

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/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

अप्रैल 2023

April 2023

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
शनिवार, 1 अप्रैल 2023 Saturday, 1 April 2023													
1	गणित	पाठ-1: पूर्णांक भाग - 1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:31 PM	3:01 PM	5:31 PM	8:01 PM	10:32 PM
2	संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:30 AM	3:00 AM	5:30 AM	8:00 AM	10:31 AM	1:01 PM	3:31 PM	6:01 PM	8:31 PM	11:02 PM
3	General	आज क्या सीखा - Part 2	हिंदी	1:02 AM	3:32 AM	6:03 AM	8:33 AM	11:03 AM	1:33 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
4	रचनात्मक गतिविधियाँ: कला और शिल्प	Origami (Kagaz Kala)-1	हिंदी	1:04 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:35 PM	4:05 PM	6:35 PM	9:05 PM	11:36 PM
5	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-10	हिंदी	1:14 AM	3:44 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
6	Social science	Ch-01: Environment	English	1:34 AM	4:04 AM	6:34 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:36 PM	NA
7	Science	Ch-1: Nutrition in Plants	English	1:43 AM	4:13 AM	6:44 AM	9:14 AM	11:44 AM	2:14 PM	4:45 PM	7:15 PM	9:45 PM	NA
8	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	5:06 PM	7:36 PM	10:07 PM	NA
रविवार, 2 अप्रैल 2023 Sunday, 2 April 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



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3	सामाजिक विज्ञान	पाठ-1: समानता	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	रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खिलौने बनाएं	हिंदी	12:46 AM	3:16 AM	5:46 AM	8:16 AM	10:46 AM	1:16 PM	3:46 PM	6:16 PM	8:46 PM	11:16 PM
5	सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	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	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:17 AM	3:47 AM	6:17 AM	8:46 AM	11:16 AM	1:46 PM	4:16 PM	6:46 PM	9:16 PM	11:46 PM
7	Social science	Ch-1: Tracing Changes Through a Thousand Years	English	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
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:57 AM	4:27 AM	6:57 AM	9:27 AM	11:57 AM	2:27 PM	4:57 PM	7:27 PM	9:57 PM	NA
9	Vocational	Important tips for good embroidery work (Part B)	English	2:17 AM	4:47 AM	7:17 AM	9:47 AM	12:17 PM	2:46 PM	5:16 PM	7:46 PM	10:16 PM	NA
सोमवार, 3 अप्रैल 2023 Monday, 3 April 2023													
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	सामाजिक विज्ञान	पाठ-1: पर्यावरण	हिंदी	12:20 AM	2:51 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	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:36 AM	3:06 AM	5:36 AM	8:06 AM	10:36 AM	1:06 PM	3:36 PM	6:06 PM	8:36 PM	11:06 PM
4	Storytelling/Value Education	आजादी की कहानी-3	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	8:40 PM	11:10 PM
5	English	English, Ch-1: The Squirrel	English	12:52 AM	3:22 AM	5:52 AM	8:22 AM	10:52 AM	1:22 PM	3:52 PM	6:22 PM	8:53 PM	11:23 PM
6	सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	1:05 AM	3:35 AM	6:05 AM	8:35 AM	11:05 AM	1:35 PM	4:05 PM	6:35 PM	9:05 PM	11:35 PM
7	Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	1:19 AM	3:49 AM	6:19 AM	8:49 AM	11:19 AM	1:49 PM	4:19 PM	6:49 PM	9:19 PM	11:50 PM
8	Mathematics	Ch-1: Integers	English	1:23 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	11:53 PM
9	Vocational	घर पर बनाएँ हर्बल शैम्पू	हिंदी	1:48 AM	4:18 AM	6:48 AM	9:18 AM	11:48 AM	2:18 PM	4:48 PM	7:18 PM	9:48 PM	NA
10	Vocational	Finishing and costing of embroidered Products	English	2:13 AM	4:43 AM	7:13 AM	9:43 AM	12:13 PM	2:43 PM	5:13 PM	7:43 PM	10:13 PM	NA



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मंगलवार, 4 अप्रैल 2023
Tuesday, 4 April 2023

