

## 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/ 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 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/23](https://www.swayamprabha.gov.in/index.php/program/current_se/23).

☞ 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.



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

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

क्र० सं० S. No	विषय Subject	कार्यक्रम शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time									
				आवृत्ति 1 Cycle 1	आवृत्ति 2 Cycle 2	आवृत्ति 3 Cycle 3	आवृत्ति 4 Cycle 4	आवृत्ति 5 Cycle 5	आवृत्ति 6 Cycle 6	आवृत्ति 7 Cycle 7	आवृत्ति 8 Cycle 8	आवृत्ति 9 Cycle 9	आवृत्ति 10 Cycle 10
<b>रविवार, 1 जनवरी 2023 Sunday, 1 January 2023</b>													
1	Physical Education	COVID 19 Awareness	English	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:31 PM	8:02 PM	10:32 PM
2	राजनीति विज्ञान	पाठ-6: संचार माध्यमों को समझना (Part-2)	हिंदी	12:20 AM	2:51 AM	5:21 AM	7:51 AM	10:21 AM	12:52 PM	3:22 PM	5:52 PM	8:22 PM	10:53 PM
3	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:33 AM	3:03 AM	5:33 AM	8:04 AM	10:34 AM	1:04 PM	3:34 PM	6:05 PM	8:35 PM	11:05 PM
4	General Awareness	Lever Around Us	English	1:02 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:35 PM
5	Storytelling/Value Education	I have got 10 little fingers	English	1:10 AM	3:41 AM	6:11 AM	8:41 AM	11:11 AM	1:42 PM	4:12 PM	6:42 PM	9:12 PM	11:43 PM
6	General Awareness	Gender Equality	English	1:20 AM	3:50 AM	6:20 AM	8:50 AM	11:21 AM	1:51 PM	4:21 PM	6:51 PM	9:22 PM	11:52 PM
	History	Ch-9: The Making of regional cultures	English	1:27 AM	3:57 AM	6:27 AM	8:57 AM	11:28 AM	1:58 PM	4:28 PM	6:58 PM	9:29 PM	11:59 PM
	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:21 AM	6:51 AM	9:21 AM	11:51 AM	2:22 PM	4:52 PM	7:22 PM	9:52 PM	NA
<b>सोमवार, 2 जनवरी 2023 Monday, 2 January 2023</b>													
1	विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	भूगोल	पाठ-5: जल	हिंदी	12:28 AM	2:58 AM	5:28 AM	7:58 AM	10:28 AM	12:58 PM	3:28 PM	5:58 PM	8:28 PM	10:58 PM
3	English	Honeycomb, Ch-3: The Shed	English	1:01 AM	3:31 AM	6:01 AM	8:31 AM	11:01 AM	1:31 PM	4:01 PM	6:31 PM	9:01 PM	11:31 PM
4	Mathematics	Ch-1: Integers (Part-2)	English	1:22 AM	3:52 AM	6:22 AM	8:52 AM	11:22 AM	1:52 PM	4:22 PM	6:52 PM	9:22 PM	11:52 PM
5	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA
<b>मंगलवार, 3 जनवरी 2023 Tuesday, 3 January 2023</b>													
1	पाठ-4: सरल समीकरण	पाठ-4: सरल समीकरण	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	दूर्वा-२, पाठ-17: मौत का पहाड़	दूर्वा-२, पाठ-17: मौत का पहाड़	हिंदी	12:38 AM	3:08 AM	5:38 AM	8:08 AM	10:38 AM	1:08 PM	3:38 PM	6:08 PM	8:38 PM	11:08 PM
3	आजादी की कहानी-3	आजादी की कहानी-3	हिंदी	12:51 AM	3:21 AM	5:51 AM	8:21 AM	10:51 AM	1:21 PM	3:51 PM	6:21 PM	8:51 PM	11:21 PM
4	Ch-2: Inside our Earth	Ch-2: Inside our Earth	English	1:04 AM	3:34 AM	6:05 AM	8:35 AM	11:05 AM	1:35 PM	4:00 PM	6:35 PM	9:05 PM	11:35 PM
5	Kala Utsav - 2022 - Dance Folk(Girl)Maharashtra	Kala Utsav - 2022 - Dance Folk(Girl)Maharashtra	English/Hindi	1:24 AM	3:54 AM	6:24 AM	8:54 AM	11:24 AM	1:54 PM	5:00 PM	6:54 PM	9:24 PM	11:54 PM

6	प्लास्टो के परिवार को खोजना और अन्य प्रकार के कचरे (E- कचरा + खतरनाक कचरा )	प्लास्टो के परिवार को खोजना और अन्य प्रकार के कचरे (E- कचरा + खतरनाक कचरा )	हिंदी	1:28 AM	3:58 AM	6:28 AM	8:58 AM	11:28 AM	1:58 PM	NA	6:58 PM	9:28 PM	11:58 PM
7	Ch-6: Physical Changes	Ch-6: Physical Changes	English	1:41 AM	4:11 AM	6:41 AM	9:11 AM	11:41 AM	2:11 PM	NA	7:11 PM	9:41 PM	NA
8	Important tips for good embroidery work (Part B)	Important tips for good embroidery work (Part B)	English	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	NA	7:35 PM	10:05 PM	NA

**बुधवार, 4 जनवरी 2023**  
**Wednesday, 4 January 2023**

1	विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:32 PM	8:02 PM	10:32 PM
2	उर्दू	ईदगाह	हिंदी	12:25 AM	2:55 AM	5:25 AM	7:56 AM	10:26 AM	12:56 PM	3:27 PM	5:57 PM	8:27 PM	10:58 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:53 AM	3:23 AM	5:54 AM	8:24 AM	10:54 AM	1:25 PM	3:55 PM	6:25 PM	8:56 PM	11:26 PM
4	Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	1:15 AM	3:45 AM	6:16 AM	8:46 AM	11:16 AM	1:46 PM	4:17 PM	6:47 PM	9:17 PM	11:48 PM
5	History	Ch-7: Tribes, nomads and settled communities	English	1:19 AM	3:49 AM	6:19 AM	8:50 AM	11:20 AM	1:50 PM	4:21 PM	6:51 PM	9:21 PM	11:51 PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical(Girl)Karnataka	EnglishHindi	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:43 AM	2:13 PM	4:43 PM	7:14 PM	9:44 PM	NA
7	Mathematics	Ch-14: Symmetry (Part-2)	English	1:49 AM	4:19 AM	6:50 AM	9:20 AM	11:50 AM	2:20 PM	4:51 PM	7:21 PM	9:51 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:36 AM	12:06 PM	2:36 PM	5:07 PM	7:37 PM	10:07 PM	NA

