

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
Polittical Science	Polittical Science	Science	Science	Science	Science	General

☞ 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.

☞ 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.



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कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 10

जून 2025

June 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 जून 2025 Sunday, 01 June 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	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
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-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
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: भौतिक गुणधर्म	Hindi	01:20 AM 04:20 AM 07:20 AM 10:20 AM 01:20 PM 04:20 PM 07:20 PM 10:20 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-1	English	01:34 AM 04:34 AM 07:34 AM 10:34 AM 01:34 PM 04:34 PM 07:34 PM 10:34 PM
General	E-Waste Management: Film 2	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
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:01 PM 05:01 PM 08:01 PM 11:01 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	02:23 AM 05:23 AM 08:23 AM 11:23 AM 02:23 PM 05:23 PM 08:23 PM 11:23 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



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सोमवार, 02 जून 2025 Monday, 02 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला : और उनकी कविताएँ	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:04 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन	Hindi	12:31 AM 03:32 AM 06:32 AM 09:33 AM 12:34 PM 03:34 PM 06:35 PM 09:36 PM
General	Mental Health and Well Being -1	English/ hindi	12:57 AM 03:58 AM 06:59 AM 09:59 AM 01:00 PM 04:01 PM 07:01 PM 10:02 PM
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: धातुओं के रासायनिक गुणधर्म	Hindi	01:18 AM 04:19 AM 07:20 AM 10:20 AM 01:21 PM 04:22 PM 07:22 PM 10:23 PM
General	Gender Equality	English	01:32 AM 04:33 AM 07:33 AM 10:34 AM 01:35 PM 04:35 PM 07:36 PM 10:37 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:39 AM 04:40 AM 07:41 AM 10:41 AM 01:42 PM 04:43 PM 07:43 PM 10:44 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	02:03 AM 05:04 AM 08:04 AM 11:05 AM 02:06 PM 05:06 PM 08:07 PM 11:08 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	02:36 AM 05:36 AM 08:37 AM 11:38 AM 02:38 PM 05:39 PM 08:40 PM 11:40 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 02:40 PM 05:41 PM 08:42 PM 11:42 PM
मंगलवार, 03 जून 2025 Tuesday, 03 June 2025			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:58 AM 02:58 PM 05:58 PM 08:57 PM 11:57 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन	Hindi	12:29 AM 03:29 AM 06:29 AM 09:28 AM 12:28 PM 03:28 PM 06:27 PM 09:27 PM



विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	Hindi	12:56 AM 03:55 AM 06:55 AM 09:55 AM 12:54 PM 03:54 PM 06:54 PM 09:53 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:34 AM 04:34 AM 07:34 AM 10:33 AM 01:33 PM 04:33 PM 07:33 PM 10:32 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	01:55 AM 04:55 AM 07:55 AM 10:54 AM 01:54 PM 04:54 PM 07:53 PM 10:53 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	02:29 AM 05:29 AM 08:29 AM 11:28 AM 02:28 PM 05:28 PM 08:27 PM 11:27 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM 05:36 AM 08:36 AM 11:36 AM 02:35 PM 05:35 PM 08:35 PM 11:34 PM
बुधवार, 04 जून 2025 Wednesday, 04 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला : और उनकी कविताएँ	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:01 PM 06:01 PM 09:01 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-1	Hindi	12:53 AM 03:53 AM 06:54 AM 09:54 AM 12:54 PM 03:54 PM 06:54 PM 09:55 PM
गणित	गणित: पाठ-5: समान्तर श्रेढियाँ -1	Hindi	01:18 AM 04:18 AM 07:18 AM 10:18 AM 01:19 PM 04:19 PM 07:19 PM 10:19 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:48 AM 04:48 AM 07:48 AM 10:49 AM 01:49 PM 04:49 PM 07:49 PM 10:49 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	02:10 AM 05:10 AM 08:10 AM 11:10 AM 02:11 PM 05:11 PM 08:11 PM 11:11 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:20 AM 05:20 AM 08:21 AM 11:21 AM 02:21 PM 05:21 PM 08:21 PM 11:22 PM
Science	Science: Chap 5: Periodic Classification of Elements-1	English	02:43 AM 05:43 AM 08:43 AM 11:43 AM 02:44 PM 05:44 PM 08:44 PM 11:44 PM



बृहस्पतिवार, 05 जून 2025
Thursday, 05 June 2025

हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:05 PM 03:06 PM 06:07 PM 09:08 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया-2	Hindi	12:29 AM 03:30 AM 06:32 AM 09:33 AM 12:34 PM 03:36 PM 06:37 PM 09:38 PM
गणित	गणित : पाठ-5: समान्तर श्रेढ़ियाँ -2	Hindi	12:55 AM 03:56 AM 06:57 AM 09:58 AM 01:00 PM 04:01 PM 07:02 PM 10:04 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:24 AM 04:25 AM 07:26 AM 10:28 AM 01:29 PM 04:30 PM 07:31 PM 10:33 PM
सामान्य	आचार्य हजारी प्रसाद द्विवेदी	Hindi	01:49 AM 04:50 AM 07:52 AM 10:53 AM 01:54 PM 04:55 PM 07:57 PM 10:58 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:17 AM 05:18 AM 08:19 AM 11:20 AM 02:22 PM 05:23 PM 08:24 PM 11:26 PM
Science	Science: Chap 5: Periodic Classification of Elements-2	English	02:41 AM 05:42 AM 08:44 AM 11:45 AM 02:46 PM 05:48 PM 08:49 PM 11:50 PM