1	गणित	पाठ-1: पूर्णांक भाग - 1	हिंदी	12:00 AM	2:38 AM	5:17 AM	7:56 AM	10:35 AM	1:13 PM	3:52 PM	6:31 PM	9:10 PM	11:48 PM
2	सामान्य जागरूकता	रोज बदलता कैसे चाँद - १	हिंदी	12:28 AM	3:07 AM	5:45 AM	8:24 AM	11:03 AM	1:42 PM	4:20 PM	6:59 PM	9:38 PM	NA
3	हिन्दी	पाठ-1: वसंत-२: हम पंछी उन्मुक्त गगन के	हिंदी	12:36 AM	3:15 AM	5:54 AM	8:33 AM	11:11 AM	1:50 PM	4:29 PM	7:08 PM	9:46 PM	NA
4	Storytelling/Value Education	गुलज़ार बच्चों के साथ	हिंदी	1:00 AM	3:39 AM	6:18 AM	8:57 AM	11:35 AM	2:14 PM	4:53 PM	7:32 PM	10:10 PM	NA
5	Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	1:13 AM	3:52 AM	6:31 AM	9:09 AM	11:48 AM	2:27 PM	5:06 PM	7:44 PM	10:23 PM	NA
6	Social science	Ch-01: Environment	English	1:42 AM	4:21 AM	7:00 AM	9:39 AM	12:17 PM	2:56 PM	5:35 PM	8:14 PM	10:52 PM	NA
7	Science	Ch-1: Nutrition in Plants	English	1:52 AM	4:30 AM	7:09 AM	9:48 AM	12:27 PM	3:05 PM	5:44 PM	8:23 PM	11:02 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:13 AM	4:52 AM	7:31 AM	10:10 AM	12:48 PM	3:27 PM	6:06 PM	8:45 PM	11:23 PM	NA

बुधवार, 5 अप्रैल 2023
Wednesday, 5 April 2023

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	Social science	Ch-1: Tracing Changes Through a Thousand Years	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 - 2022 -Dance Folk (Boy) Odisha	English/hindi	1:22 AM	3:52 AM	6:22 AM	8:52 AM	11:23 AM	1:53 PM	4:23 PM	6:53 PM	9:23 PM	11:53 PM
6	Mathematics	Ch-1: Integers	English	1:29 AM	3:59 AM	6:29 AM	8:59 AM	11:29 AM	1:59 PM	4:29 PM	6:59 PM	9:29 PM	11:59 PM
7	Vocational	Personal hygiene and Health	English	1:54 AM	4:24 AM	6:54 AM	9:24 AM	11:54 AM	2:24 PM	4:54 PM	7:25 PM	9:55 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



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बृहस्पतिवार, 6 अप्रैल 2023

Thursday, 6 April 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	5:31 PM	8:02 PM	10:32 PM
2	सामाजिक विज्ञान	पाठ-1: हजार वर्षों के दौरान	हिंदी	12:28 AM	2:58 AM	5:28 AM	7:59 AM	10:29 AM	12:59 PM	3:29 PM	6:00 PM	8:30 PM	11:00 PM
3	English	English, Ch-1: Three Questions	English	12:53 AM	3:23 AM	5:53 AM	8:23 AM	10:54 AM	1:24 PM	3:54 PM	6:24 PM	8:55 PM	11:25 PM
4	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical (Girl) Maharashtra	English/hindi	1:11 AM	3:42 AM	6:12 AM	8:42 AM	11:12 AM	1:43 PM	4:13 PM	6:43 PM	9:13 PM	11:44 PM
5	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	1:21 AM	3:52 AM	6:22 AM	8:52 AM	11:22 AM	1:53 PM	4:23 PM	6:53 PM	9:23 PM	11:54 PM
6	Science	Ch-1: Nutrition in Plants	English	1:33 AM	4:03 AM	6:33 AM	9:04 AM	11:34 AM	2:04 PM	4:34 PM	7:05 PM	9:35 PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:55 AM	4:25 AM	6:55 AM	9:25 AM	11:56 AM	2:26 PM	4:56 PM	7:26 PM	9:57 PM	NA
8	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

शुक्रवार, 7 अप्रैल 2023

Friday, 7 April 2023

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	हिन्दी	पाठ-1: वसंत-२: हम पंछी उन्मुक्त गगन के	हिंदी	12:20 AM	2:50 AM	5:20 AM	7:50 AM	10:20 AM	12:50 PM	3:20 PM	5:51 PM	8:21 PM	10:51 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	12:44 AM	3:14 AM	5:44 AM	8:14 AM	10:44 AM	1:14 PM	3:45 PM	6:15 PM	8:45 PM	11:15 PM
4	Social science	Ch-1: Equality in Indian Democracy	English	1:03 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	11:34 PM
5	सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	1:29 AM	3:59 AM	6:29 AM	8:59 AM	11:29 AM	1:59 PM	4:30 PM	7:00 PM	9:30 PM	NA
6	Mathematics	Ch-1: Integers	English	1:35 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:36 PM	NA
7	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