**बृहस्पतिवार, 5 जनवरी 2023**  
**Thursday, 5 January 2023**

1	गणित	पाठ-1: पूर्णांक भाग - 1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	15:00:35	17:30:42	20:00:49	22:31:03
2	इतिहास	पाठ-3: दिल्ली के सुल्तान (भाग-3)	हिंदी	12:28 AM	2:58 AM	5:28 AM	7:58 AM	10:28 AM	12:58 PM	15:29:57	17:59:04	20:29:11	22:59:25
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:41 AM	3:11 AM	5:41 AM	8:11 AM	10:41 AM	13:11:50	15:41:57	18:12:04	20:42:11	23:12:18
4	English	Honeycomb, Ch-5: Trees	English	1:03 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	13:33 PM	16:03:37	18:33:44	21:03:51	23:34:05
5	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Instrumental Music Competition: Girls: Haryana	EnglishHindi	1:13 AM	3:43 AM	6:14 AM	8:44 AM	11:14 AM	13:44 PM	16:14:26	18:44:33	21:14:40	23:44:54
6	General Awareness	e-waste management Block-3	English	1:19 AM	3:49 AM	6:19 AM	8:49 AM	11:20 AM	13:50 PM	16:20:09	18:50:16	21:20:23	23:50:37
7	Science	Ch-18: Waste Water Story Part-2	English	1:37 AM	4:07 AM	6:37 AM	9:07 AM	11:38 AM	14:08 PM	16:38:13	19:08:20	21:38:27	NA
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:21 AM	11:51 AM	14:21 PM	16:51:20	19:21:27	21:51:34	NA

**शुक्रवार, 6 जनवरी 2023**  
**Friday, 6 January 2023**

1	विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00: AM	2:29: AM	4:59: AM	7:29: AM	9:59: AM	12:29: PM	2:59: PM	5:29: PM	7:59: PM	10:29: PM
2	हिन्दी	दूर्वा-२, पाठ-17: मौत का पहाड़	हिंदी	12:33: AM	3:03: AM	5:33: AM	8:03: AM	10:33: AM	1:03: PM	3:33: PM	6:03: PM	8:33: PM	11:03: PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:48: AM	3:17: AM	5:47: AM	8:17: AM	10:47: AM	1:17: PM	3:47: PM	6:17: PM	8:47: PM	11:17: PM
4	सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:52: AM	3:22: AM	5:52: AM	8:22: AM	10:52: AM	1:22: PM	3:52: PM	6:22: PM	8:51: PM	11:21: PM
5	Political science	Ch-8: A shirt in the market	English	1:08: AM	3:38: AM	6:08: AM	8:37: AM	11:07: AM	1:37: PM	4:07: PM	6:37: PM	9:07: PM	11:37: PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 - Dance- Classical(Girl)Delhi	English/Hindi	1:20: AM	3:50: AM	6:20: AM	8:50: AM	11:20: AM	1:50: PM	4:20: PM	6:50: PM	9:20: PM	11:50: PM
7	Mathematics	Ch-1: Integers	English	1:25: AM	3:55: AM	6:25: AM	8:55: AM	11:25: AM	1:55: PM	4:25: PM	6:55: PM	9:25: PM	11:55: PM
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50: AM	4:20: AM	6:50: AM	9:20: AM	11:50: AM	2:20: PM	4:50: PM	7:20: PM	9:50: PM	NA

शनिवार, 7 जनवरी 2023

Saturday, 7 January 2023

1	गणित	पाठ-1: पूर्णांक भाग - 1	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:01: AM	12:31: PM	3:01: PM	5:32: PM	8:02: PM	10:32: PM
2	संस्कृत	भूपति मयादस	हिंदी	12:30: AM	3:00: AM	5:30: AM	8:00: AM	10:31: AM	1:01: PM	3:31: PM	6:02: PM	8:32: PM	11:02: PM
3	General Awareness	e-waste management Block-5	English	12:40: AM	3:10: AM	5:41: AM	8:11: AM	10:41: AM	1:12: PM	3:42: PM	6:12: PM	8:42: PM	11:13: PM
4	Geography	Ch-5: Water	English	1:01: AM	3:32: AM	6:02: AM	8:32: AM	11:03: AM	1:33: PM	4:03: PM	6:34: PM	9:04: PM	11:34: PM
5	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:21: AM	3:51: AM	6:22: AM	8:52: AM	11:22: AM	1:53: PM	4:23: PM	6:53: PM	9:24: PM	11:54: PM
6	Science	Ch-10: Respiration In Organisms	English	1:35: AM	4:06: AM	6:36: AM	9:06: AM	11:36: AM	2:07: PM	4:37: PM	7:07: PM	9:38: PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:59: AM	4:30: AM	7:00: AM	9:30: AM	12:00: PM	2:31: PM	5:01: PM	7:31: PM	10:02: PM	NA
8	Vocational	Design and Tracing Methods (Light Method)	English	2:19: AM	4:49: AM	7:20: AM	9:50: AM	12:20: PM	2:50: PM	5:21: PM	7:51: PM	10:21: PM	NA

रविवार, 8 जनवरी 2023

Sunday, 8 January 2023

1	Physical Education	COVID 19 Awareness	English	12:00: AM	2:29: AM	4:59: AM	7:29: AM	9:59: AM	12:29: PM	2:59: PM	5:29: PM	7:59: PM	10:29: PM
2	शारीरिक शिक्षा	योग ओलम्पियाड	हिंदी	12:20: AM	2:50: AM	5:20: AM	7:50: AM	10:20: AM	12:50: PM	3:20: PM	5:50: PM	8:20: PM	10:50: PM
3	राजनीति विज्ञान	पाठ-7: हमारे आस-पास के बाजार	हिंदी	12:22: AM	2:52: AM	5:22: AM	7:51: AM	10:21: AM	12:51: PM	3:21: PM	5:51: PM	8:21: PM	10:51: PM
4	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:28: AM	2:58: AM	5:28: AM	7:58: AM	10:28: AM	12:58: PM	3:28: PM	5:58: PM	8:28: PM	10:58: PM
5	सामान्य जागरूकता	वर्गीकरण- चिप-चॉप	हिंदी	12:58: AM	3:28: AM	5:58: AM	8:28: AM	10:58: AM	1:27: PM	3:57: PM	6:27: PM	8:57: PM	11:27: PM
6	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:12: AM	3:42: AM	6:12: AM	8:42: AM	11:12: AM	1:42: PM	4:12: PM	6:42: PM	9:12: PM	11:41: PM
7	History	Ch-10: Eighteenth century political formations	English	1:28: AM	3:58: AM	6:28: AM	8:58: AM	11:27: AM	1:57: PM	4:27: PM	6:57: PM	9:27: PM	11:57: PM

