AM    05:48 AM    08:49 AM    11:50 AM    02:51 PM    05:52 PM    08:52 PM    11:53 PM
Science	Science: Chap 8: Embryo of Dicot Seeds	English	02:51 AM    05:52 AM    08:52 AM    11:53 AM    02:54 PM    05:55 PM    08:55 PM    11:56 PM
Science	Science: Chap 8: Asexual Reproduction in Amoeba and Yeast	English	02:56 AM    05:57 AM    08:57 AM    11:58 AM    02:59 PM    06:00 PM    09:00 PM
<b>रविवार, 23 जुलाई 2023 Sunday, 23 July 2023</b>			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM    03:00 AM    06:01 AM    09:02 AM    12:03 PM    03:03 PM    06:04 PM    09:05 PM
Health, Physical Education/Yoga/Sports	Daud	Hindi	12:34 AM    03:34 AM    06:35 AM    09:36 AM    12:37 PM    03:37 PM    06:38 PM    09:39 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:54 AM    03:55 AM    06:56 AM    09:56 AM    12:57 PM    03:58 PM    06:59 PM    09:59 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:19 AM    04:20 AM    07:21 AM    10:21 AM    01:22 PM    04:23 PM    07:24 PM    10:24 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-2	Hindi	01:29 AM    04:30 AM    07:31 AM    10:32 AM    01:32 PM

			04:33 PM    07:34 PM    10:35 PM
सामान्य	ध्यान	हिन्दी	01:40 AM    04:41 AM    07:42 AM    10:42 AM    01:43 PM    04:44 PM    07:45 PM    10:45 PM
Social Science (Economics)	S.Sc (Eco): Ch- 2 Sectors of the Indian Economy	English	01:44 AM    04:45 AM    07:46 AM    10:47 AM    01:47 PM    04:48 PM    07:49 PM    10:50 PM
General	Single Use Plastic	हिन्दी	02:24 AM    05:24 AM    08:25 AM    11:26 AM    02:27 PM    05:27 PM    08:28 PM    11:29 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:25 AM    05:26 AM    08:27 AM    11:28 AM    02:28 PM    05:29 PM    08:30 PM    11:31 PM
Health, Physical Education/Yoga/ Sports	Yoga - Chakkrasan	Hindi	02:48 AM    05:49 AM    08:50 AM    11:50 AM    02:51 PM    05:52 PM    08:53 PM    11:53 PM
<b>सोमवार, 24 जुलाई 2023 Monday, 24 July 2023</b>			
General	Single Use Plastic	हिन्दी	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
हिन्दी	पाठ-8: कैफी आज़मी: कर चले हम फिदा	हिन्दी	12:02 AM    03:03 AM    06:03 AM    09:04 AM    12:04 PM    03:05 PM    06:05 PM    09:06 PM
Health, Physical Education/Yoga/ Sports	Daud	Hindi	12:28 AM    03:28 AM    06:29 AM    09:29 AM    12:30 PM    03:30 PM    06:31 PM    09:31 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:48 AM    03:49 AM    06:49 AM    09:50 AM    12:50 PM



			03:51 PM    06:51 PM    09:52 PM
Cyber Security	Change Passwords like Socks	Hindi	01:05 AM    04:05 AM    07:06 AM    10:06 AM    01:07 PM    04:07 PM    07:07 PM    10:08 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-3	Hindi	01:05 AM    04:06 AM    07:06 AM    10:07 AM    01:07 PM    04:07 PM    07:08 PM    10:08 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:18 AM    04:19 AM    07:19 AM    10:20 AM    01:20 PM    04:21 PM    07:21 PM    10:22 PM
सामान्य	एक नया सवेरा	Hindi	01:51 AM    04:51 AM    07:52 AM    10:52 AM    01:53 PM    04:53 PM    07:54 PM    10:54 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	02:04 AM    05:04 AM    08:05 AM    11:05 AM    02:06 PM    05:06 PM    08:07 PM    11:07 PM
सामान्य	Bhook	Marathi	02:27 AM    05:27 AM    08:28 AM    11:28 AM    02:29 PM    05:29 PM    08:30 PM    11:30 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:38 AM    11:39 AM    02:39 PM    05:40 PM    08:40 PM    11:41 PM
<b>मंगलवार, 25 जुलाई 2023 Tuesday, 25 July 2023</b>			
हिन्दी	पाठ-8: कैफी आजमी: कर चले हम फिदा	हिन्दी	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Visual Arts-3D(Girl):Mizoram	Regional	12:26 AM    03:27 AM    06:27 AM    09:28 AM    12:29 PM