शनिवार, 8 अप्रैल 2023

Saturday, 8 April 2023

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	8:00 PM	10:30 PM
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2	संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:36 AM	3:06 AM	5:36 AM	8:06 AM	10:36 AM	1:06 PM	3:36 PM	6:06 PM	8:36 PM	11:06 PM
3	General	G20	English	1:04 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
4	Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-5	हिंदी	1:18 AM	3:48 AM	6:18 AM	8:48 AM	11:18 AM	1:48 PM	4:18 PM	6:48 PM	9:18 PM	11:49 PM
5	Social science	Ch-2: Inside Our Earth (Interior of the Earth (AR-VR))	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
6	Science	Ch-2: Nutrition in Animals	English	1:47 AM	4:17 AM	6:47 AM	9:18 AM	11:48 AM	2:18 PM	4:48 PM	7:18 PM	9:48 PM	NA
7	Vocational	Finishing and costing of embroidered Products	English	2:11 AM	4:41 AM	7:11 AM	9:41 AM	12:11 PM	2:41 PM	5:11 PM	7:41 PM	10:11 PM	NA
8	Vocational	Design and Tracing Methods (Stencil Method)	English	2:22 AM	4:52 AM	7:22 AM	9:52 AM	12:22 PM	2:52 PM	5:22 PM	7:52 PM	10:22 PM	NA
रविवार, 9 अप्रैल 2023 Sunday, 9 April 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	10:31 PM
2	सामाजिक विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (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	12:37 AM	3:07 AM	5:37 AM	8:07 AM	10:37 AM	1:08 PM	3:38 PM	6:08 PM	8:38 PM	11:08 PM
4	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:51 AM	3:21 AM	5:51 AM	8:21 AM	10:52 AM	1:22 PM	3:52 PM	6:22 PM	8:52 PM	11:22 PM
5	General Awareness	Make Your Own Sundial	English	1:06 AM	3:36 AM	6:06 AM	8:36 AM	11:06 AM	1:36 PM	4:06 PM	6:37 PM	9:07 PM	11:37 PM
6	योग	ताड़ासन	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	9:10 PM	11:40 PM
7	General Awareness	Azadi ki Amrit khaniyan(Arohi)	English	1:12 AM	3:42 AM	6:12 AM	8:42 AM	11:12 AM	1:42 PM	4:12 PM	6:42 PM	9:13 PM	11:43 PM
8	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:14 AM	3:44 AM	6:14 AM	8:44 AM	11:14 AM	1:44 PM	4:15 PM	6:45 PM	9:15 PM	11:45 PM
9	Social science	Ch-2: New King & Kingdom	English	1:30 AM	4:00 AM	6:30 AM	9:00 AM	11:30 AM	2:00 PM	4:31 PM	7:01 PM	9:31 PM	NA
10	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:21 AM	11:51 AM	2:21 PM	4:51 PM	7:21 PM	9:51 PM	NA



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सोमवार, 10 अप्रैल 2023
Monday, 10 April 2023

1	विज्ञान	पाठ-2: प्राणियों 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	8:01 PM	10:31 PM
2	सामाजिक विज्ञान	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:28 AM	2:58 AM	5:28 AM	7:58 AM	10:29 AM	12:59 PM	3:29 PM	5:59 PM	8:29 PM	10:59 PM
3	General Awareness	Safe Use of Internet_Gadgets and Media	English	12:47 AM	3:17 AM	5:47 AM	8:17 AM	10:47 AM	1:18 PM	3:48 PM	6:18 PM	8:48 PM	11:18 PM
4	English	English, Ch-1: Three Questions	English	12:53 AM	3:23 AM	5:53 AM	8:23 AM	10:53 AM	1:24 PM	3:54 PM	6:24 PM	8:54 PM	11:24 PM
5	General Awareness	Segregation chip-chop	English	1:12 AM	3:42 AM	6:12 AM	8:42 AM	11:12 AM	1:42 PM	4:12 PM	6:43 PM	9:13 PM	11:43 PM
6	Mathematics	Ch-2: Fractions and decimals	English	1:23 AM	3:54 AM	6:24 AM	8:54 AM	11:24 AM	1:54 PM	4:24 PM	6:54 PM	9:25 PM	11:55 PM
7	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	7:36 PM	10:06 PM	NA

मंगलवार, 11 अप्रैल 2023
Tuesday, 11 April 2023

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	3:01 PM	5:31 PM	8:01 PM	10:31 PM
2	हिन्दी	वसंत-२, पाठ-3: हिमालय की बेटियाँ	हिंदी	12:36 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	Storytelling/Value Education	आम की टोकरी	हिंदी	1:04 AM	3:35 AM	6:05 AM	8:35 AM	11:05 AM	1:35 PM	4:05 PM	6:36 PM	9:06 PM	11:36 PM
4	Social science	Ch-2: Inside our Earth	English	1:09 AM	3:39 AM	6:09 AM	8:39 AM	11:09 AM	1:40 PM	4:10 PM	6:40 PM	9:10 PM	11:40 PM
5	योग	अर्ध चक्रासन	हिंदी	1:28 AM	3:58 AM	6:29 AM	8:59 AM	11:29 AM	1:59 PM	4:29 PM	6:59 PM	9:30 PM	NA
6	Science	Ch-2: Nutrition in Animals	English	1:30 AM	4:00 AM	6:30 AM	9:01 AM	11:31 AM	2:01 PM	4:31 PM	7:01 PM	9:31 PM	NA
7	Vocational	Seed Germination	English	1:53 AM	4:23 AM	6:54 AM	9:24 AM	11:54 AM	2:24 PM	4:54 PM	7:24 PM	9:55 PM	NA
8	Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:01 PM	2:31 PM	5:01 PM	7:31 PM	10:01 PM	NA