8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:53: AM	4:23: AM	6:53: AM	9:23: AM	11:53: AM	2:23: PM	4:53: PM	7:23: PM	9:53: PM	NA
9	Vocational	Finishing and costing of embroidered Products	English	2:13: AM	4:42: AM	7:12: AM	9:42: AM	12:12: PM	2:42: PM	5:12: PM	7:42: PM	10:12: PM	NA
<b>सोमवार, 9 जनवरी 2023</b> <b>Monday, 9 January 2023</b>													
1	विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00: AM	2:29: AM	4:59: AM	7:29: AM	9:59: AM	12:29: PM	2:59: PM	5:29: PM	7:59: PM	10:29: PM
2	भूगोल	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:18: AM	2:48: AM	5:18: AM	7:47: AM	10:17: AM	12:47: PM	3:17: PM	5:47: PM	8:17: PM	10:47: PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:46: AM	3:16: AM	5:45: AM	8:15: AM	10:45: AM	1:15: PM	3:45: PM	6:15: PM	8:45: PM	11:15: PM
4	Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	12:50: AM	3:20: AM	5:50: AM	8:20: AM	10:49: AM	1:19: PM	3:49: PM	6:19: PM	8:49: PM	11:19: PM
5	English	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-1	English	1:02: AM	3:32: AM	6:02: AM	8:32: AM	11:02: AM	1:32: PM	4:02: PM	6:32: PM	9:02: PM	11:32: PM
6	Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	1:33: AM	4:03: AM	6:33: AM	9:02: AM	11:32: AM	2:02: PM	4:32: PM	7:02: PM	9:32: PM	NA
7	Mathematics	Ch-2: Fractions and decimals	English	1:36: AM	4:06: AM	6:36: AM	9:06: AM	11:36: AM	2:06: PM	4:36: PM	7:06: PM	9:36: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:53: AM	4:23: AM	6:53: AM	9:23: AM	11:52: AM	2:22: PM	4:52: PM	7:22: PM	9:52: PM	NA
9	Vocational	Finishing and costing of embroidered Products	English	2:12: AM	4:42: AM	7:12: AM	9:42: AM	12:12: PM	2:42: PM	5:12: PM	7:42: PM	10:12: PM	NA
<b>मंगलवार, 10 जनवरी 2023</b> <b>Tuesday, 10 January 2023</b>													
1	गणित	पाठ-5: रेखा एवं कोण	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	हिन्दी	दूर्वा-२, पाठ-18: हम होंगे कामयाब एक दिन	हिंदी	12:35: AM	3:05: AM	5:35: AM	8:05: AM	10:35: AM	1:05: PM	3:36: PM	6:06: PM	8:36: PM	11:06: PM
3	Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	हिंदी	12:46: AM	3:16: AM	5:47: AM	8:17: AM	10:47: AM	1:17: PM	3:47: PM	6:17: PM	8:47: PM	11:17: PM
4	Storytelling/Value Education	गुलज़ार बच्चों के साथ	हिंदी	12:54: AM	3:25: AM	5:55: AM	8:25: AM	10:55: AM	1:25: PM	3:55: PM	6:25: PM	8:55: PM	11:25: PM
5	Geography	Ch-3: Our Changing Earth	English	1:07: AM	3:37: AM	6:07: AM	8:37: AM	11:07: AM	1:38: PM	4:08: PM	6:38: PM	9:08: PM	11:38: PM
6	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:27: AM	3:57: AM	6:27: AM	8:57: AM	11:27: AM	1:57: PM	4:27: PM	6:57: PM	9:27: PM	11:57: PM
7	Science	Ch-10: Respiration In Organisms	English	1:41: AM	4:11: AM	6:41: AM	9:11: AM	11:41: AM	2:11: PM	4:41: PM	7:11: PM	9:41: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05: AM	4:35: AM	7:05: AM	9:35: AM	12:05: PM	2:35: PM	5:05: PM	7:35: PM	10:05: PM	NA
<b>बुधवार, 11 जनवरी 2023</b> <b>Wednesday, 11 January 2023</b>													
1	विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	उर्दू	ईदगाह	हिंदी	12:20: AM	2:50: AM	5:20: AM	7:50: AM	10:20: AM	12:50: PM	3:20: PM	5:50: PM	8:20: PM	10:50: PM