शुक्रवार, 06 जून 2025
Friday, 06 June 2025

संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-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
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा. (राजनीति विज्ञान): पाठ-4: जाति; धर्म और लैंगिक मसले	Hindi	12:32 AM 03:33 AM 06:33 AM 09:33 AM 12:33 PM 03:33 PM 06:33 PM 09:33 PM
गणित	गणित : पाठ-5: समान्तर श्रेढ़ियाँ -3	Hindi	12:55 AM 03:55 AM 06:55 AM 09:56 AM 12:56 PM 03:56 PM 06:56 PM 09:56 PM
General English	Episode 3 Greeting Strangers	English	01:23 AM 04:23 AM 07:23 AM 10:23 AM 01:23 PM 04:23 PM 07:23 PM 10:23 PM



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Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:36 AM 04:36 AM 07:36 AM 10:36 AM 01:36 PM 04:36 PM 07:36 PM 10:36 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	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
Science	Science: Chap 5: Periodic Classification of Elements-3	English	02:33 AM 05:33 AM 08:33 AM 11:33 AM 02:33 PM 05:33 PM 08:33 PM 11:33 PM

शनिवार, 07 जून 2025
Saturday, 07 June 2025

संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-2	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:29 AM 03:29 AM 06:29 AM 09:29 AM 12:29 PM 03:29 PM 06:29 PM 09:29 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -4	Hindi	12:45 AM 03:45 AM 06:45 AM 09:45 AM 12:45 PM 03:45 PM 06:45 PM 09:45 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-2	English	01:14 AM 04:14 AM 07:14 AM 10:14 AM 01:14 PM 04:14 PM 07:14 PM 10:14 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-4	English	02:02 AM 05:02 AM 08:02 AM 11:02 AM 02:02 PM 05:02 PM 08:02 PM 11:02 PM
Science	Science: Chap 5: Periodic Classification of Elements-4	English	02:36 AM 05:36 AM 08:36 AM 11:36 AM 02:36 PM 05:36 PM 08:36 PM 11:36 PM

रविवार, 08 जून 2025
Sunday, 08 June 2025

Language (Urdu)	Urdu: Chp-3: Bheek	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
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	Hindi	12:19 AM 03:19 AM 06:19 AM 09:19 AM 12:19 PM 03:20 PM 06:20 PM 09:20 PM



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Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	12:43 AM 03:43 AM 06:43 AM 09:43 AM 12:43 PM 03:43 PM 06:43 PM 09:43 PM
विज्ञान	विज्ञान: पाठ-3: ज़िंक, आयरन, लेड तथा कॉपर धातुओं की सापेक्षित अभिक्रियाशीलता का अध्ययन करना	Hindi	01:05 AM 04:05 AM 07:05 AM 10:05 AM 01:06 PM 04:06 PM 07:06 PM 10:06 PM
General	Health And Sanitation (H)	Hindi	01:23 AM 04:23 AM 07:23 AM 10:23 AM 01:23 PM 04:24 PM 07:24 PM 10:24 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-2	English	01:29 AM 04:30 AM 07:30 AM 10:30 AM 01:30 PM 04:30 PM 07:30 PM 10:30 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:26 AM 05:27 AM 08:27 AM 11:27 AM 02:27 PM 05:27 PM 08:27 PM 11:27 PM
सामान्य	Bhook	Marathi	02:49 AM 05:49 AM 08:49 AM 11:49 AM 02:50 PM 05:50 PM 08:50 PM 11:50 PM

सोमवार, 09 जून 2025

Monday, 09 June 2025

हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला : और उनकी कविताएँ	Hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:56 PM 11:56 PM
General	Nutrition_Health and Sanitation	English	12:32 AM 03:32 AM 06:31 AM 09:31 AM 12:30 PM 03:30 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन	Hindi	12:38 AM 03:38 AM 06:38 AM 09:37 AM 12:37 PM 03:36 PM 06:36 PM 09:35 PM
विज्ञान	विज्ञान: पाठ-3:लोहे की कील की जलिये कॉपर सल्फेट विलयन के साथ रासायनिक अभिक्रिया का अध्ययन करना और मैग्नीशियम रिबन वायु में दहन का अध्ययन करना	Hindi	01:05 AM 04:04 AM 07:04 AM 10:03 AM 01:03 PM 04:03 PM 07:02 PM 10:02 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:15 AM 04:15 AM 07:14 AM 10:14 AM 01:13 PM 04:13 PM 07:12 PM 10:12 PM



