

Transmission Schedule for **September, 2022**

कक्षा 7 की समय सारणी TIME TABLE OF CLASS 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	वीरवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा Physical Education
सामाजिक विज्ञान (भूगोल)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (इतिहास)	हिन्दी	संस्कृत/اردو (उर्दू)	सामाजिक विज्ञान (राजनीति शास्त्र)
English	Social Science (Geography)	Social Science (History)	English	Social Science (Pol. Sc.)	Social Science (Geography)	Mathematics /Science Activities
Mathematics	Science	Mathematics	Science	Mathematics	Science	Social Science (History)
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education

****The channel timings begin at 12 midnight and it will be repeated every 2 hours daily for 11 times to make it 24x7 channel**

*Watch Live programmes on every Thursday at 2:00 pm to 3:00 pm

*Follow NCERT Facebook Page (<https://www.facebook.com/ncertofficial/>) for topics of session

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*To see the exact timings of the programmes: https://www.swayamprabha.gov.in/index.php/program/current_se/29

*Watch Live Webinar on ICT tools (4:00 pm to 5:00 pm) and live counselling session (5:00 pm to 5:30 pm) from Monday to Friday



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Subject	Title of the Topic	Duration	Medium
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01 September 2022

गणित	गणित, पाठ-3, आँकड़ों का प्रबंधन भाग -2	0:33:46	Hindi
इतिहास	पाठ-8: ईश्वर से अनुराग	0:30:52	Hindi
Storytelling/Value Education	सुधीर तैलान	0:16:48	Hindi
English	English, Honeycomb, Chapter-4, Chivvy	0:05:53	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Science, Chapter-4, Heat	0:21:42	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi

02 September 2022

विज्ञान	पाठ-4: ऊष्मा	0:12:41	Hindi
हिन्दी	पाठ-19: आश्रम का अनुमानित व्यय	0:25:54	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Creative Activities: Art & Craft	जन्मदिन कार्ड (Birthday Card)	0:03:52	Hindi
Political Science	Ch-6, Understanding media	0:20:33	English
General	Kala Utsav – 2022 –Dance Folk(Boy)Tamil Nadu	0:06:01	English/Hindi
Mathematics	Ch-3: Data Handling	0:32:11	English

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Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
03 September 2022			
गणित	पाठ-4: सरल समीकरण भाग-1	0:16:45	Hindi
संस्कृत	भूपति मयादस	0:08:48	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी -1	0:18:10	Hindi
Geography	Geography, Chapter-4, Air	00:18:39	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Science, Ch-5, Acids, Bases and Salts	0:27:39	English
General	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
General	Design and Tracing Methods	0:02:24	English
04 September 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-3, राज्य शासन कैसे काम करता है	0:30:28	Hindi
Cultural Heritage: Art, Music & Dance	Dance A Way of Expression-1	0:29:33	Hindi
General	Why Seasons Happen?	0:03:17	English
General Awareness	Lever Around Us	0:08:00	English
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
History	Chapter-3, The Delhi Sultans	00:23:22	English
Vocational	Hand Embroidery Part B	0:13:54	English
05 September 2022			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	0:17:50	Hindi
भूगोल	भूगोल, पाठ-6, प्राकृतिक वनस्पति एवं वन्य जीवन	0:29:48	Hindi
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
English	English, Honeycomb, Chapter-4, The Ashes That Made Trees Bloom part-2	0:20:39	English
Creative Activities: Art & Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Maths, Chapter-4, Simple Equations part-2	0:24:07	English
General	Important tips for good embroidery work (Part B)	0:07:37	English

ONE CLASS, ONE CHANNEL

06 September 2022

गणित	गणित, पाठ-5, रेखा एवं कोण	0:27:20	Hindi
हिन्दी	पाठ-20: विप्लव गायन	0:20:27	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
Story Telling/Value Education	वो कुछ दिन	0:07:51	Hindi
Geography	Geography, Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	0:18:27	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Boys: Andhra Pradesh	0:06:50	English/Hindi
Science	Science, Ch-5, Acids, Bases and Salts	0:27:39	English
General	Important tips for good embroidery work (Part B)	0:07:37	English
Vocational	Tools And Materials	0:12:44	English

07 September 2022

विज्ञान	पाठ-5: अम्ल क्षार और लवण	0:17:50	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	खेल पिटारा	0:14:57	Hindi
History	Chapter-1, Tracing Changes Through a Thousand Years	0:24:25	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Maths, Chapter-4, Simple Equations part-1	0:18:00	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Blanket Stitch	0:05:58	English

