

कक्षा-10 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class-10

कक्षा-10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	हिन्दी	हिन्दी	संस्कृत	संस्कृत	اردو (उर्दू)
भूगोल	भूगोल	इतिहास	इतिहास	राजनीति विज्ञान	राजनीति विज्ञान	अर्थशास्त्र
विज्ञान	विज्ञान	गणित	गणित	गणित	गणित	विज्ञान
English	English	English	English	Geography	Geography	Economics
Mathematics	Mathematics	History	History	Mathematics	Mathematics	Political Science
Polittical Science	Polittical Science	Science	Science	Science	Science	General

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 9 to 10 times a day and the same scheme is followed for the whole month.

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:
https://www.swayamprabha.gov.in/index.php/program/current_se/28.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Friday from 3.00 pm to 4.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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



कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 10

फरवरी 2025

February 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 फरवरी 2025 Saturday, 01 February 2025			
संस्कृत	पाठ - 9: सूक्तयः - 1	संस्कृत	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:54 AM 02:53 PM 05:52 PM 08:50 PM 11:49 PM
General	Surya Namaskar	English	12:35 AM 03:33 AM 06:32 AM 09:31 AM 12:29 PM 03:28 PM 06:27 PM 09:26 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:42 AM 03:40 AM 06:39 AM 09:38 AM 12:36 PM 03:35 PM 06:34 PM 09:32 PM
Cultural Heritage: Art, Music & Dance	National Role Play & Folk Dance - Ajmer	Regional	01:03 AM 04:01 AM 07:00 AM 09:59 AM 12:57 PM 03:56 PM 06:55 PM 09:53 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-1	Hindi	01:14 AM 04:12 AM 07:11 AM 10:10 AM 01:08 PM 04:07 PM 07:06 PM 10:04 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	01:40 AM 04:38 AM 07:37 AM 10:36 AM 01:34 PM 04:33 PM 07:32 PM 10:30 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:56 AM 04:55 AM 07:54 AM 10:52 AM 01:51 PM 04:50 PM 07:49 PM 10:47 PM
Mathematics	Maths: Chapter- 6 Triangles- 1	English	02:06 AM 05:05 AM 08:04 AM 11:02 AM 02:01 PM 05:00 PM 07:58 PM 10:57 PM
Cyber Security	Identity Theft	Hindi	02:22 AM 05:20 AM 08:19 AM 11:18 AM 02:16 PM 05:15 PM 08:14 PM 11:12 PM



Science	Science: Chap 7: Control and Coordination	English	02:22 AM 05:21 AM 08:20 AM 11:18 AM 02:17 PM 05:16 PM 08:14 PM 11:13 PM
रविवार, 02 फरवरी 2025 Sunday, 02 February 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:51 AM 02:49 PM 05:47 PM 08:45 PM 11:43 PM
General	E-Waste Management: Block 4.2	English	12:26 AM 03:24 AM 06:22 AM 09:20 AM 12:18 PM 03:15 PM 06:13 PM 09:11 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:38 AM 03:36 AM 06:34 AM 09:32 AM 12:30 PM 03:27 PM 06:25 PM 09:23 PM
General	Value and responsible Citizenship	English	12:56 AM 03:54 AM 06:52 AM 09:49 AM 12:47 PM 03:45 PM 06:43 PM 09:41 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	01:01 AM 03:59 AM 06:57 AM 09:54 AM 12:52 PM 03:50 PM 06:48 PM 09:46 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:31 AM 04:28 AM 07:26 AM 10:24 AM 01:22 PM 04:20 PM 07:18 PM 10:16 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 1	English	01:43 AM 04:41 AM 07:39 AM 10:37 AM 01:35 PM 04:33 PM 07:31 PM 10:29 PM
ENVIRONMENT	Life in Woods	English	02:11 AM 05:09 AM 08:07 AM 11:05 AM 02:03 PM 05:01 PM 07:59 PM 10:57 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:27 AM 05:25 AM 08:22 AM 11:20 AM 02:18 PM 05:16 PM 08:14 PM 11:12 PM
General English	Episode 7 Making Requests 1	English	02:46 AM 05:44 AM 08:42 AM 11:40 AM 02:38 PM 05:36 PM 08:34 PM 11:32 PM
सोमवार, 03 फरवरी 2025 Monday, 03 February 2025			



सामान्य	सेतु बंधासन	हिन्दी	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:53 PM 05:52 PM 08:51 PM 11:50 PM
हिन्दी	पाठ-4: कवि और कविता : कवि जयशंकर प्रसाद: और उनकी कविता "आत्मकथ्य"	हिन्दी	12:03 AM 03:02 AM 06:01 AM 08:59 AM 11:58 AM 02:57 PM 05:56 PM 08:54 PM 11:53 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:30 AM 03:29 AM 06:27 AM 09:26 AM 12:25 PM 03:24 PM 06:22 PM 09:21 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	12:52 AM 03:51 AM 06:50 AM 09:49 AM 12:47 PM 03:46 PM 06:45 PM 09:44 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:26 AM 04:25 AM 07:24 AM 10:23 AM 01:21 PM 04:20 PM 07:19 PM 10:18 PM
सामान्य	मंदिरों की माला भुवनेश्वर	Hindi	01:45 AM 04:43 AM 07:42 AM 10:41 AM 01:40 PM 04:38 PM 07:37 PM 10:36 PM
Mathematics	Maths: Chapter- 6 Triangles- 2	English	02:05 AM 05:04 AM 08:03 AM 11:01 AM 02:00 PM 04:59 PM 07:58 PM 10:56 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	02:26 AM 05:25 AM 08:24 AM 11:22 AM 02:21 PM 05:20 PM 08:19 PM 11:17 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:36 AM 05:35 AM 08:34 AM 11:32 AM 02:31 PM 05:30 PM 08:29 PM 11:27 PM
मंगलवार, 04 फरवरी 2025 Tuesday, 04 February 2025			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	हिन्दी	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:54 AM 02:53 PM 05:52 PM 08:50 PM 11:49 PM
Health, Physical Education/Yoga/Sports	Yoga - Padmasan	Hindi	12:23 AM 03:21 AM 06:20 AM 09:19 AM 12:17 PM 03:16 PM 06:15 PM 09:13 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:39 AM 03:38 AM 06:36 AM 09:35 AM 12:34 PM 03:32 PM 06:31 PM 09:30 PM



Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 Instrumental Music- Traditional Folk(Boy):Sikkim	Na	01:02 AM 04:01 AM 06:59 AM 09:58 AM 12:57 PM 03:55 PM 06:54 PM 09:53 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-3	Hindi	01:09 AM 04:07 AM 07:06 AM 10:05 AM 01:03 PM 04:02 PM 07:01 PM 10:00 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:32 AM 04:31 AM 07:30 AM 10:28 AM 01:27 PM 04:26 PM 07:24 PM 10:23 PM
Language (English)	English: Chp 3: Two Stories about Flying-1	English	01:38 AM 04:37 AM 07:35 AM 10:34 AM 01:33 PM 04:32 PM 07:30 PM 10:29 PM
General(Science)	Acrobatic Stick	English	02:06 AM 05:04 AM 08:03 AM 11:02 AM 02:00 PM 04:59 PM 07:58 PM 10:57 PM
Mathematics	Maths: Chapter- 6 Triangles- 3	English	02:07 AM 05:06 AM 08:05 AM 11:03 AM 02:02 PM 05:01 PM 07:59 PM 10:58 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:37 AM 05:36 AM 08:35 AM 11:33 AM 02:32 PM 05:31 PM 08:29 PM 11:28 PM
बुधवार, 05 फरवरी 2025			
Wednesday, 05 February 2025			
हिन्दी	पाठ-4: कवि और कविता : कवि जयशंकर प्रसाद: और उनकी कविता "आत्मकथ्य"	हिन्दी	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:56 PM 11:55 PM
General	Bhadrasana	English	12:34 AM 03:34 AM 06:33 AM 09:33 AM 12:32 PM 03:32 PM 06:31 PM 09:31 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:37 AM 03:36 AM 06:35 AM 09:35 AM 12:34 PM 03:34 PM 06:33 PM 09:33 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	01:04 AM 04:04 AM 07:03 AM 10:02 AM 01:02 PM 04:01 PM 07:01 PM 10:00 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-2	Hindi	01:11 AM 04:11 AM 07:10 AM 10:10 AM 01:09 PM 04:09 PM 07:08 PM 10:08 PM



General	Management of Wetlands Part -2	English	01:40 AM 04:39 AM 07:39 AM 10:38 AM 01:38 PM 04:37 PM 07:37 PM 10:36 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:48 AM 04:47 AM 07:47 AM 10:46 AM 01:46 PM 04:45 PM 07:45 PM 10:44 PM
General(Science)	Colour Shadow	English	02:06 AM 05:06 AM 08:05 AM 11:05 AM 02:04 PM 05:03 PM 08:03 PM 11:02 PM
General	Growing up Healthy	English	02:08 AM 05:08 AM 08:07 AM 11:06 AM 02:06 PM 05:05 PM 08:05 PM 11:04 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:12 AM 05:12 AM 08:11 AM 11:11 AM 02:10 PM 05:10 PM 08:09 PM 11:09 PM
Cultural Heritage: Art, Music & Dance	Folk Dance - Bihar	Na	02:35 AM 05:34 AM 08:34 AM 11:33 AM 02:33 PM 05:32 PM 08:32 PM 11:31 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:44 AM 05:43 AM 08:43 AM 11:42 AM 02:41 PM 05:41 PM 08:40 PM 11:40 PM
बृहस्पतिवार, 06 फरवरी 2025 Thursday, 06 February 2025			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	हिन्दी	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:55 PM 08:54 PM 11:53 PM
General	स्वस्थ बढ़ना	Hindi	12:23 AM 03:22 AM 06:21 AM 09:20 AM 12:19 PM 03:18 PM 06:18 PM 09:17 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Manipur	Hindi	12:27 AM 03:26 AM 06:25 AM 09:24 AM 12:24 PM 03:23 PM 06:22 PM 09:21 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:33 AM 03:32 AM 06:31 AM 09:31 AM 12:30 PM 03:29 PM 06:28 PM 09:27 PM
General English	Episode 2 Greeting an Acquaintance	English	12:52 AM 03:51 AM 06:50 AM 09:50 AM 12:49 PM 03:48 PM 06:47 PM 09:46 PM



गणित	गणित : पाठ-10: वृत्त -1	Hindi	01:01 AM 04:00 AM 06:59 AM 09:58 AM 12:58 PM 03:57 PM 06:56 PM 09:55 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:23 AM 04:22 AM 07:21 AM 10:20 AM 01:19 PM 04:19 PM 07:18 PM 10:17 PM
Language (English)	English: Chp 3: Two Stories about Flying-1	English	01:33 AM 04:32 AM 07:31 AM 10:30 AM 01:29 PM 04:29 PM 07:28 PM 10:27 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:00 AM 05:00 AM 07:59 AM 10:58 AM 01:57 PM 04:56 PM 07:55 PM 10:55 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:06 AM 05:05 AM 08:05 AM 11:04 AM 02:03 PM 05:02 PM 08:01 PM 11:00 PM
Cyber Security	Fake Whats app messages	English	02:31 AM 05:30 AM 08:29 AM 11:28 AM 02:27 PM 05:27 PM 08:26 PM 11:25 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:33 AM 05:32 AM 08:31 AM 11:30 AM 02:30 PM 05:29 PM 08:28 PM 11:27 PM
General English	Episode 11 Agreeing 3	English	02:49 AM 05:48 AM 08:47 AM 11:46 AM 02:45 PM 05:44 PM 08:44 PM 11:43 PM
शुक्रवार, 07 फरवरी 2025 Friday, 07 February 2025			
संस्कृत	संस्कृत : पाठ - 9:सूक्तयः - 2	संस्कृत	12:00 AM 02:58 AM 05:57 AM 08:55 AM 11:54 AM 02:53 PM 05:51 PM 08:50 PM 11:48 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:29 AM 03:28 AM 06:26 AM 09:25 AM 12:24 PM 03:22 PM 06:21 PM 09:19 PM
Health, Physical Education/Yoga/Sports	Yoga - Paschimottanaasan	Hindi	12:52 AM 03:51 AM 06:50 AM 09:48 AM 12:47 PM 03:45 PM 06:44 PM 09:43 PM
गणित	गणित: पाठ-10: वृत्त -2	Hindi	01:05 AM 04:04 AM 07:02 AM 10:01 AM 12:59 PM 03:58 PM 06:57 PM 09:55 PM



Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:32 AM 04:31 AM 07:29 AM 10:28 AM 01:27 PM 04:25 PM 07:24 PM 10:22 PM
Cultural Heritage: Art, Music & Dance	Dances of India	Hindi	01:45 AM 04:44 AM 07:42 AM 10:41 AM 01:40 PM 04:38 PM 07:37 PM 10:35 PM
Mathematics	Maths: Chapter- 6 Triangles- 4	English	01:59 AM 04:58 AM 07:56 AM 10:55 AM 01:53 PM 04:52 PM 07:51 PM 10:49 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Sewagram	Hindi	02:24 AM 05:23 AM 08:21 AM 11:20 AM 02:19 PM 05:17 PM 08:16 PM 11:14 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:33 AM 05:32 AM 08:30 AM 11:29 AM 02:28 PM 05:26 PM 08:25 PM 11:23 PM
शनिवार, 08 फरवरी 2025 Saturday, 08 February 2025			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:02 PM 06:02 PM 09:03 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:28 PM 03:28 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:27 AM 03:27 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:30 PM
General English	Episode 7 Making Requests 1	English	12:52 AM 03:53 AM 06:53 AM 09:54 AM 12:54 PM 03:55 PM 06:55 PM 09:56 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-1	Hindi	01:03 AM 04:04 AM 07:04 AM 10:05 AM 01:05 PM 04:06 PM 07:06 PM 10:07 PM
Thunderstorm and Lighting	Thunderstorm and Lighting	English	01:30 AM 04:30 AM 07:31 AM 10:31 AM 01:31 PM 04:32 PM 07:32 PM 10:33 PM
Science	Science: Chap 7: Control and Coordination	English	01:31 AM 04:31 AM 07:31 AM 10:32 AM 01:32 PM 04:33 PM 07:33 PM 10:34 PM



General	Safe Use of Internet (E)	English	02:06 AM 05:07 AM 08:07 AM 11:08 AM 02:08 PM 05:09 PM 08:09 PM 11:10 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	02:12 AM 05:13 AM 08:13 AM 11:14 AM 02:14 PM 05:15 PM 08:15 PM 11:16 PM
सामान्य	उद्घासन	हिन्दी	02:29 AM 05:30 AM 08:30 AM 11:31 AM 02:31 PM 05:31 PM 08:32 PM 11:32 PM
Mathematics	Maths: Chapter- 6 Triangles- 5	English	02:32 AM 05:33 AM 08:33 AM 11:33 AM 02:34 PM 05:34 PM 08:35 PM 11:35 PM
रविवार, 09 फरवरी 2025 Sunday, 09 February 2025			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:54 PM 05:53 PM 08:52 PM 11:51 PM
Health, Physical Education/Yoga/Sports	Daud	Hindi	12:36 AM 03:35 AM 06:33 AM 09:32 AM 12:31 PM 03:30 PM 06:29 PM 09:28 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:56 AM 03:55 AM 06:54 AM 09:53 AM 12:52 PM 03:50 PM 06:49 PM 09:48 PM
General English	Episode 7 Making Requests 1	English	01:21 AM 04:20 AM 07:19 AM 10:18 AM 01:17 PM 04:16 PM 07:14 PM 10:13 PM
विज्ञान	विज्ञान: Samanya Prayogshala Niyam : Hindi	Hindi	01:32 AM 04:31 AM 07:30 AM 10:29 AM 01:28 PM 04:27 PM 07:26 PM 10:24 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 2	English	01:51 AM 04:50 AM 07:49 AM 10:48 AM 01:47 PM 04:46 PM 07:45 PM 10:44 PM
General	Gender Equality (E)	English	02:16 AM 05:15 AM 08:14 AM 11:13 AM 02:12 PM 05:11 PM 08:10 PM 11:09 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:24 AM 05:22 AM 08:21 AM 11:20 AM 02:19 PM 05:18 PM 08:17 PM 11:16 PM



ENVIRONMENT	Life in Woods	English	02:43 AM 05:42 AM 08:41 AM 11:40 AM 02:39 PM 05:38 PM 08:37 PM 11:35 PM
सोमवार, 10 फरवरी 2025 Monday, 10 February 2025			
हिन्दी	पाठ-4: कवि और कविता : कवि जयशंकर प्रसाद: और उनकी कविता "आत्मकथ्य"	हिन्दी	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:58 PM
Health, Physical Education/Yoga/Sports	Yoga - Paschimottanaasan	Hindi	12:27 AM 03:27 AM 06:27 AM 09:27 AM 12:27 PM 03:27 PM 06:27 PM 09:26 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:40 AM 03:40 AM 06:40 AM 09:40 AM 12:39 PM 03:39 PM 06:39 PM 09:39 PM
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	01:07 AM 04:07 AM 07:07 AM 10:07 AM 01:06 PM 04:06 PM 07:06 PM 10:06 PM
विज्ञान	विज्ञान: पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-1	Hindi	01:08 AM 04:08 AM 07:08 AM 10:07 AM 01:07 PM 04:07 PM 07:07 PM 10:07 PM
General	Gender Equality	English	01:29 AM 04:29 AM 07:28 AM 10:28 AM 01:28 PM 04:28 PM 07:28 PM 10:28 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:36 AM 04:36 AM 07:36 AM 10:35 AM 01:35 PM 04:35 PM 07:35 PM 10:35 PM
Mathematics	Maths: Chapter- 6: Triangles	English	02:07 AM 05:07 AM 08:07 AM 11:07 AM 02:07 PM 05:07 PM 08:07 PM 11:06 PM
सामान्य	MOTHER EARTH Prakriti Hindi	हिन्दी	02:35 AM 05:35 AM 08:35 AM 11:35 AM 02:35 PM 05:35 PM 08:34 PM 11:34 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:36 PM 11:36 PM
मंगलवार, 11 फरवरी 2025 Tuesday, 11 February 2025			



हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	हिन्दी	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
General	E-Waste Management: Block 3	English	12:23 AM 03:24 AM 06:24 AM 09:25 AM 12:26 PM 03:27 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-2	Hindi	12:41 AM 03:42 AM 06:43 AM 09:43 AM 12:44 PM 03:45 PM 06:46 PM 09:47 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:04 AM 04:05 AM 07:06 AM 10:07 AM 01:08 PM 04:09 PM 07:10 PM 10:11 PM
विज्ञान	विज्ञान: पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-2	Hindi	01:10 AM 04:11 AM 07:12 AM 10:13 AM 01:14 PM 04:15 PM 07:15 PM 10:16 PM
सांस्कृतिक विरासत: कला और शिल्प	गोदना कला	Hindi	01:26 AM 04:27 AM 07:28 AM 10:29 AM 01:30 PM 04:31 PM 07:32 PM 10:33 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English	01:32 AM 04:32 AM 07:33 AM 10:34 AM 01:35 PM 04:36 PM 07:37 PM 10:38 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	02:01 AM 05:02 AM 08:02 AM 11:03 AM 02:04 PM 05:05 PM 08:06 PM 11:07 PM
Mathematics	Maths: Chapter- 4: Quadratic Equations- 4	English	02:15 AM 05:16 AM 08:17 AM 11:18 AM 02:18 PM 05:19 PM 08:20 PM 11:21 PM
Cultural Heritage: Art, Music & Dance	Folk Dance - Arunachal Pradesh	Regional	02:30 AM 05:31 AM 08:32 AM 11:33 AM 02:34 PM 05:34 PM 08:35 PM 11:36 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:39 AM 05:40 AM 08:41 AM 11:42 AM 02:43 PM 05:44 PM 08:45 PM 11:46 PM
बुधवार, 12 फरवरी 2025 Wednesday, 12 February 2025			
हिन्दी	पाठ-4: कवि और कविता : कवि जयशंकर प्रसाद: और उनकी कविता "आत्मकथ्य"	हिन्दी	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:58 PM 11:58 PM



General	Bhadrasana	English	12:34 AM 03:34 AM 06:34 AM 09:34 AM 12:34 PM 03:33 PM 06:33 PM 09:33 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:37 AM 03:36 AM 06:36 AM 09:36 AM 12:36 PM 03:36 PM 06:36 PM 09:35 PM
General	पारस्परिक संबंध	Hindi	12:57 AM 03:57 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:56 PM 09:56 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-2	Hindi	01:03 AM 04:03 AM 07:02 AM 10:02 AM 01:02 PM 04:02 PM 07:02 PM 10:02 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English	01:36 AM 04:36 AM 07:36 AM 10:36 AM 01:36 PM 04:36 PM 07:35 PM 10:35 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	02:06 AM 05:06 AM 08:06 AM 11:05 AM 02:05 PM 05:05 PM 08:05 PM 11:05 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:16 AM 05:16 AM 08:16 AM 11:16 AM 02:16 PM 05:15 PM 08:15 PM 11:15 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:44 AM 05:44 AM 08:44 AM 11:43 AM 02:43 PM 05:43 PM 08:43 PM 11:43 PM
बृहस्पतिवार, 13 फरवरी 2025 Thursday, 13 February 2025			
हिन्दी	पाठ-5: कवि और कविता : कवि सूर्यकांत त्रिपाठी निराला और उनकी कविताएँ	हिन्दी	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:01 PM
Cultural Heritage: Art, Music & Dance	NRP 2014 Folk Dance- Bhopal	Regional	12:23 AM 03:23 AM 06:23 AM 09:23 AM 12:24 PM 03:24 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:32 AM 03:32 AM 06:33 AM 09:33 AM 12:33 PM 03:33 PM 06:34 PM 09:34 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	12:55 AM 03:56 AM 06:56 AM 09:56 AM 12:56 PM 03:57 PM 06:57 PM 09:57 PM



गणित	गणित : पाठ-10: वृत्त -1	Hindi	01:05 AM 04:06 AM 07:06 AM 10:06 AM 01:06 PM 04:07 PM 07:07 PM 10:07 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English	01:29 AM 04:30 AM 07:30 AM 10:30 AM 01:30 PM 04:31 PM 07:31 PM 10:31 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:58 AM 04:59 AM 07:59 AM 10:59 AM 01:59 PM 05:00 PM 08:00 PM 11:00 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:08 AM 05:09 AM 08:09 AM 11:09 AM 02:09 PM 05:10 PM 08:10 PM 11:10 PM
General	Functions of Wetlands and their Biophysical characteristics	English	02:33 AM 05:33 AM 08:33 AM 11:34 AM 02:34 PM 05:34 PM 08:34 PM 11:35 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:44 AM 05:44 AM 08:45 AM 11:45 AM 02:45 PM 05:46 PM 08:46 PM 11:46 PM
शुक्रवार, 14 फरवरी 2025 Friday, 14 February 2025			
संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 02:57 AM 05:55 AM 08:52 AM 11:50 AM 02:48 PM 05:45 PM 08:43 PM 11:40 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:30 AM 03:27 AM 06:25 AM 09:23 AM 12:20 PM 03:18 PM 06:15 PM 09:13 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:36 AM 03:33 AM 06:31 AM 09:29 AM 12:26 PM 03:24 PM 06:22 PM 09:19 PM
गणित	गणित: पाठ-10: वृत्त -2	Hindi	12:59 AM 03:56 AM 06:54 AM 09:52 AM 12:49 PM 03:47 PM 06:45 PM 09:42 PM
General	Management of Wetlands Part -2	English	01:26 AM 04:24 AM 07:21 AM 10:19 AM 01:17 PM 04:14 PM 07:12 PM 10:09 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:34 AM 04:32 AM 07:29 AM 10:27 AM 01:25 PM 04:22 PM 07:20 PM 10:17 PM



Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	01:52 AM 04:50 AM 07:47 AM 10:45 AM 01:43 PM 04:40 PM 07:38 PM 10:36 PM
General	Gender Equality (H)	Hindi	02:25 AM 05:22 AM 08:20 AM 11:18 AM 02:15 PM 05:13 PM 08:10 PM 11:08 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:32 AM 05:30 AM 08:27 AM 11:25 AM 02:23 PM 05:20 PM 08:18 PM 11:15 PM
शनिवार, 15 फरवरी 2025 Saturday, 15 February 2025			
संस्कृत	पाठ - 9:सूक्तयः - 1	संस्कृत	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:56 PM 11:55 PM
Cyber Security	Social Engineering	English	12:35 AM 03:34 AM 06:34 AM 09:33 AM 12:33 PM 03:32 PM 06:32 PM 09:31 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:36 AM 03:35 AM 06:35 AM 09:34 AM 12:34 PM 03:33 PM 06:33 PM 09:32 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-1	Hindi	12:59 AM 03:58 AM 06:58 AM 09:57 AM 12:57 PM 03:56 PM 06:56 PM 09:55 PM
Cyber Security	Social Networking	English	01:25 AM 04:24 AM 07:24 AM 10:23 AM 01:23 PM 04:22 PM 07:22 PM 10:21 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	01:29 AM 04:29 AM 07:28 AM 10:28 AM 01:27 PM 04:26 PM 07:26 PM 10:25 PM
सामान्य	आजादी की अमृत कहानियां (बसंती देवी - जल)	Hindi	01:46 AM 04:45 AM 07:45 AM 10:44 AM 01:44 PM 04:43 PM 07:43 PM 10:42 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	01:48 AM 04:48 AM 07:47 AM 10:47 AM 01:46 PM 04:45 PM 07:45 PM 10:44 PM
Science	Science: Chap 7: Control and Coordination	English	02:23 AM 05:23 AM 08:22 AM 11:21 AM 02:21 PM 05:20 PM 08:20 PM 11:19 PM



रविवार, 16 फरवरी 2025
Sunday, 16 February 2025

Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:50 AM 02:48 PM 05:46 PM 08:43 PM 11:41 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:31 AM 03:28 AM 06:26 AM 09:24 AM 12:21 PM 03:19 PM 06:17 PM 09:15 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	12:49 AM 03:46 AM 06:44 AM 09:42 AM 12:39 PM 03:37 PM 06:35 PM 09:32 PM
विज्ञान	विज्ञान: पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-3	Hindi	01:11 AM 04:09 AM 07:06 AM 10:04 AM 01:02 PM 03:59 PM 06:57 PM 09:55 PM
General	Health And Sanitaion (H)	Hindi	01:27 AM 04:24 AM 07:22 AM 10:20 AM 01:17 PM 04:15 PM 07:13 PM 10:10 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 1	English	01:33 AM 04:31 AM 07:29 AM 10:26 AM 01:24 PM 04:22 PM 07:19 PM 10:17 PM
General	Management of Wetlands Part -2	English	02:02 AM 04:59 AM 07:57 AM 10:55 AM 01:52 PM 04:50 PM 07:48 PM 10:45 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:10 AM 05:07 AM 08:05 AM 11:03 AM 02:00 PM 04:58 PM 07:56 PM 10:53 PM
सामान्य	आचार्य हजारी प्रसाद द्विवेदी	Hindi	02:29 AM 05:27 AM 08:25 AM 11:23 AM 02:20 PM 05:18 PM 08:16 PM 11:13 PM

सोमवार, 17 फरवरी 2025
Monday, 17 February 2025

हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश मे पावस "	हिन्दी	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
सामान्य	सरदार वल्लभ भाई पटेल	Hindi	12:32 AM 03:33 AM 06:34 AM 09:35 AM 12:36 PM 03:37 PM 06:38 PM 09:39 PM



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सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:35 AM 03:36 AM 06:37 AM 09:38 AM 12:39 PM 03:40 PM 06:41 PM 09:42 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	12:58 AM 03:59 AM 07:00 AM 10:01 AM 01:02 PM 04:03 PM 07:04 PM 10:05 PM
Value Education	Lunch Break	Malayalam	01:28 AM 04:29 AM 07:30 AM 10:31 AM 01:32 PM 04:33 PM 07:34 PM 10:35 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English	01:32 AM 04:33 AM 07:34 AM 10:35 AM 01:36 PM 04:37 PM 07:38 PM 10:39 PM
सांस्कृतिक विरासत: कला और शिल्प	तुम्बा कला	Hindi	02:01 AM 05:02 AM 08:03 AM 11:04 AM 02:05 PM 05:06 PM 08:07 PM 11:08 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	English	02:09 AM 05:10 AM 08:11 AM 11:12 AM 02:13 PM 05:14 PM 08:15 PM 11:16 PM
सामान्य	उष्ट्रासन	हिन्दी	02:35 AM 05:36 AM 08:37 AM 11:39 AM 02:40 PM 05:41 PM 08:42 PM 11:43 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:38 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:43 PM 08:45 PM 11:46 PM
मंगलवार, 18 फरवरी 2025 Tuesday, 18 February 2025			
हिंदी	हिंदी : पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	Hindi	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:01 PM 06:02 PM 09:02 PM
Cyber Security	Identity Theft	Hindi	12:23 AM 03:23 AM 06:23 AM 09:24 AM 12:24 PM 03:24 PM 06:25 PM 09:25 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:23 AM 03:24 AM 06:24 AM 09:24 AM 12:25 PM 03:25 PM 06:25 PM 09:26 PM
General	E-Waste Management: Block 4.2	English	12:46 AM 03:47 AM 06:47 AM 09:47 AM 12:48 PM 03:48 PM 06:48 PM 09:49 PM



विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	12:58 AM 03:59 AM 06:59 AM 09:59 AM 01:00 PM 04:00 PM 07:00 PM 10:01 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:32 AM 04:33 AM 07:33 AM 10:33 AM 01:34 PM 04:34 PM 07:34 PM 10:35 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-4	English	02:04 AM 05:04 AM 08:05 AM 11:05 AM 02:05 PM 05:06 PM 08:06 PM 11:06 PM
Cyber Security	Online Predators	English	02:38 AM 05:38 AM 08:38 AM 11:39 AM 02:39 PM 05:39 PM 08:40 PM 11:40 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:39 AM 05:39 AM 08:40 AM 11:40 AM 02:40 PM 05:41 PM 08:41 PM 11:41 PM

बुधवार, 19 फरवरी 2025

Wednesday, 19 February 2025

हिन्दी	पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	हिन्दी	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:58 PM 05:57 PM 08:57 PM 11:57 PM
General	Ustrasana	English	12:25 AM 03:25 AM 06:24 AM 09:24 AM 12:24 PM 03:23 PM 06:23 PM 09:23 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:28 AM 03:28 AM 06:27 AM 09:27 AM 12:27 PM 03:26 PM 06:26 PM 09:26 PM
General	It's My Right to Get Education	Marathi	01:01 AM 04:00 AM 07:00 AM 10:00 AM 12:59 PM 03:59 PM 06:58 PM 09:58 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-2	Hindi	01:06 AM 04:06 AM 07:06 AM 10:05 AM 01:05 PM 04:05 PM 07:04 PM 10:04 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:35 AM 04:35 AM 07:34 AM 10:34 AM 01:34 PM 04:33 PM 07:33 PM 10:32 PM
General	Growth & Health (E)	English	02:05 AM 05:04 AM 08:04 AM 11:04 AM 02:03 PM 05:03 PM 08:03 PM 11:02 PM



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Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:09 AM 05:09 AM 08:08 AM 11:08 AM 02:07 PM 05:07 PM 08:07 PM 11:06 PM
Health, Physical Education/Yoga/Sports	Yoga - Chakkrasan	Hindi	02:32 AM 05:31 AM 08:31 AM 11:30 AM 02:30 PM 05:30 PM 08:29 PM 11:29 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:44 AM 05:43 AM 08:43 AM 11:43 AM 02:42 PM 05:42 PM 08:42 PM 11:41 PM
बृहस्पतिवार, 20 फरवरी 2025 Thursday, 20 February 2025			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:55 AM 02:53 PM 05:52 PM 08:51 PM 11:50 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:22 AM 03:21 AM 06:19 AM 09:18 AM 12:17 PM 03:16 PM 06:14 PM 09:13 PM
Health, Physical Education/Yoga/Sports	Yoga - Gomukhasan	Hindi	12:41 AM 03:40 AM 06:38 AM 09:37 AM 12:36 PM 03:35 PM 06:34 PM 09:32 PM
गणित	गणित : पाठ-10: वृत्त -1	Hindi	12:55 AM 03:53 AM 06:52 AM 09:51 AM 12:50 PM 03:49 PM 06:47 PM 09:46 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:16 AM 04:15 AM 07:14 AM 10:13 AM 01:12 PM 04:10 PM 07:09 PM 10:08 PM
Cultural Heritage: Art, Music & Dance	Hamare Vadhya Yantra-01 (Tarane Taaron Se)	Hindi	01:48 AM 04:47 AM 07:46 AM 10:44 AM 01:43 PM 04:42 PM 07:41 PM 10:39 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	02:05 AM 05:04 AM 08:03 AM 11:01 AM 02:00 PM 04:59 PM 07:58 PM 10:56 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:30 AM 05:28 AM 08:27 AM 11:26 AM 02:25 PM 05:23 PM 08:22 PM 11:21 PM
General	Gender Equality (H)	Hindi	02:35 AM 05:34 AM 08:33 AM 11:32 AM 02:30 PM 05:29 PM 08:28 PM 11:27 PM



Science	Science: Chap 9: Heredity and Evolution-2	English	02:43 AM 05:41 AM 08:40 AM 11:39 AM 02:38 PM 05:37 PM 08:35 PM 11:34 PM
शुक्रवार, 21 फरवरी 2025 Friday, 21 February 2025			
संस्कृत	संस्कृत : पाठ - 9:सूक्तयः - 2	संस्कृत	12:00 AM 03:04 AM 06:08 AM 09:13 AM 12:17 PM 03:22 PM 06:26 PM 09:31 PM
General	Dhyana	English	12:29 AM 03:33 AM 06:37 AM 09:42 AM 12:46 PM 03:51 PM 06:55 PM 10:00 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:33 AM 03:37 AM 06:42 AM 09:46 AM 12:50 PM 03:55 PM 06:59 PM 10:04 PM
General	कमल	Hindi	12:54 AM 03:58 AM 07:03 AM 10:07 AM 01:12 PM 04:16 PM 07:20 PM 10:25 PM
गणित	गणित: पाठ-10: वृत्त -2	Hindi	01:02 AM 04:07 AM 07:11 AM 10:16 AM 01:20 PM 04:25 PM 07:29 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	NRP Role Play 2014: Ajmer	Regional	01:30 AM 04:34 AM 07:39 AM 10:43 AM 01:48 PM 04:52 PM 07:57 PM 11:01 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:41 AM 04:45 AM 07:50 AM 10:54 AM 01:59 PM 05:03 PM 08:08 PM 11:12 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	01:54 AM 04:58 AM 08:03 AM 11:07 AM 02:12 PM 05:16 PM 08:20 PM 11:25 PM
Mathematics	Maths: Chapter- 6 Triangles- 1	English	02:01 AM 05:05 AM 08:10 AM 11:14 AM 02:19 PM 05:23 PM 08:28 PM 11:32 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:32 AM 05:36 AM 08:41 AM 11:45 AM 02:49 PM 05:54 PM 08:58 PM
General	जेंडर समानता	Hindi	02:57 AM 06:01 AM 09:06 AM 12:10 PM 03:14 PM 06:19 PM 09:23 PM
शनिवार, 22 फरवरी 2025 Saturday, 22 February 2025			