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General	Health And Sanitation (E)	English	02:04 AM 05:03 AM 08:03 AM 11:03 AM 02:02 PM 05:02 PM 08:01 PM 11:01 PM
Mathematics	Maths: Chp 5: Arithmetic Progressions	English	02:10 AM 05:10 AM 08:09 AM 11:09 AM 02:09 PM 05:08 PM 08:08 PM 11:07 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:36 AM 05:36 AM 08:36 AM 11:35 AM 02:35 PM 05:34 PM 08:34 PM 11:33 PM
मंगलवार, 10 जून 2025 Tuesday, 10 June 2025			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-5: खनिज तथा ऊर्जा संसाधन	Hindi	12:36 AM 03:35 AM 06:35 AM 09:34 AM 12:33 PM 03:32 PM 06:32 PM 09:31 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	01:02 AM 04:02 AM 07:01 AM 10:00 AM 12:59 PM 03:59 PM 06:58 PM 09:57 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-1	English	01:46 AM 04:46 AM 07:45 AM 10:44 AM 01:43 PM 04:43 PM 07:42 PM 10:41 PM
General	Mental Health and Well Being -2	English	02:10 AM 05:09 AM 08:09 AM 11:08 AM 02:07 PM 05:06 PM 08:06 PM 11:05 PM
Mathematics	Maths: Chp 5: To find the n term of the series of arithmetic progression	English	02:29 AM 05:28 AM 08:28 AM 11:27 AM 02:26 PM 05:26 PM 08:25 PM 11:24 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:36 AM 05:35 AM 08:35 AM 11:34 AM 02:33 PM 05:32 PM 08:32 PM 11:31 PM
बुधवार, 11 जून 2025 Wednesday, 11 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला : और उनकी कविताएँ	Hindi	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:08 PM



सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास):पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया	Hindi	12:23 AM 03:24 AM 06:25 AM 09:26 AM 12:27 PM 03:28 PM 06:30 PM 09:31 PM
General	Emotional well being and mental health	English	12:48 AM 03:50 AM 06:51 AM 09:52 AM 12:53 PM 03:54 PM 06:55 PM 09:57 PM
General	It's My Right to Get Education	Marathi	12:53 AM 03:55 AM 06:56 AM 09:57 AM 12:58 PM 03:59 PM 07:00 PM 10:01 PM
गणित	गणित: पाठ-5: समान्तर श्रेढियाँ	Hindi	12:59 AM 04:00 AM 07:02 AM 10:03 AM 01:04 PM 04:05 PM 07:06 PM 10:07 PM
Language (English)	English: Ch-2: Nelson Mandela: Long Walk to Freedom-2	English	01:23 AM 04:24 AM 07:25 AM 10:26 AM 01:27 PM 04:28 PM 07:30 PM 10:31 PM
सामान्य	आजादी की कहानी-1	हिन्दी	01:44 AM 04:45 AM 07:46 AM 10:47 AM 01:48 PM 04:49 PM 07:50 PM 10:52 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Leh Ladakh	English/ hindi	01:52 AM 04:53 AM 07:54 AM 10:56 AM 01:57 PM 04:58 PM 07:59 PM 11:00 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World	English	01:56 AM 04:57 AM 07:58 AM 10:59 AM 02:01 PM 05:02 PM 08:03 PM 11:04 PM
Health, Physical Education/Yoga a/ Sports	Yoga - Chakkrasan	Hindi	02:22 AM 05:23 AM 08:24 AM 11:25 AM 02:27 PM 05:28 PM 08:29 PM 11:30 PM
Science	Science: Chap 5: Periodic Classification of Elements	English	02:34 AM 05:35 AM 08:36 AM 11:38 AM 02:39 PM 05:40 PM 08:41 PM 11:42 PM
बृहस्पतिवार, 12 जून 2025 Thursday, 12 June 2025			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास):पाठ-5: मुद्रण संस्कृति और आधुनिक दुनिया	Hindi	12:29 AM 03:30 AM 06:31 AM 09:32 AM 12:33 PM 03:34 PM 06:34 PM 09:35 PM



गणित	गणित: पाठ-5: समान्तर श्रेढियाँ -1	Hindi	12:55 AM 03:56 AM 06:57 AM 09:58 AM 12:59 PM 03:59 PM 07:00 PM 10:01 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:25 AM 04:26 AM 07:27 AM 10:28 AM 01:29 PM 04:30 PM 07:30 PM 10:31 PM
Cultural Heritage: Art, Music & Dance	Hamare Vadhya Yantra-01 (Tarane Taaron Se)	Hindi	01:43 AM 04:44 AM 07:45 AM 10:46 AM 01:47 PM 04:48 PM 07:49 PM 10:49 PM
General	And Barter Goes On...	English	02:00 AM 05:01 AM 08:02 AM 11:03 AM 02:04 PM 05:05 PM 08:06 PM 11:06 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World	English	02:17 AM 05:18 AM 08:19 AM 11:20 AM 02:21 PM 05:22 PM 08:23 PM 11:23 PM
Science	Science: Chap 5: Periodic Classification of Elements-1	English	02:43 AM 05:44 AM 08:45 AM 11:46 AM 02:47 PM 05:48 PM 08:49 PM 11:50 PM
शुक्रवार, 13 जून 2025 Friday, 13 June 2025			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:04 PM 09:05 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:26 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:30 PM 06:30 PM 09:31 PM
General	Story of Theatre - Basics of Theatre	English	12:42 AM 03:43 AM 06:44 AM 09:45 AM 12:45 PM 03:46 PM 06:47 PM 09:48 PM
General	कमल	Hindi	12:49 AM 03:50 AM 06:51 AM 09:52 AM 12:53 PM 03:53 PM 06:54 PM 09:55 PM
गणित	गणित : पाठ-5: समान्तर श्रेढियाँ -2	Hindi	12:58 AM 03:59 AM 07:00 AM 10:01 AM 01:01 PM 04:02 PM 07:03 PM 10:04 PM
Social Science (Geography)	S.Sc. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:27 AM 04:28 AM 07:29 AM 10:30 AM 01:30 PM 04:31 PM 07:32 PM 10:33 PM