08 September 2022

गणित	पाठ-4: सरल समीकरण भाग-1	0:16:45	Hindi
इतिहास	पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	0:25:12	Hindi
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
English	English, Honeycomb, Ch-5: Trees	0:10:49	English

ONE CLASS, ONE CHANNEL

General	Kala Utsav – 2022 –Dance-Classical(Girl)Kerala	0:06:04	English/Hindi
Science	Science, Ch-5, Acids, Bases and Salts	0:27:39	English
Vocational	Tools And Materials	0:12:44	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
09 September 2022			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	0:17:50	Hindi
हिन्दी	पाठ-20: विप्लव गायन	0:20:27	Hindi
Storytelling/Value Education	आओ कहानी लिखना सीखें	0:29:20	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-7: Markets around us	0:14:30	English
General	Kala Utsav – 2022 –Dance-Classical(Girl)Telangana	0:06:18	English/Hindi
Mathematics	Maths, Chapter-4, Simple Equations part-1	0:18:00	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Electricity and its importance	0:04:08	English
10 September 2022			
गणित	पाठ-4: सरल समीकरण भाग-2	0:16:37	Hindi
संस्कृत	चतुर बानर	0:08:23	Hindi
General	मियाँ गुमसुम और बत्तो रानी-6	0:17:34	Hindi
Geography	Geography, Ch-5, Water	00:18:28	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Science, Ch-6: Physical Changes	0:23:46	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
11 September 2022			
Physical education	COVID 19 Awareness	0:12:46	English
राजनीति विज्ञान	पाठ-4, लड़के और लड़कियों के रूप में बड़ा होना	0:23:35	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General Awareness	रोज़ बदलता कैसे चाँद -१	0:08:26	Hindi
Storytelling/Value Education	आज़ादी की कहानी-2	0:14:47	Hindi

History	Chapter-4, The Mughal Empire	00:30:33	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
Vocational	Electricity and its importance	0:04:08	English
12 September 2022			
विज्ञान	विज्ञान, पाठ-6, भौतिक एवं रासायनिक परिवर्तन	0:09:23	Hindi
भूगोल	पाठ-7: मानवीय पर्यावरण बस्तियाँ, परिवहन एवं संचार	0:18:23	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
English	English, Honeycomb, Chapter-4, The Ashes That Made Trees Bloom part-3	0:24:19	English
Creative Activities: Art & Craft	Flying Fish	0:01:11	English
Mathematics	Maths, Ch-5, Lines and angles	0:27:37	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
Vocational	Light as electromagnetic spectrum	0:06:56	English
13 September 2022			
गणित	गणित, पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1	0:27:05	Hindi
हिन्दी	हिन्दी, पाठ-1, चिड़िया और चुरुंगुन	0:26:30	Hindi
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	0:19:29	Hindi
Geography	Geography, Ch-9: Life in the desert	0:19:43	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Science	Science, Ch-7: Weather Climate and Adaptation of Animals to Climate	0:28:13	English
Vocational	Electricity and its importance	0:04:08	English
14 September 2022			
विज्ञान	विज्ञान, पाठ-6, भौतिक एवं रासायनिक परिवर्तन	0:09:23	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
General	मियाँ गुमसुम और बत्तो रानी-6	0:17:34	Hindi
History	Chapter-2, New King & Kingdom	00:20:26	English
General	Kala Utsav – 2022 –Dance-Classical(Girl)Delhi	0:05:05	English/Hindi

Mathematics	Maths, Chapter-4, Simple Equations part-2	0:24:07	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
15 September 2022			
गणित	पाठ-4: सरल समीकरण भाग-2	0:16:37	Hindi
इतिहास	पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	0:30:22	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	English, Ch-6, Expert detectives- Mystery of the talking fan Part-1	0:09:37	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Science, Ch-6: Physical Changes	0:23:46	English
General	Electricity and its importance	0:04:08	English
General	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
16 September 2022			
विज्ञान	विज्ञान, पाठ-6, भौतिक एवं रासायनिक परिवर्तन	0:09:23	Hindi
हिन्दी	हिंदी, पाठ-1, हम पंछी उन्मुक्त गगन के	0:43:32	Hindi
Storytelling/Value Education	नन्हा फ़नकार	0:14:07	Hindi
General Awareness	रौशनी और रंग	0:15:55	Hindi
Political Science	Ch-8: A shirt in the market	0:12:23	English
Cultural Heritage: Art, Music & Dance	Navras (9 Rasas) - Dance Emotions	0:03:50	English/Hindi
Mathematics	Maths, Chapter-4, Simple Equations part-2	0:24:07	English
Vocational	Personal hygiene and Health	0:10:15	English
17 September 2022			
गणित	पाठ-4: सरल समीकरण भाग-3	0:16:44	Hindi
संस्कृत	सम्बन्ध ही दुर्जयः	0:08:09	Hindi
Storytelling/Value Education	बस के नीचे बाग	0:05:52	Hindi

