

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

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 7

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
विज्ञान	गणित	विज्ञान	गणित	विज्ञान	गणित	शारीरिक शिक्षा
भूगोल	हिन्दी	संस्कृत/ उर्दू (उर्दू)	इतिहास	हिन्दी	संस्कृत/ उर्दू (उर्दू)	राजनीति विज्ञान
English	Geography	History	English	Political Science	Geography	Activities Mathematics/ Science
Mathematics	Science	Mathematics	Science	Mathematics	Science	History
Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education	Vocational Education

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

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:

https://www.swayamprabha.gov.in/index.php/program/current_se/29.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Thursday from 2.00 pm to 3.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

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

मार्च 2023 March 2023													
कक्षा - 3 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 3													
क्र० सं० S. No.	विषय Subject	कार्यक्रम शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time									
				आवृत्ति 1 Cycle 1	आवृत्ति 2 Cycle 2	आवृत्ति 3 Cycle 3	आवृत्ति 4 Cycle 4	आवृत्ति 5 Cycle 5	आवृत्ति 6 Cycle 6	आवृत्ति 7 Cycle 7	आवृत्ति 8 Cycle 8	आवृत्ति 9 Cycle 9	आवृत्ति 10 Cycle 10
बुधवार, 1 मार्च 2023 Wednesday, 1 March 2023													
1	विज्ञान	पाठ-12: पादप में जनन	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	उर्दू	ईदगाह	हिंदी	12:21 AM	2:51 AM	5:21 AM	7:51 AM	10:22 AM	12:52 PM	3:22 PM	5:52 PM	8:22 PM	10:52 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	12:50 AM	3:20 AM	5:50 AM	8:20 AM	10:50 AM	1:20 PM	3:50 PM	6:20 PM	8:50 PM	11:20 PM
4	Creative Activities: Art & Craft	Fun with Paper-Double Spiral from Square	English	1:07 AM	3:37 AM	6:07 AM	8:37 AM	11:07 AM	1:37 PM	4:08 PM	6:38 PM	9:08 PM	11:38 PM
5	Social science	Ch-7: Tribes, nomads and settled communities	English	1:11 AM	3:41 AM	6:11 AM	8:41 AM	11:11 AM	1:41 PM	4:11 PM	6:41 PM	9:11 PM	11:41 PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 -Dance-Classical(Girl) Delhi	English/हिंदी	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:34 AM	2:04 PM	4:34 PM	7:04 PM	9:34 PM	NA
7	Mathematics	Ch-6: The Triangle and its Properties Part 1	English	1:41 AM	4:11 AM	6:41 AM	9:11 AM	11:41 AM	2:11 PM	4:41 PM	7:11 PM	9:41 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA
बृहस्पतिवार, 2 मार्च 2023 Thursday, 2 March 2023													
1	गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	सामाजिक विज्ञान	पाठ-8: ईश्वर से अनुराग	हिंदी	12:31 AM	3:01 AM	5:31 AM	8:01 AM	10:31 AM	1:01 PM	3:31 PM	6:01 PM	8:31 PM	11:01 PM



3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	1:01 AM	3:31 AM	6:01 AM	8:32 AM	11:02 AM	1:32 PM	4:02 PM	6:32 PM	9:02 PM	11:32 PM
4	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 -Dance-Classical(Girl) Kerala	English/ हिंदी	1:23 AM	3:53 AM	6:23 AM	8:53 AM	11:23 AM	1:54 PM	4:24 PM	6:54 PM	9:24 PM	11:54 PM
5	English	English, Ch-1: The Squirrel	English	1:29 AM	3:59 AM	6:29 AM	8:59 AM	11:29 AM	2:00 PM	4:30 PM	7:00 PM	9:30 PM	NA
6	Science	Ch-12: Reproduction In Plants	English	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:42 AM	2:12 PM	4:42 PM	7:12 PM	9:42 PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA

शुक्रवार, 3 मार्च 2023
Friday, 3 March 2023

1	विज्ञान	पाठ-12: पादप में जनन	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	हिन्दी	पाठ-8: वसंत-२: शाम एक किसान	हिंदी	12:21 AM	2:51 AM	5:21 AM	7:51 AM	10:21 AM	12:51 PM	3:21 PM	5:51 PM	8:21 PM	10:51 PM
3	सामान्य जागरूकता	5 Internet Safety Tips for Children	हिंदी	12:42 AM	3:12 AM	5:42 AM	8:12 AM	10:42 AM	1:12 PM	3:42 PM	6:12 PM	8:42 PM	11:12 PM
4	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:43 AM	3:13 AM	5:43 AM	8:13 AM	10:43 AM	1:13 PM	3:43 PM	6:13 PM	8:43 PM	11:13 PM
5	सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:48 AM	3:18 AM	5:47 AM	8:17 AM	10:47 AM	1:17 PM	3:47 PM	6:17 PM	8:47 PM	11:17 PM
6	Social science	Ch-8: A shirt in the market	English	1:03 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	1:33 PM	4:03 PM	6:33 PM	9:03 PM	11:33 PM
7	योग	त्रिकोणासन	हिंदी	1:16 AM	3:46 AM	6:16 AM	8:46 AM	11:16 AM	1:46 PM	4:15 PM	6:45 PM	9:15 PM	11:45 PM
8	Storytelling/Value Education	आम की टोकरी	हिंदी	1:18 AM	3:48 AM	6:18 AM	8:48 AM	11:18 AM	1:48 PM	4:18 PM	6:48 PM	9:18 PM	11:48 PM
9	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 -Dance-Classical(Girl) Delhi	English/ हिंदी	1:21 AM	3:51 AM	6:21 AM	8:51 AM	11:21 AM	1:51 PM	4:21 PM	6:51 PM	9:21 PM	11:50 PM
10	Mathematics	Ch-6: The Triangle and its Properties Part 1	English	1:26 AM	3:56 AM	6:26 AM	8:56 AM	11:26 AM	1:56 PM	4:26 PM	6:56 PM	9:26 PM	11:56 PM
11	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA

शनिवार, 4 मार्च 2023
Saturday, 4 March 2023

1	गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
---	------	---------------------------------	-------	----------	---------	---------	---------	----------	----------	---------	---------	---------	----------



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

2	संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:32 AM	3:02 AM	5:32 AM	8:02 AM	10:32 AM	1:02 PM	3:32 PM	6:02 PM	8:33 PM	11:03 PM
3	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:42 AM	3:12 AM	5:42 AM	8:12 AM	10:42 AM	1:12 PM	3:42 PM	6:12 PM	8:42 PM	11:12 PM
4	General Awareness	e-waste management Block-5	English	12:55 AM	3:25 AM	5:55 AM	8:25 AM	10:55 AM	1:25 PM	3:55 PM	6:25 PM	8:55 PM	11:25 PM
5	Social science	Ch-5: Water	English	1:16 AM	3:46 AM	6:16 AM	8:46 AM	11:16 AM	1:46 PM	4:17 PM	6:47 PM	9:17 PM	11:47 PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022 Vocal Music- Classical(Boy)Bihar	English/ हिंदी	1:35 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:35 PM	NA
7	Science	Ch-12: Reproduction In Plants	English	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:42 AM	2:12 PM	4:42 PM	7:12 PM	9:42 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA

रविवार, 5 मार्च 2023
Sunday, 5 March 2023

1	Physical Education	COVID 19 Awareness	English	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:58 PM	10:28 PM
2	शारीरिक शिक्षा	योग ओलम्पियाड	हिंदी	12:20 AM	2:50 AM	5:20 AM	7:50 AM	10:20 AM	12:50 PM	3:20 PM	5:49 PM	8:19 PM	10:49 PM
3	सामाजिक विज्ञान	पाठ-6: संचार माध्यमों को समझना (Part-2)	हिंदी	12:22 AM	2:51 AM	5:21 AM	7:51 AM	10:21 AM	12:51 PM	3:21 PM	5:51 PM	8:20 PM	10:50 PM
4	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:34 AM	3:04 AM	5:34 AM	8:04 AM	10:33 AM	1:03 PM	3:33 PM	6:03 PM	8:33 PM	11:03 PM
5	सामान्य जागरूकता	वर्गीकरण- चिप-चाँप	हिंदी	1:04 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	1:33 PM	4:03 PM	6:33 PM	9:02 PM	11:32 PM
6	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:18 AM	3:48 AM	6:18 AM	8:48 AM	11:17 AM	1:47 PM	4:17 PM	6:47 PM	9:17 PM	11:47 PM
7	Social science	Ch-7: Tribes, nomads and settled communities	English	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:33 AM	2:03 PM	4:33 PM	7:03 PM	9:33 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:57 AM	4:27 AM	6:56 AM	9:26 AM	11:56 AM	2:26 PM	4:56 PM	7:26 PM	9:56 PM	NA
9	Vocational	Important tips for good embroidery work (Part B)	English	2:16 AM	4:46 AM	7:16 AM	9:46 AM	12:16 PM	2:46 PM	5:16 PM	7:46 PM	10:15 PM	NA

सोमवार, 6 मार्च 2023
Monday, 6 March 2023

1	विज्ञान	पाठ-12: पादप में जनन	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:32 PM	8:02 PM	10:32 PM
---	---------	----------------------	-------	-------------	------------	------------	------------	-------------	-------------	------------	------------	------------	-------------



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

2	सामाजिक विज्ञान	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:22 AM	2:52 AM	5:23 AM	7:53 AM	10:23 AM	12:54 PM	3:24 PM	5:54 PM	8:24 PM	10:55 PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	12:50 AM	3:20 AM	5:51 AM	8:21 AM	10:51 AM	1:21 PM	3:52 PM	6:22 PM	8:52 PM	11:23 PM
4	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:54 AM	3:24 AM	5:55 AM	8:25 AM	10:55 AM	1:26 PM	3:56 PM	6:26 PM	8:56 PM	11:27 PM
5	English	Ch-1: The Squirrel	English	1:06 AM	3:37 AM	6:07 AM	8:37 AM	11:08 AM	1:38 PM	4:08 PM	6:39 PM	9:09 PM	11:39 PM
6	Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	1:21 AM	3:51 AM	6:21 AM	8:52 AM	11:22 AM	1:52 PM	4:22 PM	6:53 PM	9:23 PM	11:53 PM
7	Mathematics	Ch-6: The Triangle and its Properties Part 1	English	1:24 AM	3:55 AM	6:25 AM	8:55 AM	11:26 AM	1:56 PM	4:26 PM	6:57 PM	9:27 PM	11:57 PM
8	Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	1:48 AM	4:19 AM	6:49 AM	9:19 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:51 PM	NA
9	Vocational	Finishing and costing of embroidered Products	English	2:13 AM	4:43 AM	7:13 AM	9:44 AM	12:14 PM	2:44 PM	5:15 PM	7:45 PM	10:15 PM	NA

मंगलवार, 7 मार्च 2023
Tuesday, 7 March 2023

1	गणित	Ch-6: त्रिभुज और उसके गुण भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:01 PM	5:31 PM	8:01 PM	10:31 PM
2	Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:31 AM	3:01 AM	5:31 AM	8:01 AM	10:31 AM	1:01 PM	3:32 PM	6:02 PM	8:32 PM	11:02 PM
3	हिन्दी	पाठ-8: वसंत-२: शाम एक किसान	हिंदी	12:47 AM	3:18 AM	5:48 AM	8:18 AM	10:48 AM	1:18 PM	3:48 PM	6:19 PM	8:49 PM	11:19 PM
4	Storytelling/Value Education	गुलजार बच्चों के साथ	हिंदी	1:11 AM	3:41 AM	6:11 AM	8:41 AM	11:11 AM	1:41 PM	4:12 PM	6:42 PM	9:12 PM	11:42 PM
5	Social science	Ch-5: Water	English	1:23 AM	3:53 AM	6:24 AM	8:54 AM	11:24 AM	1:54 PM	4:24 PM	6:54 PM	9:25 PM	11:55 PM
6	Science	Ch-12: Reproduction In Plants	English	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:42 AM	2:13 PM	4:43 PM	7:13 PM	9:43 PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:36 PM	5:06 PM	7:36 PM	10:06 PM	NA

