

## कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी

## Monthly Program Transmission Schedule of Class - 7

### कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

### Subject-wise Weekly Program Transmission Schedule of Class - 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत/ उर्दू (उर्दू)	इतिहास	हिन्दी	संस्कृत/ उर्दू (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 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/29](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.

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

**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>			
गणित	पाठ-9: परिमेय संख्याएँ	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:32 PM
Creative Activities: Art & Craft	3D Butterfly	English	12:34 AM    03:05 AM    05:35 AM    08:05 AM    10:35 AM    01:05 PM    03:36 PM    06:06 PM    08:36 PM    11:06 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	हिंदी	12:37 AM    03:07 AM    05:37 AM    08:07 AM    10:38 AM    01:08 PM    03:38 PM    06:08 PM    08:39 PM    11:09 PM
General	चाचा कहते हैं	हिंदी	12:49 AM    03:19 AM    05:49 AM    08:20 AM    10:50 AM    01:20 PM    03:50 PM    06:21 PM    08:51 PM    11:21 PM
संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:52 AM    03:23 AM    05:53 AM    08:23 AM    10:53 AM    01:24 PM    03:54 PM    06:24 PM    08:54 PM    11:24 PM
General	Ardha Chakrasana	English	01:23 AM    03:53 AM    06:24 AM    08:54 AM    11:24 AM    01:54 PM    04:25 PM    06:55 PM    09:25 PM    11:55 PM
Social science	Ch-9: Life in the desert	English	01:25 AM    03:55 AM    06:26 AM    08:56 AM    11:26 AM    01:56



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			PM    04:27 PM    06:57 PM    09:27 PM    11:57 PM
General Awareness	e-waste management Block-2	English	01:45 AM    04:15 AM    06:45 AM    09:16 AM    11:46 AM    02:16 PM    04:46 PM    07:17 PM    09:47 PM
Science	Ch-15: Light Part-1	English	01:59 AM    04:29 AM    07:00 AM    09:30 AM    12:00 PM    02:30 PM    05:01 PM    07:31 PM    10:01 PM
Vocational	Finishing and costing of embroidered Products	English	02:11 AM    04:41 AM    07:11 AM    09:41 AM    12:12 PM    02:42 PM    05:12 PM    07:42 PM    10:13 PM
Vocational	Design and Tracing Methods (Stencil Method)	English	02:22 AM    04:53 AM    07:23 AM    09:53 AM    12:23 PM    02:54 PM    05:24 PM    07:54 PM    10:24 PM
<b>रविवार, 02 जुलाई 2023 Sunday, 02 July 2023</b>			
Physical Education	COVID 19 Awareness	English	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
सामाजिक विज्ञान	पाठ-1: समानता	हिंदी	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:20 AM    12:50 PM    03:20 PM    05:50 PM    08:20 PM    10:50 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	12:51 AM    03:21 AM    05:51 AM    08:21 AM    10:51 AM    01:21 PM    03:51 PM    06:21 PM    08:51 PM    11:21 PM
Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	01:08 AM    03:38 AM    06:08 AM    08:38 AM    11:08 AM    01:38 PM    04:08 PM    06:38 PM    09:08 PM    11:38 PM
योग	ताड़ासन	हिंदी	01:24 AM    03:54 AM    06:24 AM    08:54 AM    11:24 AM    01:54



			PM    04:24 PM    06:54 PM    09:24 PM    11:54 PM
General Awareness	Azadi ki Amrit khaniyan(Arohi)	English	01:27 AM    03:57 AM    06:27 AM    08:57 AM    11:27 AM    01:57 PM    04:27 PM    06:57 PM    09:27 PM    11:57 PM
Social science	Ch-2: New Kings & Kingdom	English	01:29 AM    03:59 AM    06:29 AM    08:59 AM    11:29 AM    01:59 PM    04:29 PM    06:59 PM    09:29 PM    11:59 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:20 PM    04:50 PM    07:20 PM    09:50 PM
<b>सोमवार, 03 जुलाई 2023 Monday, 03 July 2023</b>			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
General	नई उड़ान	हिंदी	12:27 AM    02:57 AM    05:27 AM    07:57 AM    10:28 AM    12:58 PM    03:28 PM    05:58 PM    08:28 PM    10:59 PM
सामान्य जागरूकता	जेंडर समानता	हिंदी	12:28 AM    02:59 AM    05:29 AM    07:59 AM    10:29 AM    12:59 PM    03:30 PM    06:00 PM    08:30 PM    11:00 PM
सामाजिक विज्ञान	पाठ-9: रेगिस्तान में जीवन	हिंदी	12:37 AM    03:08 AM    05:38 AM    08:08 AM    10:38 AM    01:08 PM    03:39 PM    06:09 PM    08:39 PM    11:09 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:09 AM    03:39 AM    06:09 AM    08:39 AM    11:09 AM    01:40 PM    04:10 PM    06:40 PM    09:10 PM    11:40 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	01:15 AM    03:45 AM    06:15 AM    08:45 AM    11:15 AM    01:46



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			PM    04:16 PM    06:46 PM    09:16 PM    11:46 PM
English	English, Ch-7: The invention of vita-wonk, Dad & the Cat & the tree	English	01:18 AM    03:48 AM    06:18 AM    08:48 AM    11:19 AM    01:49 PM    04:19 PM    06:49 PM    09:19 PM    11:50 PM
सामान्य जागरूकता	आज़ादी की अमृत कहानियाँ (हर्षिनी)	हिंदी	01:43 AM    04:13 AM    06:43 AM    09:13 AM    11:44 AM    02:14 PM    04:44 PM    07:14 PM    09:44 PM
Mathematics	Ch-10: Practical geometry	English	01:45 AM    04:15 AM    06:46 AM    09:16 AM    11:46 AM    02:16 PM    04:46 PM    07:17 PM    09:47 PM
Vocational	Personal hygiene and Health	English	02:14 AM    04:44 AM    07:15 AM    09:45 AM    12:15 PM    02:45 PM    05:15 PM    07:46 PM    10:16 PM
<b>मंगलवार, 04 जुलाई 2023 Tuesday, 04 July 2023</b>			
गणित	पाठ-9: परिमेय संख्याएँ	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:32 PM
हिन्दी	पाठ-11:वसंत-२: रहीम के दोहे	हिंदी	12:37 AM    03:07 AM    05:38 AM    08:08 AM    10:38 AM    01:08 PM    03:39 PM    06:09 PM    08:39 PM    11:09 PM
Storytelling/Value Education	आम की टोकरी	हिंदी	12:58 AM    03:28 AM    05:59 AM    08:29 AM    10:59 AM    01:29 PM    04:00 PM    06:30 PM    09:00 PM    11:30 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:01 AM    03:31 AM    06:01 AM    08:31 AM    11:02 AM    01:32 PM    04:02 PM    06:32 PM    09:03 PM    11:33 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	01:12 AM    03:42 AM    06:13 AM    08:43 AM    11:13 AM    01:43 PM