General	Emotional well being and mental health	English	01:55 AM 04:56 AM 07:57 AM 10:57 AM 01:58 PM 04:59 PM 08:00 PM 11:01 PM
Mathematics	Maths: Chp 5: To visualize the formula for sum of first n terms of an Arithmetic Progression	English	02:31 AM 05:31 AM 08:32 AM 11:33 AM 02:34 PM 05:35 PM 08:35 PM 11:36 PM
Science	Science: Chap 5: Periodic Classification of Elements-2	English	02:41 AM 05:42 AM 08:42 AM 11:43 AM 02:44 PM 05:45 PM 08:46 PM 11:46 PM
शनिवार, 14 जून 2025 Saturday, 14 June 2025			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-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
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-2	Hindi	12:29 AM 03:29 AM 06:30 AM 09:30 AM 12:31 PM 03:31 PM 06:32 PM 09:32 PM
गणित	गणित : पाठ-5: समान्तर श्रेढ़ियाँ -3	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
Social Science (Geography)	S.Sc. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:21 AM 04:21 AM 07:22 AM 10:22 AM 01:23 PM 04:23 PM 07:24 PM 10:24 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:49 AM 04:49 AM 07:50 AM 10:50 AM 01:51 PM 04:51 PM 07:52 PM 10:52 PM
सामान्य	सीखने की राह पर	Hindi	01:55 AM 04:55 AM 07:56 AM 10:56 AM 01:57 PM 04:57 PM 07:58 PM 10:58 PM
Mathematics	Maths: Chapter- 6 Triangles- 1	English	02:18 AM 05:18 AM 08:19 AM 11:19 AM 02:20 PM 05:20 PM 08:21 PM 11:21 PM
Science	Science: Chap 5: Periodic Classification of Elements-3	English	02:33 AM 05:34 AM 08:34 AM 11:35 AM 02:35 PM 05:36 PM 08:36 PM 11:37 PM



रविवार, 15 जून 2025 Sunday, 15 June 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	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 (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-1	Hindi	12:56 AM 03:57 AM 06:57 AM 09:58 AM 12:58 PM 03:59 PM 06:59 PM 10:00 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Music -Indigenous Toys and Games(Boy) Manipur	English/ hindi	01:20 AM 04:20 AM 07:21 AM 10:22 AM 01:22 PM 04:23 PM 07:23 PM 10:24 PM
विज्ञान	विज्ञान: पाठ-3:विभिन्न ताप अवस्थाओं में धातुओं की जल से अभिक्रिया का अध्ययन करना	Hindi	01:23 AM 04:23 AM 07:24 AM 10:24 AM 01:25 PM 04:25 PM 07:26 PM 10:26 PM
General	E-Waste Management: Block 5	English	01:35 AM 04:36 AM 07:36 AM 10:37 AM 01:37 PM 04:38 PM 07:38 PM 10:39 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-3	English	01:58 AM 04:59 AM 07:59 AM 11:00 AM 02:00 PM 05:01 PM 08:01 PM 11:02 PM
General	E-Waste Management: Block 4.2	English	02:20 AM 05:20 AM 08:21 AM 11:21 AM 02:22 PM 05:22 PM 08:23 PM 11:23 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:32 AM 05:32 AM 08:33 AM 11:33 AM 02:34 PM 05:34 PM 08:35 PM 11:35 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Kullu Manali	Hindi	02:55 AM 05:55 AM 08:56 AM 11:56 AM 02:57 PM 05:57 PM 08:58 PM 11:58 PM
सोमवार, 16 जून 2025 Monday, 16 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	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
General	Value and responsible Citizenship	English	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-6: विनिर्माण उद्योग-1	Hindi	12:33 AM 03:33 AM 06:34 AM 09:34 AM 12:35 PM 03:35 PM 06:36 PM 09:36 PM
विज्ञान	विज्ञान: पाठ-3:सोडियम हाइड्रक्साइड की एलुमिनियम धातु के साथ अभिक्रिया	Hindi	01:27 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:Chap 3: The Midnight Visitor-1	English	01:32 AM 04:32 AM 07:33 AM 10:33 AM 01:34 PM 04:34 PM 07:35 PM 10:35 PM
सामान्य	आचार्य हजारी प्रसाद द्विवेदी	Hindi	01:48 AM 04:49 AM 07:49 AM 10:50 AM 01:50 PM 04:51 PM 07:51 PM 10:52 PM
Mathematics	Maths: Chapter- 6 Triangles- 2	English	02:16 AM 05:17 AM 08:17 AM 11:18 AM 02:18 PM 05:18 PM 08:19 PM 11:19 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges 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
मंगलवार, 17 जून 2025 Tuesday, 17 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-2	Hindi	12:25 AM 03:25 AM 06:25 AM 09:25 AM 12:25 PM 03:25 PM 06:25 PM 09:25 PM
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: भौतिक गुणधर्म	Hindi	01:18 AM 04:18 AM 07:18 AM 10:18 AM 01:18 PM 04:18 PM 07:18 PM 10:18 PM
Language (English)	English:Chap 3: The Midnight Visitor-2	English	01:32 AM 04:32 AM 07:32 AM 10:31 AM 01:31 PM 04:31 PM 07:31 PM 10:31 PM
General	E-Waste Management: Block 3	English	01:47 AM 04:47 AM 07:47 AM 10:47 AM 01:47 PM 04:47 PM 07:47 PM 10:47 PM
Mathematics	Maths: Chapter- 6 Triangles- 3	English	02:05 AM 05:05 AM 08:05 AM 11:05 AM 02:05 PM 05:05 PM 08:05 PM 11:05 PM



Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:36 PM 08:36 PM 11:36 PM
बुधवार, 18 जून 2025 Wednesday, 18 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश मे पावस "	Hindi	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:56 PM 11:55 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-1	Hindi	12:25 AM 03:25 AM 06:24 AM 09:24 AM 12:23 PM 03:23 PM 06:22 PM 09:22 PM
सामान्य	आजादी की कहानी-2	हिन्दी	12:46 AM 03:45 AM 06:45 AM 09:44 AM 12:44 PM 03:43 PM 06:42 PM 09:42 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:00 AM 04:00 AM 06:59 AM 09:59 AM 12:58 PM 03:58 PM 06:57 PM 09:57 PM
Language (English)	English:Chap 3: The Midnight Visitor-1	English	01:25 AM 04:24 AM 07:24 AM 10:23 AM 01:23 PM 04:22 PM 07:22 PM 10:21 PM
Social Science (History)	S.Sc (History): Rise of Imperialism and Colonialism Lesson 4 Modern World II	English	02:12 AM 05:11 AM 08:11 AM 11:10 AM 02:10 PM 05:09 PM 08:08 PM 11:08 PM
Science	Science: Chap 6: Life Processes -1	English	02:39 AM 05:39 AM 08:38 AM 11:38 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
बृहस्पतिवार, 19 जून 2025 Thursday, 19 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश मे पावस "	Hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:56 PM 11:56 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-2	Hindi	12:25 AM 03:25 AM 06:24 AM 09:24 AM 12:23 PM 03:23 PM 06:22 PM 09:22 PM
General	Pariksha pe charcha	English	12:50 AM 03:49 AM 06:49 AM 09:48 AM 12:48 PM 03:47 PM 06:47 PM 09:47 PM



गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	01:10 AM 04:09 AM 07:09 AM 10:08 AM 01:08 PM 04:08 PM 07:07 PM 10:07 PM
Language (English)	English:Chap 3: The Midnight Visitor-2	English	01:43 AM 04:42 AM 07:42 AM 10:41 AM 01:41 PM 04:40 PM 07:40 PM 10:39 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	01:58 AM 04:58 AM 07:57 AM 10:57 AM 01:57 PM 04:56 PM 07:56 PM 10:55 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	02:25 AM 05:25 AM 08:24 AM 11:24 AM 02:23 PM 05:23 PM 08:22 PM 11:22 PM
Science	Science: Chap 6: Life Processes -2	English	02:39 AM 05:39 AM 08:38 AM 11:38 AM 02:38 PM 05:37 PM 08:37 PM 11:36 PM
शुक्रवार, 20 जून 2025 Friday, 20 June 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-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.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-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
General	Functions of Wetlands and their Biophysical characteristics	English	12:52 AM 03:53 AM 06:54 AM 09:55 AM 12:55 PM 03:56 PM 06:57 PM 09:58 PM
गणित	गणित : पाठ-6: त्रिभुज-3	Hindi	01:05 AM 04:05 AM 07:06 AM 10:07 AM 01:08 PM 04:08 PM 07:09 PM 10:10 PM
General	E-Waste Management: Block 3	English	01:38 AM 04:39 AM 07:39 AM 10:40 AM 01:41 PM 04:42 PM 07:42 PM 10:43 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -1	English	01:56 AM 04:57 AM 07:57 AM 10:58 AM 01:59 PM 05:00 PM 08:01 PM 11:01 PM
Mathematics	Maths: Chapter- 6 Triangles- 4	English	02:13 AM 05:13 AM 08:14 AM 11:15 AM 02:16 PM 05:17 PM 08:17 PM 11:18 PM



General	Waste Reduced	English	02:38 AM 05:39 AM 08:40 AM 11:40 AM 02:41 PM 05:42 PM 08:43 PM 11:43 PM
Science	Science: Chap 6: Life Processes -4	English	02:39 AM 05:40 AM 08:41 AM 11:42 AM 02:42 PM 05:43 PM 08:44 PM 11:45 PM
शनिवार, 21 जून 2025 Saturday, 21 June 2025			
General	Ardha Chakrasana	English	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:01 PM 09:01 PM
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:03 AM 03:03 AM 06:03 AM 09:03 AM 12:03 PM 03:04 PM 06:04 PM 09:04 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-6: राजनीतिक दल	Hindi	12:31 AM 03:31 AM 06:32 AM 09:32 AM 12:32 PM 03:32 PM 06:32 PM 09:32 PM
General	Dhyana	English	12:53 AM 03:54 AM 06:54 AM 09:54 AM 12:54 PM 03:54 PM 06:54 PM 09:55 PM
General	Surya Namaskar	English	12:57 AM 03:58 AM 06:58 AM 09:58 AM 12:58 PM 03:58 PM 06:58 PM 09:59 PM
गणित	गणित : पाठ-6: त्रिभुज-4	Hindi	01:04 AM 04:04 AM 07:05 AM 10:05 AM 01:05 PM 04:05 PM 07:05 PM 10:05 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -2	English	01:43 AM 04:44 AM 07:44 AM 10:44 AM 01:44 PM 04:44 PM 07:44 PM 10:45 PM
Mathematics	Maths: Chapter- 6 Triangles- 5	English	01:57 AM 04:57 AM 07:57 AM 10:57 AM 01:57 PM 04:57 PM 07:58 PM 10:58 PM
Science	Science: Chap 6: Life Processes	English	02:24 AM 05:25 AM 08:25 AM 11:25 AM 02:25 PM 05:25 PM 08:25 PM 11:26 PM
रविवार, 22 जून 2025 Sunday, 22 June 2025			