बुधवार, 8 मार्च 2023
Wednesday, 8 March 2023

1	विज्ञान	पाठ-13: गति एवं समय	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	उर्दू	ईदगाह	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:05 AM	10:36 AM	1:06 PM	3:36 PM	6:06 PM	8:36 PM	11:06 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

3	Storytelling/Value Education	I have got 10 little fingers	English	1:03 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
4	Social science	Ch-8: Devotional paths to divine-let us check what we remember	English	1:13 AM	3:43 AM	6:13 AM	8:43 AM	11:13 AM	1:43 PM	4:13 PM	6:43 PM	9:13 PM	11:43 PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022 Vocal Music- Classical(Boy)KVS	English/हिंदी	1:29 AM	3:59 AM	6:29 AM	8:59 AM	11:29 AM	1:59 PM	4:29 PM	6:59 PM	9:30 PM	NA
6	Mathematics	Ch-6: The Triangle and its Properties Part 2	English	1:37 AM	4:07 AM	6:37 AM	9:07 AM	11:37 AM	2:07 PM	4:38 PM	7:08 PM	9:38 PM	NA
7	Vocational	Personal hygiene and Health	English	1:54 AM	4:24 AM	6:55 AM	9:25 AM	11:55 AM	2:25 PM	4:55 PM	7:25 PM	9:55 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA

बृहस्पतिवार, 9 मार्च 2023
Thursday, 9 March 2023

1	गणित	पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:31 PM	8:02 PM	10:32 PM
2	सामाजिक विज्ञान	पाठ-1: हजार वर्षों के दौरान	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:05 AM	10:36 AM	1:06 PM	3:36 PM	6:07 PM	8:37 PM	11:07 PM
3	English	Ch-1: Three Questions	English	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:01 AM	1:31 PM	4:01 PM	6:31 PM	9:02 PM	11:32 PM
4	Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	1:19 AM	3:49 AM	6:19 AM	8:50 AM	11:20 AM	1:50 PM	4:20 PM	6:51 PM	9:21 PM	11:51 PM
5	Science	Ch-13: Motion and Time	English	1:31 AM	4:01 AM	6:31 AM	9:01 AM	11:32 AM	2:02 PM	4:32 PM	7:02 PM	9:33 PM	NA
6	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:55 AM	4:25 AM	6:55 AM	9:25 AM	11:56 AM	2:26 PM	4:56 PM	7:26 PM	9:57 PM	NA
7	Vocational	Personal hygiene and Health	English	2:14 AM	4:44 AM	7:15 AM	9:45 AM	12:15 PM	2:46 PM	5:16 PM	7:46 PM	10:16 PM	NA

शुक्रवार, 10 मार्च 2023
Friday, 10 March 2023

1	विज्ञान	पाठ-13: गति एवं समय	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	हिन्दी	वसंत-२, पाठ-10: अपूर्व अनुभव	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:05 AM	10:35 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	Storytelling/Value Education	छोटा कौन बड़ा कौन	हिंदी	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:00 AM	1:30 PM	4:00 PM	6:30 PM	9:00 PM	11:30 PM
4	Social science	Ch-1: On Equality	English	1:04 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

5	सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	1:37 AM	4:07 AM	6:37 AM	9:07 AM	11:37 AM	2:07 PM	4:37 PM	7:07 PM	9:37 PM	NA
6	Mathematics	Ch-6: The Triangle and its Properties Part 2	English	1:42 AM	4:12 AM	6:42 AM	9:12 AM	11:43 AM	2:13 PM	4:43 PM	7:13 PM	9:43 PM	NA
7	Vocational	घर पर बनाए हर्बल शेम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:30 PM	10:00 PM	NA

शनिवार, 11 मार्च 2023
Saturday, 11 March 2023

1	गणित	पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	संस्कृत	भूपति मयादस	हिंदी	12:38 AM	3:08 AM	5:38 AM	8:08 AM	10:38 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:09 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:47 AM	3:17 AM	5:47 AM	8:17 AM	10:47 AM	1:17 PM	3:47 PM	6:17 PM	8:47 PM	11:18 PM
4	Social science	Ch-8: Human Environment Interactions The Tropical and Subtropical Regions	English	1:09 AM	3:39 AM	6:09 AM	8:39 AM	11:09 AM	1:39 PM	4:09 PM	6:39 PM	9:09 PM	11:39 PM
5	Science	Ch-13: Motion and Time	English	1:39 AM	4:09 AM	6:39 AM	9:09 AM	11:39 AM	2:09 PM	4:39 PM	7:09 PM	9:39 PM	NA
6	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:03 AM	4:33 AM	7:03 AM	9:33 AM	12:03 PM	2:33 PM	5:03 PM	7:33 PM	10:03 PM	NA
7	Vocational	Design and Tracing Methods (Heat Method)	English	2:23 AM	4:53 AM	7:23 AM	9:53 AM	12:23 PM	2:53 PM	5:23 PM	7:53 PM	10:23 PM	NA