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बुधवार, 12 अप्रैल 2023
Wednesday, 12 April 2023

1	विज्ञान	पाठ-2: प्राणियों 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	12:30 AM	3:00 AM	5:30 AM	8:00 AM	10:30 AM	1:00 PM	3:30 PM	6:00 PM	8:30 PM	11:01 PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:58 AM	3:28 AM	5:58 AM	8:28 AM	10:58 AM	1:28 PM	3:59 PM	6:29 PM	8:59 PM	11:29 PM
4	Social science	Ch-2: New King & Kingdom	English	1:02 AM	3:32 AM	6:02 AM	8:32 AM	11:02 AM	1:33 PM	4:03 PM	6:33 PM	9:03 PM	11:33 PM
5	Mathematics	Ch-2: Fractions and decimals	English	1:24 AM	3:54 AM	6:24 AM	8:55 AM	11:25 AM	1:55 PM	4:25 PM	6:55 PM	9:25 PM	11:55 PM
6	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	10:11 PM	NA

बृहस्पतिवार, 13 अप्रैल 2023
Thursday, 13 April 2023

1	गणित	पाठ-1: पूर्णांक भाग - 2	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	सामाजिक विज्ञान	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:33 AM	3:04 AM	5:34 AM	8:04 AM	10:34 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	Storytelling/Value Education	अक्ल बड़ी या पूँछ	हिंदी	12:57 AM	3:27 AM	5:57 AM	8:27 AM	10:58 AM	1:28 PM	3:58 PM	6:28 PM	8:59 PM	11:29 PM
4	English	English, Ch-2: A Gift Of Chappals	English	1:01 AM	3:31 AM	6:01 AM	8:31 AM	11:01 AM	1:32 PM	4:02 PM	6:32 PM	9:02 PM	11:32 PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Instrumental Music Competition: Girls: Haryana	English/hindi	1:22 AM	3:52 AM	6:22 AM	8:52 AM	11:22 AM	1:53 PM	4:23 PM	6:53 PM	9:23 PM	11:54 PM
6	Science	Ch-2: Nutrition in Animals	English	1:27 AM	3:58 AM	6:28 AM	8:58 AM	11:28 AM	1:58 PM	4:29 PM	6:59 PM	9:29 PM	11:59 PM
7	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

शुक्रवार, 14 अप्रैल 2023
Friday, 14 April 2023

1	विज्ञान	पाठ-2: प्राणियों 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	हिन्दी	वसंत-२, पाठ-3: हिमालय की बेटियाँ	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	योग	पादहस्तासन	हिंदी	12:58 AM	3:28 AM	5:58 AM	8:28 AM	10:58 AM	1:28 PM	3:58 PM	6:28 PM	8:58 PM	11:28 PM



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4	Social science	Ch-2: Role of the Government in Health	English	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:01 AM	1:31 PM	4:01 PM	6:31 PM	9:01 PM	11:31 PM
5	Mathematics	Ch-2: Fractions and decimals	English	1:30 AM	4:00 AM	6:30 AM	9:00 AM	11:31 AM	2:01 PM	4:31 PM	7:01 PM	9:31 PM	NA
6	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
शनिवार, 15 अप्रैल 2023 Saturday, 15 April 2023													
1	गणित	पाठ-2: भिन्न एवं दशमलव	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	बुद्धि बलवती	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	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 -Dance Folk (Girl) Maharashtra	English/hindi	12:39 AM	3:09 AM	5:39 AM	8:09 AM	10:39 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:09 PM
4	Social science	Ch-3: Our Changing Earth (Plate Tectonics (AR-VR))	English	12:44 AM	3:14 AM	5:44 AM	8:14 AM	10:44 AM	1:14 PM	3:44 PM	6:14 PM	8:44 PM	11:14 PM
5	General	चाचा कहते हैं	हिंदी	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	Social science	Ch-3: Our Changing Earth (Earthquake (AR-VR))	English	1:04 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
7	Social science	Ch-3: Our Changing Earth (Volcano (AR-VR))	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
8	Storytelling/Value Education	आम की टोकरी	हिंदी	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
9	Science	Ch-4: Heat	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
10	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
रविवार, 16 अप्रैल 2023 Sunday, 16 April 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	Storytelling/Value Education	आजादी की कहानी-3	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	8:21 PM	10:51 PM
3	सामाजिक विज्ञान	पाठ-2: स्वास्थ्य में सरकार की भूमिका (Part-2)	हिंदी	12:32 AM	3:02 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