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Dish TV Channel #2031

Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	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	Gender Equality (H)	Hindi	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:30 PM 03:31 PM 06:32 PM 09:34 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	Hindi	12:33 AM 03:34 AM 06:35 AM 09:36 AM 12:38 PM 03:39 PM 06:40 PM 09:41 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	12:57 AM 03:58 AM 06:59 AM 10:00 AM 01:02 PM 04:03 PM 07:04 PM 10:05 PM
विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु: धातुओं के रासायनिक गुणधर्म	Hindi	01:20 AM 04:21 AM 07:22 AM 10:23 AM 01:24 PM 04:25 PM 07:26 PM 10:27 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:33 AM 04:35 AM 07:36 AM 10:37 AM 01:38 PM 04:39 PM 07:40 PM 10:41 PM
Social Science (Economics)	S.Sc. (Eco): Chp 4: Globalisation and the Indian Economy-4	English	01:45 AM 04:47 AM 07:48 AM 10:49 AM 01:50 PM 04:51 PM 07:52 PM 10:53 PM
सामान्य	आजादी की कहानी-1	हिन्दी	02:12 AM 05:13 AM 08:14 AM 11:15 AM 02:16 PM 05:18 PM 08:19 PM 11:20 PM
Health, Physical Education/Yoga/ Sports	Yoga - Shalabhasan	Hindi	02:20 AM 05:22 AM 08:23 AM 11:24 AM 02:25 PM 05:26 PM 08:27 PM 11:28 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:33 AM 05:34 AM 08:35 AM 11:36 AM 02:37 PM 05:38 PM 08:39 PM 11:41 PM
सोमवार, 23 जून 2025 Monday, 23 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:06 PM 06:08 PM 09:09 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग-3	Hindi	12:25 AM 03:26 AM 06:28 AM 09:29 AM 12:30 PM 03:32 PM 06:33 PM 09:34 PM



विज्ञान	विज्ञान: पाठ-3: धातु एवं अधातु	Hindi	12:44 AM 03:46 AM 06:47 AM 09:48 AM 12:50 PM 03:51 PM 06:52 PM 09:54 PM
Language (English)	English:Chap 3: The Midnight Visitor-1	English	01:54 AM 04:55 AM 07:57 AM 10:58 AM 01:59 PM 05:01 PM 08:02 PM 11:03 PM
Mathematics	Maths: Chapter- 6: Triangles	English	02:10 AM 05:12 AM 08:13 AM 11:14 AM 02:16 PM 05:17 PM 08:18 PM 11:20 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:38 AM 05:39 AM 08:41 AM 11:42 AM 02:43 PM 05:45 PM 08:46 PM 11:47 PM
मंगलवार, 24 जून 2025 Tuesday, 24 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	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
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-6: विनिर्माण उद्योग	Hindi	12:25 AM 03:26 AM 06:26 AM 09:27 AM 12:28 PM 03:28 PM 06:29 PM 09:30 PM
विज्ञान	विज्ञान: पाठ-3: जिंक, आयरन, लेड तथा कॉपर धातुओं की सापेक्षित अभिक्रियाशीलता का अध्ययन करना	Hindi	12:49 AM 03:50 AM 06:50 AM 09:51 AM 12:52 PM 03:52 PM 06:53 PM 09:54 PM
Language (English)	English:Chap 3: The Midnight Visitor-2	English	01:04 AM 04:05 AM 07:06 AM 10:06 AM 01:07 PM 04:08 PM 07:08 PM 10:09 PM
General	Innovative Teacher	Hindi	01:20 AM 04:21 AM 07:21 AM 10:22 AM 01:23 PM 04:23 PM 07:24 PM 10:25 PM
Mathematics	Maths: Chp 6: An activity to verify Basic Proportionality Theorem/Thales theorem	English	01:35 AM 04:36 AM 07:37 AM 10:37 AM 01:38 PM 04:39 PM 07:39 PM 10:40 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:47 AM 04:47 AM 07:48 AM 10:49 AM 01:49 PM 04:50 PM 07:51 PM 10:51 PM
सामान्य	सुभद्रा कुमारी चौहान	Hindi	01:57 AM 04:58 AM 07:58 AM 10:59 AM 02:00 PM 05:00 PM 08:01 PM 11:02 PM