रविवार, 12 मार्च 2023
Sunday, 12 March 2023

1	Physical Education	COVID 19 Awareness	English	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:31 PM	8:02 PM	10:32 PM
2	सामाजिक विज्ञान	पाठ-7: हमारे आस-पास के बाज़ार	हिंदी	12:20 AM	2:51 AM	5:21 AM	7:51 AM	10:22 AM	12:52 PM	3:22 PM	5:52 PM	8:23 PM	10:53 PM
3	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	12:27 AM	2:57 AM	5:27 AM	7:58 AM	10:28 AM	12:58 PM	3:29 PM	5:59 PM	8:29 PM	10:59 PM
4	Storytelling/Value Education	आजादी की कहानी-3	हिंदी	12:41 AM	3:11 AM	5:42 AM	8:12 AM	10:42 AM	1:12 PM	3:43 PM	6:13 PM	8:43 PM	11:14 PM
5	General Awareness	Make Your Own Sundial	English	12:56 AM	3:26 AM	5:56 AM	8:26 AM	10:57 AM	1:27 PM	3:57 PM	6:28 PM	8:58 PM	11:28 PM
6	योग	ताड्रासन	हिंदी	12:59 AM	3:29 AM	5:59 AM	8:29 AM	11:00 AM	1:30 PM	4:00 PM	6:30 PM	9:01 PM	11:31 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

7	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	1:01 AM	3:32 AM	6:02 AM	8:32 AM	11:03 AM	1:33 PM	4:03 PM	6:33 PM	9:04 PM	11:34 PM
8	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:19 AM	3:49 AM	6:20 AM	8:50 AM	11:20 AM	1:50 PM	4:21 PM	6:51 PM	9:21 PM	11:52 PM
9	Social science	Ch-8: Devotional paths to divine-let us check what we remember	English	1:35 AM	4:05 AM	6:36 AM	9:06 AM	11:36 AM	2:06 PM	4:37 PM	7:07 PM	9:37 PM	NA
10	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:21 AM	6:51 AM	9:21 AM	11:52 AM	2:22 PM	4:52 PM	7:22 PM	9:53 PM	NA

सोमवार, 13 मार्च 2023
Monday, 13 March 2023

1	विज्ञान	पाठ-13: गति एवं समय	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:05 AM	10:35 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	सामाजिक विज्ञान	पाठ-09: रेगिस्तान में जीवन	हिंदी	12:53 AM	3:23 AM	5:53 AM	8:22 AM	10:52 AM	1:22 PM	3:52 PM	6:22 PM	8:52 PM	11:22 PM
4	Storytelling/Value Education	I have got 10 little fingers	English	1:07 AM	3:37 AM	6:07 AM	8:37 AM	11:07 AM	1:37 PM	4:07 PM	6:37 PM	9:07 PM	11:37 PM
5	English	Ch-1: Three Questions	English	1:16 AM	3:46 AM	6:16 AM	8:46 AM	11:16 AM	1:46 PM	4:16 PM	6:46 PM	9:16 PM	11:46 PM
6	General Awareness	Segregation chip-chop	English	1:35 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:35 PM	NA
7	Mathematics	Ch-6: The Triangle and its Properties Part 2	English	1:47 AM	4:17 AM	6:47 AM	9:17 AM	11:47 AM	2:17 PM	4:47 PM	7:17 PM	9:46 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:04 AM	4:34 AM	7:04 AM	9:34 AM	12:04 PM	2:34 PM	5:04 PM	7:34 PM	10:04 PM	NA

मंगलवार, 14 मार्च 2023
Tuesday, 14 March 2023

1	गणित	पाठ-7: त्रिभुजों की सर्वांगसमता भाग-1	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	हिन्दी	वसंत-२, पाठ-10: अपूर्व अनुभव	हिंदी	12:38 AM	3:08 AM	5:38 AM	8:08 AM	10:38 AM	1:08 PM	3:38 PM	6:08 PM	8:38 PM	11:08 PM
3	Storytelling/Value Education	अक्ल बड़ी या पूँछ	हिंदी	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:01 AM	1:31 PM	4:01 PM	6:31 PM	9:01 PM	11:31 PM
4	Social science	Ch-8: Human Environment Interactions The Tropical and Subtropical Regions	English	1:04 AM	3:34 AM	6:04 AM	8:34 AM	11:04 AM	1:34 PM	4:04 PM	6:35 PM	9:05 PM	11:35 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

5	योग	अर्ध चक्रासन	हिंदी	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:34 AM	2:04 PM	4:35 PM	7:05 PM	9:35 PM	NA
6	Science	Ch-13: Motion and Time	English	1:36 AM	4:06 AM	6:36 AM	9:06 AM	11:36 AM	2:06 PM	4:37 PM	7:07 PM	9:37 PM	NA
7	Vocational	घर पर बनाए हर्बल शेम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:31 PM	10:01 PM	NA

बुधवार, 15 मार्च 2023
Wednesday, 15 March 2023

1	विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	हिंदी	12:00 AM	2:32 AM	5:04 AM	7:36 AM	10:08 AM	12:41 PM	3:13 PM	5:45 PM	8:17 PM	10:50 PM
2	उर्दू	ईदगाह	हिंदी	12:30 AM	3:02 AM	5:34 AM	8:07 AM	10:39 AM	1:11 PM	3:43 PM	6:16 PM	8:48 PM	11:20 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-9	हिंदी	12:58 AM	3:31 AM	6:03 AM	8:35 AM	11:07 AM	1:39 PM	4:12 PM	6:44 PM	9:16 PM	11:48 PM
4	Social science	Ch-8: Devotional paths to divine-let us check what we remember-2	English	1:18 AM	3:50 AM	6:22 AM	8:54 AM	11:27 AM	1:59 PM	4:31 PM	7:03 PM	9:36 PM	NA
5	Mathematics	Ch-7: Congruence of triangles	English	1:40 AM	4:12 AM	6:44 AM	9:16 AM	11:49 AM	2:21 PM	4:53 PM	7:25 PM	9:58 PM	NA
6	Vocational	Hand Embroidery Part B	English	2:13 AM	4:45 AM	7:17 AM	9:49 AM	12:21 PM	2:54 PM	5:26 PM	7:58 PM	10:30 PM	NA

