

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

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बुधस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत/ اردو (उर्दू)	इतिहास	हिन्दी	संस्कृत/ اردو (उर्दू)	राजनीति विज्ञान
English	Geography	History	English	Political Science	Geography	Activities Mathematics/ Science
Mathematics	Science	Mathematics	Science	Mathematics	Science	History
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education

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

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

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

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

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

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



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

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			
शारीरिक शिक्षा	पद्मासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General Awareness	Online gaming safety for children	English	12:17 AM 02:17 AM 04:17 AM 06:17 AM 08:17 AM 10:17 AM 12:17 PM 02:17 PM 04:18 PM 06:18 PM 08:18 PM 10:18 PM
राजनीति विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-1)	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:18 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
General Awareness	Cyber Stalking	English	01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
History	Ch-4: The Mughal Empire	English	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:41 PM 11:41 PM



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सोमवार, 02 जून 2025

Monday, 02 June 2025

विज्ञान	पाठ-5: अम्ल, क्षारक और लवण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
भूगोल	पाठ-4: वायु	हिंदी	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 3, Present Perfect Tense	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:58 AM 12:57 PM 02:56 PM 04:55 PM 06:54 PM 08:53 PM 10:52 PM
Mathematics	Ch-4: Simple Equations part-3	English	01:17 AM 03:16 AM 05:15 AM 07:14 AM 09:13 AM 11:12 AM 01:11 PM 03:10 PM 05:09 PM 07:08 PM 09:07 PM 11:06 PM
Vocational	Light as electromagnetic spectrum	English	01:46 AM 03:45 AM 05:44 AM 07:43 AM 09:42 AM 11:41 AM 01:40 PM 03:39 PM 05:38 PM 07:37 PM 09:36 PM 11:35 PM
मंगलवार, 03 जून 2025			
Tuesday, 03 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:50 PM
General Awareness	Cyber Stalking	English	12:20 AM 02:19 AM 04:18 AM 06:17 AM 08:17 AM 10:16 AM 12:15 PM 02:14 PM 04:13 PM 06:12 PM 08:12 PM 10:11 PM
हिंदी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:18 AM 10:17 AM 12:16 PM 02:15 PM 04:14 PM 06:13 PM 08:13 PM 10:12 PM
Geography	Ch-4: Air	English	12:50 AM 02:49 AM 04:48 AM 06:47 AM 08:47 AM 10:46 AM 12:45 PM 02:44 PM 04:43 PM 06:42 PM 08:42 PM 10:41 PM



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Science	Ch-4: Heat, Session-1	English	01:10 AM 03:09 AM 05:08 AM 07:08 AM 09:07 AM 11:06 AM 01:05 PM 03:04 PM 05:03 PM 07:03 PM 09:02 PM 11:01 PM
General Awareness	Cyber Stalking	English	01:37 AM 03:36 AM 05:36 AM 07:35 AM 09:34 AM 11:33 AM 01:32 PM 03:31 PM 05:31 PM 07:30 PM 09:29 PM 11:28 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:38 AM 05:37 AM 07:36 AM 09:36 AM 11:35 AM 01:34 PM 03:33 PM 05:32 PM 07:31 PM 09:31 PM 11:30 PM
बुधवार, 04 जून 2025 Wednesday, 04 June 2025			
विज्ञान	पाठ-5: अम्ल, क्षारक और लवण	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
संस्कृत	चतुर बानर	हिंदी	12:28 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
History	Ch-4: The Mughal Empire	English	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:38 PM 06:38 PM 08:38 PM 10:39 PM
Mathematics	Ch-4: Simple Equations part-3	English	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:11 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
बृहस्पतिवार, 05 जून 2025 Thursday, 05 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-1	हिंदी	12:00 AM 01:58 AM 03:56 AM 05:55 AM 07:53 AM 09:52 AM 11:50 AM 01:49 PM 03:47 PM 05:46 PM 07:44 PM 09:43 PM 11:41 PM
General Awareness	Growing up Healthy	English	12:21 AM 02:19 AM 04:18 AM 06:16 AM 08:15 AM 10:13 AM 12:11 PM 02:10 PM 04:08 PM 06:07 PM 08:05 PM 10:04 PM
इतिहास	पाठ-3: दिल्ली के सुल्तान (भाग-2)	हिंदी	12:25 AM 02:23 AM 04:22 AM 06:20 AM 08:19 AM 10:17 AM 12:16 PM 02:14 PM 04:13 PM 06:11 PM 08:10 PM 10:08 PM