3	Storytelling/Value Education	I have got 10 little fingers	English	12:48: AM	3:18: AM	5:48: AM	8:18: AM	10:48: AM	1:18: PM	3:48: PM	6:18: PM	8:48: PM	11:18: PM
4	History	Ch-8: Devotional paths to divine-let us check what we remember	English	12:57: AM	3:27: AM	5:57: AM	8:27: AM	10:57: AM	1:27: PM	3:57: PM	6:28: PM	8:58: PM	11:28: PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical(Boy)Tamil Nadu	English Hindi	1:16: AM	3:46: AM	6:16: AM	8:46: AM	11:16: AM	1:46: PM	4:16: PM	6:46: PM	9:16: PM	11:46: PM
6	Storytelling/Value Education	सुधीर तैलंग	हिंदी	1:22: AM	3:52: AM	6:22: AM	8:52: AM	11:22: AM	1:52: PM	4:22: PM	6:52: PM	9:22: PM	11:52: PM
7	Mathematics	Ch-15: Visualising Soiled Shapes (Part-2)	English	1:40: AM	4:10: AM	6:40: AM	9:10: AM	11:40: AM	2:10: PM	4:40: PM	7:10: PM	9:40: PM	NA
8	Vocational	Hand Embroidery Part B	English	1:51: AM	4:21: AM	6:51: AM	9:21: AM	11:51: AM	2:21: PM	4:51: PM	7:21: PM	9:51: PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05: AM	4:35: AM	7:05: AM	9:35: AM	12:05: PM	2:35: PM	5:05: PM	7:35: PM	10:05: PM	NA
<b>बृहस्पतिवार, 12 जनवरी 2023</b>													
<b>Thursday, 12 January 2023</b>													
1	गणित	पाठ-1: पूर्णांक भाग - 2	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:01: PM	10:31: PM
2	इतिहास	पाठ-4: मुगल साम्राज्य (भाग-1)	हिंदी	12:33: AM	3:03: AM	5:33: AM	8:03: AM	10:33: AM	1:03: PM	3:34: PM	6:04: PM	8:34: PM	11:04: PM
3	Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	12:47: AM	3:17: AM	5:48: AM	8:18: AM	10:48: AM	1:18: PM	3:48: PM	6:18: PM	8:48: PM	11:18: PM
4	सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिंदी	12:59: AM	3:29: AM	5:59: AM	8:29: AM	11:00: AM	1:30: PM	4:00: PM	6:30: PM	9:00: PM	11:30: PM
5	English	Ch-6: Expert detectives- Mystery of the talking fan Part-1	English	1:05: AM	3:35: AM	6:05: AM	8:36: AM	11:06: AM	1:36: PM	4:06: PM	6:36: PM	9:06: PM	11:36: PM
6	Storytelling/Value Education	खेल पिटारा	हिंदी	1:15: AM	3:45: AM	6:15: AM	8:45: AM	11:15: AM	1:45: PM	4:16: PM	6:46: PM	9:16: PM	11:46: PM
7	Science	Ch-1: Nutrition in Plants	English	1:30: AM	4:00: AM	6:30: AM	9:00: AM	11:30: AM	2:00: PM	4:30: PM	7:01: PM	9:31: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:51: AM	4:21: AM	6:51: AM	9:21: AM	11:51: AM	2:21: PM	4:52: PM	7:22: PM	9:52: PM	NA
9	Vocational	Hand Embroidery Part B	English	2:10: AM	4:41: AM	7:11: AM	9:41: AM	12:11: PM	2:41: PM	5:11: PM	7:41: PM	10:12: PM	NA
<b>शुक्रवार, 13 जनवरी 2023</b>													
<b>Friday, 13 January 2023</b>													
1	विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM
2	हिन्दी	दूर्वा-२, पाठ-18: हम होंगे कामयाब एक दिन	हिंदी	12:28: AM	2:58: AM	5:28: AM	7:59: AM	10:29: AM	12:59: PM	3:29: PM	5:59: PM	8:30: PM	11:00: PM
3	Storytelling/Value Education	नन्हा फ़नकार	हिंदी	12:39: AM	3:10: AM	5:40: AM	8:10: AM	10:40: AM	1:10: PM	3:41: PM	6:11: PM	8:41: PM	11:11: PM
4	Political science	Ch-1: On Equality	English	12:54: AM	3:24: AM	5:54: AM	8:24: AM	10:54: AM	1:25: PM	3:55: PM	6:25: PM	8:55: PM	11:25: PM
5	सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	1:26: AM	3:56: AM	6:27: AM	8:57: AM	11:27: AM	1:57: PM	4:27: PM	6:58: PM	9:28: PM	11:58: PM
6	Mathematics	Ch-2: Fractions and decimals	English	1:32: AM	4:02: AM	6:32: AM	9:03: AM	11:33: AM	2:03: PM	4:33: PM	7:03: PM	9:34: PM	NA

7	Vocational	Finishing and costing of embroidered Products	English	1:48: AM	4:18: AM	6:49: AM	9:19: AM	11:49: AM	2:19: PM	4:49: PM	7:20: PM	9:50: PM	NA
8	Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	2:00: AM	4:30: AM	7:00: AM	9:31: AM	12:01: PM	2:31: PM	5:01: PM	7:31: PM	10:02: PM	NA

**शनिवार, 14 जनवरी 2023**  
**Saturday, 14 January 2023**

1	गणित	पाठ-1: पूर्णांक भाग - 2	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:01: AM	12:31: PM	3:01: PM	5:31: PM	8:02: PM	0
2	संस्कृत	चतुर बानर	हिंदी	12:33: AM	3:03: AM	5:33: AM	8:04: AM	10:34: AM	1:04: PM	3:34: PM	6:05: PM	8:35: PM	11:05: PM
3	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:41: AM	3:11: AM	5:42: AM	8:12: AM	10:42: AM	1:13: PM	3:43: PM	6:13: PM	8:43: PM	11:14: PM
4	Geography	Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	English	12:53: AM	3:23: AM	5:53: AM	8:24: AM	10:54: AM	1:24: PM	3:55: PM	6:25: PM	8:55: PM	11:25: PM
5	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:12: AM	3:43: AM	6:13: AM	8:43: AM	11:14: AM	1:44: PM	4:14: PM	6:44: PM	9:15: PM	11:45: PM
6	Science	Ch-11: Transportation in Animals & Plants	English	1:26: AM	3:57: AM	6:27: AM	8:57: AM	11:28: AM	1:58: PM	4:28: PM	6:58: PM	9:29: PM	11:59: PM
7	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:48: AM	4:19: AM	6:49: AM	9:19: AM	11:50: AM	2:20: PM	4:50: PM	7:20: PM	9:51: PM	NA
8	Vocational	Design and Tracing Methods (Stencil Method)	English	2:22: AM	4:53: AM	7:23: AM	9:53: AM	12:24: PM	2:54: PM	5:24: PM	7:54: PM	10:25: PM	NA

**रविवार, 15 जनवरी 2023**  
**Sunday, 15 January 2023**

1	Physical Education	COVID 19 Awareness	English	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	राजनीति विज्ञान	पाठ-8: बाजार में एक कमीज़ (Part-1)	हिंदी	12:20: AM	2:50: AM	5:21: AM	7:51: AM	10:21: AM	12:51: PM	3:21: PM	5:51: PM	8:21: PM	10:51: PM
3	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	12:31: AM	3:01: AM	5:32: AM	8:02: AM	10:32: AM	1:02: PM	3:32: PM	6:02: PM	8:32: PM	11:02: PM
4	General Awareness	Make Your Own Sundial	English	12:48: AM	3:18: AM	5:49: AM	8:19: AM	10:49: AM	1:19: PM	3:49: PM	6:19: PM	8:49: PM	11:19: PM
5	Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:53: AM	3:23: AM	5:53: AM	8:23: AM	10:53: AM	1:23: PM	3:53: PM	6:24: PM	8:54: PM	11:24: PM
6	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:10: AM	3:40: AM	6:10: AM	8:40: AM	11:10: AM	1:40: PM	4:10: PM	6:40: PM	9:10: PM	11:40: PM
7	History	Ch-1: Tracing Changes Through a Thousand Years	English	1:26: AM	3:56: AM	6:26: AM	8:56: AM	11:26: AM	1:56: PM	4:26: PM	6:56: PM	9:26: PM	11:56: PM
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50: AM	4:20: AM	6:50: AM	9:20: AM	11:50: AM	2:21: PM	4:51: PM	7:21: PM	9:51: PM	NA