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4	Storytelling/Value Education	नन्हा फ़नकार	हिंदी	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
5	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	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	सामान्य जागरूकता	3 R's केंद्र और रिसायक्लिंग लैब (जीतो की वीडियो)	हिंदी	1:31 AM	4:01 AM	6:31 AM	9:01 AM	11:31 AM	2:01 PM	4:31 PM	7:01 PM	9:31 PM	NA
7	Social science	Ch-3: The Delhi Sultans	English	1:39 AM	4:09 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	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:03 AM	4:33 AM	7:03 AM	9:33 AM	12:03 PM	2:33 PM	5:03 PM	7:33 PM	10:03 PM	NA
9	Vocational	Design and Tracing Methods (Heat Method)	English	2:23 AM	4:53 AM	7:23 AM	9:53 AM	12:23 PM	2:53 PM	5:23 PM	7:53 PM	10:23 PM	NA

सोमवार, 17 अप्रैल 2023

Monday, 17 April 2023

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	सामाजिक विज्ञान	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:20 AM	2:50 AM	5:20 AM	7:51 AM	10:21 AM	12:51 PM	3:21 PM	5:51 PM	8:21 PM	10:51 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-7	हिंदी	12:39 AM	3:09 AM	5:39 AM	8:09 AM	10:39 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:09 PM
4	योग	भुजंगासन	हिंदी	1:00 AM	3:30 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
5	English	English, Ch-2: A Gift Of Chappals	English	1:03 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	11:34 PM
6	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	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	Mathematics	Ch-3: Data Handling	English	1:32 AM	4:02 AM	6:33 AM	9:03 AM	11:33 AM	2:03 PM	4:33 PM	7:03 PM	9:33 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

मंगलवार, 18 अप्रैल 2023

Tuesday, 18 April 2023

1	गणित	पाठ-2: भिन्न एवं दशमलव	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-4: कठपुतली	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	योग	वक्रासन	हिंदी	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



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4	Storytelling/Value Education	नन्हा फ़नकार	हिंदी	12:52 AM	3:22 AM	5:52 AM	8:22 AM	10:53 AM	1:23 PM	3:53 PM	6:23 PM	8:53 PM	11:23 PM
5	Social science	Ch-3: Our Changing Earth	English	1:06 AM	3:36 AM	6:06 AM	8:37 AM	11:07 AM	1:37 PM	4:07 PM	6:37 PM	9:07 PM	11:37 PM
6	Storytelling/Value Education	एक अनेक और एकता	हिंदी	1:26 AM	3:56 AM	6:26 AM	8:56 AM	11:26 AM	1:56 PM	4:26 PM	6:56 PM	9:27 PM	11:57 PM
7	Science	Ch-4: Heat	English	1:33 AM	4:03 AM	6:33 AM	9:03 AM	11:33 AM	2:03 PM	4:33 PM	7:03 PM	9:33 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:54 AM	4:24 AM	6:55 AM	9:25 AM	11:55 AM	2:25 PM	4:55 PM	7:25 PM	9:55 PM	NA
9	Vocational	Personal hygiene and Health	English	2:14 AM	4:44 AM	7:14 AM	9:44 AM	12:14 PM	2:45 PM	5:15 PM	7:45 PM	10:15 PM	NA

बुधवार, 19 अप्रैल 2023
Wednesday, 19 April 2023

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	उर्दू	ईदगाह	हिंदी	12:21 AM	2:51 AM	5:22 AM	7:52 AM	10:22 AM	12:52 PM	3:22 PM	5:52 PM	8:22 PM	10:52 PM
3	Storytelling/Value Education	एक अनेक और एकता	हिंदी	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
4	Social science	Ch-3: The Delhi Sultans	English	12:57 AM	3:27 AM	5:57 AM	8:27 AM	10:57 AM	1:27 PM	3:57 PM	6:27 PM	8:57 PM	11:27 PM
5	Mathematics	Ch-3: Data Handling	English	1:20 AM	3:50 AM	6:20 AM	8:50 AM	11:20 AM	1:50 PM	4:20 PM	6:51 PM	9:21 PM	11:51 PM
6	Vocational	Important tips for good embroidery work (Part B)	English	1:52 AM	4:22 AM	6:52 AM	9:22 AM	11:52 AM	2:23 PM	4:53 PM	7:23 PM	9:53 PM	NA
7	Vocational	घर पर बनाएँ हर्बल शैम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:30 PM	10:00 PM	NA

