

कक्षा - 5 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 5

कक्षा - 5 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 5

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
गणित	गणित	पर्यावरण अध्ययन	पर्यावरण अध्ययन	गणित	गणित	शारीरिक शिक्षा
हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	कहानी
Mathematics	Mathematics	EVS	EVS	Mathematics	Mathematics	Physical Education
English	English	English	English	English	Storytelling	Storytelling
ISL	ISL	ISL	ISL	ISL	ISL	ISL

☞ 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/27.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday 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.

कक्षा - 5 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 5

मार्च 2023
March 2023

क्र. सं. Sr. 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
बुधवार, 1 मार्च 2023 Wednesday, 1 March 2023													
1	EVS	पाठ - 13 बसेरा ऊँचाई पर	हिंदी	12:00:00 AM	2:34:23 AM	5:08:46 AM	7:43:09 AM	10:17:32 AM	12:51:55 PM	3:26:18 PM	6:00:41 PM	8:35:04 PM	11:09:27 PM
2	General	Ardha Chakrasana	English	12:31:12 AM	3:05:35 AM	5:39:58 AM	8:14:21 AM	10:48:44 AM	1:23:07 PM	3:57:30 PM	6:31:53 PM	9:06:16 PM	11:40:39 PM
3	हिंदी	राख की रस्सी	हिंदी	12:33:10 AM	3:07:33 AM	5:41:56 AM	8:16:19 AM	10:50:42 AM	1:25:05 PM	3:59:28 PM	6:33:51 PM	9:08:14 PM	11:42:37 PM
4	EVS	Book: Looking Around Chapter 4: Mangoes Round the Year Part 1	English	1:03:18 AM	3:37:41 AM	6:12:04 AM	8:46:27 AM	11:20:50 AM	1:55:13 PM	4:29:36 PM	7:03:59 PM	9:38:22 PM	
5	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	1:29:35 AM	4:03:58 AM	6:38:21 AM	9:12:44 AM	11:47:07 AM	2:21:30 PM	4:55:53 PM	7:30:16 PM	10:04:39 PM	
6	English	Robinson Crusoe: Discovers a Foot Print & My Shadow	English	1:46:36 AM	4:20:59 AM	6:55:22 AM	9:29:45 AM	12:04:08 PM	2:38:31 PM	5:12:54 PM	7:47:17 PM	10:21:40 PM	
7	English	Crying	ISL	2:17:47 AM	4:52:10 AM	7:26:33 AM	10:00:56 AM	12:35:19 PM	3:09:42 PM	5:44:05 PM	8:18:28 PM	10:52:51 PM	
बृहस्पतिवार, 2 मार्च 2023 Thursday, 2 March 2023													
1	EVS	बसेरा ऊँचाई पर	हिंदी	12:00:00 AM	2:32:11 AM	5:04:22 AM	7:36:33 AM	10:08:44 AM	12:40:55 PM	3:13:06 PM	5:45:17 PM	8:17:28 PM	10:49:39 PM
2	हिंदी	राख की रस्सी	हिंदी	12:28:54 AM	3:01:05 AM	5:33:16 AM	8:05:27 AM	10:37:38 AM	1:09:49 PM	3:42:00 PM	6:14:11 PM	8:46:22 PM	11:18:33 PM
3	General	अर्ध चक्रासन	हिंदी	12:59:02 AM	3:31:13 AM	6:03:24 AM	8:35:35 AM	11:07:46 AM	1:39:57 PM	4:12:08 PM	6:44:19 PM	9:16:30 PM	11:48:41 PM
4	EVS	Book: Looking Around Chapter 4: Mangoes Round the Year Part 2	English	1:26:11 AM	3:58:22 AM	6:30:33 AM	9:02:44 AM	11:34:55 AM	2:07:06 PM	4:39:17 PM	7:11:28 PM	9:43:39 PM	
5	English	Robinson Crusoe, Discovers a Foot Print	English	1:52:56 AM	4:25:07 AM	6:57:18 AM	9:29:29 AM	12:01:40 PM	2:33:51 PM	5:06:02 PM	7:38:13 PM	10:10:24 PM	
6	English	Who will be Ningthou?	ISL	2:18:05 AM	4:50:16 AM	7:22:27 AM	9:54:38 AM	12:26:49 PM	2:59:00 PM	5:31:11 PM	8:03:22 PM	10:35:33 PM	
शुक्रवार, 3 मार्च 2023 Friday, 3 March 2023													
1	Mathematics	दसवाँ और सौवाँ भाग	हिंदी	12:00:00 AM	2:27:27 AM	4:54:54 AM	7:22:21 AM	9:49:48 AM	12:17:15 PM	2:44:42 PM	5:12:09 PM	7:39:36 PM	10:07:03 PM



DD Free Dish Channel #27



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2026

2	General	Bhadrasana	English	12:29:30 AM	2:56:57 AM	5:24:24 AM	7:51:51 AM	10:19:18 AM	12:46:45 PM	3:14:12 PM	5:41:39 PM	8:09:06 PM	10:36:33 PM
3	हिंदी	फसलों का त्यौहार भाग -1	हिंदी	12:31:46 AM	2:59:13 AM	5:26:40 AM	7:54:07 AM	10:21:34 AM	12:49:01 PM	3:16:28 PM	5:43:55 PM	8:11:22 PM	10:38:49 PM
4	Mathematics	Parts and Whole Part 1	English	1:00:54 AM	3:28:21 AM	5:55:48 AM	8:23:15 AM	10:50:42 AM	1:18:09 PM	3:45:36 PM	6:13:03 PM	8:40:30 PM	11:07:57 PM
5	हिंदी	स्वामी की दादी (चित्रकथा) भाग 2	ISL	1:46:52 AM	4:14:19 AM	6:41:46 AM	9:09:13 AM	11:36:40 AM	2:04:07 PM	4:31:34 PM	6:59:01 PM	9:26:28 PM	11:53:55 PM
6	English	Crying	English	1:56:54 AM	4:24:21 AM	6:51:48 AM	9:19:15 AM	11:46:42 AM	2:14:09 PM	4:41:36 PM	7:09:03 PM	9:36:30 PM	

शनिवार, 4 मार्च 2023
Saturday, 4 March 2023

1	Mathematics	क्षेत्रफल और घेरा	हिंदी	12:00:00 AM	2:30:09 AM	5:00:18 AM	7:30:27 AM	10:00:36 AM	12:30:45 PM	3:00:54 PM	5:31:03 PM	8:01:12 PM	10:31:21 PM
2	General	भद्रासन	हिंदी	12:26:29 AM	2:56:38 AM	5:26:47 AM	7:56:56 AM	10:27:05 AM	12:57:14 PM	3:27:23 PM	5:57:32 PM	8:27:41 PM	10:57:50 PM
3	हिंदी	फसलों का त्यौहार भाग - 2	हिंदी	12:28:45 AM	2:58:54 AM	5:29:03 AM	7:59:12 AM	10:29:21 AM	12:59:30 PM	3:29:39 PM	5:59:48 PM	8:29:57 PM	11:00:06 PM
4	Mathematics	Parts and Whole Part 2	English	1:01:01 AM	3:31:10 AM	6:01:19 AM	8:31:28 AM	11:01:37 AM	1:31:46 PM	4:01:55 PM	6:32:04 PM	9:02:13 PM	11:32:22 PM
5	Storytelling	गूँज	हिंदी	1:43:00 AM	4:13:09 AM	6:43:18 AM	9:13:27 AM	11:43:36 AM	2:13:45 PM	4:43:54 PM	7:14:03 PM	9:44:12 PM	
6	HEALTH EDUCATION	Growing Up Healthy	English	1:58:11 AM	4:28:20 AM	6:58:29 AM	9:28:38 AM	11:58:47 AM	2:28:56 PM	4:59:05 PM	7:29:14 PM	9:59:23 PM	
7	Storytelling	डोमि की चप्पलें-१	हिंदी	2:07:54 AM	4:38:03 AM	7:08:12 AM	9:38:21 AM	12:08:30 PM	2:38:39 PM	5:08:48 PM	7:38:57 PM	10:09:06 PM	
8	English	Gulliver's Travels-II	ISL	2:21:40 AM	4:51:49 AM	7:21:58 AM	9:52:07 AM	12:22:16 PM	2:52:25 PM	5:22:34 PM	7:52:43 PM	10:22:52 PM	