**सोमवार, 16 जनवरी 2023**  
**Monday, 16 January 2023**

1	विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM
2	भूगोल	पाठ-9: रेगिस्तान में जीवन	हिंदी	12:19: AM	2:49: AM	5:19: AM	7:50: AM	10:20: AM	12:50: PM	3:20: PM	5:50: PM	8:21: PM	10:51: PM
3	Storytelling/Value Education	I have got 10 little fingers	English	12:50: AM	3:21: AM	5:51: AM	8:21: AM	10:51: AM	1:21: PM	3:52: PM	6:22: PM	8:52: PM	11:22: PM

4	English	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-2	English	12:59 AM	3:30 AM	6:00 AM	8:30 AM	11:00 AM	1:30 PM	4:00 PM	6:31 PM	9:01 PM	11:31 PM
5	General Awareness	Segregation chip-chop	English	1:29 AM	3:59 AM	6:29 AM	8:59 AM	11:29 AM	2:00 PM	5:00 PM	7:00 PM	9:30 PM	NA
6	Mathematics	Ch-3: Data Handling(Part-1)	English	1:40 AM	4:11 AM	6:41 AM	9:11 AM	11:41 AM	2:11 PM	5:30 PM	7:12 PM	9:42 PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:06 PM	2:36 PM	NA	7:36 PM	10:06 PM	NA

**मंगलवार, 17 जनवरी 2023**  
**Tuesday, 17 January 2023**

1	गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	हिन्दी	वसंत-२, पाठ-1, हम पंछी उन्मुक्त गगन के	हिंदी	12:33 AM	3:03 AM	5:33 AM	8:03 AM	10:33 AM	1:03 PM	3:33 PM	6:03 PM	8:33 PM	11:03 PM
3	Geography	Ch-4: Air (Part-01)	English	1:19 AM	3:49 AM	6:19 AM	8:49 AM	11:19 AM	1:48 PM	4:18 PM	6:48 PM	9:18 PM	11:48 PM
4	Science	Ch-11: Transportation in Animals & Plants	English	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:33 AM	2:03 PM	4:33 PM	7:03 PM	9:33 PM	NA
5	Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	1:56 AM	4:26 AM	6:55 AM	9:25 AM	11:55 AM	2:25 PM	4:55 PM	7:25 PM	9:55 PM	NA
6	Vocational	Electricity and its importance	English	2:20 AM	4:50 AM	7:20 AM	9:50 AM	12:20 PM	2:50 PM	5:20 PM	7:50 PM	10:20 PM	NA

**बुधवार, 18 जनवरी 2023**  
**Wednesday, 18 January 2023**

1	विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:31 AM	10:01 AM	12:31 PM	3:02 PM	5:32 PM	8:02 PM	10:33 PM
2	उर्दू	ईदगाह	हिंदी	12:22 AM	2:52 AM	5:23 AM	7:53 AM	10:23 AM	12:54 PM	3:24 PM	5:55 PM	8:25 PM	10:55 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	हिंदी	12:50 AM	3:21 AM	5:51 AM	8:21 AM	10:52 AM	1:22 PM	3:52 PM	6:23 PM	8:53 PM	11:24 PM
4	History	Ch-9: The Making of regional cultures	English	1:10 AM	3:40 AM	6:10 AM	8:41 AM	11:11 AM	1:42 PM	4:12 PM	6:42 PM	9:13 PM	11:43 PM
5	सांस्कृतिक विरासत: कला, संगीत और नृत्य	खेल-खेल में एनीमेशन	हिंदी	1:32 AM	4:02 AM	6:32 AM	9:03 AM	11:33 AM	2:04 PM	4:34 PM	7:04 PM	9:35 PM	NA
6	Mathematics	Ch-1: Integers	English	1:40 AM	4:10 AM	6:41 AM	9:11 AM	11:41 AM	2:12 PM	4:42 PM	7:12 PM	9:43 PM	NA
7	Vocational	Feather Stitch	English	2:05 AM	4:35 AM	7:06 AM	9:36 AM	12:06 PM	2:37 PM	5:07 PM	7:38 PM	10:08 PM	NA
8	Vocational	Hand Embroidery Part B	English	2:11 AM	4:41 AM	7:11 AM	9:42 AM	12:12 PM	2:43 PM	5:13 PM	7:43 PM	10:14 PM	NA

**बृहस्पतिवार, 19 जनवरी 2023**  
**Thursday, 19 January 2023**

1	गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00 AM	2:46 AM	5:32 AM	8:18 AM	11:04 AM	1:50 PM	4:36 PM	7:22 PM	10:08 PM	NA
2	इतिहास	पाठ-4: मुगल साम्राज्य (भाग-2)	हिंदी	12:33 AM	3:19 AM	6:05 AM	8:52 AM	11:38 AM	2:24 PM	5:10 PM	7:56 PM	10:42 PM	NA
3	Storytelling/Value Education	आजादी की कहानी-2	हिंदी	12:49 AM	3:35 AM	6:22 AM	9:08 AM	11:54 AM	2:40 PM	5:26 PM	8:12 PM	10:58 PM	NA
4	English	English, Ch-6: Expert detectives- Mystery of the talking fan Part-2	English	1:06 AM	3:52 AM	6:38 AM	9:24 AM	12:10 PM	2:56 PM	5:43 PM	8:29 PM	11:15 PM	NA