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English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 3, Present Perfect Tense	English	12:35 AM 02:33 AM 04:32 AM 06:30 AM 08:29 AM 10:27 AM 12:26 PM 02:24 PM 04:23 PM 06:21 PM 08:20 PM 10:18 PM
General Awareness	Online gaming safety for children	English	12:49 AM 02:48 AM 04:46 AM 06:45 AM 08:43 AM 10:42 AM 12:40 PM 02:39 PM 04:37 PM 06:36 PM 08:34 PM 10:32 PM
Science	Ch-4: Heat, Session-1	English	12:50 AM 02:49 AM 04:47 AM 06:46 AM 08:44 AM 10:43 AM 12:41 PM 02:40 PM 04:38 PM 06:37 PM 08:35 PM 10:34 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:18 AM 03:16 AM 05:14 AM 07:13 AM 09:11 AM 11:10 AM 01:08 PM 03:07 PM 05:05 PM 07:04 PM 09:02 PM 11:01 PM
शुक्रवार, 06 जून 2025 Friday, 06 June 2025			
विज्ञान	पाठ-5: अम्ल, क्षारक और लवण	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
हिन्दी	दूर्वा-२: पाठ-३: मैं हूँ रोबोट	हिंदी	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Political science	Ch-4: Growing up as Boys and Girls	English	12:58 AM 02:58 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:01 PM
General	Energy Saving	English	01:21 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
Mathematics	Ch-4: Simple Equations part-3	English	01:23 AM 03:23 AM 05:23 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
Vocational	Seed Germination	English	01:53 AM 03:53 AM 05:53 AM 07:54 AM 09:54 AM 11:54 AM 01:54 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:55 PM



शनिवार, 07 जून 2025

Saturday, 07 June 2025

गणित	पाठ-4: सरल समीकरण भाग-1	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:49 PM
General Awareness	Fake-Whatsapp-Messages	English	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
संस्कृत	चतुर बानर	हिंदी	12:30 AM 02:29 AM 04:28 AM 06:27 AM 08:26 AM 10:25 AM 12:24 PM 02:23 PM 04:23 PM 06:22 PM 08:21 PM 10:20 PM
Geography	Ch-4: Air	English	12:40 AM 02:39 AM 04:38 AM 06:37 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:32 PM 06:31 PM 08:30 PM 10:30 PM
Science	Ch-4: Heat, Session-1	English	01:05 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:00 AM 12:59 PM 02:58 PM 04:57 PM 06:56 PM 08:55 PM 10:54 PM
General	Energy Saving	English	01:33 AM 03:32 AM 05:31 AM 07:30 AM 09:29 AM 11:28 AM 01:27 PM 03:26 PM 05:25 PM 07:24 PM 09:23 PM 11:22 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:34 AM 03:33 AM 05:32 AM 07:31 AM 09:30 AM 11:30 AM 01:29 PM 03:28 PM 05:27 PM 07:26 PM 09:25 PM 11:24 PM

रविवार, 08 जून 2025

Sunday, 08 June 2025

शारीरिक शिक्षा	पद्मासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
राजनीति विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-1)	हिंदी	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM



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General	E-Waste	English	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
History	Ch-4: The Mughal Empire	English	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:42 PM 09:42 PM 11:42 PM
सोमवार, 09 जून 2025 Monday, 09 June 2025			
विज्ञान	पाठ-5: अम्ल, क्षारक और लवण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:55 PM 07:54 PM 09:54 PM 11:53 PM
भूगोल	पाठ-4: वायु	हिंदी	12:29 AM 02:29 AM 04:28 AM 06:28 AM 08:27 AM 10:26 AM 12:26 PM 02:25 PM 04:25 PM 06:24 PM 08:24 PM 10:23 PM
Earthquake	Earthquake - Drop, Cover, Hold technique	English	01:02 AM 03:02 AM 05:01 AM 07:00 AM 09:00 AM 10:59 AM 12:59 PM 02:58 PM 04:58 PM 06:57 PM 08:57 PM 10:56 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 3, Present Perfect Tense	English	01:03 AM 03:03 AM 05:02 AM 07:02 AM 09:01 AM 11:01 AM 01:00 PM 03:00 PM 04:59 PM 06:59 PM 08:58 PM 10:58 PM
Mathematics	Ch-4: Simple Equations part-3	English	01:19 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:16 AM 01:15 PM 03:15 PM 05:14 PM 07:14 PM 09:13 PM 11:13 PM
Vocational	Personal hygiene and Health	English	01:49 AM 03:48 AM 05:48 AM 07:47 AM 09:47 AM 11:46 AM 01:46 PM 03:45 PM 05:44 PM 07:44 PM 09:43 PM 11:43 PM



मंगलवार, 10 जून 2025

Tuesday, 10 June 2025

गणित	पाठ-4: सरल समीकरण भाग-1	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
हिन्दी	दूर्वा-२, पाठ-4: गुब्बारे पर चीता	हिंदी	12:18 AM 02:19 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:23 PM 10:23 PM
General Awareness	Growing up Healthy	English	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Geography	Ch-4: Air	English	12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:40 AM 10:40 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:43 PM 10:43 PM
Science	Ch-4: Heat, Session-2	English	12:58 AM 02:58 AM 04:59 AM 06:59 AM 09:00 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM

बुधवार, 11 जून 2025

Wednesday, 11 June 2025

विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
General Awareness	Fake-Whatsapp-Messages	English	12:22 AM 02:21 AM 04:21 AM 06:20 AM 08:19 AM 10:19 AM 12:18 PM 02:17 PM 04:17 PM 06:16 PM 08:15 PM 10:15 PM
संस्कृत	चतुर बानर	हिंदी	12:24 AM 02:23 AM 04:23 AM 06:22 AM 08:22 AM 10:21 AM 12:20 PM 02:20 PM 04:19 PM 06:18 PM 08:18 PM 10:17 PM
History	Ch-4: The Mughal Empire	English	12:32 AM 02:32 AM 04:31 AM 06:31 AM 08:30 AM 10:29 AM 12:29 PM 02:28 PM 04:27 PM 06:27 PM 08:26 PM 10:26 PM
General Awareness	Fake-Whatsapp-Messages	English	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:00 AM 11:00 AM 12:59 PM 02:59 PM 04:58 PM 06:57 PM 08:57 PM 10:56 PM