रविवार, 5 मार्च 2023
Sunday, 5 March 2023

1	HEALTH EDUCATION	पोषण, स्वास्थ्य और स्वच्छता	हिंदी	12:00:00 AM	2:35:42 AM	5:11:24 AM	7:47:06 AM	10:22:48 AM	12:58:30 PM	3:34:12 PM	6:09:54 PM	8:45:36 PM	11:21:18 PM
2	General	Bhujagasana	English	12:31:53 AM	3:07:35 AM	5:43:17 AM	8:18:59 AM	10:54:41 AM	1:30:23 PM	4:06:05 PM	6:41:47 PM	9:17:29 PM	11:53:11 PM
3	Storytelling	कार्टूनिस्ट सुधीर तेलंग	हिंदी	12:34:21 AM	3:10:03 AM	5:45:45 AM	8:21:27 AM	10:57:09 AM	1:32:51 PM	4:08:33 PM	6:44:15 PM	9:19:57 PM	11:55:39 PM
4	General Awareness	Personal Safety	English	12:53:28 AM	3:29:10 AM	6:04:52 AM	8:40:34 AM	11:16:16 AM	1:51:58 PM	4:27:40 PM	7:03:22 PM	9:39:04 PM	
5	General Awareness	रौशनी और रंग	हिंदी	1:07:47 AM	3:43:29 AM	6:19:11 AM	8:54:53 AM	11:30:35 AM	2:06:17 PM	4:41:59 PM	7:17:41 PM	9:53:23 PM	
6	हिंदी	ईदगाह भाग 1	ISL	1:23:42 AM	3:59:24 AM	6:35:06 AM	9:10:48 AM	11:46:30 AM	2:22:12 PM	4:57:54 PM	7:33:36 PM	10:09:18 PM	
7	Storytelling	गोद लिए दादाजी	हिंदी	1:38:22 AM	4:14:04 AM	6:49:46 AM	9:25:28 AM	12:01:10 PM	2:36:52 PM	5:12:34 PM	7:48:16 PM	10:23:58 PM	
8	Art Education	Beautiful Flower Book	English	1:57:06 AM	4:32:48 AM	7:08:30 AM	9:44:12 AM	12:19:54 PM	2:55:36 PM	5:31:18 PM	8:07:00 PM	10:42:42 PM	
9	हिंदी	ईदगाह भाग 2	ISL	2:17:57 AM	4:53:39 AM	7:29:21 AM	10:05:03 AM	12:40:45 PM	3:16:27 PM	5:52:09 PM	8:27:51 PM	11:03:33 PM	

सोमवार, 6 मार्च 2023
Monday, 6 March 2023



DD Free Dish Channel #27



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2026

1	General	भुजंगासन	हिंदी	12:00:00 AM	2:37:05 AM	5:14:10 AM	7:51:15 AM	10:28:20 AM	1:05:25 PM	3:42:30 PM	6:19:35 PM	8:56:40 PM	11:33:45 PM
2	Mathematics	स्मार्ट चार्ट	हिंदी	12:03:42 AM	2:40:47 AM	5:17:52 AM	7:54:57 AM	10:32:02 AM	1:09:07 PM	3:46:12 PM	6:23:17 PM	9:00:22 PM	11:37:27 PM
3	हिंदी	फसलों का त्यौहार	हिंदी	12:27:52 AM	3:04:57 AM	5:42:02 AM	8:19:07 AM	10:56:12 AM	1:33:17 PM	4:10:22 PM	6:47:27 PM	9:24:32 PM	
4	Mathematics	Parts and Whole Part 3	English	12:56:44 AM	3:33:49 AM	6:10:54 AM	8:47:59 AM	11:25:04 AM	2:02:09 PM	4:39:14 PM	7:16:19 PM	9:53:24 PM	
5	English	My ElderBrother Part 1	English	1:39:36 AM	4:16:41 AM	6:53:46 AM	9:30:51 AM	12:07:56 PM	2:45:01 PM	5:22:06 PM	7:59:11 PM	10:36:16 PM	
6	हिंदी	ईदगाह भाग 2	ISL	2:19:20 AM	4:56:25 AM	7:33:30 AM	10:10:35 AM	12:47:40 PM	3:24:45 PM	6:01:50 PM	8:38:55 PM	11:16:00 PM	

मंगलवार, 7 मार्च 2023
Tuesday, 7 March 2023

1	Mathematics	दसवाँ और सौवाँ भाग	हिंदी	12:00:00 AM	2:36:12 AM	5:12:24 AM	7:48:36 AM	10:24:48 AM	1:01:00 PM	3:37:12 PM	6:13:24 PM	8:49:36 PM	11:25:48 PM
2	हिंदी	ईदगाह	हिंदी	12:27:13 AM	3:03:25 AM	5:39:37 AM	8:15:49 AM	10:52:01 AM	1:28:13 PM	4:04:25 PM	6:40:37 PM	9:16:49 PM	11:53:01 PM
3	Mathematics	Chapter 4 Parts and whole	English	12:55:31 AM	3:31:43 AM	6:07:55 AM	8:44:07 AM	11:20:19 AM	1:56:31 PM	4:32:43 PM	7:08:55 PM	9:45:07 PM	
4	General	Dhyana	English	1:19:51 AM	3:56:03 AM	6:32:15 AM	9:08:27 AM	11:44:39 AM	2:20:51 PM	4:57:03 PM	7:33:15 PM	10:09:27 PM	
5	English	My ElderBrother Part 2	English	1:47:55 AM	4:24:07 AM	7:00:19 AM	9:36:31 AM	12:12:43 PM	2:48:55 PM	5:25:07 PM	8:01:19 PM	10:37:31 PM	
6	हिंदी	स्वामी की दादी (चित्रकथा) भाग 2	ISL	2:19:30 AM	4:55:42 AM	7:31:54 AM	10:08:06 AM	12:44:18 PM	3:20:30 PM	5:56:42 PM	8:32:54 PM	11:09:06 PM	