5	Storytelling/Value Education	बो कुछ दिन	हिंदी	1:19: AM	4:05: AM	6:52: AM	9:38: AM	12:24: PM	3:10: PM	5:56: PM	8:42: PM	11:28: PM	NA
6	Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	EnglishHindi	1:27: AM	4:13: AM	6:59: AM	9:46: AM	12:32: PM	3:18: PM	6:04: PM	8:50: PM	11:36: PM	NA
7	Science	Ch-2: Nutrition in Animals	English	1:33: AM	4:19: AM	7:05: AM	9:51: AM	12:37: PM	3:23: PM	6:10: PM	8:56: PM	11:42: PM	NA
8	Vocational	Tools And Materials	English	1:54: AM	4:40: AM	7:26: AM	10:12: AM	12:58: PM	3:44: PM	6:30: PM	9:16: PM	NA	NA
9	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	2:06: AM	4:52: AM	7:38: AM	10:25: AM	1:11: PM	3:57: PM	6:43: PM	9:29: PM	NA	NA
<b>शुक्रवार, 20 जनवरी 2023</b>													
<b>Friday, 20 January 2023</b>													
1	विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	हिन्दी	वसंत-२, पाठ-1, हम पंछी उन्मुक्त गगन के	हिंदी	12:25: AM	2:55: AM	5:25: AM	7:55: AM	10:25: AM	12:55: PM	3:25: PM	5:55: PM	8:25: PM	10:55: PM
3	Storytelling/Value Education	एक अनेक और एकता	हिंदी	1:10: AM	3:40: AM	6:10: AM	8:40: AM	11:10: AM	1:40: PM	4:11: PM	6:41: PM	9:11: PM	11:41: PM
4	Political science	Ch-2: Role of the Government in Health	English	1:17: AM	3:47: AM	6:17: AM	8:47: AM	11:17: AM	1:47: PM	4:17: PM	6:48: PM	9:18: PM	11:48: PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical(Girl)Tripura	EnglishHindi	1:42: AM	4:12: AM	6:42: AM	9:12: AM	11:42: AM	2:12: PM	4:42: PM	7:12: PM	9:42: PM	NA
6	Mathematics	Ch-3: Data Handling(Part-1)	English	1:47: AM	4:17: AM	6:47: AM	9:17: AM	11:47: AM	2:17: PM	4:48: PM	7:18: PM	9:48: PM	NA
7	Vocational	Tools And Materials	English	2:12: AM	4:42: AM	7:12: AM	9:42: AM	12:12: PM	2:42: PM	5:12: PM	7:42: PM	10:12: PM	NA
<b>शनिवार, 21 जनवरी 2023</b>													
<b>Saturday, 21 January 2023</b>													
1	गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00: AM	2:27: AM	4:55: AM	7:22: AM	9:50: AM	12:18: PM	2:45: PM	5:13: PM	7:41: PM	10:08: PM
2	संस्कृत	सम्बन्धो ही दुर्जयः	हिंदी	12:39: AM	3:06: AM	5:34: AM	8:02: AM	10:29: AM	12:57: PM	3:25: PM	5:52: PM	8:20: PM	10:48: PM
3	Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 – Dance Folk(Girl)Maharashtra	EnglishHindi	12:47: AM	3:14: AM	5:42: AM	8:10: AM	10:37: AM	1:05: PM	3:33: PM	6:00: PM	8:28: PM	10:56: PM
4	Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	12:51: AM	3:18: AM	5:46: AM	8:14: AM	10:41: AM	1:09: PM	3:37: PM	6:04: PM	8:32: PM	11:00: PM
5	Geography	Ch-9: Life in the desert	English	1:05: AM	3:33: AM	6:01: AM	8:28: AM	10:56: AM	1:24: PM	3:51: PM	6:19: PM	8:47: PM	11:14: PM
6	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:25: AM	3:53: AM	6:20: AM	8:48: AM	11:16: AM	1:43: PM	4:11: PM	6:39: PM	9:06: PM	11:34: PM
7	Science	Ch-12: Reproduction In Plants	English	1:39: AM	4:07: AM	6:34: AM	9:02: AM	11:30: AM	1:57: PM	4:25: PM	6:53: PM	9:20: PM	11:48: PM
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:02: AM	4:30: AM	6:57: AM	9:25: AM	11:53: AM	2:20: PM	4:48: PM	7:16: PM	9:43: PM	NA
<b>रविवार, 22 जनवरी 2023</b>													
<b>Sunday, 22 January 2023</b>													
1	Physical Education	COVID 19 Awareness	English	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM

2	शारीरिक शिक्षा	Showing respect to sanitation workers- Hindi	हिंदी	12:20: AM	2:51: AM	5:21: AM	7:51: AM	10:21: AM	12:51: PM	3:22: PM	5:52: PM	8:22: PM	10:52: PM
3	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:21: AM	2:51: AM	5:21: AM	7:52: AM	10:22: AM	12:52: PM	3:22: PM	5:52: PM	8:23: PM	10:53: PM
4	राजनीति विज्ञान	पाठ-8: बाज़ार में एक कमीज़ (Part-2)	हिंदी	12:33: AM	3:03: AM	5:33: AM	8:03: AM	10:34: AM	1:04: PM	3:34: PM	6:04: PM	8:34: PM	11:05: PM
5	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:45: AM	3:15: AM	5:45: AM	8:15: AM	10:46: AM	1:16: PM	3:46: PM	6:16: PM	8:47: PM	11:17: PM
6	सामान्य जागरूकता	वर्गीकरण- चिप-चॉप	हिंदी	1:14: AM	3:45: AM	6:15: AM	8:45: AM	11:15: AM	1:45: PM	4:16: PM	6:46: PM	9:16: PM	11:46: PM
7	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:27: AM	3:57: AM	6:27: AM	8:57: AM	11:28: AM	1:58: PM	4:28: PM	6:58: PM	9:28: PM	11:59: PM
8	History	Ch-2: New King & Kingdom	English	1:43: AM	4:13: AM	6:43: AM	9:13: AM	11:43: AM	2:14: PM	4:44: PM	7:14: PM	9:44: PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:03: AM	4:33: AM	7:03: AM	9:34: AM	12:04: PM	2:34: PM	5:04: PM	7:35: PM	10:05: PM	NA
10	Vocational	Design and Tracing Methods (Heat Method)	English	2:23: AM	4:53: AM	7:23: AM	9:53: AM	12:24: PM	2:54: PM	5:24: PM	7:54: PM	10:24: PM	NA

**सोमवार, 23 जनवरी 2023**  
**Monday, 23 January 2023**

1	विज्ञान	पाठ-11: जंतुओं और पादप में परिवहन (भाग-1)	हिंदी	12:00: AM	2:29: AM	4:59: AM	7:29: AM	9:59: AM	12:29: PM	2:59: PM	5:29: PM	7:59: PM	10:29: PM
2	भूगोल	पाठ-1: पर्यावरण	हिंदी	12:26: AM	2:56: AM	5:26: AM	7:56: AM	10:26: AM	12:56: PM	3:26: PM	5:56: PM	8:26: PM	10:56: PM
3	Storytelling/Value Education	आजादी की कहानी-1	हिंदी	12:42: AM	3:12: AM	5:42: AM	8:11: AM	10:41: AM	1:11: PM	3:41: PM	6:11: PM	8:41: PM	11:11: PM
4	English	Ch-5: Quality	English	12:50: AM	3:20: AM	5:50: AM	8:20: AM	10:50: AM	1:20: PM	3:50: PM	6:20: PM	8:50: PM	11:20: PM
5	सामान्य जागरूकता	स्वस्थ बढ़ना	हिंदी	1:32: AM	4:02: AM	6:32: AM	9:02: AM	11:32: AM	2:02: PM	4:32: PM	7:02: PM	9:32: PM	NA
6	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	1:38: AM	4:08: AM	6:38: AM	9:08: AM	11:38: AM	2:08: PM	4:38: PM	7:08: PM	9:38: PM	NA
7	Mathematics	Ch-3: Data Handling(Part-2)	English	1:43: AM	4:13: AM	6:43: AM	9:13: AM	11:43: AM	2:13: PM	4:43: PM	7:13: PM	9:43: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:04: AM	4:34: AM	7:04: AM	9:34: AM	12:04: PM	2:34: PM	5:04: PM	7:34: PM	10:04: PM	NA