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Mathematics	Ch-4: Simple Equations part-3	English	01:06 AM 03:06 AM 05:05 AM 07:04 AM 09:04 AM 11:03 AM 01:02 PM 03:02 PM 05:01 PM 07:00 PM 09:00 PM 10:59 PM
Vocational	Tools And Materials	English	01:35 AM 03:35 AM 05:34 AM 07:34 AM 09:33 AM 11:32 AM 01:32 PM 03:31 PM 05:30 PM 07:30 PM 09:29 PM 11:28 PM
General Awareness	Understanding how long things take to decompose	English	01:48 AM 03:48 AM 05:47 AM 07:46 AM 09:46 AM 11:45 AM 01:44 PM 03:44 PM 05:43 PM 07:42 PM 09:42 PM 11:41 PM
बृहस्पतिवार, 12 जून 2025 Thursday, 12 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:49 PM
General Awareness	Cyber Stalking	English	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:17 AM 10:16 AM 12:15 PM 02:14 PM 04:13 PM 06:12 PM 08:11 PM 10:10 PM
इतिहास	पाठ-3: दिल्ली के सुल्तान (भाग-2)	हिंदी	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:18 PM
General Awareness	Online gaming safety for children	English	12:37 AM 02:36 AM 04:35 AM 06:34 AM 08:33 AM 10:32 AM 12:31 PM 02:30 PM 04:30 PM 06:29 PM 08:28 PM 10:27 PM
General Awareness	Gender Equality	English	12:39 AM 02:38 AM 04:37 AM 06:36 AM 08:35 AM 10:34 AM 12:33 PM 02:32 PM 04:31 PM 06:30 PM 08:29 PM 10:28 PM
English	Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 4, Present Perfect Continuous	English	12:46 AM 02:45 AM 04:44 AM 06:43 AM 08:42 AM 10:41 AM 12:40 PM 02:39 PM 04:38 PM 06:37 PM 08:37 PM 10:36 PM
Science	Ch-4: Heat, Session-2	English	01:07 AM 03:06 AM 05:05 AM 07:04 AM 09:03 AM 11:02 AM 01:01 PM 03:00 PM 04:59 PM 06:58 PM 08:57 PM 10:57 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:35 AM 03:34 AM 05:33 AM 07:32 AM 09:31 AM 11:30 AM 01:29 PM 03:28 PM 05:27 PM 07:26 PM 09:26 PM 11:25 PM
General Awareness	Growing up Healthy	English	01:54 AM 03:53 AM 05:53 AM 07:52 AM 09:51 AM 11:50 AM 01:49 PM 03:48 PM 05:47 PM 07:46 PM 09:45 PM 11:44 PM
शुक्रवार, 13 जून 2025 Friday, 13 June 2025			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
हिन्दी	दूर्वा-२, पाठ-४: गुब्बारे पर चीता	हिंदी	12:19 AM 02:20 AM 04:20 AM 06:21 AM 08:21 AM 10:22 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
Political science	Ch-4: Growing up as Boys and Girls	English	12:35 AM 02:35 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:38 PM 02:39 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM
Mathematics	Ch-4: Simple Equations part-3	English	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM
Vocational	Seed Germination	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:56 AM 01:57 PM 03:57 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
शनिवार, 14 जून 2025 Saturday, 14 June 2025			
गणित	पाठ-४: सरल समीकरण भाग-२	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
General Awareness	Personal Safety	English	12:21 AM 02:20 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:18 PM 02:18 PM 04:18 PM 06:17 PM 08:17 PM 10:17 PM



संस्कृत	चतुर बानर	हिंदी	12:35 AM 02:35 AM 04:34 AM 06:34 AM 08:33 AM 10:33 AM 12:33 PM 02:32 PM 04:32 PM 06:32 PM 08:31 PM 10:31 PM
Geography	Ch-4: Air (Part-01)	English	12:43 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:42 AM 12:41 PM 02:41 PM 04:40 PM 06:40 PM 08:40 PM 10:39 PM
Science	Ch-4: Heat, Session-2	English	12:59 AM 02:59 AM 04:58 AM 06:58 AM 08:57 AM 10:57 AM 12:57 PM 02:56 PM 04:56 PM 06:56 PM 08:55 PM 10:55 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:57 AM 03:57 AM 05:57 AM 07:56 AM 09:56 AM 11:56 AM 01:55 PM 03:55 PM 05:55 PM 07:54 PM 09:54 PM 11:54 PM
रविवार, 15 जून 2025 Sunday, 15 June 2025			
शारीरिक शिक्षा	पद्मासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
राजनीति विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-2)	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
History	Ch-4: The Mughal Empire	English	12:36 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
General Awareness	e-waste management Block-3	English	01:07 AM 03:07 AM 05:07 AM 07:08 AM 09:08 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:10 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:28 PM
सोमवार, 16 जून 2025 Monday, 16 June 2025			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM



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भूगोल	पाठ-4: वायु	हिंदी	12:19 AM 02:19 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:23 PM 10:23 PM
English	Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 4, Present Perfect Continuous	English	12:52 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:56 PM 10:56 PM
General Awareness	Fake-Whatsapp-Messages	English	01:13 AM 03:14 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:18 PM
Mathematics	Ch-5: Lines and angles	English	01:15 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:19 PM 11:20 PM
General Awareness	Interpersonal Relationships	English	01:43 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:47 PM 11:47 PM
Vocational	Light as electromagnetic spectrum	English	01:48 AM 03:48 AM 05:49 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
मंगलवार, 17 जून 2025 Tuesday, 17 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-2	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
हिन्दी	दूर्वा-२, पाठ-4: गुब्बारे पर चीता	हिंदी	12:17 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:23 PM 08:23 PM 10:24 PM
General Awareness	Cyber Stalking	English	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
Geography	Ch-4: Air (Part-01)	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:37 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM



Science	Ch-4: Heat, Session-3	English	12:50 AM 02:50 AM 04:51 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:56 PM 10:56 PM
Vocational	Tools And Materials	English	01:17 AM 03:17 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:21 PM 05:21 PM 07:22 PM 09:23 PM 11:23 PM
बुधवार, 18 जून 2025 Wednesday, 18 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:02 PM
उर्दू	ईदगाह	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:20 PM
General Awareness	Social Networking	English	12:46 AM 02:46 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:48 PM
History	Ch-4: The Mughal Empire	English	12:50 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
Mathematics	Ch-5: Lines and angles	English	01:19 AM 03:19 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
Vocational	Important tips for good embroidery work (Part B)	English	01:52 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
बृहस्पतिवार, 19 जून 2025 Thursday, 19 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-2	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
इतिहास	पाठ-3: दिल्ली के सुल्तान (भाग-3)	हिंदी	12:21 AM 02:20 AM 04:19 AM 06:19 AM 08:18 AM 10:17 AM 12:17 PM 02:16 PM 04:16 PM 06:15 PM 08:14 PM 10:14 PM
General Awareness	Online gaming safety for children	English	12:32 AM 02:31 AM 04:30 AM 06:30 AM 08:29 AM 10:29 AM 12:28 PM 02:27 PM 04:27 PM 06:26 PM 08:26 PM 10:25 PM



English	Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 4, Present Perfect Continuous	English	12:33 AM 02:32 AM 04:32 AM 06:31 AM 08:30 AM 10:30 AM 12:29 PM 02:28 PM 04:28 PM 06:27 PM 08:27 PM 10:26 PM
Science	Ch-4: Heat, Session-3	English	12:55 AM 02:54 AM 04:53 AM 06:53 AM 08:52 AM 10:51 AM 12:51 PM 02:50 PM 04:50 PM 06:49 PM 08:48 PM 10:48 PM
Vocational	Seed Germination	English	01:22 AM 03:21 AM 05:20 AM 07:20 AM 09:19 AM 11:19 AM 01:18 PM 03:17 PM 05:17 PM 07:16 PM 09:15 PM 11:15 PM
शुक्रवार, 20 जून 2025 Friday, 20 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:53 PM 07:52 PM 09:51 PM 11:50 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:20 AM 02:19 AM 04:18 AM 06:18 AM 08:17 AM 10:16 AM 12:15 PM 02:15 PM 04:14 PM 06:13 PM 08:12 PM 10:11 PM
General Awareness	Understanding landfills and their impact on all living things	English	12:47 AM 02:47 AM 04:46 AM 06:45 AM 08:44 AM 10:44 AM 12:43 PM 02:42 PM 04:41 PM 06:41 PM 08:40 PM 10:39 PM
Political science	Ch-4: Growing up as Boys and Girls	English	12:57 AM 02:56 AM 04:55 AM 06:55 AM 08:54 AM 10:53 AM 12:52 PM 02:52 PM 04:51 PM 06:50 PM 08:49 PM 10:49 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:16 AM 03:16 AM 05:15 AM 07:14 AM 09:13 AM 11:12 AM 01:12 PM 03:11 PM 05:10 PM 07:09 PM 09:09 PM 11:08 PM
Mathematics	Ch-5: Lines and angles	English	01:24 AM 03:23 AM 05:22 AM 07:21 AM 09:21 AM 11:20 AM 01:19 PM 03:18 PM 05:18 PM 07:17 PM 09:16 PM 11:15 PM