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			03:29 PM    06:30 PM    09:30 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:30 AM    03:31 AM    06:31 AM    09:32 AM    12:33 PM    03:33 PM    06:34 PM    09:34 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	12:47 AM    03:47 AM    06:48 AM    09:48 AM    12:49 PM    03:49 PM    06:50 PM    09:51 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं-3	Hindi	01:01 AM    04:01 AM    07:02 AM    10:02 AM    01:03 PM    04:04 PM    07:04 PM    10:05 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:14 AM    04:15 AM    07:15 AM    10:16 AM    01:16 PM    04:17 PM    07:17 PM    10:18 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:21 AM    04:21 AM    07:22 AM    10:22 AM    01:23 PM    04:24 PM    07:24 PM    10:25 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage (Bibi ka Maqbara)	English	01:53 AM    04:54 AM    07:54 AM    10:55 AM    01:55 PM    04:56 PM    07:56 PM    10:57 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	02:07 AM    05:08 AM    08:08 AM    11:09 AM    02:09 PM    05:10 PM    08:11 PM    11:11 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	02:30 AM    05:31 AM    08:31 AM    11:32 AM    02:32 PM    05:33 PM    08:33 PM    11:34 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:39 AM    11:39 AM    02:40



			PM    05:40 PM    08:41 PM    11:41 PM
<b>बुधवार, 26 जुलाई 2023 Wednesday, 26 July 2023</b>			
हिन्दी	पाठ-8: कैफी आजमी: कर चले हम फिदा	हिन्दी	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01 PM    03:02 PM    06:02 PM    09:03 PM
Cultural Heritage: Art, Music & Dance	Tere Liye Bhi – For You Too (Laghu Film)	Hindi	12:33 AM    03:34 AM    06:34 AM    09:34 AM    12:35 PM    03:35 PM    06:36 PM    09:36 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:45 AM    03:45 AM    06:45 AM    09:46 AM    12:46 PM    03:47 PM    06:47 PM    09:48 PM
Science	Alfred Nobel - 1	English	01:06 AM    04:06 AM    07:06 AM    10:07 AM    01:07 PM    04:08 PM    07:08 PM    10:09 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-	Hindi	01:14 AM    04:15 AM    07:15 AM    10:15 AM    01:16 PM    04:16 PM    07:17 PM    10:17 PM
General(Science)	Jumping disc	English	01:48 AM    04:48 AM    07:49 AM    10:49 AM    01:49 PM    04:50 PM    07:50 PM    10:51 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:49 AM    04:50 AM    07:50 AM    10:50 AM    01:51 PM    04:51 PM    07:52 PM    10:52 PM
General(Science)	Colour Shadow	English	02:22 AM    05:22 AM    08:22 AM    11:23 AM    02:23 PM    05:24 PM    08:24 PM    11:25 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	02:23 AM    05:24 AM    08:24 AM    11:25 AM    02:25





			PM    05:26 PM    08:26 PM    11:26 PM
General	Single Use Plastic	हिन्दी	02:48 AM    05:48 AM    08:49 AM    11:49 AM    02:49 PM    05:50 PM    08:50 PM    11:51 PM
Science	Science: Chap 8: Embryo of Dicot Seeds	English	02:49 AM    05:50 AM    08:50 AM    11:51 AM    02:51 PM    05:52 PM    08:52 PM    11:52 PM
Science	Binary fission in Amoeba	English	02:53 AM    05:54 AM    08:54 AM    11:55 AM    02:55 PM    05:56 PM    08:56 PM    11:56 PM
Science	Binary fission in Leishmania	English	02:57 AM    05:57 AM    08:57 AM    11:58 AM    02:58 PM    05:59 PM    08:59 PM 
<b>बृहस्पतिवार, 27 जुलाई 2023 Thursday, 27 July 2023</b>			
हिन्दी	पाठ-8: कैफी आजमी: कर चले हम फिदा	हिन्दी	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:04 PM
General	I will work & work with courage	English	12:26 AM    03:27 AM    06:27 AM    09:28 AM    12:29 PM    03:29 PM    06:30 PM    09:30 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:29 AM    03:30 AM    06:30 AM    09:31 AM    12:31 PM    03:32 PM    06:33 PM    09:33 PM
General(Science)	Head on a Platter	English	12:52 AM    03:53 AM    06:54 AM    09:54 AM    12:55 PM    03:55 PM    06:56 PM    09:57 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-	Hindi	12:54 AM    03:54 AM    06:55 AM    09:56 AM