**मंगलवार, 24 जनवरी 2023**  
**Tuesday, 24 January 2023**

1	गणित	पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:32: PM
2	हिन्दी	वसंत-२, पाठ-3: हिमालय की बेटियाँ	हिंदी	12:36: AM	3:06: AM	5:36: AM	8:07: AM	10:37: AM	1:07: PM	3:37: PM	6:07: PM	8:38: PM	11:08: PM
3	Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	हिंदी	1:04: AM	3:35: AM	6:05: AM	8:35: AM	11:05: AM	1:36: PM	4:06: PM	6:36: PM	9:06: PM	11:37: PM
4	Geography	Ch-4: Air (Part-02)	English	1:12: AM	3:42: AM	6:12: AM	8:42: AM	11:13: AM	1:43: PM	4:13: PM	6:43: PM	9:14: PM	11:44: PM
5	Science	Ch-12: Reproduction In Plants	English	1:31: AM	4:02: AM	6:32: AM	9:02: AM	11:32: AM	2:03: PM	4:33: PM	7:03: PM	9:33: PM	NA
6	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:54: AM	4:25: AM	6:55: AM	9:25: AM	11:55: AM	2:26: PM	4:56: PM	7:26: PM	9:56: PM	NA

7	Vocational	Personal hygiene and Health	English	2:14: AM	4:44: AM	7:15: AM	9:45: AM	12:15: PM	2:45: PM	5:16: PM	7:46: PM	10:16: PM	NA
<b>बुधवार, 25 जनवरी 2023</b> <b>Wednesday, 25 January 2023</b>													
1	विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	उर्दू	ईदगाह	हिंदी	12:25: AM	2:56: AM	5:26: AM	7:56: AM	10:26: AM	12:56: PM	3:26: PM	5:56: PM	8:26: PM	10:56: PM
3	Storytelling/Value Education	वो कुछ दिन	हिंदी	12:54: AM	3:24: AM	5:54: AM	8:24: AM	10:54: AM	1:24: PM	3:54: PM	6:24: PM	8:55: PM	11:25: PM
4	History	Ch-10: Eighteenth century political formations	English	1:02: AM	3:32: AM	6:02: AM	8:32: AM	11:02: AM	1:32: PM	4:02: PM	6:32: PM	9:02: PM	11:32: PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 - Dance-Classical(Girl)Delhi	EnglishHindi	1:27: AM	3:57: AM	6:27: AM	8:57: AM	11:27: AM	1:57: PM	4:27: PM	6:58: PM	9:28: PM	11:58: PM
6	Mathematics	Ch-2: Fractions and decimals	English	1:32: AM	4:02: AM	6:32: AM	9:02: AM	11:32: AM	2:02: PM	4:33: PM	7:03: PM	9:33: PM	NA
7	Vocational	Finishing and costing of embroidered Products	English	1:48: AM	4:18: AM	6:48: AM	9:18: AM	11:49: AM	2:19: PM	4:49: PM	7:19: PM	9:49: PM	NA
8	Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	2:00: AM	4:30: AM	7:00: AM	9:30: AM	12:00: PM	2:30: PM	5:00: PM	7:31: PM	10:01: PM	NA
<b>बुधस्पतिवार, 26 जनवरी 2023</b> <b>Thursday, 26 January 2023</b>													
1	गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:31: PM
2	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	12:40: AM	3:10: AM	5:40: AM	8:10: AM	10:40: AM	1:10: PM	3:40: PM	6:10: PM	8:41: PM	11:11: PM
3	इतिहास	पाठ-7: जनजातियाँ, खानाबदोश और एक जगह बसे हुए समुदाय	हिंदी	12:44: AM	3:14: AM	5:45: AM	8:15: AM	10:45: AM	1:15: PM	3:45: PM	6:15: PM	8:45: PM	11:15: PM
4	English	English, Ch-6: Mystery of the talking fan	English	1:16: AM	3:46: AM	6:16: AM	8:47: AM	11:17: AM	1:47: PM	4:17: PM	6:47: PM	9:17: PM	11:47: PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music-Classical(Boy)KVS	EnglishHindi	1:22: AM	3:53: AM	6:23: AM	8:53: AM	11:23: AM	1:53: PM	4:23: PM	6:53: PM	9:23: PM	11:54: PM
6	Science	Ch-4: Heat	English	1:29: AM	3:59: AM	6:29: AM	8:59: AM	11:29: AM	2:00: PM	4:30: PM	7:00: PM	9:30: PM	NA
7	Storytelling/Value Education	सुधीर तैलंग	हिंदी	1:48: AM	4:18: AM	6:48: AM	9:18: AM	11:48: AM	2:18: PM	4:49: PM	7:19: PM	9:49: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05: AM	4:35: AM	7:05: AM	9:35: AM	12:05: PM	2:35: PM	5:05: PM	7:35: PM	10:06: PM	NA
<b>शुक्रवार, 27 जनवरी 2023</b> <b>Friday, 27 January 2023</b>													
1	विज्ञान	पाठ-5: अम्ल, क्षारक और लवण	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM
2	हिन्दी	वसंत-२, पाठ-3: हिमालय की बेटियाँ	हिंदी	12:35: AM	3:06: AM	5:36: AM	8:06: AM	10:36: AM	1:06: PM	3:37: PM	6:07: PM	8:37: PM	11:07: PM
3	Political science	Ch-3: How the State Government Works	English	1:03: AM	3:33: AM	6:03: AM	8:34: AM	11:04: AM	1:34: PM	4:04: PM	6:34: PM	9:05: PM	11:35: PM
4	Storytelling/Value Education	आम की टोकरी	हिंदी	1:26: AM	3:56: AM	6:26: AM	8:57: AM	11:27: AM	1:57: PM	4:27: PM	6:57: PM	9:28: PM	11:58: PM