Vocational	Seed Germination	English	01:51 AM 03:51 AM 05:50 AM 07:49 AM 09:48 AM 11:48 AM 01:47 PM 03:46 PM 05:45 PM 07:44 PM 09:44 PM 11:43 PM
शनिवार, 21 जून 2025 Saturday, 21 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-3	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM
उर्दू	ईदगाह	हिंदी	12:17 AM 02:18 AM 04:19 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:24 PM 08:25 PM 10:26 PM
General Awareness	Fake-Whatsapp-M essages	English	12:46 AM 02:47 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:50 PM 02:51 PM 04:52 PM 06:53 PM 08:53 PM 10:54 PM
Geography	Ch-4: Air (Part-01)	English	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:53 AM 12:54 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:58 PM
सामान्य	त्रिकोणासन	हिंदी	01:04 AM 03:05 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:11 PM 09:12 PM 11:13 PM
सामान्य	ताड़ासन	हिंदी	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
General	Energy Saving	English	01:09 AM 03:10 AM 05:11 AM 07:12 AM 09:12 AM 11:13 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM
Science	Ch-4: Heat, Session-3	English	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:16 PM 05:17 PM 07:18 PM 09:19 PM 11:19 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:41 AM 11:42 AM 01:43 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:46 PM
रविवार, 22 जून 2025 Sunday, 22 June 2025			
शारीरिक शिक्षा	कबड्डी	हिंदी	12:00 AM 02:09 AM 04:19 AM 06:29 AM 08:39 AM 10:49 AM 12:59 PM 03:08 PM 05:18 PM 07:28 PM 09:38 PM 11:48 PM



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राजनीति विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-2)	हिंदी	12:28 AM 02:38 AM 04:48 AM 06:58 AM 09:08 AM 11:18 AM 01:27 PM 03:37 PM 05:47 PM 07:57 PM 10:07 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:10 AM 03:20 AM 05:30 AM 07:40 AM 09:50 AM 12:00 PM 02:09 PM 04:19 PM 06:29 PM 08:39 PM 10:49 PM
History	Ch-4: The Mughal Empire	English	01:17 AM 03:27 AM 05:37 AM 07:47 AM 09:56 AM 12:06 PM 02:16 PM 04:26 PM 06:36 PM 08:46 PM 10:56 PM
General Awareness	Value and responsible Citizenship	English	01:45 AM 03:55 AM 06:04 AM 08:14 AM 10:24 AM 12:34 PM 02:44 PM 04:54 PM 07:03 PM 09:13 PM 11:23 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:50 AM 04:00 AM 06:09 AM 08:19 AM 10:29 AM 12:39 PM 02:49 PM 04:59 PM 07:08 PM 09:18 PM 11:28 PM
सोमवार, 23 जून 2025 Monday, 23 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	Energy Saving	English	12:17 AM 02:17 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:24 PM
भूगोल	पाठ-4: वायु	हिंदी	12:18 AM 02:19 AM 04:20 AM 06:20 AM 08:21 AM 10:22 AM 12:22 PM 02:23 PM 04:24 PM 06:24 PM 08:25 PM 10:26 PM
English	Ch-2: A Gift of Chappals	English	12:40 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:48 PM
General Awareness	Social Networking	English	01:03 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM
Mathematics	Ch-5: Lines and angles	English	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:10 AM 11:10 AM 01:11 PM 03:12 PM 05:12 PM 07:13 PM 09:14 PM 11:14 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:35 AM 03:35 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:39 PM 03:39 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM
मंगलवार, 24 जून 2025 Tuesday, 24 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-3	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:52 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:22 AM 02:21 AM 04:21 AM 06:20 AM 08:20 AM 10:19 AM 12:18 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:15 PM
Geography	Ch-4: Air (Part-02)	English	12:49 AM 02:48 AM 04:48 AM 06:47 AM 08:47 AM 10:46 AM 12:45 PM 02:45 PM 04:44 PM 06:44 PM 08:43 PM 10:42 PM
General Awareness	Emotional well being and mental health	English	01:09 AM 03:08 AM 05:07 AM 07:07 AM 09:06 AM 11:06 AM 01:05 PM 03:04 PM 05:04 PM 07:03 PM 09:03 PM 11:02 PM
Science	Ch-4: Heat, Session-4	English	01:14 AM 03:13 AM 05:12 AM 07:12 AM 09:11 AM 11:11 AM 01:10 PM 03:09 PM 05:09 PM 07:08 PM 09:08 PM 11:07 PM
General Awareness	Online gaming safety for children	English	01:38 AM 03:38 AM 05:37 AM 07:36 AM 09:36 AM 11:35 AM 01:35 PM 03:34 PM 05:33 PM 07:33 PM 09:32 PM 11:32 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:38 AM 07:37 AM 09:37 AM 11:36 AM 01:36 PM 03:35 PM 05:34 PM 07:34 PM 09:33 PM 11:33 PM
बुधवार, 25 जून 2025 Wednesday, 25 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:16 PM 10:17 PM
उर्दू	ईदगाह	हिंदी	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM



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History	Ch-4: The Mughal Empire	English	12:46 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:50 PM 02:51 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM
Mathematics	Ch-5: Lines and angles	English	01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:21 PM
General Awareness	e-waste management Block-2	English	01:42 AM 03:42 AM 05:43 AM 07:43 AM 09:44 AM 11:45 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:48 PM 11:48 PM
Vocational	Electricity and its importance	English	01:56 AM 03:57 AM 05:57 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:01 PM 08:01 PM 10:02 PM
बृहस्पतिवार, 26 जून 2025 Thursday, 26 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-3	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:50 PM
इतिहास	पाठ-3: दिल्ली के सुल्तान (भाग-3)	हिंदी	12:21 AM 02:20 AM 04:19 AM 06:18 AM 08:17 AM 10:17 AM 12:16 PM 02:15 PM 04:14 PM 06:13 PM 08:12 PM 10:12 PM
English	Ch-2: A Gift of Chappals	English	12:33 AM 02:32 AM 04:31 AM 06:30 AM 08:29 AM 10:29 AM 12:28 PM 02:27 PM 04:26 PM 06:25 PM 08:24 PM 10:24 PM
Science	Ch-4: Heat, Session-4	English	12:55 AM 02:54 AM 04:54 AM 06:53 AM 08:52 AM 10:51 AM 12:50 PM 02:49 PM 04:49 PM 06:48 PM 08:47 PM 10:46 PM
Vocational	Design and Tracing Methods	English	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:21 AM 11:21 AM 01:20 PM 03:19 PM 05:18 PM 07:17 PM 09:16 PM 11:16 PM
शुक्रवार, 27 जून 2025 Friday, 27 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
हिन्दी	वसंत-२, पाठ-३: हिमालय की बेटियाँ	हिंदी	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:12 PM 02:12 PM 04:12 PM 06:13 PM 08:13 PM 10:13 PM