बृहस्पतिवार, 16 मार्च 2023
Thursday, 16 March 2023

1	गणित	पाठ-8: राशियों की तुलना	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:31 PM	3:01 PM	5:31 PM	8:01 PM	10:31 PM
2	सामाजिक विज्ञान	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:06 AM	10:36 AM	1:06 PM	3:36 PM	6:06 PM	8:37 PM	11:07 PM
3	Storytelling/Value Education	आम की टोकरी	हिंदी	12:58 AM	3:29 AM	5:59 AM	8:29 AM	10:59 AM	1:29 PM	4:00 PM	6:30 PM	9:00 PM	11:30 PM
4	English	Ch-2: A Gift Of Chappals	English	1:03 AM	3:33 AM	6:03 AM	8:33 AM	11:03 AM	1:34 PM	4:04 PM	6:34 PM	9:04 PM	11:34 PM
5	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Instrumental Music Competition: Girls: Haryana	English/ हिंदी	1:24 AM	3:54 AM	6:24 AM	8:54 AM	11:24 AM	1:55 PM	4:25 PM	6:55 PM	9:25 PM	11:55 PM
6	Science	Ch-14: Electric Current and Its Effects	English	1:29 AM	4:00 AM	6:30 AM	9:00 AM	11:30 AM	2:00 PM	4:31 PM	7:01 PM	9:31 PM	NA
7	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:21 AM	6:51 AM	9:21 AM	11:51 AM	2:21 PM	4:52 PM	7:22 PM	9:52 PM	NA



शुक्रवार, 17 मार्च 2023 Friday, 17 March 2023													
1	विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	हिन्दी	वसंत-२, पाठ-11: रहीम के दोहे	हिंदी	12:28 AM	2:58 AM	5:28 AM	7:59 AM	10:29 AM	12:59 PM	3:29 PM	5:59 PM	8:29 PM	10:59 PM
3	योग	पादहस्तासन	हिंदी	12:52 AM	3:22 AM	5:52 AM	8:22 AM	10:52 AM	1:22 PM	3:52 PM	6:23 PM	8:53 PM	11:23 PM
4	Social science	Ch-2: Role of the Government in Health	English	12:55 AM	3:25 AM	5:55 AM	8:25 AM	10:55 AM	1:25 PM	3:55 PM	6:25 PM	8:55 PM	11:25 PM
5	Mathematics	Ch-7: Congruence of triangles	English	1:19 AM	3:49 AM	6:19 AM	8:49 AM	11:20 AM	1:50 PM	4:20 PM	6:50 PM	9:20 PM	11:50 PM
6	Vocational	घर पर बनाएँ हर्बल शेम्पू	हिंदी	1:47 AM	4:17 AM	6:47 AM	9:17 AM	11:47 AM	2:17 PM	4:47 PM	7:17 PM	9:47 PM	NA
7	Vocational	Tools And Materials	English	2:12 AM	4:42 AM	7:12 AM	9:42 AM	12:12 PM	2:42 PM	5:12 PM	7:42 PM	10:12 PM	NA
शनिवार, 18 मार्च 2023 Saturday, 18 March 2023													
1	गणित	पाठ-8: राशियों की तुलना	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	संस्कृत	चतुर बानर	हिंदी	12:35 AM	3:05 AM	5:35 AM	8:05 AM	10:35 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:43 AM	3:13 AM	5:43 AM	8:13 AM	10:43 AM	1:14 PM	3:44 PM	6:14 PM	8:44 PM	11:14 PM
4	Cultural Heritage: Art, Music & Dance	Kala Utsav - 2022 -Dance Folk(Girl)Maharashtra	English/हिंदी	1:05 AM	3:35 AM	6:05 AM	8:35 AM	11:05 AM	1:35 PM	4:05 PM	6:35 PM	9:05 PM	11:36 PM
5	Social science	Ch-9: Life in the desert	English	1:10 AM	3:40 AM	6:10 AM	8:40 AM	11:10 AM	1:40 PM	4:10 PM	6:40 PM	9:10 PM	11:40 PM
6	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:29 AM	4:00 AM	6:30 AM	9:00 AM	11:30 AM	2:00 PM	4:30 PM	7:00 PM	9:30 PM	NA
7	Science	Ch-14: Electric Current and Its Effects	English	1:44 AM	4:14 AM	6:44 AM	9:14 AM	11:44 AM	2:14 PM	4:44 PM	7:14 PM	9:44 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA
रविवार, 19 मार्च 2023 Sunday, 19 March 2023													
1	Physical Education	COVID 19 Awareness	English	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	Storytelling/Value Education	आज़ादी की कहानी-3	हिंदी	12:20 AM	2:50 AM	5:21 AM	7:51 AM	10:21 AM	12:51 PM	3:21 PM	5:51 PM	8:21 PM	10:51 PM



3	सामाजिक विज्ञान	पाठ-8: बाज़ार में एक कमीज़ (Part-1)	हिंदी	12:32 AM	3:02 AM	5:32 AM	8:02 AM	10:32 AM	1:02 PM	3:32 PM	6:03 PM	8:33 PM	11:03 PM
4	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-7	हिंदी	12:43 AM	3:13 AM	5:43 AM	8:13 AM	10:43 AM	1:13 PM	3:44 PM	6:14 PM	8:44 PM	11:14 PM
5	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	1:05 AM	3:35 AM	6:05 AM	8:35 AM	11:05 AM	1:35 PM	4:05 PM	6:35 PM	9:05 PM	11:35 PM
6	सामान्य जागरूकता	3 R's केंद्र और रिसायक्लिंग लेब (जीतो की वीडियो)	हिंदी	1:34 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:35 PM	NA
7	Social science	Ch-8: Devotional paths to divine-let us check what we remember-2	English	1:43 AM	4:13 AM	6:43 AM	9:13 AM	11:43 AM	2:13 PM	4:43 PM	7:13 PM	9:43 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:03 AM	4:33 AM	7:03 AM	9:33 AM	12:03 PM	2:33 PM	5:03 PM	7:33 PM	10:03 PM	NA
9	Vocational	Design and Tracing Methods (Heat Method)	English	2:23 AM	4:53 AM	7:23 AM	9:53 AM	12:23 PM	2:53 PM	5:23 PM	7:53 PM	10:23 PM	NA