Geography	Geography, Ch-6, Natural vegetation & wildlife	0:15:32	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
Science	Science, Ch-7: Weather Climate and Adaptation of Animals to Climate	0:28:13	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
18 September 2022			
Physical education	COVID 19 Awareness	0:12:46	English
शारीरिक शिक्षा	Yoga Olympiad-Hindi	0:01:10	Hindi
राजनीति विज्ञान	पाठ-5, औरतों ने बदली दुनिया भाग-1	0:25:26	Hindi
Cultural Heritage: Art, Music, Dance	Dance A Way of Expression-1	0:29:33	Hindi
General awareness	किशोरावस्था की ओर (English Subtitles)	0:12:42	Hindi
General Awareness	रौशनी और रंग	0:15:55	Hindi
History	Ch-5: Rulers and Buildings	00:23:16	English
Vocational	Finishing and costing of embroidered Products	0:11:41	English
Vocational	Design and Tracing Methods	0:02:24	English
19 September 2022			
विज्ञान	विज्ञान, पाठ-7, मौसम जलवायु तथा जलवायु के अनुरूप जंतुओं द्वारा अनुकूलन	0:12:53	Hindi
भूगोल	भूगोल, पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	0:27:56	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
General	आओ कहानी लिखना सीखें	0:29:20	Hindi
English	English, Honeycomb, Chapter-4, Chivvy	0:05:53	English
Creative Activities: Art & Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Maths, Ch-7: Congruence of Triangles (Part-2)	0:14:44	English
Vocational	वस्तुओं पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi

ONE CLASS, ONE CHANNEL

20 September 2022

गणित	गणित, पाठ-8: राशियों की तुलना	0:26:38	Hindi
हिन्दी	हिन्दी, पाठ-2, सबसे सुंदर लड़की	0:19:36	Hindi
General	I have got 10 little fingers	0:09:10	English
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Geography	Geography, Chapter-1, Our Environment	0:20:49	English
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-8: Winds, Storms, and Cyclones (Part-1)	0:12:54	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Fishbone Stitch	0:05:56	English

21 September 2022

विज्ञान	विज्ञान, पाठ-7, मौसम जलवायु तथा जलवायु के अनुरूप जंतुओं द्वारा अनुकूलन	0:12:53	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
General	मियाँ गुमसुम और बत्तो रानी-10	0:19:45	Hindi
History	Chapter-3, The Delhi Sultans	00:23:22	English
Cultural Heritage: Art, Music & Dance	खेल-खेल में एनीमेशन	0:06:30	Hindi
Mathematics	Maths, Ch-5, Lines and angles	0:27:37	English
Vocational	Personal hygiene and Health	0:10:15	English
Vocational	Design and Tracing Methods (Light Method)	0:05:33	English

22 September 2022

गणित	पाठ-4: सरल समीकरण भाग-3	0:16:44	Hindi
इतिहास	पाठ-1: हजार वर्षों के दौरान	0:24:49	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	English, Ch-6, Expert detectives- Mystery of the talking fan Part-2	0:13:29	English
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi

Science	Science, Ch-7: Weather Climate and Adaptation of Animals to Climate	0:28:13	English
Vocational	Important tips for good embroidery work (Part B)	0:07:37	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
23 September 2022			
विज्ञान	विज्ञान, पाठ-7, मौसम जलवायु तथा जलवायु के अनुरूप जंतुओं द्वारा अनुकूलन	0:12:53	Hindi
हिन्दी	हिन्दी, पाठ-2, सबसे सुंदर लड़की	0:19:36	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-1, On Equality	0:32:40	English
General	Kala Utsav – 2022 –Dance Folk(Boy)Odisha	0:05:05	English/Hindi
Mathematics	Maths, Ch-5, Lines and angles	0:27:37	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
Vocational	Seed Germination	0:06:44	English
24 September 2022			
गणित	गणित, पाठ-5, रेखा एवं कोण	0:27:20	Hindi
Storytelling/Value Education	छोटा है या बड़ा	0:04:07	Hindi
संस्कृत	पुनर्मूषको भवः	0:07:53	Hindi
Storytelling/Value Education	आज़ादी की कहानी-3	0:11:42	Hindi
Geography	Geography, Ch-7: Human Environment–Settlement, Transport & Communication	0:22:10	English
Cultural Heritage: Art, Music, Dance	Understanding Our Architectural Heritage	0:14:06	English
Science	Ch-8: Winds, Storms, and Cyclones (Part-1)	0:12:54	English
Vocational	Hand Embroidery Part B	0:13:54	English
Vocational	केश सौंदर्य उपकरणों का परिचय	0:19:42	Hindi
25 September 2022			
Physical education	COVID 19 Awareness	0:12:46	English
General	एक अनेक और एकता	0:06:57	Hindi