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Political science	Ch-4: Growing up as Boys and Girls	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
Mathematics	Ch-5: Lines and angles	English	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:29 PM
शनिवार, 28 जून 2025 Saturday, 28 June 2025			
गणित	पाठ-4: सरल समीकरण भाग-3	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
उर्दू	ईदगाह	हिंदी	12:21 AM 02:20 AM 04:20 AM 06:19 AM 08:18 AM 10:18 AM 12:17 PM 02:17 PM 04:16 PM 06:15 PM 08:15 PM 10:14 PM
Geography	Ch-4: Air (Part-02)	English	12:50 AM 02:50 AM 04:49 AM 06:49 AM 08:48 AM 10:47 AM 12:47 PM 02:46 PM 04:46 PM 06:45 PM 08:45 PM 10:44 PM
Science	Ch-4: Heat, Session-4	English	01:10 AM 03:09 AM 05:09 AM 07:08 AM 09:08 AM 11:07 AM 01:07 PM 03:06 PM 05:05 PM 07:05 PM 09:04 PM 11:04 PM
General Awareness	Understanding the value of composting	English	01:35 AM 03:34 AM 05:33 AM 07:33 AM 09:32 AM 11:32 AM 01:31 PM 03:31 PM 05:30 PM 07:29 PM 09:29 PM 11:28 PM
Vocational	Hand Embroidery Part B	English	01:45 AM 03:44 AM 05:44 AM 07:43 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:40 PM 09:39 PM 11:39 PM
रविवार, 29 जून 2025 Sunday, 29 June 2025			
शारीरिक शिक्षा	कबड्डी	हिंदी	12:00 AM 02:09 AM 04:19 AM 06:28 AM 08:38 AM 10:48 AM 12:57 PM 03:07 PM 05:17 PM 07:26 PM 09:36 PM 11:45 PM
राजनीति विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-2)	हिंदी	12:28 AM 02:38 AM 04:47 AM 06:57 AM 09:07 AM 11:16 AM 01:26 PM 03:36 PM 05:45 PM 07:55 PM 10:04 PM



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Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:10 AM 03:20 AM 05:29 AM 07:39 AM 09:49 AM 11:58 AM 02:08 PM 04:18 PM 06:27 PM 08:37 PM 10:47 PM
History	Ch-4: The Mughal Empire	English	01:17 AM 03:26 AM 05:36 AM 07:46 AM 09:55 AM 12:05 PM 02:15 PM 04:24 PM 06:34 PM 08:43 PM 10:53 PM
General Awareness	Value and responsible Citizenship	English	01:44 AM 03:54 AM 06:04 AM 08:13 AM 10:23 AM 12:33 PM 02:42 PM 04:52 PM 07:02 PM 09:11 PM 11:21 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:49 AM 03:59 AM 06:09 AM 08:18 AM 10:28 AM 12:38 PM 02:47 PM 04:57 PM 07:07 PM 09:16 PM 11:26 PM
सोमवार, 30 जून 2025 Monday, 30 June 2025			
विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:55 PM 11:54 PM
General	Energy Saving	English	12:13 AM 02:13 AM 04:12 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:10 PM 04:10 PM 06:09 PM 08:09 PM 10:08 PM
भूगोल	पाठ-4: वायु	हिंदी	12:15 AM 02:14 AM 04:14 AM 06:14 AM 08:13 AM 10:13 AM 12:12 PM 02:12 PM 04:11 PM 06:11 PM 08:10 PM 10:10 PM
English	Ch-2: A Gift of Chappals	English	12:43 AM 02:42 AM 04:42 AM 06:42 AM 08:41 AM 10:41 AM 12:40 PM 02:40 PM 04:39 PM 06:39 PM 08:38 PM 10:38 PM
Mathematics	Ch-5: Lines and angles	English	01:05 AM 03:05 AM 05:04 AM 07:04 AM 09:04 AM 11:03 AM 01:03 PM 03:02 PM 05:02 PM 07:01 PM 09:01 PM 11:00 PM
General Awareness	Nutrition_Health and Sanitation	English	01:33 AM 03:33 AM 05:32 AM 07:32 AM 09:31 AM 11:31 AM 01:30 PM 03:30 PM 05:29 PM 07:29 PM 09:29 PM 11:28 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:38 AM 07:38 AM 09:38 AM 11:37 AM 01:37 PM 03:36 PM 05:36 PM 07:35 PM 09:35 PM 11:34 PM