			04:13 PM    06:44 PM    09:14 PM    11:44 PM
Social science	Ch-9: Life in the desert	English	01:15 AM    03:46 AM    06:16 AM    08:46 AM    11:16 AM    01:46 PM    04:17 PM    06:47 PM    09:17 PM    11:47 PM
योग	अर्ध चक्रासन	हिंदी	01:36 AM    04:06 AM    06:37 AM    09:07 AM    11:37 AM    02:07 PM    04:38 PM    07:08 PM    09:38 PM
Science	Ch-15: Light Part-1	English	01:38 AM    04:08 AM    06:39 AM    09:09 AM    11:39 AM    02:09 PM    04:40 PM    07:10 PM    09:40 PM
Vocational	Personal hygiene and Health	English	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:51 AM    02:21 PM    04:51 PM    07:21 PM    09:52 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	02:00 AM    04:30 AM    07:00 AM    09:31 AM    12:01 PM    02:31 PM    05:01 PM    07:32 PM    10:02 PM
<b>बुधवार, 05 जुलाई 2023 Wednesday, 05 July 2023</b>			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
उर्दू	ईदगाह	हिंदी	12:27 AM    02:57 AM    05:27 AM    07:57 AM    10:27 AM    12:58 PM    03:28 PM    05:58 PM    08:28 PM    10:58 PM
Social science	Ch-9: The Making of Regional Cultures (Part-2)	English	12:58 AM    03:28 AM    05:58 AM    08:28 AM    10:58 AM    01:29 PM    03:59 PM    06:29 PM    08:59 PM    11:29 PM
Mathematics	Ch-10: Practical geometry	English	01:16 AM    03:46 AM    06:16 AM    08:47 AM    11:17 AM    01:47 PM



			04:17 PM    06:47 PM    09:17 PM    11:48 PM
General Awareness	Prevention and Management of Substance Misuse	English	01:45 AM    04:15 AM    06:45 AM    09:16 AM    11:46 AM    02:16 PM    04:46 PM    07:16 PM    09:46 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:21 AM    06:51 AM    09:21 AM    11:51 AM    02:21 PM    04:51 PM    07:22 PM    09:52 PM
<b>बृहस्पतिवार, 06 जुलाई 2023 Thursday, 06 July 2023</b>			
गणित	पाठ-9: परिमेय संख्याएँ	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
सामाजिक विज्ञान	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:34 AM    03:04 AM    05:35 AM    08:05 AM    10:35 AM    01:05 PM    03:35 PM    06:06 PM    08:36 PM    11:06 PM
General Awareness	Safety and Security against Violence and Injuries	English	12:56 AM    03:26 AM    05:56 AM    08:27 AM    10:57 AM    01:27 PM    03:57 PM    06:27 PM    08:58 PM    11:28 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	01:04 AM    03:34 AM    06:04 AM    08:34 AM    11:05 AM    01:35 PM    04:05 PM    06:35 PM    09:05 PM    11:36 PM
English	English, Ch-7: Dad and the cat and the tree	English	01:09 AM    03:39 AM    06:10 AM    08:40 AM    11:10 AM    01:40 PM    04:10 PM    06:41 PM    09:11 PM    11:41 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Instrumental Music Competition: Girls: Haryana	English/hindi	01:33 AM    04:03 AM    06:33 AM    09:04 AM    11:34 AM    02:04 PM    04:34 PM    07:04 PM    09:35 PM
Science	Ch-15: Light Part-1	English	01:39 AM    04:09 AM    06:39 AM    09:09 AM    11:40 AM    02:10



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			PM    04:40 PM    07:10 PM    09:40 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:21 AM    06:51 AM    09:21 AM    11:51 AM    02:21 PM    04:52 PM    07:22 PM    09:52 PM
<b>शुक्रवार, 07 जुलाई 2023 Friday, 07 July 2023</b>			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:01 PM    10:31 PM
हिन्दी	पाठ-13: वसंत-२: एक तिनका	हिंदी	12:27 AM    02:57 AM    05:28 AM    07:58 AM    10:28 AM    12:58 PM    03:28 PM    05:58 PM    08:28 PM    10:58 PM
Social science	Ch-6: Understanding media	English	12:53 AM    03:23 AM    05:53 AM    08:23 AM    10:53 AM    01:23 PM    03:53 PM    06:23 PM    08:54 PM    11:24 PM
General Awareness	e-waste management Block- 1	English	01:14 AM    03:45 AM    06:15 AM    08:45 AM    11:15 AM    01:45 PM    04:15 PM    06:45 PM    09:16 PM    11:46 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:27 AM    03:57 AM    06:27 AM    08:57 AM    11:27 AM    01:57 PM    04:27 PM    06:58 PM    09:28 PM    11:58 PM
Mathematics	Ch-10: Practical geometry	English	01:43 AM    04:13 AM    06:43 AM    09:13 AM    11:43 AM    02:13 PM    04:43 PM    07:14 PM    09:44 PM
Vocational	Tools And Materials	English	02:12 AM    04:42 AM    07:12 AM    09:42 AM    12:12 PM    02:42 PM    05:12 PM    07:43 PM    10:13 PM
<b>शनिवार, 08 जुलाई 2023 Saturday, 08 July 2023</b>			