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संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
General	Dhyana	English	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:26 PM 09:26 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:30 AM 03:30 AM 06:30 AM 09:30 AM 12:30 PM 03:30 PM 06:30 PM 09:30 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-1	Hindi	12:53 AM 03:53 AM 06:53 AM 09:53 AM 12:53 PM 03:54 PM 06:54 PM 09:54 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	01:23 AM 04:23 AM 07:23 AM 10:23 AM 01:23 PM 04:23 PM 07:23 PM 10:23 PM
General	E-Waste Management: Block 4.2	English	01:39 AM 04:39 AM 07:39 AM 10:40 AM 01:40 PM 04:40 PM 07:40 PM 10:40 PM
Mathematics	Maths: Chapter- 6 Triangles- 2	English	01:51 AM 04:51 AM 07:51 AM 10:52 AM 01:52 PM 04:52 PM 07:52 PM 10:52 PM
Cultural Heritage: Art, Music & Dance	Rock Garden	Hindi	02:13 AM 05:13 AM 08:13 AM 11:13 AM 02:13 PM 05:13 PM 08:13 PM 11:13 PM
Science	Science: Chap 7: Control and Coordination	English	02:24 AM 05:24 AM 08:24 AM 11:24 AM 02:24 PM 05:24 PM 08:24 PM 11:24 PM

रविवार, 23 फरवरी 2025

Sunday, 23 February 2025

Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:54 AM 02:53 PM 05:52 PM 08:50 PM 11:49 PM
General	Gender Equality (H)	Hindi	12:36 AM 03:34 AM 06:33 AM 09:32 AM 12:30 PM 03:29 PM 06:28 PM 09:26 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:43 AM 03:42 AM 06:40 AM 09:39 AM 12:38 PM 03:36 PM 06:35 PM 09:34 PM



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Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	01:08 AM 04:07 AM 07:05 AM 10:04 AM 01:03 PM 04:02 PM 07:00 PM 09:59 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-3	Hindi	01:31 AM 04:29 AM 07:28 AM 10:27 AM 01:25 PM 04:24 PM 07:23 PM 10:21 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 2	English	01:56 AM 04:54 AM 07:53 AM 10:52 AM 01:50 PM 04:49 PM 07:48 PM 10:46 PM
Health, Physical Education/Yoga/ Sports	Yoga - Shalabhasan	Hindi	02:21 AM 05:19 AM 08:18 AM 11:17 AM 02:15 PM 05:14 PM 08:13 PM 11:11 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:33 AM 05:32 AM 08:30 AM 11:29 AM 02:28 PM 05:26 PM 08:25 PM 11:24 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Kullu Manali	Hindi	02:53 AM 05:51 AM 08:50 AM 11:49 AM 02:47 PM 05:46 PM 08:45 PM 11:43 PM
सोमवार, 24 फरवरी 2025 Monday, 24 February 2025			
हिंदी	हिंदी : पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	Hindi	12:00 AM 02:59 AM 05:59 AM 08:58 AM 11:58 AM 02:57 PM 05:57 PM 08:57 PM 11:56 PM
Cyber Security	Identity Theft	Hindi	12:29 AM 03:29 AM 06:29 AM 09:28 AM 12:28 PM 03:27 PM 06:27 PM 09:27 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:30 AM 03:30 AM 06:29 AM 09:29 AM 12:28 PM 03:28 PM 06:28 PM 09:27 PM
विज्ञान	विज्ञान: पाठ-11: मानव नेत्र तथा रंगबिरंगा संसार-1	Hindi	12:57 AM 03:57 AM 06:56 AM 09:56 AM 12:55 PM 03:55 PM 06:55 PM 09:54 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Porbandar	Hindi	01:18 AM 04:18 AM 07:17 AM 10:17 AM 01:16 PM 04:16 PM 07:15 PM 10:15 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English	01:22 AM 04:22 AM 07:22 AM 10:21 AM 01:21 PM 04:20 PM 07:20 PM 10:20 PM



Science	Science: Chap 9: Heredity and Evolution-1	English	01:52 AM 04:51 AM 07:51 AM 10:50 AM 01:50 PM 04:49 PM 07:49 PM 10:49 PM
Mathematics	Maths: Chapter- 6 Triangles- 3	English	02:07 AM 05:06 AM 08:06 AM 11:06 AM 02:05 PM 05:05 PM 08:04 PM 11:04 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:37 AM 05:37 AM 08:36 AM 11:36 AM 02:35 PM 05:35 PM 08:34 PM 11:34 PM
मंगलवार, 25 फरवरी 2025 Tuesday, 25 February 2025			
हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:57 AM 05:54 AM 08:51 AM 11:48 AM 02:46 PM 05:43 PM 08:40 PM 11:37 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:20 AM 03:17 AM 06:15 AM 09:12 AM 12:09 PM 03:06 PM 06:03 PM 09:01 PM 11:58 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास-2	Hindi	12:21 AM 03:18 AM 06:15 AM 09:13 AM 12:10 PM 03:07 PM 06:04 PM 09:02 PM 11:59 PM
विज्ञान	विज्ञान: Samanya Prayogshala Niyam : Hindi	Hindi	12:45 AM 03:42 AM 06:39 AM 09:36 AM 12:34 PM 03:31 PM 06:28 PM 09:25 PM
General	कमल	Hindi	01:04 AM 04:01 AM 06:58 AM 09:56 AM 12:53 PM 03:50 PM 06:47 PM 09:45 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English	01:13 AM 04:10 AM 07:07 AM 10:04 AM 01:02 PM 03:59 PM 06:56 PM 09:53 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	Hindi	01:42 AM 04:39 AM 07:37 AM 10:34 AM 01:31 PM 04:28 PM 07:26 PM 10:23 PM
Mathematics	Maths: Chapter- 6 Triangles- 4	English	01:54 AM 04:51 AM 07:49 AM 10:46 AM 01:43 PM 04:40 PM 07:38 PM 10:35 PM
Health, Physical Education/Yoga/ Sports	Yoga Trikonaasan	Hindi	02:19 AM 05:17 AM 08:14 AM 11:11 AM 02:08 PM 05:06 PM 08:03 PM 11:00 PM



Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:36 AM 05:33 AM 08:30 AM 11:27 AM 02:25 PM 05:22 PM 08:19 PM 11:16 PM
बुधवार, 26 फरवरी 2025 Wednesday, 26 February 2025			
हिंदी	हिंदी : पाठ-6: अब कहाँ दूसरे के दुःख से दुखी होने वाले: निदा फ़ाज़ली	Hindi	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:51 AM 02:49 PM 05:47 PM 08:45 PM 11:43 PM
General	Ustrasana	English	12:23 AM 03:21 AM 06:19 AM 09:17 AM 12:14 PM 03:12 PM 06:10 PM 09:08 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:26 AM 03:24 AM 06:21 AM 09:19 AM 12:17 PM 03:15 PM 06:13 PM 09:11 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:52 AM 03:50 AM 06:48 AM 09:45 AM 12:43 PM 03:41 PM 06:39 PM 09:37 PM
गणित	गणित : पाठ-9: त्रिकोणमिति के कुछ अनुप्रयोग-2	Hindi	01:04 AM 04:02 AM 07:00 AM 09:58 AM 12:56 PM 03:54 PM 06:52 PM 09:50 PM
Language (English)	English: Chapter 6: The Making of a Scientist-1	English	01:34 AM 04:32 AM 07:30 AM 10:28 AM 01:26 PM 04:24 PM 07:22 PM 10:20 PM
General	Management of Wetlands Part -1	English	02:03 AM 05:01 AM 07:59 AM 10:57 AM 01:55 PM 04:53 PM 07:51 PM 10:49 PM
Social Science (History)	So. Sci. (His): Chp 5: Print Culture and the Modern World-1	English	02:15 AM 05:13 AM 08:11 AM 11:09 AM 02:07 PM 05:05 PM 08:03 PM 11:01 PM
General	Growing up Healthy	English	02:38 AM 05:36 AM 08:34 AM 11:32 AM 02:30 PM 05:28 PM 08:25 PM 11:23 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:42 AM 05:40 AM 08:38 AM 11:36 AM 02:34 PM 05:32 PM 08:30 PM 11:28 PM



बृहस्पतिवार, 27 फरवरी 2025
Thursday, 27 February 2025

हिंदी	हिंदी : पाठ-4: तीसरी कसम के शिल्पकार शैलेन्द्र: प्रलाद अग्रवाल	Hindi	12:00 AM 02:57 AM 05:55 AM 08:53 AM 11:50 AM 02:48 PM 05:46 PM 08:44 PM 11:41 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:26 AM 03:24 AM 06:22 AM 09:19 AM 12:17 PM 03:15 PM 06:13 PM 09:10 PM
Cyber Security	Social Networking	English	12:50 AM 03:47 AM 06:45 AM 09:43 AM 12:40 PM 03:38 PM 06:36 PM 09:34 PM
गणित	गणित : पाठ-10: वृत्त -1	Hindi	12:54 AM 03:52 AM 06:49 AM 09:47 AM 12:45 PM 03:42 PM 06:40 PM 09:38 PM
Language (English)	English: Chapter 6: The Making of a Scientist-2	English	01:16 AM 04:13 AM 07:11 AM 10:09 AM 01:06 PM 04:04 PM 07:02 PM 10:00 PM
Social Science (History)	So. Sci. (His):Chp 5: Print Culture and the Modern World-2	English	01:47 AM 04:44 AM 07:42 AM 10:40 AM 01:38 PM 04:35 PM 07:33 PM 10:31 PM
General	Mental Health and Well Being -1	English/hindi	02:11 AM 05:09 AM 08:07 AM 11:04 AM 02:02 PM 05:00 PM 07:57 PM 10:55 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:32 AM 05:30 AM 08:28 AM 11:25 AM 02:23 PM 05:21 PM 08:19 PM 11:16 PM

शुक्रवार, 28 फरवरी 2025
Friday, 28 February 2025

संस्कृत	संस्कृत : पाठ - 8: विचित्रा: साक्षी-2	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:37 AM 03:38 AM 06:38 AM 09:39 AM 12:40 PM 03:40 PM 06:41 PM 09:41 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:03 AM 04:03 AM 07:04 AM 10:05 AM 01:05 PM 04:06 PM 07:06 PM 10:07 PM



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गणित	गणित: पाठ-10: वृत्त -2	Hindi	01:08 AM 04:09 AM 07:10 AM 10:10 AM 01:11 PM 04:11 PM 07:12 PM 10:12 PM
Health, Physical Education/Yoga/ Sports	Dhanuraassan (Yoga Series)	Hindi	01:36 AM 04:36 AM 07:37 AM 10:37 AM 01:38 PM 04:38 PM 07:39 PM 10:40 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:48 AM 04:49 AM 07:49 AM 10:50 AM 01:50 PM 04:51 PM 07:51 PM 10:52 PM
Mathematics	Maths: Chapter- 6 Triangles- 5	English	02:01 AM 05:01 AM 08:02 AM 11:02 AM 02:03 PM 05:04 PM 08:04 PM 11:05 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:35 AM 05:36 AM 08:36 AM 11:37 AM 02:37 PM 05:38 PM 08:38 PM 11:39 PM
General	Health And Sanitaion (E)	English	11:30 AM 11:32 PM 08:32 PM 05:31 PM 02:31 PM 08:30 AM 05:29 AM 02:29 AM



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