बृहस्पतिवार, 20 अप्रैल 2023
Thursday, 20 April 2023

1	गणित	पाठ-2: भिन्न एवं दशमलव	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	10:32 PM
2	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	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	8:35 PM	11:05 PM
3	सामाजिक विज्ञान	पाठ-3: दिल्ली के सुल्तान (भाग-1)	हिंदी	12:37 AM	3:08 AM	5:38 AM	8:08 AM	10:38 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:10 PM
4	English	English, Ch-2: The Rebel	English	12:56 AM	3:26 AM	5:56 AM	8:27 AM	10:57 AM	1:27 PM	3:57 PM	6:28 PM	8:58 PM	11:28 PM



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5	Science	Ch-4: Heat	English	1:10 AM	3:40 AM	6:10 AM	8:40 AM	11:11 AM	1:41 PM	4:11 PM	6:41 PM	9:12 PM	11:42 PM
6	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	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
7	Vocational	Finishing and costing of embroidered Products	English	1:53 AM	4:23 AM	6:54 AM	9:24 AM	11:54 AM	2:24 PM	4:55 PM	7:25 PM	9:55 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	5:06 PM	7:37 PM	10:07 PM	NA

शुक्रवार, 21 अप्रैल 2023

Friday, 21 April 2023

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-4: कठपुतली	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	आम की टोकरी	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
4	योग	वज्रासन	हिंदी	12:41 AM	3:11 AM	5:41 AM	8:11 AM	10:41 AM	1:11 PM	3:41 PM	6:11 PM	8:41 PM	11:11 PM
5	General Awareness	Nutrition-Health and Sanitation	English	12:43 AM	3:13 AM	5:43 AM	8:13 AM	10:43 AM	1:13 PM	3:43 PM	6:13 PM	8:43 PM	11:13 PM
6	Social science	Ch-3: How the State Government Works	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
7	Creative Activities: Art& Craft	3D Kaleidoscope	English	1:15 AM	3:45 AM	6:15 AM	8:45 AM	11:15 AM	1:45 PM	4:15 PM	6:45 PM	9:15 PM	11:45 PM
8	Mathematics	Ch-3: Data Handling	English	1:18 AM	3:48 AM	6:18 AM	8:48 AM	11:18 AM	1:48 PM	4:18 PM	6:48 PM	9:18 PM	11:48 PM
9	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, 22 अप्रैल 2023

Saturday, 22 April 2023

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	12:31 PM	3:01 PM	5:31 PM	8:01 PM	10:32 PM
2	संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:40 AM	3:10 AM	5:40 AM	8:10 AM	10:41 AM	1:11 PM	3:41 PM	6:11 PM	8:41 PM	11:12 PM
3	Storytelling/Value Education	बस के नीचे बाग	हिंदी	12:49 AM	3:19 AM	5:49 AM	8:20 AM	10:50 AM	1:20 PM	3:50 PM	6:21 PM	8:51 PM	11:21 PM
4	General Awareness	e-waste management Block-3	English	12:55 AM	3:25 AM	5:55 AM	8:25 AM	10:56 AM	1:26 PM	3:56 PM	6:26 PM	8:57 PM	11:27 PM



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5	Storytelling/Value Education	आजादी की कहानी-2	हिंदी	1:13 AM	3:43 AM	6:13 AM	8:44 AM	11:14 AM	1:44 PM	4:14 PM	6:44 PM	9:15 PM	11:45 PM
6	Social science	Ch-4: Air (Origin of Atmosphere (AR-VR))	English	1:28 AM	3:58 AM	6:28 AM	8:58 AM	11:29 AM	1:59 PM	4:29 PM	6:59 PM	9:29 PM	NA
7	Science	Ch-5: Acids, Bases and Salts	English	1:37 AM	4:07 AM	6:38 AM	9:08 AM	11:38 AM	2:08 PM	4:38 PM	7:09 PM	9:39 PM	NA
8	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	5:06 PM	7:36 PM	10:07 PM	NA