बुधवार, 8 मार्च 2023
Wednesday, 8 March 2023

1	EVS	पाठ - 14 जब धरती काँपी	हिंदी	12:00:00 AM	2:38:22 AM	5:16:44 AM	7:55:06 AM	10:33:28 AM	1:11:50 PM	3:50:12 PM	6:28:34 PM	9:06:56 PM	11:45:18 PM
2	हिंदी	खिलौने वाला	हिंदी	12:24:03 AM	3:02:25 AM	5:40:47 AM	8:19:09 AM	10:57:31 AM	1:35:53 PM	4:14:15 PM	6:52:37 PM	9:30:59 PM	
3	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	12:42:12 AM	3:20:34 AM	5:58:56 AM	8:37:18 AM	11:15:40 AM	1:54:02 PM	4:32:24 PM	7:10:46 PM	9:49:08 PM	
4	EVS	Unit 4 What is the need of e-waste management rules?	English	12:59:13 AM	3:37:35 AM	6:15:57 AM	8:54:19 AM	11:32:41 AM	2:11:03 PM	4:49:25 PM	7:27:47 PM	10:06:09 PM	
5	English	My Elder Brother Part II	English	1:14:32 AM	3:52:54 AM	6:31:16 AM	9:09:38 AM	11:48:00 AM	2:26:22 PM	5:04:44 PM	7:43:06 PM	10:21:28 PM	
6	General	ध्यान	हिंदी	1:46:07 AM	4:24:29 AM	7:02:51 AM	9:41:13 AM	12:19:35 PM	2:57:57 PM	5:36:19 PM	8:14:41 PM	10:53:03 PM	
7	हिंदी	ईदगाह भाग 2	ISL	1:50:11 AM	4:28:33 AM	7:06:55 AM	9:45:17 AM	12:23:39 PM	3:02:01 PM	5:40:23 PM	8:18:45 PM	10:57:07 PM	

बृहस्पतिवार, 9 मार्च 2023
Thursday, 9 March 2023

1	EVS	जब धरती काँपी	हिंदी	12:00:00 AM	2:34:45 AM	5:09:30 AM	7:44:15 AM	10:19:00 AM	12:53:45 PM	3:28:30 PM	6:03:15 PM	8:38:00 PM	11:12:45 PM
2	हिंदी	खिलौने वाला	हिंदी	12:24:02 AM	2:58:47 AM	5:33:32 AM	8:08:17 AM	10:43:02 AM	1:17:47 PM	3:52:32 PM	6:27:17 PM	9:02:02 PM	11:36:47 PM



3	EVS	Chapter 4 Mangoes Round The Year	English	12:48:03 AM	3:22:48 AM	5:57:33 AM	8:32:18 AM	11:07:03 AM	1:41:48 PM	4:16:33 PM	6:51:18 PM	9:26:03 PM
4	General	Nadishodhan Pranayam	English	1:35:06 AM	4:09:51 AM	6:44:36 AM	9:19:21 AM	11:54:06 AM	2:28:51 PM	5:03:36 PM	7:38:21 PM	10:13:06 PM
5	English	My Elder Brother	English	1:38:33 AM	4:13:18 AM	6:48:03 AM	9:22:48 AM	11:57:33 AM	2:32:18 PM	5:07:03 PM	7:41:48 PM	10:16:33 PM
6	General Awareness	Personal Safety	English	2:02:54 AM	4:37:39 AM	7:12:24 AM	9:47:09 AM	12:21:54 PM	2:56:39 PM	5:31:24 PM	8:06:09 PM	10:40:54 PM
7	English	The Little Bully-I	ISL	2:23:47 AM	4:58:32 AM	7:33:17 AM	10:08:02 AM	12:42:47 PM	3:17:32 PM	5:52:17 PM	8:27:02 PM	11:01:47 PM

शुक्रवार, 10 मार्च 2023
Friday, 10 March 2023

1	Mathematics	क्षेत्रफल और घेरा	हिंदी	12:00:00 AM	2:41:13 AM	5:22:26 AM	8:03:39 AM	10:44:52 AM	1:26:05 PM	4:07:18 PM	6:48:31 PM	9:29:44 PM
2	हिंदी	ईदगाह भाग 1	हिंदी	12:24:10 AM	3:05:23 AM	5:46:36 AM	8:27:49 AM	11:09:02 AM	1:50:15 PM	4:31:28 PM	7:12:41 PM	9:53:54 PM
3	Mathematics	Parts and Wholes	English	12:56:37 AM	3:37:50 AM	6:19:03 AM	9:00:16 AM	11:41:29 AM	2:22:42 PM	5:03:55 PM	7:45:08 PM	10:26:21 PM
4	General	नाड़ीशोधन प्राणायाम	हिंदी	1:20:57 AM	4:02:10 AM	6:43:23 AM	9:24:36 AM	12:05:49 PM	2:47:02 PM	5:28:15 PM	8:09:28 PM	10:50:41 PM
5	हिंदी	स्वामी की दादी (चित्रकथा) भाग 1	ISL	1:38:04 AM	4:19:17 AM	7:00:30 AM	9:41:43 AM	12:22:56 PM	3:04:09 PM	5:45:22 PM	8:26:35 PM	11:07:48 PM
6	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	1:47:14 AM	4:28:27 AM	7:09:40 AM	9:50:53 AM	12:32:06 PM	3:13:19 PM	5:54:32 PM	8:35:45 PM	11:16:58 PM
7	English	The Lazy Frog & Rip Van Winkle	English	2:04:15 AM	4:45:28 AM	7:26:41 AM	10:07:54 AM	12:49:07 PM	3:30:20 PM	6:11:33 PM	8:52:46 PM	11:33:59 PM

शनिवार, 11 मार्च 2023
Saturday, 11 March 2023

1	Mathematics	स्मार्ट चार्ट	हिंदी	12:00:00 AM	2:35:35 AM	5:11:10 AM	7:46:45 AM	10:22:20 AM	12:57:55 PM	3:33:30 PM	6:09:05 PM	8:44:40 PM	11:20:15 PM
2	हिंदी	ईदगाह भाग 2	हिंदी	12:27:43 AM	3:03:18 AM	5:38:53 AM	8:14:28 AM	10:50:03 AM	1:25:38 PM	4:01:13 PM	6:36:48 PM	9:12:23 PM	11:47:58 PM
3	Mathematics	Book: Math-Magic Chapter 5: Does it Look the Same	English	1:00:10 AM	3:35:45 AM	6:11:20 AM	8:46:55 AM	11:22:30 AM	1:58:05 PM	4:33:40 PM	7:09:15 PM	9:44:50 PM	
4	General	Padahastasana	English	1:48:16 AM	4:23:51 AM	6:59:26 AM	9:35:01 AM	12:10:36 PM	2:46:11 PM	5:21:46 PM	7:57:21 PM	10:32:56 PM	
5	General Awareness	Personal Safety	English	1:50:39 AM	4:26:14 AM	7:01:49 AM	9:37:24 AM	12:12:59 PM	2:48:34 PM	5:24:09 PM	7:59:44 PM	10:35:19 PM	
6	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	2:08:44 AM	4:44:19 AM	7:19:54 AM	9:55:29 AM	12:31:04 PM	3:06:39 PM	5:42:14 PM	8:17:49 PM	10:53:24 PM	
7	हिंदी	स्वामी की दादी (चित्रकथा) भाग 1	ISL	2:26:25 AM	5:02:00 AM	7:37:35 AM	10:13:10 AM	12:48:45 PM	3:24:20 PM	5:59:55 PM	8:35:30 PM	11:11:05 PM	