General	व्यक्तिगत सुरक्षा	Hindi	02:20 AM 05:21 AM 08:22 AM 11:22 AM 02:23 PM 05:24 PM 08:24 PM 11:25 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:37 AM 05:38 AM 08:39 AM 11:39 AM 02:40 PM 05:41 PM 08:41 PM 11:42 PM
बुधवार, 25 जून 2025 Wednesday, 25 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:05 PM
General	Ustrasana	English	12:25 AM 03:26 AM 06:27 AM 09:27 AM 12:28 PM 03:29 PM 06:30 PM 09:30 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-1: यूरोप में राष्ट्रवाद का उदय-3	Hindi	12:28 AM 03:29 AM 06:30 AM 09:30 AM 12:31 PM 03:32 PM 06:32 PM 09:33 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:50 AM 03:50 AM 06:51 AM 09:52 AM 12:53 PM 03:53 PM 06:54 PM 09:55 PM
गणित	गणित: पाठ-6: त्रिभुज	Hindi	01:02 AM 04:03 AM 07:04 AM 10:04 AM 01:05 PM 04:06 PM 07:07 PM 10:07 PM
General	स्वस्थ बढ़ना	Hindi	01:32 AM 04:32 AM 07:33 AM 10:34 AM 01:35 PM 04:35 PM 07:36 PM 10:37 PM
Language (English)	English:Chap 3: The Midnight Visitor-1	English	01:36 AM 04:37 AM 07:38 AM 10:38 AM 01:39 PM 04:40 PM 07:40 PM 10:41 PM
General	Management of Wetlands Part -1	English	02:23 AM 05:24 AM 08:24 AM 11:25 AM 02:26 PM 05:27 PM 08:27 PM 11:28 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:35 AM 05:35 AM 08:36 AM 11:37 AM 02:38 PM 05:38 PM 08:39 PM 11:40 PM
Science	Science: Chapter 6: Human Respiratory System	English	02:57 AM 05:57 AM 08:58 AM 11:59 AM 02:59 PM 06:00 PM 09:01 PM



बृहस्पतिवार, 26 जून 2025 Thursday, 26 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-1 यूरोप में राष्ट्रवाद का उदय	Hindi	12:25 AM 03:25 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:27 PM 09:27 PM
गणित	गणित: पाठ-6: क्रियाकलाप - पाइथागोरस प्रमेय का सत्यापन करना	Hindi	12:51 AM 03:51 AM 06:51 AM 09:52 AM 12:52 PM 03:52 PM 06:52 PM 09:53 PM
General	Innovative Teacher	Hindi	12:59 AM 03:59 AM 07:00 AM 10:00 AM 01:00 PM 04:00 PM 07:01 PM 10:01 PM
Language (English)	English:Chap 3: The Midnight Visitor-2	English	01:45 AM 04:45 AM 07:46 AM 10:46 AM 01:46 PM 04:46 PM 07:47 PM 10:47 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:01 AM 05:01 AM 08:01 AM 11:02 AM 02:02 PM 05:02 PM 08:02 PM 11:03 PM
General	E-Waste Management: Block 4.2	English	02:29 AM 05:29 AM 08:30 AM 11:30 AM 02:30 PM 05:30 PM 08:31 PM 11:31 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	02:41 AM 05:41 AM 08:42 AM 11:42 AM 02:42 PM 05:42 PM 08:43 PM 11:43 PM
Science	Science: Chapter 6:Haemodialysis	English	02:55 AM 05:55 AM 08:56 AM 11:56 AM 02:56 PM 05:56 PM 08:57 PM 11:57 PM
शुक्रवार, 27 जून 2025 Friday, 27 June 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-2	Hindi	01:06 AM 04:05 AM 07:05 AM 10:05 AM 01:05 PM 04:05 PM 07:05 PM 10:05 PM



General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:30 AM 04:30 AM 07:30 AM 10:30 AM 01:30 PM 04:30 PM 07:30 PM 10:30 PM
गणित	गणित : पाठ-6: त्रिभुज-1	Hindi	01:36 AM 04:36 AM 07:35 AM 10:35 AM 01:35 PM 04:35 PM 07:35 PM 10:35 PM
General	Pawan muktasana	English	02:13 AM 05:13 AM 08:13 AM 11:13 AM 02:13 PM 05:13 PM 08:13 PM 11:13 PM
Social Science (Geography)	Soc. Sc. (Geo): Chap 6: Manufacturing Industries	English	02:16 AM 05:16 AM 08:16 AM 11:16 AM 02:16 PM 05:16 PM 08:16 PM 11:16 PM
Mathematics	Maths: Chp 6: Similar Triangles.	English	02:47 AM 05:47 AM 08:47 AM 11:47 AM 02:47 PM 05:47 PM 08:47 PM 11:47 PM
General	Waste Reduced	English	02:50 AM 05:50 AM 08:50 AM 11:50 AM 02:50 PM 05:49 PM 08:49 PM 11:49 PM
Science	Science: Chapter 6: The human alimentary canal (Digestive System)	English	02:51 AM 05:51 AM 08:51 AM 11:51 AM 02:51 PM 05:51 PM 08:51 PM 11:51 PM
शनिवार, 28 जून 2025 Saturday, 28 June 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-6: राजनीतिक दल-3	Hindi	12:23 AM 03:24 AM 06:24 AM 09:25 AM 12:25 PM 03:25 PM 06:26 PM 09:26 PM
गणित	गणित : पाठ-6: त्रिभुज-2	Hindi	12:45 AM 03:45 AM 06:45 AM 09:46 AM 12:46 PM 03:46 PM 06:47 PM 09:47 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 Vocal Music- Classical(Boy):Tamil Nadu	English/hindi	01:17 AM 04:18 AM 07:18 AM 10:18 AM 01:19 PM 04:19 PM 07:20 PM 10:20 PM
Social Science (Geography)	Soc. Sc. (Geo): Chap 6: Manufacturing Industries	English	01:23 AM 04:24 AM 07:24 AM 10:24 AM 01:25 PM 04:25 PM 07:25 PM 10:26 PM



सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	02:25 AM 05:25 AM 08:26 AM 11:26 AM 02:27 PM 05:27 PM 08:27 PM 11:28 PM
General	E-Waste Management: Block 4.2	English	02:27 AM 05:27 AM 08:28 AM 11:28 AM 02:29 PM 05:29 PM 08:29 PM 11:30 PM
Mathematics	Maths: Chp 6: To perform an activity to verify the ratio between the area and corresponding sides of two similar triangles	English	02:39 AM 05:39 AM 08:40 AM 11:40 AM 02:41 PM 05:41 PM 08:41 PM 11:42 PM
Cultural Heritage: Art, Music & Dance	Rock Garden	Hindi	02:46 AM 05:46 AM 08:47 AM 11:47 AM 02:47 PM 05:48 PM 08:48 PM 11:49 PM
Science	Science: Chapter 6: Transpiration	English	02:57 AM 05:57 AM 08:58 AM 11:58 AM 02:59 PM 05:59 PM 08:59 PM
रविवार, 29 जून 2025 Sunday, 29 June 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:58 AM 02:58 PM 05:58 PM 08:58 PM 11:57 PM
General	Gender Equality (H)	Hindi	12:26 AM 03:25 AM 06:25 AM 09:25 AM 12:25 PM 03:24 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-4: वैश्वीकरण और भारतीय अर्थव्यवस्था-2	Hindi	12:33 AM 03:33 AM 06:33 AM 09:32 AM 12:32 PM 03:32 PM 06:32 PM 09:31 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	12:57 AM 03:57 AM 06:57 AM 09:56 AM 12:56 PM 03:56 PM 06:55 PM 09:55 PM
विज्ञान	विज्ञान: पाठ-3:लोहे की कील की जलिये कॉपर सल्फेट विलयन के साथ रासायनिक अभिक्रिया का अध्ययन करना और मैग्नीशियम रिबन वायु में दहन का अध्ययन करना	Hindi	01:20 AM 04:19 AM 07:19 AM 10:19 AM 01:18 PM 04:18 PM 07:18 PM 10:18 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	01:30 AM 04:30 AM 07:29 AM 10:29 AM 01:29 PM 04:29 PM 07:28 PM 10:28 PM



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Social Science (Economics)	So. Sci. (Eco): Chp 4: Globalisation and the Indian Economy	English	01:42 AM 04:42 AM 07:41 AM 10:41 AM 01:41 PM 04:41 PM 07:40 PM 10:40 PM
Health, Physical Education/Yoga/ Sports	Yoga - Shalabhasan	Hindi	02:01 AM 05:01 AM 08:01 AM 11:00 AM 02:00 PM 05:00 PM 07:59 PM 10:59 PM
General	E-Waste Management: Block 3	English	02:13 AM 05:13 AM 08:13 AM 11:13 AM 02:12 PM 05:12 PM 08:12 PM 11:11 PM
Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges of Democracy	English	02:31 AM 05:31 AM 08:31 AM 11:31 AM 02:30 PM 05:30 PM 08:30 PM 11:30 PM
सोमवार, 30 जून 2025 Monday, 30 June 2025			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	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-6: विनिर्माण उद्योग	Hindi	12:25 AM 03:26 AM 06:26 AM 09:27 AM 12:27 PM 03:28 PM 06:28 PM 09:29 PM
विज्ञान	विज्ञान: पाठ-3: विभिन्न ताप अवस्थाओं में धातुओं की जल से अभिक्रिया का अध्ययन करना	Hindi	12:57 AM 03:58 AM 06:58 AM 09:59 AM 12:59 PM 04:00 PM 07:00 PM 10:01 PM
General	E-Waste Management: Block 5	English	01:10 AM 04:10 AM 07:11 AM 10:11 AM 01:12 PM 04:12 PM 07:13 PM 10:13 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	02:02 AM 05:02 AM 08:03 AM 11:03 AM 02:04 PM 05:04 PM 08:05 PM 11:05 PM
Language (English)	English: Chap 3: The Midnight Visitor-1	English	02:12 AM 05:12 AM 08:13 AM 11:13 AM 02:14 PM 05:14 PM 08:15 PM 11:15 PM
Mathematics	Maths: Chp 6: An activity to verify the relationship between area of similar triangles and their corresponding sides	English	02:28 AM 05:29 AM 08:29 AM 11:30 AM 02:30 PM 05:31 PM 08:31 PM 11:32 PM



Social Science (Political Science)	S. Sc. (Pol. Sc.C): Chp 8: Challenges 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
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