गणित	पाठ-10: प्रायोगिक ज्यामिति	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:30 AM    03:00 AM    05:30 AM    08:00 AM    10:30 AM    01:00 PM    03:30 PM    06:00 PM    08:30 PM    11:00 PM
संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:46 AM    03:16 AM    05:46 AM    08:16 AM    10:46 AM    01:16 PM    03:46 PM    06:16 PM    08:46 PM    11:16 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	01:14 AM    03:44 AM    06:14 AM    08:44 AM    11:14 AM    01:44 PM    04:14 PM    06:44 PM    09:14 PM    11:44 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिंदी	01:20 AM    03:50 AM    06:20 AM    08:50 AM    11:20 AM    01:50 PM    04:20 PM    06:50 PM    09:20 PM    11:50 PM
General Awareness	e-waste management Block- 3	English	01:25 AM    03:55 AM    06:25 AM    08:55 AM    11:25 AM    01:55 PM    04:25 PM    06:55 PM    09:25 PM    11:55 PM
Social science	Ch-01: Environment	English	01:43 AM    04:13 AM    06:43 AM    09:13 AM    11:43 AM    02:13 PM    04:43 PM    07:13 PM    09:43 PM
General	चाचा कहते हैं	हिंदी	01:53 AM    04:23 AM    06:53 AM    09:23 AM    11:53 AM    02:23 PM    04:53 PM    07:23 PM    09:53 PM
Science	Ch-15: Light Part-2	English	01:55 AM    04:25 AM    06:55 AM    09:25 AM    11:55 AM    02:25 PM    04:55 PM    07:25 PM    09:55 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:35 PM    05:05 PM    07:35 PM    10:05 PM
रविवार, 09 जुलाई 2023 Sunday, 09 July 2023			
Physical Education	COVID 19 Awareness	English	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:20 AM    12:50 PM    03:20 PM    05:50 PM    08:20 PM    10:50 PM
सामाजिक विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	हिंदी	12:32 AM    03:02 AM    05:32 AM    08:02 AM    10:32 AM    01:02 PM    03:32 PM    06:02 PM    08:32 PM    11:01 PM
Storytelling/Value Education	नन्हा फ़नकार	हिंदी	01:06 AM    03:36 AM    06:06 AM    08:36 AM    11:06 AM    01:36 PM    04:06 PM    06:36 PM    09:06 PM    11:36 PM
सामान्य जागरूकता	एक्सप्लोरिंग 3 R's	हिंदी	01:23 AM    03:53 AM    06:23 AM    08:52 AM    11:22 AM    01:52 PM    04:22 PM    06:52 PM    09:22 PM    11:52 PM
सामान्य जागरूकता	असल जीवन की स्थितियाँ- कचरा जलना और उसका क्या करना है	हिंदी	01:32 AM    04:02 AM    06:32 AM    09:02 AM    11:32 AM    02:02 PM    04:32 PM    07:02 PM    09:32 PM
Social science	Ch-3: The Delhi Sultans	English	01:44 AM    04:14 AM    06:44 AM    09:14 AM    11:43 AM    02:13 PM    04:43 PM    07:13 PM    09:43 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:04 AM    04:34 AM    07:04 AM    09:34 AM    12:04 PM    02:34 PM    05:04 PM    07:34 PM    10:04 PM



सोमवार, 10 जुलाई 2023 Monday, 10 July 2023

विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:31 AM    10:01 AM    12:31 PM    03:02 PM    05:32 PM    08:02 PM    10:33 PM
सामाजिक विज्ञान	पाठ-1: पर्यावरण	हिंदी	12:26 AM    02:56 AM    05:26 AM    07:57 AM    10:27 AM    12:57 PM    03:28 PM    05:58 PM    08:28 PM    10:59 PM
Storytelling/Value Education	नन्हा फ़नकार	हिंदी	12:41 AM    03:11 AM    05:42 AM    08:12 AM    10:42 AM    01:13 PM    03:43 PM    06:13 PM    08:44 PM    11:14 PM
Storytelling/Value Education	I have got 10 little fingers	English	12:55 AM    03:25 AM    05:56 AM    08:26 AM    10:56 AM    01:27 PM    03:57 PM    06:27 PM    08:58 PM    11:28 PM
योग	वक्रासन	हिंदी	01:04 AM    03:35 AM    06:05 AM    08:35 AM    11:06 AM    01:36 PM    04:06 PM    06:37 PM    09:07 PM    11:37 PM
English	English, Ch-7: Dad and the cat and the tree	English	01:07 AM    03:37 AM    06:07 AM    08:38 AM    11:08 AM    01:38 PM    04:09 PM    06:39 PM    09:09 PM    11:40 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:35 AM    04:05 AM    06:36 AM    09:06 AM    11:36 AM    02:07 PM    04:37 PM    07:07 PM    09:38 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:06 AM    09:36 AM    12:06 PM    02:37 PM    05:07 PM    07:37 PM    10:08 PM
मंगलवार, 11 जुलाई 2023 Tuesday, 11 July 2023			
गणित	पाठ-10: प्रायोगिक ज्यामिति	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:31 AM    10:01 AM    12:31 PM



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Dish TV Channel #2028

			03:02 PM    05:32 PM    08:02 PM    10:33 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	जन्मदिन कार्ड (Birthday Card)	हिंदी	12:29 AM    03:00 AM    05:30 AM    08:00 AM    10:31 AM    01:01 PM    03:31 PM    06:02 PM    08:32 PM    11:03 PM
हिन्दी	पाठ-13:वसंत-२: एक तिनका	हिंदी	12:33 AM    03:04 AM    05:34 AM    08:04 AM    10:35 AM    01:05 PM    03:35 PM    06:06 PM    08:36 PM    11:06 PM
योग	वक्रासन	हिंदी	12:59 AM    03:29 AM    05:59 AM    08:30 AM    11:00 AM    01:30 PM    04:01 PM    06:31 PM    09:01 PM    11:32 PM
General Awareness	Lever Around Us	English	01:01 AM    03:31 AM    06:02 AM    08:32 AM    11:03 AM    01:33 PM    04:03 PM    06:34 PM    09:04 PM    11:34 PM
Storytelling/Value Education	गुलज़ार बच्चों के साथ	हिंदी	01:09 AM    03:39 AM    06:10 AM    08:40 AM    11:11 AM    01:41 PM    04:11 PM    06:42 PM    09:12 PM    11:42 PM
Storytelling/Value Education	नन्हा फ़नकार	हिंदी	01:22 AM    03:52 AM    06:22 AM    08:53 AM    11:23 AM    01:54 PM    04:24 PM    06:54 PM    09:25 PM    11:55 PM
Social science	Ch-01: Environment	English	01:36 AM    04:06 AM    06:37 AM    09:07 AM    11:37 AM    02:08 PM    04:38 PM    07:08 PM    09:39 PM
Storytelling/Value Education	एक अनेक और एकता	हिंदी	01:48 AM    04:19 AM    06:49 AM    09:19 AM    11:50 AM    02:20 PM    04:50 PM    07:21 PM    09:51 PM
Science	Ch-15: Light Part-2	English	01:55 AM    04:25 AM    06:56 AM    09:26 AM    11:57 AM    02:27 PM