रविवार, 12 मार्च 2023
Sunday, 12 March 2023

1	HEALTH EDUCATION	पोषण, स्वास्थ्य और स्वच्छता	हिंदी	12:00:00 AM	2:31:59 AM	5:03:58 AM	7:35:57 AM	10:07:56 AM	12:39:55 PM	3:11:54 PM	5:43:53 PM	8:15:52 PM	10:47:51 PM
2	Storytelling	कार्टूनिस्ट सुधीर तेलंग	हिंदी	12:10:12 AM	2:42:11 AM	5:14:10 AM	7:46:09 AM	10:18:08 AM	12:50:07 PM	3:22:06 PM	5:54:05 PM	8:26:04 PM	10:58:03 PM



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3	General	पादहस्तासन	हिंदी	12:40:40 AM	3:12:39 AM	5:44:38 AM	8:16:37 AM	10:48:36 AM	1:20:35 PM	3:52:34 PM	6:24:33 PM	8:56:32 PM	11:28:31 PM
4	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	12:43:03 AM	3:15:02 AM	5:47:01 AM	8:19:00 AM	10:50:59 AM	1:22:58 PM	3:54:57 PM	6:26:56 PM	8:58:55 PM	11:30:54 PM
5	Storytelling	अपनी अपनी चौखट -चंदा का चांद	हिंदी	1:00:04 AM	3:32:03 AM	6:04:02 AM	8:36:01 AM	11:08:00 AM	1:39:59 PM	4:11:58 PM	6:43:57 PM	9:15:56 PM	11:47:55 PM
6	Art Education	Beautiful Flower Book	English	1:58:35 AM	4:30:34 AM	7:02:33 AM	9:34:32 AM	12:06:31 PM	2:38:30 PM	5:10:29 PM	7:42:28 PM	10:14:27 PM	
7	हिंदी	खिलौनेवाला	ISL	2:19:57 AM	4:51:56 AM	7:23:55 AM	9:55:54 AM	12:27:53 PM	2:59:52 PM	5:31:51 PM	8:03:50 PM	10:35:49 PM	

सोमवार, 13 मार्च 2023
Monday, 13 March 2023

1	Mathematics	दसवाँ और सोवाँ भाग	हिंदी	12:00:00 AM	2:36:55 AM	5:13:50 AM	7:50:45 AM	10:27:40 AM	1:04:35 PM	3:41:30 PM	6:18:25 PM	8:55:20 PM	11:32:15 PM
2	हिंदी	पाठ - 3 ईदगाह भाग १	हिंदी	12:27:13 AM	3:04:08 AM	5:41:03 AM	8:17:58 AM	10:54:53 AM	1:31:48 PM	4:08:43 PM	6:45:38 PM	9:22:33 PM	11:59:28 PM
3	General	Pawanmuktasana	English	12:59:40 AM	3:36:35 AM	6:13:30 AM	8:50:25 AM	11:27:20 AM	2:04:15 PM	4:41:10 PM	7:18:05 PM	9:55:00 PM	
4	Mathematics	Does it Look the Same?	English	1:26:41 AM	4:03:36 AM	6:40:31 AM	9:17:26 AM	11:54:21 AM	2:31:16 PM	5:08:11 PM	7:45:06 PM	10:22:01 PM	
5	English	Chapter 5 The Rip Van Winkle	English	2:01:18 AM	4:38:13 AM	7:15:08 AM	9:52:03 AM	12:28:58 PM	3:05:53 PM	5:42:48 PM	8:19:43 PM	10:56:38 PM	
6	English	Gulliver's Travels-II	ISL	2:28:26 AM	5:05:21 AM	7:42:16 AM	10:19:11 AM	12:56:06 PM	3:33:01 PM	6:09:56 PM	8:46:51 PM	11:23:46 PM	

मंगलवार, 14 मार्च 2023
Tuesday, 14 March 2023

1	Mathematics	क्षेत्रफल और घेरा	हिंदी	12:00:00 AM	2:34:02 AM	5:08:04 AM	7:42:06 AM	10:16:08 AM	12:50:10 PM	3:24:12 PM	5:58:14 PM	8:32:16 PM	11:06:18 PM
2	General	पवनमुक्तासन	हिंदी	12:26:28 AM	3:00:30 AM	5:34:32 AM	8:08:34 AM	10:42:36 AM	1:16:38 PM	3:50:40 PM	6:24:42 PM	8:58:44 PM	11:32:46 PM
3	हिंदी	पाठ - 3 ईदगाह भाग 2	हिंदी	12:29:29 AM	3:03:31 AM	5:37:33 AM	8:11:35 AM	10:45:37 AM	1:19:39 PM	3:53:41 PM	6:27:43 PM	9:01:45 PM	11:35:47 PM
4	Mathematics	Book: Math-Magic Chapter 6: Be My Multiple I'll be Your Factor Part 1	English	1:01:56 AM	3:35:58 AM	6:10:00 AM	8:44:02 AM	11:18:04 AM	1:52:06 PM	4:26:08 PM	7:00:10 PM	9:34:12 PM	
5	English	CH - 5 The Lazy Frog	English	1:53:30 AM	4:27:32 AM	7:01:34 AM	9:35:36 AM	12:09:38 PM	2:43:40 PM	5:17:42 PM	7:51:44 PM	10:25:46 PM	
6	HEALTH EDUCATION	Growing Up Healthy	English	2:20:08 AM	4:54:10 AM	7:28:12 AM	10:02:14 AM	12:36:16 PM	3:10:18 PM	5:44:20 PM	8:18:22 PM	10:52:24 PM	
7	English	Gulliver's Travels-II	ISL	2:25:33 AM	4:59:35 AM	7:33:37 AM	10:07:39 AM	12:41:41 PM	3:15:43 PM	5:49:45 PM	8:23:47 PM	10:57:49 PM	

बुधवार, 15 मार्च 2023
Wednesday, 15 March 2023

1	EVS	पाठ - 15 उसी से ठंडा उसी से गर्म	हिंदी	2:34:58 AM	5:09:56 AM	7:44:54 AM	10:19:52 AM	12:54:50 PM	3:29:48 PM	6:04:46 PM	8:39:44 PM	11:14:42 PM	
2	General	Setu Bandhasana	English	2:58:07 AM	5:33:05 AM	8:08:03 AM	10:43:01 AM	1:17:59 PM	3:52:57 PM	6:27:55 PM	9:02:53 PM	11:37:51 PM	
3	हिंदी	नन्हा फनकार	हिंदी	3:00:34 AM	5:35:32 AM	8:10:30 AM	10:45:28 AM	1:20:26 PM	3:55:24 PM	6:30:22 PM	9:05:20 PM	11:40:18 PM	



4	EVS	Unit 5 Resource utilization and Sustainable Development Goals(SDGs)	English	3:57:17 AM	6:32:15 AM	9:07:13 AM	11:42:11 AM	2:17:09 PM	4:52:07 PM	7:27:05 PM	10:02:03 PM		
5	English	Robinson Crusoe: Discovers a Foot Print & My Shadow	English	4:17:40 AM	6:52:38 AM	9:27:36 AM	12:02:34 PM	2:37:32 PM	5:12:30 PM	7:47:28 PM	10:22:26 PM		
6	English	Who will be Ningtou?	ISL	4:48:51 AM	7:23:49 AM	9:58:47 AM	12:33:45 PM	3:08:43 PM	5:43:41 PM	8:18:39 PM	10:53:37 PM		
7	Creative Activities Art and Craft	स्पाँट्स ऑन सन	हिंदी	5:08:26 AM	7:43:24 AM	10:18:22 AM	12:53:20 PM	3:28:18 PM	6:03:16 PM	8:38:14 PM	11:13:12 PM		