सोमवार, 20 मार्च 2023
Monday, 20 March 2023

1	विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:31 PM	3:01 PM	5:31 PM	8:01 PM	10:32 PM
2	सामाजिक विज्ञान	पाठ-1: पर्यावरण	हिंदी	12:28 AM	2:59 AM	5:29 AM	7:59 AM	10:29 AM	1:00 PM	3:30 PM	6:00 PM	8:30 PM	11:00 PM
3	Storytelling/Value Education	आज़ादी की कहानी-1	हिंदी	12:57 AM	3:27 AM	5:57 AM	8:27 AM	10:58 AM	1:28 PM	3:58 PM	6:28 PM	8:58 PM	11:29 PM
4	योग	भद्रासन	हिंदी	1:05 AM	3:35 AM	6:06 AM	8:36 AM	11:06 AM	1:36 PM	4:07 PM	6:37 PM	9:07 PM	11:37 PM
5	English	Ch-2: A Gift Of Chappals	English	1:07 AM	3:38 AM	6:08 AM	8:38 AM	11:08 AM	1:39 PM	4:09 PM	6:39 PM	9:09 PM	11:39 PM
6	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	1:32 AM	4:02 AM	6:33 AM	9:03 AM	11:33 AM	2:03 PM	4:34 PM	7:04 PM	9:34 PM	NA
7	Mathematics	Ch-7: Congruence of triangles	English	1:37 AM	4:07 AM	6:37 AM	9:08 AM	11:38 AM	2:08 PM	4:38 PM	7:09 PM	9:39 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:06 PM	2:36 PM	5:06 PM	7:36 PM	10:07 PM	NA

मंगलवार, 21 मार्च 2023
Tuesday, 21 March 2023

1	गणित	पाठ-8: राशियों की तुलना	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:31 PM	8:02 PM	10:32 PM
2	हिन्दी	वसंत-२, पाठ-11: रहीम के दोहे	हिंदी	12:34 AM	3:04 AM	5:35 AM	8:05 AM	10:35 AM	1:05 PM	3:36 PM	6:06 PM	8:36 PM	11:06 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

3	योग	वक्रासन	हिंदी	12:57 AM	3:27 AM	5:57 AM	8:28 AM	10:58 AM	1:28 PM	3:58 PM	6:29 PM	8:59 PM	11:29 PM
4	Storytelling/Value Education	एक अनेक और एकता	हिंदी	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:01 AM	1:31 PM	4:01 PM	6:31 PM	9:02 PM	11:32 PM
5	Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	हिंदी	1:06 AM	3:37 AM	6:07 AM	8:37 AM	11:07 AM	1:38 PM	4:08 PM	6:38 PM	9:08 PM	11:39 PM
6	Social science	Ch-9: Life in the desert	English	1:14 AM	3:44 AM	6:14 AM	8:45 AM	11:15 AM	1:45 PM	4:15 PM	6:46 PM	9:16 PM	11:46 PM
7	Science	Ch-14: Electric Current and Its Effects	English	1:34 AM	4:04 AM	6:34 AM	9:04 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:36 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	1:55 AM	4:25 AM	6:55 AM	9:25 AM	11:56 AM	2:26 PM	4:56 PM	7:26 PM	9:57 PM	NA
9	Vocational	Personal hygiene and Health	English	2:14 AM	4:44 AM	7:15 AM	9:45 AM	12:15 PM	2:45 PM	5:16 PM	7:46 PM	10:16 PM	NA

बुधवार, 22 मार्च 2023
Wednesday, 22 March 2023

1	विज्ञान	पाठ-15: प्रकाश	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	उर्दू	ईदगाह	हिंदी	12:41 AM	3:11 AM	5:41 AM	8:11 AM	10:41 AM	1:11 PM	3:41 PM	6:10 PM	8:40 PM	11:10 PM
3	Social science	Ch-9: The Making of Regional Cultures (Part-1)	English	1:09 AM	3:39 AM	6:09 AM	8:39 AM	11:09 AM	1:39 PM	4:09 PM	6:39 PM	9:09 PM	11:39 PM
4	Mathematics	Ch-8: Comparing quantities	English	1:23 AM	3:53 AM	6:23 AM	8:53 AM	11:23 AM	1:53 PM	4:23 PM	6:53 PM	9:23 PM	11:53 PM
5	Vocational	Important tips for good embroidery work (Part B)	English	1:52 AM	4:22 AM	6:52 AM	9:22 AM	11:52 AM	2:22 PM	4:52 PM	7:22 PM	9:52 PM	NA
6	Vocational	घर पर बनाए हर्बल शेम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:30 PM	9:59 PM	NA

बुधस्पतिवार, 23 मार्च 2023
Thursday, 23 March 2023

1	गणित	पाठ-8: राशियों की तुलना भाग-2	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	12:34 AM	3:04 AM	5:34 AM	8:04 AM	10:35 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	सामाजिक विज्ञान	पाठ-3: दिल्ली के सुल्तान (भाग-1)	हिंदी	12:39 AM	3:09 AM	5:39 AM	8:09 AM	10:39 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:10 PM
4	English	Ch-2: The Rebel	English	12:58 AM	3:28 AM	5:58 AM	8:28 AM	10:58 AM	1:28 PM	3:58 PM	6:28 PM	8:58 PM	11:28 PM