			PM    04:57 PM    07:28 PM    09:58 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:06 AM    09:36 AM    12:06 PM    02:37 PM    05:07 PM    07:37 PM    10:08 PM
<b>बुधवार, 12 जुलाई 2023 Wednesday, 12 July 2023</b>			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:31 PM    08:01 PM    10:31 PM
उर्दू	ईदगाह	हिंदी	12:25 AM    02:55 AM    05:25 AM    07:55 AM    10:25 AM    12:56 PM    03:26 PM    05:56 PM    08:26 PM    10:56 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	12:53 AM    03:23 AM    05:53 AM    08:24 AM    10:54 AM    01:24 PM    03:54 PM    06:24 PM    08:54 PM    11:24 PM
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	हिंदी	12:57 AM    03:28 AM    05:58 AM    08:28 AM    10:58 AM    01:28 PM    03:58 PM    06:28 PM    08:59 PM    11:29 PM
Social science	Ch-10: Eighteenth century political formations (Part-1)	English	01:07 AM    03:37 AM    06:08 AM    08:38 AM    11:08 AM    01:38 PM    04:08 PM    06:38 PM    09:08 PM    11:39 PM
General Awareness	e-waste & hazardous waste	English	01:17 AM    03:47 AM    06:17 AM    08:47 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:18 PM    11:48 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:30 AM    04:00 AM    06:30 AM    09:00 AM    11:31 AM    02:01 PM    04:31 PM    07:01 PM    09:31 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	02:00 AM    04:30 AM    07:00 AM    09:30 AM    12:01 PM



			02:31 PM    05:01 PM    07:31 PM    10:01 PM
<b>बृहस्पतिवार, 13 जुलाई 2023 Thursday, 13 July 2023</b>			
गणित	पाठ-10: प्रायोगिक ज्यामिति	हिंदी	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
General Awareness	Growing up Healthy	English	12:29 AM    02:59 AM    05:29 AM    07:59 AM    10:29 AM    12:59 PM    03:29 PM    05:59 PM    08:29 PM    10:59 PM
सामाजिक विज्ञान	पाठ-3: दिल्ली के सुलतान भाग -1	हिंदी	12:34 AM    03:04 AM    05:33 AM    08:03 AM    10:33 AM    01:03 PM    03:33 PM    06:03 PM    08:33 PM    11:03 PM
सामान्य जागरूकता	हमारे नायक, प्लास्टो का परिचय और समुद्री प्रदूषण	हिंदी	01:08 AM    03:38 AM    06:08 AM    08:38 AM    11:08 AM    01:38 PM    04:08 PM    06:37 PM    09:07 PM    11:37 PM
English	English, Ch-6: Expert detectives- Mystery of the talking fan Part-2	English	01:15 AM    03:45 AM    06:15 AM    08:45 AM    11:15 AM    01:45 PM    04:15 PM    06:45 PM    09:15 PM    11:45 PM
Science	Ch-15: Light Part-2	English	01:31 AM    04:01 AM    06:31 AM    09:01 AM    11:31 AM    02:01 PM    04:31 PM    07:00 PM    09:30 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-7	हिंदी	01:40 AM    04:10 AM    06:40 AM    09:10 AM    11:40 AM    02:10 PM    04:40 PM    07:10 PM    09:40 PM
Vocational	Finishing and costing of embroidered Products	English	02:02 AM    04:32 AM    07:02 AM    09:32 AM    12:02 PM    02:32 PM    05:02 PM    07:32 PM    10:02 PM
Vocational	Personal hygiene and Health	English	02:14 AM    04:44 AM    07:14 AM    09:44 AM    12:14 PM    02:44



			PM    05:14 PM    07:44 PM    10:14 PM
<b>शुक्रवार, 14 जुलाई 2023 Friday, 14 July 2023</b>			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:31 PM    08:01 PM    10:31 PM
हिन्दी	पाठ-14: खानपान की बदलती तस्वीर	हिंदी	12:25 AM    02:55 AM    05:26 AM    07:56 AM    10:26 AM    12:56 PM    03:26 PM    05:56 PM    08:27 PM    10:57 PM
General Awareness	Gender Equality	English	12:48 AM    03:18 AM    05:48 AM    08:19 AM    10:49 AM    01:19 PM    03:49 PM    06:19 PM    08:49 PM    11:19 PM
Storytelling/Value Education	आम की टोकरी	हिंदी	12:55 AM    03:25 AM    05:56 AM    08:26 AM    10:56 AM    01:26 PM    03:56 PM    06:26 PM    08:56 PM    11:27 PM
योग	वज्रासन	हिंदी	12:58 AM    03:28 AM    05:58 AM    08:28 AM    10:58 AM    01:29 PM    03:59 PM    06:29 PM    08:59 PM    11:29 PM
General Awareness	Tree Tale - Kadamba	English	01:00 AM    03:31 AM    06:01 AM    08:31 AM    11:01 AM    01:31 PM    04:01 PM    06:31 PM    09:02 PM    11:32 PM
Social science	Ch-7: Markets around us	English	01:03 AM    03:33 AM    06:03 AM    08:33 AM    11:03 AM    01:33 PM    04:04 PM    06:34 PM    09:04 PM    11:34 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	01:17 AM    03:47 AM    06:17 AM    08:48 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:18 PM    11:48 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:20 AM    03:51 AM    06:21 AM    08:51 AM    11:21 AM    01:51 PM



			04:21 PM    06:51 PM    09:22 PM    11:52 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:51 AM    09:21 AM    11:51 AM    02:21 PM    04:51 PM    07:21 PM    09:51 PM
शनिवार, 15 जुलाई 2023 Saturday, 15 July 2023			
गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-1	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
General Awareness	Understanding the value of composting	English	12:37 AM    03:07 AM    05:37 AM    08:07 AM    10:37 AM    01:07 PM    03:37 PM    06:07 PM    08:38 PM    11:08 PM
संस्कृत	बुद्धि बलवती	हिंदी	12:47 AM    03:17 AM    05:47 AM    08:17 AM    10:48 AM    01:18 PM    03:48 PM    06:18 PM    08:48 PM    11:18 PM
Storytelling/Value Education	अक्ल बड़ी या पूँछ	हिंदी	12:53 AM    03:23 AM    05:54 AM    08:24 AM    10:54 AM    01:24 PM    03:54 PM    06:24 PM    08:54 PM    11:24 PM
Storytelling/Value Education	बस के नीचे बाग़	हिंदी	12:55 AM    03:25 AM    05:56 AM    08:26 AM    10:56 AM    01:26 PM    03:56 PM    06:26 PM    08:56 PM    11:26 PM
General Awareness	e-waste management Block-3	English	01:03 AM    03:33 AM    06:03 AM    08:33 AM    11:03 AM    01:33 PM    04:03 PM    06:33 PM    09:04 PM    11:34 PM
Storytelling/Value Education	Birthday Party	English	01:21 AM    03:51 AM    06:21 AM    08:51 AM    11:21 AM    01:51 PM    04:21 PM    06:52 PM    09:22 PM    11:52 PM
Social science	Ch-2: Inside our Earth	English	01:35 AM    04:05 AM    06:35 AM    09:06 AM    11:36 AM    02:06 PM