बृहस्पतिवार, 16 मार्च 2023
Thursday, 16 March 2023

1	EVS	पाठ - 13 बसेरा ऊँचाई पर	हिंदी	2:32:09 AM	5:04:18 AM	7:36:27 AM	10:08:36 AM	12:40:45 PM	3:12:54 PM	5:45:03 PM	8:17:12 PM	10:49:21 PM	
2	हिंदी	नन्हा फ़नकार	हिंदी	3:10:41 AM	5:42:50 AM	8:14:59 AM	10:47:08 AM	1:19:17 PM	3:51:26 PM	6:23:35 PM	8:55:44 PM	11:27:53 PM	
3	General	सेतुबंधासन	हिंदी	3:43:29 AM	6:15:38 AM	8:47:47 AM	11:19:56 AM	1:52:05 PM	4:24:14 PM	6:56:23 PM	9:28:32 PM		
4	EVS	Book: Looking Around Chapter 5: Seeds and Seeds Part 1	English	3:45:56 AM	6:18:05 AM	8:50:14 AM	11:22:23 AM	1:54:32 PM	4:26:41 PM	6:58:50 PM	9:30:59 PM		
5	English	Robinson Crusoe, Discovers a Foot Print	English	4:09:07 AM	6:41:16 AM	9:13:25 AM	11:45:34 AM	2:17:43 PM	4:49:52 PM	7:22:01 PM	9:54:10 PM		
6	General Awareness	Personal Safety	English	4:26:28 AM	6:58:37 AM	9:30:46 AM	12:02:55 PM	2:35:04 PM	5:07:13 PM	7:39:22 PM	10:11:31 PM		
7	Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Delhi	musical	4:40:47 AM	7:12:56 AM	9:45:05 AM	12:17:14 PM	2:49:23 PM	5:21:32 PM	7:53:41 PM	10:25:50 PM		
8	English	The Little Bully-I	ISL	4:53:20 AM	7:25:29 AM	9:57:38 AM	12:29:47 PM	3:01:56 PM	5:34:05 PM	8:06:14 PM	10:38:23 PM		

शुक्रवार, 17 मार्च 2023
Friday, 17 March 2023

1	Mathematics	स्मार्ट चार्ट	हिंदी	2:31:30 AM	5:03:00 AM	7:34:30 AM	10:06:00 AM	12:37:30 PM	3:09:00 PM	5:40:30 PM	8:12:00 PM	10:43:30 PM	
2	हिंदी	राख की रस्सी	हिंदी	2:59:13 AM	5:30:43 AM	8:02:13 AM	10:33:43 AM	1:05:13 PM	3:36:43 PM	6:08:13 PM	8:39:43 PM	11:11:13 PM	
3	General Awareness	Personal Safety	English	3:29:21 AM	6:00:51 AM	8:32:21 AM	11:03:51 AM	1:35:21 PM	4:06:51 PM	6:38:21 PM	9:09:51 PM	11:41:21 PM	
4	Mathematics	Book: Math-Magic Chapter 6: Be My Multiple I'll be Your Factor Part 2	English	3:43:40 AM	6:15:10 AM	8:46:40 AM	11:18:10 AM	1:49:40 PM	4:21:10 PM	6:52:40 PM	9:24:10 PM	11:55:40 PM	
5	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	4:04:28 AM	6:35:58 AM	9:07:28 AM	11:38:58 AM	2:10:28 PM	4:41:58 PM	7:13:28 PM	9:44:58 PM		



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6	General	Shalabhasana	English	4:21:29 AM	6:52:59 AM	9:24:29 AM	11:55:59 AM	2:27:29 PM	4:58:59 PM	7:30:29 PM	10:01:59 PM			
7	English	Crying	English	4:23:52 AM	6:55:22 AM	9:26:52 AM	11:58:22 AM	2:29:52 PM	5:01:22 PM	7:32:52 PM	10:04:22 PM			
8	English	Gulliver's Travels-II	ISL	4:47:51 AM	7:19:21 AM	9:50:51 AM	12:22:21 PM	2:53:51 PM	5:25:21 PM	7:56:51 PM	10:28:21 PM			
शनिवार, 18 मार्च 2023														
Saturday, 18 March 2023														
1	Mathematics	दसवाँ और सौवाँ भाग	हिंदी	2:35:24 AM	5:10:48 AM	7:46:12 AM	10:21:36 AM	12:57:00 PM	3:32:24 PM	6:07:48 PM	8:43:12 PM	11:18:36 PM		
2	हिंदी	राख की रस्सी	हिंदी	3:28:56 AM	6:04:20 AM	8:39:44 AM	11:15:08 AM	1:50:32 PM	4:25:56 PM	7:01:20 PM	9:36:44 PM			
3	General	शलभासन	हिंदी	3:59:04 AM	6:34:28 AM	9:09:52 AM	11:45:16 AM	2:20:40 PM	4:56:04 PM	7:31:28 PM	10:06:52 PM			
4	Mathematics	Be My Multiple, I'll be Your Factor	English	4:01:27 AM	6:36:51 AM	9:12:15 AM	11:47:39 AM	2:23:03 PM	4:58:27 PM	7:33:51 PM	10:09:15 PM			
5	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	4:28:32 AM	7:03:56 AM	9:39:20 AM	12:14:44 PM	2:50:08 PM	5:25:32 PM	8:00:56 PM	10:36:20 PM			
6	HEALTH EDUCATION	Emotional Well-being and Mental Health	English	4:52:15 AM	7:27:39 AM	10:03:03 AM	12:38:27 PM	3:13:51 PM	5:49:15 PM	8:24:39 PM	11:00:03 PM			
7	हिंदी	स्वामी की दादी (चित्रकथा) भाग 1	ISL	5:01:38 AM	7:37:02 AM	10:12:26 AM	12:47:50 PM	3:23:14 PM	5:58:38 PM	8:34:02 PM	11:09:26 PM			
रविवार, 19 मार्च 2023														
Sunday, 19 March 2023														
1	HEALTH EDUCATION	कोविड-19 हम सब मिलकर कोविड-19 से लड़ सकते हैं	हिंदी	2:37:57 AM	5:15:54 AM	7:53:51 AM	10:31:48 AM	1:09:45 PM	3:47:42 PM	6:25:39 PM	9:03:36 PM	11:41:33 PM		
2	Storytelling	कार्टूनिस्ट सुधीर तैलंग	हिंदी	2:42:36 AM	5:20:33 AM	7:58:30 AM	10:36:27 AM	1:14:24 PM	3:52:21 PM	6:30:18 PM	9:08:15 PM	11:46:12 PM		
3	General	Shashankasana	English	2:59:24 AM	5:37:21 AM	8:15:18 AM	10:53:15 AM	1:31:12 PM	4:09:09 PM	6:47:06 PM	9:25:03 PM			
4	Storytelling	अपनी अपनी चौखट -चंदा का चाँद	हिंदी	3:15:24 AM	5:53:21 AM	8:31:18 AM	11:09:15 AM	1:47:12 PM	4:25:09 PM	7:03:06 PM	9:41:03 PM			
5	हिंदी	स्वामी की दादी (चित्रकथा) भाग 2	ISL	4:13:55 AM	6:51:52 AM	9:29:49 AM	12:07:46 PM	2:45:43 PM	5:23:40 PM	8:01:37 PM	10:39:34 PM			
6	HEALTH EDUCATION	Growing Up Healthy	English	4:23:57 AM	7:01:54 AM	9:39:51 AM	12:17:48 PM	2:55:45 PM	5:33:42 PM	8:11:39 PM	10:49:36 PM			
7	General Awareness	Personal Safety	English	4:28:11 AM	7:06:08 AM	9:44:05 AM	12:22:02 PM	2:59:59 PM	5:37:56 PM	8:15:53 PM	10:53:50 PM			
8	Art Education	Beautiful Flower Book	English	4:42:30 AM	7:20:27 AM	9:58:24 AM	12:36:21 PM	3:14:18 PM	5:52:15 PM	8:30:12 PM	11:08:09 PM			
9	हिंदी	खिलौनेवाला	ISL	5:03:52 AM	7:41:49 AM	10:19:46 AM	12:57:43 PM	3:35:40 PM	6:13:37 PM	8:51:34 PM	11:29:31 PM			
सोमवार, 20 मार्च 2023														
Monday, 20 March 2023														
1	Mathematics	क्षेत्रफल और घेरा	हिंदी	2:30:56 AM	5:01:52 AM	7:32:48 AM	10:03:44 AM	12:34:40 PM	3:05:36 PM	5:36:32 PM	8:07:28 PM	10:38:24 PM		
2	हिंदी	फसलों का त्यौहार भाग -1	हिंदी	2:55:06 AM	5:26:02 AM	7:56:58 AM	10:27:54 AM	12:58:50 PM	3:29:46 PM	6:00:42 PM	8:31:38 PM	11:02:34 PM		