रविवार, 23 अप्रैल 2023
Sunday, 23 April 2023

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	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:21 AM	2:52 AM	5:22 AM	7:52 AM	10:23 AM	12:53 PM	3:23 PM	5:53 PM	8:24 PM	10:54 PM
3	सामाजिक विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-1)	हिंदी	12:26 AM	2:56 AM	5:26 AM	7:56 AM	10:27 AM	12:57 PM	3:27 PM	5:57 PM	8:28 PM	10:58 PM
4	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:39 AM	3:09 AM	5:39 AM	8:09 AM	10:40 AM	1:10 PM	3:40 PM	6:10 PM	8:41 PM	11:11 PM
5	Storytelling/Value Education	अक्ल बढ़ी या पूँछ	हिंदी	1:08 AM	3:38 AM	6:09 AM	8:39 AM	11:09 AM	1:39 PM	4:10 PM	6:40 PM	9:10 PM	11:41 PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical (Girl) Maharashtra	English/ hindi	1:10 AM	3:40 AM	6:11 AM	8:41 AM	11:11 AM	1:41 PM	4:12 PM	6:42 PM	9:12 PM	11:43 PM
7	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:18 AM	3:49 AM	6:19 AM	8:49 AM	11:19 AM	1:50 PM	4:20 PM	6:50 PM	9:20 PM	11:51 PM
8	Social science	Ch-4: The Mughal Empire	English	1:34 AM	4:04 AM	6:35 AM	9:05 AM	11:35 AM	2:06 PM	4:36 PM	7:06 PM	9:36 PM	NA
9	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	5:06 PM	7:37 PM	10:07 PM	NA

सोमवार, 24 अप्रैल 2023
Monday, 24 April 2023

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	5:31 PM	8:01 PM	10:31 PM
2	सामाजिक विज्ञान	पाठ-4: वायु	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	8:27 PM	10:57 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-10	हिंदी	12:47 AM	3:18 AM	5:48 AM	8:18 AM	10:48 AM	1:18 PM	3:48 PM	6:18 PM	8:49 PM	11:19 PM
4	English	English, Ch-2: The Rebel	English	1:07 AM	3:37 AM	6:07 AM	8:38 AM	11:08 AM	1:38 PM	4:08 PM	6:38 PM	9:08 PM	11:39 PM



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5	सामान्य जागरूकता	स्वस्थ बढ़ना	हिंदी	1:21 AM	3:51 AM	6:21 AM	8:51 AM	11:21 AM	1:52 PM	4:22 PM	6:52 PM	9:22 PM	11:52 PM
6	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	1:27 AM	3:57 AM	6:27 AM	8:57 AM	11:27 AM	1:58 PM	4:28 PM	6:58 PM	9:28 PM	11:58 PM
7	योग	शशकासन	हिंदी	1:32 AM	4:02 AM	6:32 AM	9:02 AM	11:32 AM	2:02 PM	4:32 PM	7:03 PM	9:33 PM	NA
8	Mathematics	Ch-4: Simple Equations part-1	English	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:35 PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:52 AM	4:22 AM	6:52 AM	9:22 AM	11:53 AM	2:23 PM	4:53 PM	7:23 PM	9:53 PM	NA
10	Vocational	Tools And Materials	English	2:12 AM	4:42 AM	7:12 AM	9:42 AM	12:12 PM	2:42 PM	5:13 PM	7:43 PM	10:13 PM	NA

मंगलवार, 25 अप्रैल 2023

Tuesday, 25 April 2023

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	हिन्दी	वसंत-२, पाठ-5: मिठाईवाला	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	8:40 PM	11:10 PM
3	Science	Ch-5: Acids, Bases and Salts	English	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
4	Social science	Ch-4: Air (Part-01)	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
5	Science	Ch-6: Physical Changes	English	1:55 AM	4:25 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	Fishbone Stitch	English	2:18 AM	4:48 AM	7:18 AM	9:48 AM	12:18 PM	2:48 PM	5:19 PM	7:49 PM	10:19 PM	NA

बुधवार, 26 अप्रैल 2023

Wednesday, 26 April 2023

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	2:55 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	General Awareness	Segregation chip-chop	English	12:54 AM	3:24 AM	5:54 AM	8:24 AM	10:54 AM	1:24 PM	3:54 PM	6:24 PM	8:54 PM	11:24 PM
4	Social science	Ch-4: The Mughal Empire	English	1:06 AM	3:36 AM	6:06 AM	8:36 AM	11:06 AM	1:36 PM	4:06 PM	6:36 PM	9:06 PM	11:36 PM
5	Mathematics	Ch-4: Simple Equations part-1	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