			PM    04:36 PM    07:06 PM    09:36 PM
Science	Ch-15: Light Part-3	English	01:55 AM    04:25 AM    06:55 AM    09:25 AM    11:55 AM    02:25 PM    04:55 PM    07:25 PM    09:55 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:35 PM    05:05 PM    07:35 PM    10:05 PM
<b>रविवार, 16 जुलाई 2023 Sunday, 16 July 2023</b>			
Physical Education	COVID 19 Awareness	English	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:32 PM
सामाजिक विज्ञान	पाठ-3: राज्य शासन कैसे काम करता है	हिंदी	12:22 AM    02:52 AM    05:22 AM    07:53 AM    10:23 AM    12:53 PM    03:23 PM    05:54 PM    08:24 PM    10:54 PM
General Awareness	Prevention and Management of Substance Misuse	English	12:52 AM    03:23 AM    05:53 AM    08:23 AM    10:53 AM    01:24 PM    03:54 PM    06:24 PM    08:54 PM    11:25 PM
Storytelling/Value Education	नन्हा फ़नकार	हिंदी	12:59 AM    03:29 AM    05:59 AM    08:30 AM    11:00 AM    01:30 PM    04:00 PM    06:31 PM    09:01 PM    11:31 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music-Classical (Girl) Maharashtra	English/hindi	01:13 AM    03:43 AM    06:13 AM    08:44 AM    11:14 AM    01:44 PM    04:14 PM    06:45 PM    09:15 PM    11:45 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:21 AM    03:51 AM    06:22 AM    08:52 AM    11:22 AM    01:52 PM    04:23 PM    06:53 PM    09:23 PM    11:53 PM
Social science	Ch-4: The Mughal Empire	English	01:37 AM    04:07 AM    06:38 AM    09:08 AM    11:38 AM    02:08



DD Free Dish Channel #29



8800440559



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Dish TV Channel #2028

			PM    04:38 PM    07:09 PM    09:39 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:06 PM    02:36 PM    05:06 PM    07:36 PM    10:07 PM
<b>सोमवार, 17 जुलाई 2023 Monday, 17 July 2023</b>			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
सामाजिक विज्ञान	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:20 AM    12:51 PM    03:21 PM    05:51 PM    08:21 PM    10:51 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	12:39 AM    03:09 AM    05:39 AM    08:09 AM    10:39 AM    01:10 PM    03:40 PM    06:10 PM    08:40 PM    11:10 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-10	हिंदी	12:44 AM    03:15 AM    05:45 AM    08:15 AM    10:45 AM    01:15 PM    03:45 PM    06:16 PM    08:46 PM    11:16 PM
English	Honeycomb, Ch-8: Meadow surprises	English	01:04 AM    03:34 AM    06:05 AM    08:35 AM    11:05 AM    01:35 PM    04:05 PM    06:35 PM    09:06 PM    11:36 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	हिंदी	01:11 AM    03:41 AM    06:12 AM    08:42 AM    11:12 AM    01:42 PM    04:12 PM    06:42 PM    09:13 PM    11:43 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	हिंदी	01:21 AM    03:51 AM    06:21 AM    08:52 AM    11:22 AM    01:52 PM    04:22 PM    06:52 PM    09:22 PM    11:53 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	01:36 AM    04:07 AM    06:37 AM    09:07 AM    11:37 AM    02:07



DD Free Dish Channel #29



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			PM    04:37 PM    07:08 PM    09:38 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:40 AM    04:10 AM    06:41 AM    09:11 AM    11:41 AM    02:11 PM    04:41 PM    07:11 PM    09:42 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:36 PM    05:06 PM    07:36 PM    10:06 PM
<b>मंगलवार, 18 जुलाई 2023 Tuesday, 18 July 2023</b>			
गणित	पाठ-11: परिमाप और क्षेत्रफल भाग-1	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	हिंदी	12:37 AM    03:07 AM    05:37 AM    08:07 AM    10:37 AM    01:07 PM    03:37 PM    06:07 PM    08:37 PM    11:07 PM
हिन्दी	पाठ-14: खानपान की बदलती तस्वीर	हिंदी	12:52 AM    03:22 AM    05:52 AM    08:22 AM    10:52 AM    01:22 PM    03:52 PM    06:22 PM    08:52 PM    11:22 PM
Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	01:14 AM    03:44 AM    06:14 AM    08:44 AM    11:14 AM    01:44 PM    04:14 PM    06:44 PM    09:14 PM    11:44 PM
Science	Ch-15: Light Part-3	English	01:25 AM    03:55 AM    06:25 AM    08:55 AM    11:25 AM    01:55 PM    04:25 PM    06:55 PM    09:25 PM    11:55 PM
Creative Activities: Art & Craft	Birds of Paradise	English	01:35 AM    04:05 AM    06:35 AM    09:05 AM    11:35 AM    02:05 PM    04:35 PM    07:05 PM    09:35 PM
Storytelling/Value Education	आम की टोकरी	हिंदी	01:37 AM    04:07 AM    06:37 AM    09:07 AM    11:37 AM    02:07



			PM    04:37 PM    07:07 PM    09:37 PM
Social science	Ch-2: Inside our Earth	English	01:39 AM    04:09 AM    06:39 AM    09:09 AM    11:39 AM    02:10 PM    04:40 PM    07:10 PM    09:40 PM
Vocational	The evolution of communication	English	02:01 AM    04:31 AM    07:01 AM    09:31 AM    12:01 PM    02:31 PM    05:01 PM    07:31 PM    10:01 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:35 PM    05:05 PM    07:35 PM    10:05 PM
<b>बुधवार, 19 जुलाई 2023 Wednesday, 19 July 2023</b>			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
उर्दू	ईदगाह	हिंदी	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:21 AM    12:51 PM    03:21 PM    05:51 PM    08:21 PM    10:51 PM
General Awareness	Segregation chip-chop	English	12:48 AM    03:18 AM    05:48 AM    08:19 AM    10:49 AM    01:19 PM    03:49 PM    06:19 PM    08:50 PM    11:20 PM
Social science	Ch-10: Eighteenth century political formations (Part-2)	English	01:00 AM    03:30 AM    06:00 AM    08:31 AM    11:01 AM    01:31 PM    04:01 PM    06:31 PM    09:01 PM    11:32 PM
General Awareness	e-waste management Film 2	English	01:25 AM    03:55 AM    06:26 AM    08:56 AM    11:26 AM    01:56 PM    04:26 PM    06:56 PM    09:27 PM    11:57 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	हिंदी	01:34 AM    04:04 AM    06:35 AM    09:05 AM    11:35 AM    02:05