3	General	शशकासन	हिंदी	3:26:32 AM	5:57:28 AM	8:28:24 AM	10:59:20 AM	1:30:16 PM	4:01:12 PM	6:32:08 PM	9:03:04 PM	11:34:00 PM
4	Mathematics	Can You See the Pattern	English	3:52:52 AM	6:23:48 AM	8:54:44 AM	11:25:40 AM	1:56:36 PM	4:27:32 PM	6:58:28 PM	9:29:24 PM	
5	English	My ElderBrother Part 1	English	4:15:22 AM	6:46:18 AM	9:17:14 AM	11:48:10 AM	2:19:06 PM	4:50:02 PM	7:20:58 PM	9:51:54 PM	
6	English	Gulliver's Travels-II	ISL	4:53:23 AM	7:24:19 AM	9:55:15 AM	12:26:11 PM	2:57:07 PM	5:28:03 PM	7:58:59 PM	10:29:55 PM	

मंगलवार, 21 मार्च 2023
Tuesday, 21 March 2023

1	Mathematics	स्मार्ट चार्ट	हिंदी	2:39:36 AM	5:19:12 AM	7:58:48 AM	10:38:24 AM	1:18:00 PM	3:57:36 PM	6:37:12 PM	9:16:48 PM	11:56:24 PM
2	हिंदी	फसलों का त्यौहार भाग - 2	हिंदी	3:07:19 AM	5:46:55 AM	8:26:31 AM	11:06:07 AM	1:45:43 PM	4:25:19 PM	7:04:55 PM	9:44:31 PM	
3	Mathematics	Can You See the Pattern Part I	English	3:39:35 AM	6:19:11 AM	8:58:47 AM	11:38:23 AM	2:17:59 PM	4:57:35 PM	7:37:11 PM	10:16:47 PM	
4	हिंदी	ईदगाह भाग 2	ISL	4:02:18 AM	6:41:54 AM	9:21:30 AM	12:01:06 PM	2:40:42 PM	5:20:18 PM	7:59:54 PM	10:39:30 PM	
5	General	Surya Namaskar	English	4:20:03 AM	6:59:39 AM	9:39:15 AM	12:18:51 PM	2:58:27 PM	5:38:03 PM	8:17:39 PM	10:57:15 PM	
6	English	My ElderBrother Part 2	English	4:26:48 AM	7:06:24 AM	9:46:00 AM	12:25:36 PM	3:05:12 PM	5:44:48 PM	8:24:24 PM	11:04:00 PM	
7	हिंदी	ईदगाह भाग 1	ISL	5:04:32 AM	7:44:08 AM	10:23:44 AM	1:03:20 PM	3:42:56 PM	6:22:32 PM	9:02:08 PM	11:41:44 PM	

बुधवार, 22 मार्च 2023
Wednesday, 22 March 2023

1	EVS	बसेरा ऊँचाई पर	हिंदी	2:33:11 AM	5:06:22 AM	7:39:33 AM	10:12:44 AM	12:45:55 PM	3:19:06 PM	5:52:17 PM	8:25:28 PM	10:58:39 PM
2	General	सूर्य नमस्कार	हिंदी	3:04:25 AM	5:37:36 AM	8:10:47 AM	10:43:58 AM	1:17:09 PM	3:50:20 PM	6:23:31 PM	8:56:42 PM	11:29:53 PM
3	हिंदी	फसलों का त्यौहार	हिंदी	3:11:10 AM	5:44:21 AM	8:17:32 AM	10:50:43 AM	1:23:54 PM	3:57:05 PM	6:30:16 PM	9:03:27 PM	11:36:38 PM
4	EVS	Book: Looking Around Chapter 5: Seeds and Seeds Part 2	English	3:40:02 AM	6:13:13 AM	8:46:24 AM	11:19:35 AM	1:52:46 PM	4:25:57 PM	6:59:08 PM	9:32:19 PM	
5	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	3:53:50 AM	6:27:01 AM	9:00:12 AM	11:33:23 AM	2:06:34 PM	4:39:45 PM	7:12:56 PM	9:46:07 PM	
6	English	My Elder Brother Part II	English	4:10:51 AM	6:44:02 AM	9:17:13 AM	11:50:24 AM	2:23:35 PM	4:56:46 PM	7:29:57 PM	10:03:08 PM	
7	हिंदी	ईदगाह भाग 2	ISL	4:47:55 AM	7:21:06 AM	9:54:17 AM	12:27:28 PM	3:00:39 PM	5:33:50 PM	8:07:01 PM	10:40:12 PM	

बृहस्पतिवार, 23 मार्च 2023
Thursday, 23 March 2023

1	EVS	पाठ - 14 जब धरती काँपी	हिंदी	2:37:31 AM	5:15:02 AM	7:52:33 AM	10:30:04 AM	1:07:35 PM	3:45:06 PM	6:22:37 PM	9:00:08 PM	11:37:39 PM
2	हिंदी	ईदगाह	हिंदी	3:01:32 AM	5:39:03 AM	8:16:34 AM	10:54:05 AM	1:31:36 PM	4:09:07 PM	6:46:38 PM	9:24:09 PM	
3	General	Tadasana	English	3:43:30 AM	6:21:01 AM	8:58:32 AM	11:36:03 AM	2:13:34 PM	4:51:05 PM	7:28:36 PM	10:06:07 PM	