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6	Vocational	Feather Stitch	English	1:54 AM	4:24 AM	6:54 AM	9:24 AM	11:54 AM	2:24 PM	4:54 PM	7:24 PM	9:54 PM	NA
7	Vocational	घर पर बनाएँ हर्बल शैम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:30 PM	10:00 PM	NA
बृहस्पतिवार, 27 अप्रैल 2023 Thursday, 27 April 2023													
1	गणित	पाठ-3: आँकड़ों का प्रबंधन 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	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	8:39 PM	11:09 PM
3	सामाजिक विज्ञान	पाठ-3: दिल्ली के सुल्तान (भाग-1)	हिंदी	12:44 AM	3:14 AM	5:44 AM	8:14 AM	10:44 AM	1:14 PM	3:44 PM	6:14 PM	8:44 PM	11:14 PM
4	English	Honeycomb, Ch-3: Gopal and the Hilsa fish	English	1:03 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	Science	Ch-5: Acids, Bases and Salts	English	1:24 AM	3:54 AM	6:24 AM	8:54 AM	11:24 AM	1:54 PM	4:24 PM	6:54 PM	9:24 PM	11:54 PM
6	Storytelling/Value Education	गुलज़ार बच्चों के साथ	हिंदी	1:52 AM	4:22 AM	6:52 AM	9:22 AM	11:52 AM	2:22 PM	4:52 PM	7:22 PM	9:52 PM	NA
7	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
शुक्रवार, 28 अप्रैल 2023 Friday, 28 April 2023													
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	3:01 PM	5:31 PM	8:01 PM	10:31 PM
2	हिन्दी	वसंत-२, पाठ-5: मिठाईवाला	हिंदी	12:25 AM	2:56 AM	5:26 AM	7:56 AM	10:26 AM	12:56 PM	3:27 PM	5:57 PM	8:27 PM	10:57 PM
3	सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:56 AM	3:27 AM	5:57 AM	8:27 AM	10:57 AM	1:27 PM	3:58 PM	6:28 PM	8:58 PM	11:28 PM
4	योग	शशकासन	हिंदी	1:03 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	1:33 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
5	Social science	Ch-4: Growing up as Boys and Girls	English	1:05 AM	3:35 AM	6:05 AM	8:35 AM	11:06 AM	1:36 PM	4:06 PM	6:36 PM	9:06 PM	11:37 PM
6	Storytelling/Value Education	आम की टोकरी	हिंदी	1:28 AM	3:58 AM	6:28 AM	8:59 AM	11:29 AM	1:59 PM	4:29 PM	6:59 PM	9:30 PM	NA
7	Mathematics	Ch-4: Simple Equations part-1	English	1:31 AM	4:01 AM	6:31 AM	9:01 AM	11:31 AM	2:02 PM	4:32 PM	7:02 PM	9:32 PM	NA
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:49 AM	4:19 AM	6:49 AM	9:19 AM	11:49 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA



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9	Vocational	Design and Tracing Methods (Heat Method)	English	2:23 AM	4:53 AM	7:23 AM	9:53 AM	12:23 PM	2:54 PM	5:24 PM	7:54 PM	10:24 PM	NA
शनिवार, 29 अप्रैल 2023 Saturday, 29 April 2023													
1	गणित	पाठ-3: आँकड़ों का प्रबंधन 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	संस्कृत	भूपति मयादस	हिंदी	12:43 AM	3:13 AM	5:43 AM	8:13 AM	10:43 AM	1:13 PM	3:43 PM	6:13 PM	8:43 PM	11:13 PM
3	Storytelling/Value Education	बस के नीचे बाग	हिंदी	12:51 AM	3:21 AM	5:51 AM	8:22 AM	10:52 AM	1:22 PM	3:52 PM	6:22 PM	8:52 PM	11:22 PM
4	Social science	Ch-4: Air (Part-02)	English	12:57 AM	3:27 AM	5:57 AM	8:27 AM	10:57 AM	1:28 PM	3:58 PM	6:28 PM	8:58 PM	11:28 PM
5	General Awareness	Understanding how long things take to decompose	English	1:17 AM	3:47 AM	6:17 AM	8:47 AM	11:17 AM	1:47 PM	4:17 PM	6:47 PM	9:17 PM	11:47 PM
6	Science	Ch-6: Physical Changes	English	1:26 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	Vocational	बस्त्रों 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
रविवार, 30 अप्रैल 2023 Sunday, 30 April 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	10:31 PM
2	Storytelling/Value Education	आम की टोकरी	हिंदी	12:22 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	10:54 PM
3	सामाजिक विज्ञान	पाठ-3: राज्य सरकार कैसे काम करती है (Part-2)	हिंदी	12:25 AM	2:55 AM	5:25 AM	7:55 AM	10:26 AM	12:56 PM	3:26 PM	5:56 PM	8:26 PM	10:56 PM
4	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:37 AM	3:07 AM	5:37 AM	8:07 AM	10:37 AM	1:07 PM	3:37 PM	6:07 PM	8:38 PM	11:08 PM
5	Storytelling/Value Education	मियाँ गुमसुम और बत्ती रानी-10	हिंदी	1:06 AM	3:36 AM	6:06 AM	8:36 AM	11:07 AM	1:37 PM	4:07 PM	6:37 PM	9:07 PM	11:37 PM
6	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:26 AM	3:56 AM	6:26 AM	8:56 AM	11:26 AM	1:56 PM	4:27 PM	6:57 PM	9:27 PM	11:57 PM
7	Social science	Ch-7: Tribes, nomads and settled communities	English	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:42 AM	2:12 PM	4:42 PM	7:13 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	2:35 PM	5:05 PM	7:35 PM	10:06 PM	NA



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