5	Science	Ch-15: Light	English	1:11 AM	3:41 AM	6:11 AM	8:42 AM	11:12 AM	1:42 PM	4:12 PM	6:42 PM	9:12 PM	11:42 PM
6	Storytelling/Value Education	सुधीर तैलंग	हिंदी	1:36 AM	4:06 AM	6:36 AM	9:06 AM	11:36 AM	2:06 PM	4:36 PM	7:06 PM	9:36 PM	NA
7	Vocational	Finishing and costing of embroidered Products	English	1:53 AM	4:23 AM	6:53 AM	9:23 AM	11:53 AM	2:23 PM	4:53 PM	7:23 PM	9:53 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:35 AM	12:05 PM	2:35 PM	5:05 PM	7:35 PM	10:05 PM	NA

शुक्रवार, 24 मार्च 2023
Friday, 24 March 2023

1	विज्ञान	पाठ-15: प्रकाश	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	हिन्दी	पाठ-13: एक तिनका	हिंदी	12:40 AM	3:10 AM	5:40 AM	8:10 AM	10:40 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:09 PM
3	Storytelling/Value Education	आम की टोकरी	हिंदी	12:49 AM	3:19 AM	5:49 AM	8:19 AM	10:49 AM	1:19 PM	3:49 PM	6:19 PM	8:49 PM	11:19 PM
4	योग	वज्रासन	हिंदी	12:52 AM	3:22 AM	5:52 AM	8:22 AM	10:52 AM	1:22 PM	3:52 PM	6:22 PM	8:52 PM	11:22 PM
5	Social science	Ch-3: How the State Government Works	English	12:55 AM	3:25 AM	5:55 AM	8:25 AM	10:55 AM	1:25 PM	3:55 PM	6:25 PM	8:55 PM	11:25 PM
6	Creative Activities: Art & Craft	3D Kaleidoscope	English	1:18 AM	3:48 AM	6:18 AM	8:48 AM	11:18 AM	1:48 PM	4:18 PM	6:48 PM	9:18 PM	11:47 PM
7	Mathematics	Ch-8: Comparing quantities	English	1:21 AM	3:51 AM	6:21 AM	8:51 AM	11:21 AM	1:51 PM	4:21 PM	6:51 PM	9:21 PM	11:51 PM
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA

शनिवार, 25 मार्च 2023
Saturday, 25 March 2023

1	गणित	पाठ-8: राशियों की तुलना भाग-2	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:28 PM
2	संस्कृत	सम्वयो ही दुर्जयः	हिंदी	12:36 AM	3:06 AM	5:36 AM	8:06 AM	10:36 AM	1:05 PM	3:35 PM	6:05 PM	8:35 PM	11:05 PM
3	Storytelling/Value Education	बस के नीचे बाग़	हिंदी	12:44 AM	3:14 AM	5:44 AM	8:14 AM	10:44 AM	1:14 PM	3:43 PM	6:13 PM	8:43 PM	11:13 PM
4	Social science	Ch-1: Environment	English	12:50 AM	3:20 AM	5:50 AM	8:20 AM	10:50 AM	1:19 PM	3:49 PM	6:19 PM	8:49 PM	11:19 PM
5	Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	1:11 AM	3:41 AM	6:11 AM	8:41 AM	11:11 AM	1:41 PM	4:11 PM	6:40 PM	9:10 PM	11:40 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

6	Science	Ch-15: Light	English	1:25 AM	3:55 AM	6:25 AM	8:55 AM	11:25 AM	1:55 PM	4:25 PM	6:54 PM	9:24 PM	11:54 PM
7	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:50 AM	2:19 PM	4:49 PM	7:19 PM	9:49 PM	NA
रविवार, 26 मार्च 2023 Sunday, 26 March 2023													
1	Physical Education	COVID 19 Awareness	English	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	Storytelling/Value Education	आम की टोकरी	हिंदी	12:22 AM	2:52 AM	5:22 AM	7:52 AM	10:22 AM	12:52 PM	3:22 PM	5:52 PM	8:22 PM	10:52 PM
3	सामाजिक विज्ञान	पाठ-8: बाज़ार में एक कमीज़ (Part-2)	हिंदी	12:25 AM	2:55 AM	5:25 AM	7:55 AM	10:25 AM	12:55 PM	3:25 PM	5:55 PM	8:25 PM	10:55 PM
4	सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:37 AM	3:07 AM	5:37 AM	8:07 AM	10:37 AM	1:07 PM	3:37 PM	6:07 PM	8:37 PM	11:07 PM
5	Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-10	हिंदी	1:07 AM	3:37 AM	6:07 AM	8:37 AM	11:07 AM	1:37 PM	4:07 PM	6:37 PM	9:06 PM	11:36 PM
6	Cultural Heritage: Art, Music & Dance	Kala Utsav 2022 Vocal Music-Classical(Girl)Maharashtra	English/ हिंदी	1:26 AM	3:56 AM	6:26 AM	8:56 AM	11:26 AM	1:56 PM	4:26 PM	6:56 PM	9:26 PM	11:56 PM
7	सामान्य जागरूकता	रौशनी और रंग	हिंदी	1:35 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:04 PM	4:34 PM	7:04 PM	9:34 PM	NA
8	Social science	Ch-9: The Making of Regional Cultures (Part-1)	English	1:51 AM	4:21 AM	6:51 AM	9:20 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:04 AM	4:34 AM	7:04 AM	9:34 AM	12:04 PM	2:34 PM	5:04 PM	7:34 PM	10:04 PM	NA
सोमवार, 27 मार्च 2023 Monday, 27 March 2023													
1	विज्ञान	पाठ-15: प्रकाश	हिंदी	12:00 AM	2:29 AM	4:59 AM	7:29 AM	9:59 AM	12:29 PM	2:59 PM	5:29 PM	7:59 PM	10:29 PM
2	सामाजिक विज्ञान	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:40 AM	3:09 AM	5:39 AM	8:09 AM	10:39 AM	1:09 PM	3:39 PM	6:09 PM	8:39 PM	11:09 PM
3	Storytelling/Value Education	आजादी की कहानी-1	हिंदी	1:00 AM	3:30 AM	6:00 AM	8:30 AM	11:00 AM	1:30 PM	3:59 PM	6:29 PM	8:59 PM	11:29 PM
4	English	Ch-2: The Rebel	English	1:08 AM	3:38 AM	6:08 AM	8:38 AM	11:08 AM	1:38 PM	4:08 PM	6:38 PM	9:08 PM	11:38 PM
5	सामान्य जागरूकता	स्वस्थ बढ़ना	हिंदी	1:22 AM	3:52 AM	6:22 AM	8:52 AM	11:22 AM	1:52 PM	4:22 PM	6:51 PM	9:21 PM	11:51 PM
6	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	1:28 AM	3:58 AM	6:28 AM	8:58 AM	11:28 AM	1:58 PM	4:28 PM	6:58 PM	9:27 PM	11:57 PM