			12:56 PM    03:57 PM    06:57 PM    09:58 PM
General	स्वस्थ बढ़ना	Hindi	01:27 AM    04:28 AM    07:29 AM    10:29 AM    01:30 PM    04:30 PM    07:31 PM    10:32 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:32 AM    04:32 AM    07:33 AM    10:34 AM    01:34 PM    04:35 PM    07:35 PM    10:36 PM
General	स्वस्थ बढ़ना	Hindi	02:04 AM    05:05 AM    08:05 AM    11:06 AM    02:07 PM    05:07 PM    08:08 PM    11:08 PM
Social Science (History)	S.Sc (His): Ch-2: Nationalism in India	English	02:09 AM    05:09 AM    08:10 AM    11:10 AM    02:11 PM    05:11 PM    08:12 PM    11:13 PM
General	Single Use Plastic	हिन्दी	02:43 AM    05:43 AM    08:44 AM    11:44 AM    02:45 PM    05:45 PM    08:46 PM    11:47 PM
Science	Science: Chap 8: Embryo of Dicot Seeds	English	02:44 AM    05:45 AM    08:45 AM    11:46 AM    02:47 PM    05:47 PM    08:48 PM    11:48 PM
Science	Binary fission in Amoeba	English	02:48 AM    05:49 AM    08:49 AM    11:50 AM    02:51 PM    05:51 PM    08:52 PM    11:52 PM
Science	Binary fission in Leishmania	English	02:51 AM    05:52 AM    08:53 AM    11:53 AM    02:54 PM    05:54 PM    08:55 PM    11:56 PM
<b>शुक्रवार, 28 जुलाई 2023 Friday, 28 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:01 AM    12:01



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			PM    03:01 PM    06:02 PM    09:02 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:30 AM    03:30 AM    06:31 AM    09:31 AM    12:31 PM    03:32 PM    06:32 PM    09:32 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम	Hindi	12:35 AM    03:36 AM    06:36 AM    09:37 AM    12:37 PM    03:37 PM    06:38 PM    09:38 PM
सामान्य	वक्रासन	हिन्दी	01:07 AM    04:07 AM    07:07 AM    10:08 AM    01:08 PM    04:08 PM    07:09 PM    10:09 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	01:09 AM    04:09 AM    07:10 AM    10:10 AM    01:11 PM    04:11 PM    07:11 PM    10:12 PM
ENVIRONMENT	Life in Woods	English	01:34 AM    04:34 AM    07:35 AM    10:35 AM    01:35 PM    04:36 PM    07:36 PM    10:37 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy	English	01:49 AM    04:49 AM    07:50 AM    10:50 AM    01:50 PM    04:51 PM    07:51 PM    10:52 PM
General	MOTHER EARTH Prakriti English	English	02:05 AM    05:05 AM    08:06 AM    11:06 AM    02:07 PM    05:07 PM    08:07 PM    11:08 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:07 AM    05:07 AM    08:08 AM    11:08 AM    02:09 PM    05:09 PM    08:09 PM    11:10 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage (Bibi ka Maqbara)	English	02:34 AM    05:35 AM    08:35 AM    11:36 AM    02:36



			PM    05:36 PM    08:37 PM    11:37 PM
Science	Regeneration in planaria	English	02:49 AM    05:49 AM    08:49 AM    11:50 AM    02:50 PM    05:50 PM    08:51 PM    11:51 PM
Science	Multiple Fission in Plasmodium	English	02:53 AM    05:54 AM    08:54 AM    11:54 AM    02:55 PM    05:55 PM    08:56 PM    11:56 PM
<b>शनिवार, 29 जुलाई 2023 Saturday, 29 July 2023</b>			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM    03:00 AM    06:00 AM    09:00 AM    12:00 PM    03:00 PM    06:00 PM    09:00 PM
General	MOTHER EARTH Prakriti English	English	12:30 AM    03:30 AM    06:30 AM    09:30 AM    12:30 PM    03:30 PM    06:30 PM    09:30 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम	Hindi	12:32 AM    03:32 AM    06:32 AM    09:32 AM    12:32 PM    03:32 PM    06:32 PM    09:32 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:03 AM    04:03 AM    07:03 AM    10:03 AM    01:03 PM    04:03 PM    07:03 PM    10:03 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	01:08 AM    04:08 AM    07:08 AM    10:08 AM    01:08 PM    04:08 PM    07:08 PM    10:08 PM
Cultural Heritage: Art, Music & Dance	Parichakali Folk Dance of Lakshadweep Islands	English	01:33 AM    04:33 AM    07:33 AM    10:33 AM    01:33 PM    04:33 PM    07:33 PM    10:33 PM
Social Science (Geography)	S.Sc. (Geo): Chp 7: Lifelines of National Economy	English	01:49 AM    04:49 AM    07:49 AM    10:49 AM    01:49 PM