			PM    04:35 PM    07:06 PM    09:36 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:21 PM    04:51 PM    07:21 PM    09:51 PM
Vocational	Personal hygiene and Health	English	02:14 AM    04:44 AM    07:15 AM    09:45 AM    12:15 PM    02:45 PM    05:15 PM    07:45 PM    10:16 PM
<b>बृहस्पतिवार, 20 जुलाई 2023 Thursday, 20 July 2023</b>			
गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-1	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:01 AM    12:31 PM    03:01 PM    05:31 PM    08:02 PM    10:32 PM
Storytelling/Value Education	अक्ल बड़ी या पूँछ	हिंदी	12:37 AM    03:07 AM    05:37 AM    08:08 AM    10:38 AM    01:08 PM    03:38 PM    06:09 PM    08:39 PM    11:09 PM
सामाजिक विज्ञान	पाठ-3: दिल्ली के सुलतान भाग-2	हिंदी	12:39 AM    03:09 AM    05:39 AM    08:10 AM    10:40 AM    01:10 PM    03:40 PM    06:11 PM    08:41 PM    11:11 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	01:06 AM    03:36 AM    06:07 AM    08:37 AM    11:07 AM    01:37 PM    04:08 PM    06:38 PM    09:08 PM    11:38 PM
English	English, Ch-6: Mystery of the talking fan	English	01:24 AM    03:54 AM    06:25 AM    08:55 AM    11:25 AM    01:56 PM    04:26 PM    06:56 PM    09:26 PM    11:57 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:31 AM    04:01 AM    06:31 AM    09:02 AM    11:32 AM    02:02 PM    04:33 PM    07:03 PM    09:33 PM
Science	Ch-15: Light Part-3	English	01:42 AM    04:12 AM    06:43 AM    09:13 AM    11:43 AM    02:14 PM



			04:44 PM    07:14 PM    09:44 PM
Storytelling/Value Education	गुलज़ार बच्चों के साथ	हिंदी	01:52 AM    04:22 AM    06:53 AM    09:23 AM    11:53 AM    02:24 PM    04:54 PM    07:24 PM    09:54 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:36 AM    12:06 PM    02:36 PM    05:06 PM    07:37 PM    10:07 PM
<b>शुक्रवार, 21 जुलाई 2023 Friday, 21 July 2023</b>			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
हिन्दी	पाठ-15: वसंत-२:नीलकंठ	हिंदी	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:20 AM    12:50 PM    03:20 PM    05:50 PM    08:20 PM    10:50 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:29 AM    02:59 AM    05:29 AM    07:59 AM    10:29 AM    12:59 PM    03:30 PM    06:00 PM    08:30 PM    11:00 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	12:36 AM    03:06 AM    05:36 AM    08:06 AM    10:36 AM    01:06 PM    03:36 PM    06:06 PM    08:36 PM    11:06 PM
योग	शशकासन	हिंदी	12:55 AM    03:25 AM    05:55 AM    08:25 AM    10:55 AM    01:25 PM    03:55 PM    06:25 PM    08:55 PM    11:25 PM
General Awareness	Real life situations- garbage burning and what to do	English	12:57 AM    03:27 AM    05:57 AM    08:27 AM    10:57 AM    01:27 PM    03:57 PM    06:27 PM    08:57 PM    11:27 PM
Social science	Ch-8: A shirt in the market	English	01:11 AM    03:41 AM    06:11 AM    08:41 AM    11:11 AM    01:41 PM



			04:11 PM    06:41 PM    09:11 PM    11:41 PM
Storytelling/Value Education	आम की टोकरी	हिंदी	01:23 AM    03:53 AM    06:23 AM    08:53 AM    11:23 AM    01:53 PM    04:23 PM    06:53 PM    09:23 PM    11:53 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:26 AM    03:56 AM    06:26 AM    08:56 AM    11:26 AM    01:56 PM    04:26 PM    06:56 PM    09:26 PM    11:56 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:20 PM    04:50 PM    07:20 PM    09:50 PM
<b>शनिवार, 22 जुलाई 2023 Saturday, 22 July 2023</b>			
गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:41 AM    03:11 AM    05:41 AM    08:11 AM    10:41 AM    01:11 PM    03:41 PM    06:11 PM    08:41 PM    11:11 PM
General Awareness	Interpersonal Relationships	English	12:51 AM    03:21 AM    05:51 AM    08:21 AM    10:51 AM    01:21 PM    03:51 PM    06:21 PM    08:51 PM    11:21 PM
Social science	Ch-3: Our Changing Earth	English	12:55 AM    03:26 AM    05:56 AM    08:26 AM    10:56 AM    01:26 PM    03:56 PM    06:26 PM    08:56 PM    11:26 PM
Storytelling/Value Education	आजादी की कहानी-3	हिंदी	01:15 AM    03:45 AM    06:15 AM    08:45 AM    11:15 AM    01:45 PM    04:15 PM    06:45 PM    09:15 PM    11:45 PM
General Awareness	Fabric	English	01:27 AM    03:57 AM    06:27 AM    08:57 AM    11:27 AM    01:57



			PM    04:27 PM    06:57 PM    09:27 PM    11:57 PM
Science	Ch-17: Forests, Our lifeline Part-1	English	01:36 AM    04:06 AM    06:36 AM    09:06 AM    11:36 AM    02:06 PM    04:36 PM    07:06 PM    09:36 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:20 PM    04:50 PM    07:20 PM    09:50 PM
<b>रविवार, 23 जुलाई 2023 Sunday, 23 July 2023</b>			
Physical Education	COVID 19 Awareness	English	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
सामाजिक विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना	हिंदी	12:22 AM    02:52 AM    05:22 AM    07:52 AM    10:23 AM    12:53 PM    03:23 PM    05:53 PM    08:23 PM    10:53 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression- 1	हिंदी	12:49 AM    03:19 AM    05:49 AM    08:19 AM    10:49 AM    01:19 PM    03:49 PM    06:19 PM    08:49 PM    11:20 PM
General Awareness	Exploring three R's	English	01:19 AM    03:49 AM    06:19 AM    08:49 AM    11:19 AM    01:49 PM    04:19 PM    06:49 PM    09:19 PM    11:50 PM
General Awareness	e-waste management Block- 2	English	01:28 AM    03:58 AM    06:28 AM    08:58 AM    11:28 AM    01:58 PM    04:28 PM    06:58 PM    09:28 PM    11:58 PM
Social science	Ch-7: Tribes, nomads and settled communities	English	01:42 AM    04:12 AM    06:42 AM    09:12 AM    11:42 AM    02:12 PM    04:42 PM    07:12 PM    09:43 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM



			02:35 PM    05:05 PM    07:35 PM    10:05 PM
<b>सोमवार, 24 जुलाई 2023 Monday, 24 July 2023</b>			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:01 PM    05:31 PM    08:01 PM    10:31 PM
सामाजिक विज्ञान	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:28 AM    02:58 AM    05:28 AM    07:59 AM    10:29 AM    12:59 PM    03:29 PM    05:59 PM    08:29 PM    11:00 PM
Storytelling/Value Education	दान का हिसाब	हिंदी	12:49 AM    03:19 AM    05:50 AM    08:20 AM    10:50 AM    01:20 PM    03:50 PM    06:21 PM    08:51 PM    11:21 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	हिंदी	01:06 AM    03:36 AM    06:06 AM    08:36 AM    11:06 AM    01:37 PM    04:07 PM    06:37 PM    09:07 PM    11:37 PM
English	English, Ch-9: Garden snake	English	01:21 AM    03:51 AM    06:22 AM    08:52 AM    11:22 AM    01:52 PM    04:22 PM    06:52 PM    09:23 PM    11:53 PM
योग	शशकासन	हिंदी	01:31 AM    04:01 AM    06:31 AM    09:01 AM    11:32 AM    02:02 PM    04:32 PM    07:02 PM    09:32 PM
Mathematics	Ch-12: Algebraic Expression	English	01:33 AM    04:03 AM    06:34 AM    09:04 AM    11:34 AM    02:04 PM    04:34 PM    07:05 PM    09:35 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:36 PM    05:06 PM    07:36 PM    10:06 PM
<b>मंगलवार, 25 जुलाई 2023 Tuesday, 25 July 2023</b>			



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गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	12:41 AM    03:11 AM    05:40 AM    08:10 AM    10:40 AM    01:10 PM    03:40 PM    06:10 PM    08:40 PM    11:10 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:44 AM    03:14 AM    05:44 AM    08:14 AM    10:44 AM    01:14 PM    03:44 PM    06:14 PM    08:44 PM    11:14 PM
हिन्दी	पाठ-15: वसंत-२:नीलकंठ	हिंदी	12:49 AM    03:19 AM    05:49 AM    08:19 AM    10:49 AM    01:19 PM    03:49 PM    06:19 PM    08:49 PM    11:19 PM
Science	Ch-17: Forests, Our lifeline Part-1	English	01:01 AM    03:31 AM    06:01 AM    08:31 AM    11:01 AM    01:31 PM    04:00 PM    06:30 PM    09:00 PM    11:30 PM
Storytelling/Value Education	सुधीर तैलंग	हिंदी	01:15 AM    03:45 AM    06:15 AM    08:45 AM    11:15 AM    01:45 PM    04:15 PM    06:45 PM    09:15 PM    11:45 PM
Storytelling/Value Education	खेल पिटारा	हिंदी	01:32 AM    04:02 AM    06:32 AM    09:02 AM    11:32 AM    02:02 PM    04:32 PM    07:02 PM    09:32 PM
Social science	Ch-3: Our Changing Earth	English	01:47 AM    04:17 AM    06:47 AM    09:17 AM    11:47 AM    02:17 PM    04:47 PM    07:17 PM    09:47 PM
Vocational	Personal hygiene and Health	English	02:08 AM    04:38 AM    07:08 AM    09:38 AM    12:08 PM    02:38 PM    05:08 PM    07:38 PM    10:08 PM



Vocational	Fishbone Stitch	English	02:18 AM    04:48 AM    07:18 AM    09:48 AM    12:18 PM    02:48 PM    05:18 PM    07:48 PM    10:18 PM
<b>बुधवार, 26 जुलाई 2023 Wednesday, 26 July 2023</b>			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:31 PM    08:01 PM    10:31 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	हिंदी	12:28 AM    02:58 AM    05:28 AM    07:58 AM    10:29 AM    12:59 PM    03:29 PM    05:59 PM    08:29 PM    10:59 PM
उर्दू	ईदगाह	हिंदी	12:36 AM    03:06 AM    05:36 AM    08:07 AM    10:37 AM    01:07 PM    03:37 PM    06:07 PM    08:37 PM    11:07 PM
General Awareness	Fabric	English	01:07 AM    03:37 AM    06:07 AM    08:37 AM    11:07 AM    01:38 PM    04:08 PM    06:38 PM    09:08 PM    11:38 PM
Social science	Ch-1: Tracing Changes Through a Thousand Years	English	01:16 AM    03:46 AM    06:16 AM    08:46 AM    11:17 AM    01:47 PM    04:17 PM    06:47 PM    09:17 PM    11:47 PM
Mathematics	Ch-12: Algebraic Expression	English	01:42 AM    04:12 AM    06:42 AM    09:12 AM    11:43 AM    02:13 PM    04:43 PM    07:13 PM    09:43 PM 
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	02:13 AM    04:44 AM    07:14 AM    09:44 AM    12:14 PM    02:44 PM    05:14 PM    07:44 PM    10:15 PM 
Vocational	Feather Stitch	English	02:19 AM    04:49 AM    07:19 AM    09:49 AM    12:19 PM    02:49 PM    05:20 PM    07:50 PM    10:20 PM 



बृहस्पतिवार, 27 जुलाई 2023 Thursday, 27 July 2023

गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:31 PM    03:01 PM    05:31 PM    08:01 PM    10:32 PM
सामाजिक विज्ञान	पाठ-4: मुगल साम्राज्य	हिंदी	12:42 AM    03:12 AM    05:42 AM    08:12 AM    10:43 AM    01:13 PM    03:43 PM    06:13 PM    08:44 PM    11:14 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	01:07 AM    03:37 AM    06:07 AM    08:37 AM    11:08 AM    01:38 PM    04:08 PM    06:38 PM    09:09 PM    11:39 PM
English	English, Ch-7: Dad and the cat and the tree	English	01:25 AM    03:55 AM    06:25 AM    08:56 AM    11:26 AM    01:56 PM    04:26 PM    06:56 PM    09:27 PM    11:57 PM
Science	Ch-17: Forests, Our lifeline Part-1	English	01:50 AM    04:21 AM    06:51 AM    09:21 AM    11:51 AM    02:21 PM    04:52 PM    07:22 PM    09:52 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:06 PM    02:36 PM    05:06 PM    07:36 PM    10:07 PM
शुक्रवार, 28 जुलाई 2023 Friday, 28 July 2023			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
Creative Activities: Art & Craft	String Mosquito	English	12:28 AM    02:58 AM    05:28 AM    07:58 AM    10:28 AM    12:58 PM    03:28 PM    05:58 PM    08:27 PM    10:57 PM
हिन्दी	पाठ-16: वसंत-२: भोर और बरखा	हिंदी	12:29 AM    02:59 AM    05:29 AM    07:59 AM    10:29 AM    12:59