5	Mathematics	Ch-3: Data Handling(Part-2)	English	1:29: AM	3:59: AM	6:29: AM	8:59: AM	11:29: AM	2:00: PM	4:30: PM	7:00: PM	9:30: PM	NA
6	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50: AM	4:21: AM	6:51: AM	9:21: AM	11:51: AM	2:21: PM	4:52: PM	7:22: PM	9:52: PM	NA
<b>शनिवार, 28 जनवरी 2023</b> <b>Saturday, 28 January 2023</b>													
1	गणित	पाठ-3: आँकड़ों का प्रबंधन भाग -1	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	संस्कृत	पुनर्मूषको भवः	हिंदी	12:42: AM	3:12: AM	5:42: AM	8:12: AM	10:42: AM	1:12: PM	3:42: PM	6:12: PM	8:42: PM	11:12: PM
3	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:51: AM	3:21: AM	5:51: AM	8:21: AM	10:51: AM	1:21: PM	3:51: PM	6:21: PM	8:51: PM	11:21: PM
4	Geography	Ch-1: Our Environment	English	1:02: AM	3:33: AM	6:03: AM	8:33: AM	11:03: AM	1:33: PM	4:03: PM	6:33: PM	9:03: PM	11:33: PM
5	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:23: AM	3:53: AM	6:23: AM	8:54: AM	11:24: AM	1:54: PM	4:24: PM	6:54: PM	9:24: PM	11:54: PM
6	Science	Ch-13: Motion and Time	English	1:37: AM	4:07: AM	6:38: AM	9:08: AM	11:38: AM	2:08: PM	4:38: PM	7:08: PM	9:38: PM	NA
7	Vocational	Tools And Materials	English	2:01: AM	4:31: AM	7:01: AM	9:32: AM	12:02: PM	2:32: PM	5:02: PM	7:32: PM	10:02: PM	NA
8	Vocational	Personal hygiene and Health	English	2:14: AM	4:44: AM	7:14: AM	9:44: AM	12:14: PM	2:44: PM	5:15: PM	7:45: PM	10:15: PM	NA
<b>रविवार, 29 जनवरी 2023</b> <b>Sunday, 29 January 2023</b>													
1	Physical Education	COVID 19 Awareness	English	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM
2	शारीरिक शिक्षा	Showing respect to sanitation workers-Hindi	हिंदी	12:20: AM	2:51: AM	5:21: AM	7:51: AM	10:21: AM	12:51: PM	3:21: PM	5:52: PM	8:22: PM	10:52: PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:21: AM	2:51: AM	5:21: AM	7:51: AM	10:22: AM	12:52: PM	3:22: PM	5:52: PM	8:22: PM	10:52: PM
4	राजनीति विज्ञान	पाठ-1: समानता	हिंदी	12:25: AM	2:55: AM	5:25: AM	7:56: AM	10:26: AM	12:56: PM	3:26: PM	5:56: PM	8:26: PM	10:57: PM
5	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:56: AM	3:26: AM	5:56: AM	8:26: AM	10:57: AM	1:27: PM	3:57: PM	6:27: PM	8:57: PM	11:27: PM
6	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:25: AM	3:56: AM	6:26: AM	8:56: AM	11:26: AM	1:56: PM	4:26: PM	6:57: PM	9:27: PM	11:57: PM
7	History	Ch-3: The Delhi Sultans	English	1:41: AM	4:11: AM	6:42: AM	9:12: AM	11:42: AM	2:12: PM	4:42: PM	7:12: PM	9:43: PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05: AM	4:35: AM	7:05: AM	9:35: AM	12:05: PM	2:36: PM	5:06: PM	7:36: PM	10:06: PM	NA
<b>सोमवार, 30 जनवरी 2023</b> <b>Monday, 30 January 2023</b>													
1	विज्ञान	पाठ-11:जंतुओं और पादप में परिवहन (भाग-2)	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:30: PM	3:00: PM	5:30: PM	8:00: PM	10:30: PM
2	भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:23: AM	2:53: AM	5:23: AM	7:53: AM	10:23: AM	12:53: PM	3:23: PM	5:53: PM	8:23: PM	10:53: PM
3	Storytelling/Value Education	आजादी की कहानी-1	हिंदी	12:42: AM	3:12: AM	5:42: AM	8:12: AM	10:42: AM	1:12: PM	3:42: PM	6:12: PM	8:42: PM	11:12: PM
4	English	Ch-6: Expert detectives Part-1	English	12:50: AM	3:20: AM	5:50: AM	8:20: AM	10:50: AM	1:20: PM	3:50: PM	6:20: PM	8:50: PM	11:20: PM
5	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-3	हिंदी	1:09: AM	3:39: AM	6:09: AM	8:39: AM	11:09: AM	1:39: PM	4:09: PM	6:39: PM	9:09: PM	11:39: PM

6	सामान्य जागरूकता	स्वस्थ बढ़ना	हिंदी	1:28: AM	3:58: AM	6:28: AM	8:58: AM	11:28: AM	1:58: PM	4:28: PM	6:58: PM	9:28: PM	11:58: PM
7	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	1:34: AM	4:04: AM	6:34: AM	9:04: AM	11:34: AM	2:04: PM	4:34: PM	7:04: PM	9:34: PM	NA
8	Mathematics	Ch-4: Simple Equations	English	1:38: AM	4:08: AM	6:38: AM	9:08: AM	11:38: AM	2:08: PM	4:38: PM	7:08: PM	9:38: PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05: AM	4:35: AM	7:05: AM	9:35: AM	12:05: PM	2:35: PM	5:05: PM	7:35: PM	10:05: PM	NA

**मंगलवार, 31 जनवरी 2023**  
**Tuesday, 31 January 2023**

1	गणित	पाठ-8: राशियों की तुलना	हिंदी	12:00: AM	2:30: AM	5:00: AM	7:30: AM	10:00: AM	12:31: PM	3:01: PM	5:31: PM	8:01: PM	10:31: PM
2	हिन्दी	वसंत-२, पाठ-4: कठपुतली	हिंदी	12:36: AM	3:06: AM	5:36: AM	8:07: AM	10:37: AM	1:07: PM	3:37: PM	6:07: PM	8:38: PM	11:08: PM
3	Storytelling/Value Education	एक अनेक और एकता	हिंदी	12:59: AM	3:30: AM	6:00: AM	8:30: AM	11:00: AM	1:30: PM	4:01: PM	6:31: PM	9:01: PM	11:31: PM
4	Geography	Ch-5: Water	English	1:06: AM	3:37: AM	6:07: AM	8:37: AM	11:07: AM	1:37: PM	4:08: PM	6:38: PM	9:08: PM	11:38: PM
5	Science	Ch-13: Motion and Time	English	1:27: AM	3:57: AM	6:27: AM	8:58: AM	11:28: AM	1:58: PM	4:28: PM	6:58: PM	9:29: PM	11:59: PM
6	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:51: AM	4:21: AM	6:51: AM	9:21: AM	11:52: AM	2:22: PM	4:52: PM	7:22: PM	9:53: PM	NA
7	Vocational	Hand Embroidery Part B	English	2:11: AM	4:41: AM	7:11: AM	9:41: AM	12:11: PM	2:42: PM	5:12: PM	7:42: PM	10:12: PM	NA