4	EVS	Chapter 5: Seeds and Seeds	English	3:45:47 AM	6:23:18 AM	9:00:49 AM	11:38:20 AM	2:15:51 PM	4:53:22 PM	7:30:53 PM	10:08:24 PM		
5	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	4:16:31 AM	6:54:02 AM	9:31:33 AM	12:09:04 PM	2:46:35 PM	5:24:06 PM	8:01:37 PM	10:39:08 PM		
6	English	My Elder Brother	English	4:33:32 AM	7:11:03 AM	9:48:34 AM	12:26:05 PM	3:03:36 PM	5:41:07 PM	8:18:38 PM	10:56:09 PM		
7	English	The Little Bully-I	ISL	5:04:04 AM	7:41:35 AM	10:19:06 AM	12:56:37 PM	3:34:08 PM	6:11:39 PM	8:49:10 PM	11:26:41 PM		
शुक्रवार, 24 मार्च 2023													
Friday, 24 March 2023													
1	Mathematics	दसवाँ और सौवाँ भाग	हिंदी	2:40:58 AM	5:21:56 AM	8:02:54 AM	10:43:52 AM	1:24:50 PM	4:05:48 PM	6:46:46 PM	9:27:44 PM		
2	हिंदी	खिलौने वाला	हिंदी	3:10:30 AM	5:51:28 AM	8:32:26 AM	11:13:24 AM	1:54:22 PM	4:35:20 PM	7:16:18 PM	9:57:16 PM		
3	General	ताड़ासन	हिंदी	3:28:39 AM	6:09:37 AM	8:50:35 AM	11:31:33 AM	2:12:31 PM	4:53:29 PM	7:34:27 PM	10:15:25 PM		
4	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	3:37:48 AM	6:18:46 AM	8:59:44 AM	11:40:42 AM	2:21:40 PM	5:02:38 PM	7:43:36 PM	10:24:34 PM		
5	General Awareness	Personal Safety	English	3:54:49 AM	6:35:47 AM	9:16:45 AM	11:57:43 AM	2:38:41 PM	5:19:39 PM	8:00:37 PM	10:41:35 PM		
6	Mathematics	Can You See the Pattern Part II	English	4:09:08 AM	6:50:06 AM	9:31:04 AM	12:12:02 PM	2:53:00 PM	5:33:58 PM	8:14:56 PM	10:55:54 PM		
7	English	The Lazy Frog & Rip Van Winkle	English	4:34:35 AM	7:15:33 AM	9:56:31 AM	12:37:29 PM	3:18:27 PM	5:59:25 PM	8:40:23 PM	11:21:21 PM		
8	English	Gulliver's Travels-II	ISL	5:06:47 AM	7:47:45 AM	10:28:43 AM	1:09:41 PM	3:50:39 PM	6:31:37 PM	9:12:35 PM	11:53:33 PM		
शनिवार, 25 मार्च 2023													
Saturday, 25 March 2023													
1	Mathematics	क्षेत्रफल और घेरा	हिंदी	2:32:46 AM	5:05:32 AM	7:38:18 AM	10:11:04 AM	12:43:50 PM	3:16:36 PM	5:49:22 PM	8:22:08 PM	10:54:54 PM	
2	हिंदी	खिलौने वाला	हिंदी	3:23:15 AM	5:56:01 AM	8:28:47 AM	11:01:33 AM	1:34:19 PM	4:07:05 PM	6:39:51 PM	9:12:37 PM	11:45:23 PM	
3	General	Trikonasana	English	3:47:16 AM	6:20:02 AM	8:52:48 AM	11:25:34 AM	1:58:20 PM	4:31:06 PM	7:03:52 PM	9:36:38 PM		
4	Mathematics	Can You See the Pattern Part III	English	3:56:45 AM	6:29:31 AM	9:02:17 AM	11:35:03 AM	2:07:49 PM	4:40:35 PM	7:13:21 PM	9:46:07 PM		
5	General Awareness	Personal Safety	English	4:15:39 AM	6:48:25 AM	9:21:11 AM	11:53:57 AM	2:26:43 PM	4:59:29 PM	7:32:15 PM	10:05:01 PM		
6	General Awareness	व्यक्तिगत सुरक्षा	हिंदी	4:29:58 AM	7:02:44 AM	9:35:30 AM	12:08:16 PM	2:41:02 PM	5:13:48 PM	7:46:34 PM	10:19:20 PM		
7	HEALTH EDUCATION	Emotional Well-being and Mental Health	English	4:46:59 AM	7:19:45 AM	9:52:31 AM	12:25:17 PM	2:58:03 PM	5:30:49 PM	8:03:35 PM	10:36:21 PM		
8	हिंदी	स्वामी की दादी (चित्रकथा) भाग 1	ISL	4:56:22 AM	7:29:08 AM	10:01:54 AM	12:34:40 PM	3:07:26 PM	5:40:12 PM	8:12:58 PM	10:45:44 PM		
रविवार, 26 मार्च 2023													
Sunday, 26 March 2023													
1	HEALTH EDUCATION	कोविड-19 हम सब मिलकर कोविड-19 से लड़ सकते हैं	हिंदी	2:28:12 AM	4:56:24 AM	7:24:36 AM	9:52:48 AM	12:21:00 PM	2:49:12 PM	5:17:24 PM	7:45:36 PM	10:13:48 PM	