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			PM    03:29 PM    05:59 PM    08:29 PM    10:59 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:42 AM    03:12 AM    05:42 AM    08:11 AM    10:41 AM    01:11 PM    03:41 PM    06:11 PM    08:41 PM    11:11 PM
योग	शशकासन	हिंदी	12:48 AM    03:18 AM    05:48 AM    08:18 AM    10:48 AM    01:17 PM    03:47 PM    06:17 PM    08:47 PM    11:17 PM
Social science	Ch-1: Equality in Indian Democracy	English	12:50 AM    03:20 AM    05:50 AM    08:20 AM    10:50 AM    01:20 PM    03:50 PM    06:20 PM    08:50 PM    11:20 PM
Storytelling/Value Education	आम की टोकरी	हिंदी	01:16 AM    03:46 AM    06:16 AM    08:46 AM    11:16 AM    01:46 PM    04:16 PM    06:46 PM    09:15 PM    11:45 PM
Mathematics	Ch-12: Algebraic Expression	English	01:19 AM    03:49 AM    06:18 AM    08:48 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:18 PM    11:48 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:50 AM    02:20 PM    04:50 PM    07:20 PM    09:50 PM
<b>शनिवार, 29 जुलाई 2023 Saturday, 29 July 2023</b>			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:29 AM    02:59 AM    05:29 AM    08:00 AM    10:30 AM    01:00 PM    03:30 PM    06:00 PM    08:30 PM    11:00 PM
Storytelling/Value Education	दान का हिसाब	हिंदी	12:39 AM    03:09 AM    05:39 AM    08:09 AM    10:39 AM    01:09



			PM    03:39 PM    06:09 PM    08:39 PM    11:09 PM
Storytelling/Value Education	बस के नीचे बाड़ा	हिंदी	12:55 AM    03:25 AM    05:55 AM    08:25 AM    10:55 AM    01:25 PM    03:56 PM    06:26 PM    08:56 PM    11:26 PM
Social science	Ch-4: Air (Part-01)	English	01:01 AM    03:31 AM    06:01 AM    08:31 AM    11:01 AM    01:31 PM    04:01 PM    06:31 PM    09:02 PM    11:32 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:18 AM    03:48 AM    06:18 AM    08:48 AM    11:18 AM    01:48 PM    04:18 PM    06:48 PM    09:18 PM    11:48 PM
General Awareness	Fabric	English	01:29 AM    03:59 AM    06:29 AM    08:59 AM    11:29 AM    01:59 PM    04:29 PM    07:00 PM    09:30 PM
Science	Ch-18: Waste Water Story Part-1	English	01:38 AM    04:08 AM    06:38 AM    09:08 AM    11:38 AM    02:08 PM    04:39 PM    07:09 PM    09:39 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM    04:20 AM    06:50 AM    09:20 AM    11:51 AM    02:21 PM    04:51 PM    07:21 PM    09:51 PM
<b>रविवार, 30 जुलाई 2023 Sunday, 30 July 2023</b>			
Physical Education	COVID 19 Awareness	English	12:00 AM    02:30 AM    05:00 AM    07:30 AM    10:00 AM    12:30 PM    03:00 PM    05:30 PM    08:00 PM    10:30 PM
सामाजिक विज्ञान	पाठ-5: औरतों ने बदली दुनिया भाग-1	हिंदी	12:22 AM    02:53 AM    05:23 AM    07:53 AM    10:23 AM    12:53 PM    03:23 PM    05:53 PM    08:23 PM    10:53 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:48 AM    03:18 AM    05:48 AM    08:18 AM    10:48 AM    01:18 PM



			03:48 PM    06:18 PM    08:48 PM    11:18 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	हर दिवस कला दिवस	हिंदी	01:11 AM    03:41 AM    06:11 AM    08:42 AM    11:12 AM    01:42 PM    04:12 PM    06:42 PM    09:12 PM    11:42 PM
General Awareness	e-waste management Block-2	English	01:32 AM    04:02 AM    06:32 AM    09:02 AM    11:32 AM    02:02 PM    04:32 PM    07:02 PM    09:32 PM
Social science	Ch-8: Devotional paths to divine-let us check what we remember	English	01:46 AM    04:16 AM    06:46 AM    09:16 AM    11:46 AM    02:16 PM    04:47 PM    07:17 PM    09:47 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM    04:35 AM    07:05 AM    09:35 AM    12:05 PM    02:35 PM    05:05 PM    07:35 PM    10:05 PM
<b>सोमवार, 31 जुलाई 2023 Monday, 31 July 2023</b>			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM    02:29 AM    04:59 AM    07:29 AM    09:59 AM    12:29 PM    02:59 PM    05:29 PM    07:59 PM    10:29 PM
General	Vakrasana	English	12:20 AM    02:50 AM    05:20 AM    07:50 AM    10:20 AM    12:50 PM    03:20 PM    05:50 PM    08:20 PM    10:50 PM
सामाजिक विज्ञान	पाठ-4: वायु	हिंदी	12:23 AM    02:53 AM    05:23 AM    07:53 AM    10:23 AM    12:53 PM    03:23 PM    05:53 PM    08:23 PM    10:53 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:45 AM    03:15 AM    05:45 AM    08:15 AM    10:45 AM    01:15 PM    03:45 PM    06:15 PM    08:45 PM    11:15 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	हिंदी	12:58 AM    03:28 AM    05:58 AM    08:28 AM    10:58 AM    01:28



			PM    03:58 PM    06:28 PM    08:58 PM    11:28 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:04 AM    04:34 AM    07:04 AM    09:34 AM    12:04 PM    02:34 PM    05:04 PM    07:34 PM    10:04 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	Origami (Kaga3 Kala)-1	हिंदी	06:14 AM    11:43 PM    09:13 PM    06:43 PM    04:13 PM    01:43 PM    11:13 AM    08:43 AM    03:44 AM    01:14 AM
Mathematics	Ch-13: Exponents and powers part-1	English	06:42 AM    09:42 PM    07:12 PM    04:42 PM    02:12 PM    11:42 AM    09:12 AM    04:12 AM    01:42 AM
योग	शशकासन	हिंदी	11:40 AM    09:40 PM    07:10 PM    04:40 PM    02:10 PM    09:10 AM    06:40 AM    04:10 AM    01:40 AM
English	English, Ch-1: The Squirrel	English	09:25 PM    11:55 PM    06:55 PM    04:25 PM    01:55 PM    08:55 AM    06:25 AM    03:55 AM    01:25 AM    11:25 AM