ONE CLASS, ONE CHANNEL

Class - VII

राजनीति विज्ञान	पाठ-5, औरतों ने बदली दुनिया भाग-2	0:24:08	Hindi
Cultural Heritage: Art, Music & Dance	Dance A Way of Expression-2	0:29:59	Hindi
General awareness	e-waste management Block-1	0:12:12	English
General Awareness	रौशनी और रंग	0:15:55	Hindi
History	Ch-6: Towns, traders and craftsperson	0:28:42	English
Vocational	Electricity and its importance	0:04:08	English
26 September 2022			
विज्ञान	पाठ-8: पवन तूफान और चक्रवात (भाग-1)	0:15:10	Hindi
भूगोल	भूगोल, पाठ-9: रेगिस्तान में जीवन	0:31:15	Hindi
Storytelling/Value Education	I have got 10 little fingers	0:09:10	English
English	English, Honeycomb, Ch-5: Trees	0:10:49	English
General Awareness	रौशनी और रंग	0:15:55	Hindi
Creative Activities: Art & Craft	खिलता हुआ कमल (Blooming lotus)	0:04:45	Hindi
Mathematics	Maths, Ch-7: Congruence of Triangles (Part-3)	0:10:00	English
General	Tools And Materials	0:12:44	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
27 September 2022			
गणित	गणित, पाठ-8: राशियों की तुलना भाग-2	0:26:44	Hindi
हिन्दी	हिन्दी, दूर्वा-२, पाठ-३, मैं हूँ रोबोट	0:27:35	Hindi
Storytelling/Value Education	दान का हिसाब	0:16:30	Hindi
Storytelling/Value Education	गुलज़ार बच्चों के साथ	0:12:38	Hindi
Geography	Geography, Chapter-2, Inside our Earth	0:19:23	English
Science	Ch-8: Winds, Storms, and Cyclones (Part-2)	0:15:58	English
General	Hand Embroidery Part B	0:13:54	English
28 September 2022			
विज्ञान	पाठ-8: पवन तूफान और चक्रवात (भाग-1)	0:15:10	Hindi
उर्दू	ईदगाह	0:28:18	Hindi
Storytelling/Value Education	वो कुछ दिन	0:07:51	Hindi

History	Chapter-4, The Mughal Empire	00:30:33	English
Cultural Heritage: Art, Music & Dance	खेल-खेल में एनीमेशन	0:06:30	Hindi
Mathematics	Maths, Ch-6: The triangle and its properties	0:16:01	English
General	Feather Stitch	0:05:39	English
Vocational	घर पर बनाए हर्बल शैम्पू	0:24:26	Hindi
29 September 2022			
गणित	गणित, पाठ-5, रेखा एवं कोण	0:27:20	Hindi
इतिहास	पाठ-2: नए राजा और उनके राज्य	0:23:24	Hindi
Storytelling/Value Education	अक्ल बड़ी या पूँछ	0:02:00	Hindi
English	English, Ch-6, Mystery of the talking fan	0:06:12	English
Storytelling/Value Education	सवाली राम जवाबो रानी	0:15:28	Hindi
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Instrumental Music Competition: Girls: Haryana	0:05:43	English/Hindi
Science	Ch-8: Winds, Storms, and Cyclones (Part-1)	0:12:54	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
Vocational	Important tips for good embroidery work (Part B)	0:07:37	English
30 September 2022			
विज्ञान	पाठ-8: पवन तूफान और चक्रवात (भाग-1)	0:15:10	Hindi
हिन्दी	हिंदी, दूर्वा-२, पाठ-३, मैं हूँ रोबोट	0:27:35	Hindi
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	0:08:04	Hindi
General awareness	Cyber Stalking	0:01:04	English
Political Science	Ch-2, Role of the Government in Health	0:24:47	English
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Dance Competition: Boys Bihar	0:05:19	English/Hindi
Mathematics	Maths, Ch-6: The triangle and its properties	0:16:01	English
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	0:34:04	Hindi
Vocational	Design and Tracing Methods (Stencil Method)	0:02:01	English



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Class - VII

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***Watch Live programmes on every Thursday at 2:00 pm to 3:00 pm**

***Watch Live Webinar on ICT tools (4:00 pm to 5:00 pm) and live counselling session (5:00 pm to 5:30 pm) from Monday to Friday**



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