2	Storytelling	कार्टूनरिस्ट सुधीर तैलंग	हिंदी	2:32:51 AM	5:01:03 AM	7:29:15 AM	9:57:27 AM	12:25:39 PM	2:53:51 PM	5:22:03 PM	7:50:15 PM	10:18:27 PM	
3	General	त्रिकोणासन	हिंदी	3:03:19 AM	5:31:31 AM	7:59:43 AM	10:27:55 AM	12:56:07 PM	3:24:19 PM	5:52:31 PM	8:20:43 PM	10:48:55 PM	
4	Storytelling	अपनी अपनी चौखट -चंदा का चांद	हिंदी	3:05:56 AM	5:34:08 AM	8:02:20 AM	10:30:32 AM	12:58:44 PM	3:26:56 PM	5:55:08 PM	8:23:20 PM	10:51:32 PM	
5	HEALTH EDUCATION	Growing Up Healthy	English	4:04:27 AM	6:32:39 AM	9:00:51 AM	11:29:03 AM	1:57:15 PM	4:25:27 PM	6:53:39 PM	9:21:51 PM	11:50:03 PM	
6	General Awareness	Personal Safety	English	4:08:41 AM	6:36:53 AM	9:05:05 AM	11:33:17 AM	2:01:29 PM	4:29:41 PM	6:57:53 PM	9:26:05 PM	11:54:17 PM	
7	Art Education	Beautiful Flower Book	English	4:23:00 AM	6:51:12 AM	9:19:24 AM	11:47:36 AM	2:15:48 PM	4:44:00 PM	7:12:12 PM	9:40:24 PM		
8	हिंदी	खिलौनेवाला	ISL	4:44:22 AM	7:12:34 AM	9:40:46 AM	12:08:58 PM	2:37:10 PM	5:05:22 PM	7:33:34 PM	10:01:46 PM		
सोमवार, 27 मार्च 2023 Monday, 27 March 2023													
1	HEALTH EDUCATION	कोविड-19 हम सब मिलकर कोविड-19 से लड़ सकते हैं	हिंदी	2:32:06 AM	5:04:12 AM	7:36:18 AM	10:08:24 AM	12:40:30 PM	3:12:36 PM	5:44:42 PM	8:16:48 PM	10:48:54 PM	
2	English	Chapter 5 The Rip Van Winkle	English	2:48:06 AM	5:20:12 AM	7:52:18 AM	10:24:24 AM	12:56:30 PM	3:28:36 PM	6:00:42 PM	8:32:48 PM	11:04:54 PM	
3	Mathematics	स्मार्ट चार्ट	हिंदी	3:15:14 AM	5:47:20 AM	8:19:26 AM	10:51:32 AM	1:23:38 PM	3:55:44 PM	6:27:50 PM	8:59:56 PM	11:32:02 PM	
4	हिंदी	ईदगाह भाग 1	हिंदी	3:39:24 AM	6:11:30 AM	8:43:36 AM	11:15:42 AM	1:47:48 PM	4:19:54 PM	6:52:00 PM	9:24:06 PM	11:56:12 PM	
5	General	Ustrasana	English	4:14:09 AM	6:46:15 AM	9:18:21 AM	11:50:27 AM	2:22:33 PM	4:54:39 PM	7:26:45 PM	9:58:51 PM		
6	Mathematics	Parts and Whole Part 1	English	4:17:06 AM	6:49:12 AM	9:21:18 AM	11:53:24 AM	2:25:30 PM	4:57:36 PM	7:29:42 PM	10:01:48 PM		
7	English	Gulliver's Travels-II	ISL	4:55:43 AM	7:27:49 AM	9:59:55 AM	12:32:01 PM	3:04:07 PM	5:36:13 PM	8:08:19 PM	10:40:25 PM		
मंगलवार, 28 मार्च 2023 Tuesday, 28 March 2023													
1	Mathematics	दसवाँ और सोवाँ भाग	हिंदी	2:26:34 AM	4:53:08 AM	7:19:42 AM	9:46:16 AM	12:12:50 PM	2:39:24 PM	5:05:58 PM	7:32:32 PM	9:59:06 PM	
2	हिंदी	ईदगाह भाग 2	हिंदी	2:53:47 AM	5:20:21 AM	7:46:55 AM	10:13:29 AM	12:40:03 PM	3:06:37 PM	5:33:11 PM	7:59:45 PM	10:26:19 PM	
3	Mathematics	Parts and Whole Part 2	English	3:26:14 AM	5:52:48 AM	8:19:22 AM	10:45:56 AM	1:12:30 PM	3:39:04 PM	6:05:38 PM	8:32:12 PM	10:58:46 PM	
4	General	उष्ट्रासन	हिंदी	4:08:13 AM	6:34:47 AM	9:01:21 AM	11:27:55 AM	1:54:29 PM	4:21:03 PM	6:47:37 PM	9:14:11 PM	11:40:45 PM	
5	English	CH - 5 The Lazy Frog	English	4:11:10 AM	6:37:44 AM	9:04:18 AM	11:30:52 AM	1:57:26 PM	4:24:00 PM	6:50:34 PM	9:17:08 PM	11:43:42 PM	
6	हिंदी	ईदगाह भाग 1	ISL	4:38:28 AM	7:05:02 AM	9:31:36 AM	11:58:10 AM	2:24:44 PM	4:51:18 PM	7:17:52 PM	9:44:26 PM		
बुधवार, 29 मार्च 2023 Wednesday, 29 March 2023													
1	EVS	जब धरती काँपी	हिंदी	2:36:31 AM	5:13:02 AM	7:49:33 AM	10:26:04 AM	1:02:35 PM	3:39:06 PM	6:15:37 PM	8:52:08 PM	11:28:39 PM	



2	General	Ardha Chakrasana	English	3:00:33 AM	5:37:04 AM	8:13:35 AM	10:50:06 AM	1:26:37 PM	4:03:08 PM	6:39:39 PM	9:16:10 PM	11:52:41 PM	
3	हिंदी	पाठ - 3 ईदगाह भाग १	हिंदी	3:26:31 AM	6:03:02 AM	8:39:33 AM	11:16:04 AM	1:52:35 PM	4:29:06 PM	7:05:37 PM	9:42:08 PM		
4	EVS	Book: Looking Around Chapter 4: Mangoes Round the Year Part 1	English	3:58:58 AM	6:35:29 AM	9:12:00 AM	11:48:31 AM	2:25:02 PM	5:01:33 PM	7:38:04 PM	10:14:35 PM		
5	English	Robinson Crusoe: Discovers a Foot Print & My Shadow	English	4:25:15 AM	7:01:46 AM	9:38:17 AM	12:14:48 PM	2:51:19 PM	5:27:50 PM	8:04:21 PM	10:40:52 PM		
6	English	Crying	ISL	4:56:26 AM	7:32:57 AM	10:09:28 AM	12:45:59 PM	3:22:30 PM	5:59:01 PM	8:35:32 PM	11:12:03 PM		

बृहस्पतिवार, 30 मार्च 2023
Thursday, 30 March 2023

1	EVS	पाठ - 15 उसी से ठंडा उसी से गर्म	हिंदी	2:33:19 AM	5:06:38 AM	7:39:57 AM	10:13:16 AM	12:46:35 PM	3:19:54 PM	5:53:13 PM	8:26:32 PM	10:59:51 PM	
2	हिंदी	पाठ - 3 ईदगाह भाग 2	हिंदी	2:54:10 AM	5:27:29 AM	8:00:48 AM	10:34:07 AM	1:07:26 PM	3:40:45 PM	6:14:04 PM	8:47:23 PM	11:20:42 PM	
3	General	अर्ध चक्रासन	हिंदी	3:26:37 AM	5:59:56 AM	8:33:15 AM	11:06:34 AM	1:39:53 PM	4:13:12 PM	6:46:31 PM	9:19:50 PM	11:53:09 PM	
4	EVS	Book: Looking Around Chapter 4: Mangoes Round the Year Part 2	English	3:53:46 AM	6:27:05 AM	9:00:24 AM	11:33:43 AM	2:07:02 PM	4:40:21 PM	7:13:40 PM	9:46:59 PM		
5	English	Robinson Crusoe, Discovers a Foot Print	English	4:27:23 AM	7:00:42 AM	9:34:01 AM	12:07:20 PM	2:40:39 PM	5:13:58 PM	7:47:17 PM	10:20:36 PM		
6	English	Who will be Ningthou?	ISL	4:52:32 AM	7:25:51 AM	9:59:10 AM	12:32:29 PM	3:05:48 PM	5:39:07 PM	8:12:26 PM	10:45:45 PM		

शुक्रवार, 31 मार्च 2023
Friday, 31 March 2023

1	Mathematics	क्षेत्रफल और घेरा	हिंदी	2:32:14 AM	5:04:28 AM	7:36:42 AM	10:08:56 AM	12:41:10 PM	3:13:24 PM	5:45:38 PM	8:17:52 PM	10:50:06 PM	
2	General	Bhadrasana	English	2:58:41 AM	5:30:55 AM	8:03:09 AM	10:35:23 AM	1:07:37 PM	3:39:51 PM	6:12:05 PM	8:44:19 PM	11:16:33 PM	
3	हिंदी	नन्हा फनकार	हिंदी	3:00:57 AM	5:33:11 AM	8:05:25 AM	10:37:39 AM	1:09:53 PM	3:42:07 PM	6:14:21 PM	8:46:35 PM	11:18:49 PM	
4	Mathematics	Parts and Whole Part 3	English	3:33:40 AM	6:05:54 AM	8:38:08 AM	11:10:22 AM	1:42:36 PM	4:14:50 PM	6:47:04 PM	9:19:18 PM	11:51:32 PM	
5	हिंदी	स्वामी की दादी (चित्रकथा) भाग 2	ISL	4:23:53 AM	6:56:07 AM	9:28:21 AM	12:00:35 PM	2:32:49 PM	5:05:03 PM	7:37:17 PM	10:09:31 PM		
6	English	Crying	English	4:33:55 AM	7:06:09 AM	9:38:23 AM	12:10:37 PM	2:42:51 PM	5:15:05 PM	7:47:19 PM	10:19:33 PM		



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