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			04:49 PM    07:49 PM    10:49 PM
सामान्य	सूर्य नमस्कार	हिन्दी	02:05 AM    05:05 AM    08:05 AM    11:05 AM    02:05 PM    05:05 PM    08:05 PM    11:05 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:12 AM    05:12 AM    08:12 AM    11:12 AM    02:12 PM    05:12 PM    08:12 PM    11:12 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage (Bibi ka Maqbara)	English	02:39 AM    05:39 AM    08:39 AM    11:39 AM    02:39 PM    05:39 PM    08:39 PM    11:39 PM
Science	Regeneration in planaria	English	02:53 AM    05:53 AM    08:53 AM    11:53 AM    02:53 PM    05:53 PM    08:53 PM    11:53 PM
Science	Multiple Fission in Plasmodium	English	02:58 AM    05:58 AM    08:58 AM    11:58 AM    02:58 PM    05:58 PM    08:58 PM    11:58 PM
<b>रविवार, 30 जुलाई 2023 Sunday, 30 July 2023</b>			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:03 PM    06:03 PM    09:04 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:34 AM    03:34 AM    06:35 AM    09:35 AM    12:36 PM    03:37 PM    06:37 PM    09:38 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के क्षेत्रक	Hindi	12:39 AM    03:40 AM    06:41 AM    09:41 AM    12:42 PM    03:42 PM    06:43 PM    09:44 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:18 AM    04:19 AM    07:19 AM    10:20 AM    01:21 PM



			04:21 PM    07:22 PM    10:22 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	01:29 AM    04:29 AM    07:30 AM    10:30 AM    01:31 PM    04:32 PM    07:32 PM    10:33 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:52 AM    04:53 AM    07:54 AM    10:54 AM    01:55 PM    04:55 PM    07:56 PM    10:57 PM
Social Science (Economics)	S.Sc (Eco): Ch- 2 Sectors of the Indian Economy	English	01:53 AM    04:54 AM    07:54 AM    10:55 AM    01:55 PM    04:56 PM    07:57 PM    10:57 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Dance Competition: Dance Folk(Boy) : Odisha	Regional	02:32 AM    05:33 AM    08:34 AM    11:34 AM    02:35 PM    05:35 PM    08:36 PM    11:37 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:39 AM    11:39 AM    02:40 PM    05:40 PM    08:41 PM    11:42 PM
<b>सोमवार, 31 जुलाई 2023 Monday, 31 July 2023</b>			
हिन्दी	पाठ-8: कैफी आजमी: कर चले हम फिदा	हिन्दी	12:00 AM    03:00 AM    06:01 AM    09:01 AM    12:02 PM    03:02 PM    06:03 PM    09:03 PM
General	Single Use Plastic	हिन्दी	12:26 AM    03:27 AM    06:27 AM    09:28 AM    12:28 PM    03:29 PM    06:29 PM    09:30 PM
सामाजिक विज्ञान (भूगोल )	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:28 AM    03:29 AM    06:29 AM    09:30 AM    12:30 PM    03:31 PM    06:31 PM    09:32 PM
General	E-Waste	English	12:44 AM    03:45 AM    06:45 AM    09:46 AM    12:46



			PM    03:47 PM    06:47 PM    09:48 PM
विज्ञान	विज्ञान: पाठ-8: जीव जनन कैसे करते हैं	Hindi	12:46 AM    03:46 AM    06:47 AM    09:48 AM    12:48 PM    03:49 PM    06:49 PM    09:50 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:10 AM    04:10 AM    07:11 AM    10:11 AM    01:12 PM    04:12 PM    07:13 PM    10:14 PM
Cultural Heritage: Art, Music & Dance	Taal aur Lay	Regional	01:42 AM    04:43 AM    07:43 AM    10:44 AM    01:44 PM    04:45 PM    07:45 PM    10:46 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	01:56 AM    04:56 AM    07:57 AM    10:58 AM    01:58 PM    04:59 PM    07:59 PM    11:00 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage (Bibi ka Maqbara)	English	02:23 AM    05:24 AM    08:24 AM    11:25 AM    02:25 PM    05:26 PM    08:27 PM    11:27 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM    05:38 AM    08:38 AM    11:39 AM    02:40 PM    05:40 PM    08:41 PM    11:41 PM