7	योग	शशकासन	हिंदी	1:33 AM	4:03 AM	6:33 AM	9:03 AM	11:33 AM	2:02 PM	4:32 PM	7:02 PM	9:32 PM	NA
8	Mathematics	Ch-8: Comparing quantities	English	1:35 AM	4:05 AM	6:35 AM	9:05 AM	11:35 AM	2:05 PM	4:35 PM	7:05 PM	9:35 PM	NA
9	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:04 AM	4:34 AM	7:04 AM	9:34 AM	12:04 PM	2:34 PM	5:04 PM	7:34 PM	10:04 PM	NA

मंगलवार, 28 मार्च 2023
Tuesday, 28 March 2023

1	गणित	पाठ-8: राशियों की तुलना भाग-2	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:01 AM	12:31 PM	3:01 PM	5:32 PM	8:02 PM	10:32 PM
2	हिन्दी	पाठ-13: एक तिनका	हिंदी	12:34 AM	3:05 AM	5:35 AM	8:05 AM	10:36 AM	1:06 PM	3:36 PM	6:07 PM	8:37 PM	11:07 PM
3	Science	Ch-15: Light	English	12:43 AM	3:14 AM	5:44 AM	8:14 AM	10:45 AM	1:15 PM	3:45 PM	6:16 PM	8:46 PM	11:16 PM
4	General Awareness	e-waste management Block-4.1	English	1:08 AM	3:38 AM	6:09 AM	8:39 AM	11:09 AM	1:40 PM	4:10 PM	6:40 PM	9:11 PM	11:41 PM
5	Social science	Ch-1: Environment	English	1:23 AM	3:54 AM	6:24 AM	8:54 AM	11:25 AM	1:55 PM	4:25 PM	6:56 PM	9:26 PM	11:56 PM
6	Science	Ch-17: Forests, Our lifeline	English	1:47 AM	4:17 AM	6:47 AM	9:18 AM	11:48 AM	2:18 PM	4:49 PM	7:19 PM	9:49 PM	NA
7	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:35 AM	7:05 AM	9:36 AM	12:06 PM	2:36 PM	5:07 PM	7:37 PM	10:07 PM	NA

बुधवार, 29 मार्च 2023
Wednesday, 29 March 2023

1	विज्ञान	पाठ-17: वन हमारी जीवन रेखा (भाग-1)	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	उर्दू	ईदगाह	हिंदी	12:26 AM	2:56 AM	5:26 AM	7:56 AM	10:26 AM	12:56 PM	3:26 PM	5:56 PM	8:26 PM	10:57 PM
3	General Awareness	Segregation chip-chop	English	12:54 AM	3:24 AM	5:54 AM	8:24 AM	10:54 AM	1:25 PM	3:55 PM	6:25 PM	8:55 PM	11:25 PM
4	Social science	Ch-9: The Making of Regional Cultures (Part-2)	English	1:06 AM	3:36 AM	6:06 AM	8:36 AM	11:06 AM	1:36 PM	4:06 PM	6:37 PM	9:07 PM	11:37 PM
5	Mathematics	Ch-8: Comparing quantities Part-2	English	1:23 AM	3:53 AM	6:23 AM	8:53 AM	11:23 AM	1:53 PM	4:23 PM	6:53 PM	9:23 PM	11:53 PM
6	Vocational	Personal hygiene and Health	English	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:50 AM	2:20 PM	4:50 PM	7:20 PM	9:50 PM	NA
7	Vocational	घर पर बनाए हर्बल शेम्पू	हिंदी	2:00 AM	4:30 AM	7:00 AM	9:30 AM	12:00 PM	2:30 PM	5:00 PM	7:30 PM	10:01 PM	NA



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

बृहस्पतिवार, 30 मार्च 2023
Thursday, 30 March 2023

1	गणित	पाठ-9: परिमेय संख्याएँ	हिंदी	12:00 AM	2:30 AM	5:01 AM	7:32 AM	10:03 AM	12:34 PM	3:05 PM	5:36 PM	8:06 PM	10:37 PM
2	रचनात्मक गतिविधियाँ: कला और शिल्प	खिलता हुआ कमल (Blooming lotus)	हिंदी	12:34 AM	3:05 AM	5:36 AM	8:07 AM	10:38 AM	1:09 PM	3:39 PM	6:10 PM	8:41 PM	11:12 PM
3	सामाजिक विज्ञान	पाठ-3: दिल्ली के सुल्तान (भाग-1)	हिंदी	12:39 AM	3:10 AM	5:41 AM	8:12 AM	10:42 AM	1:13 PM	3:44 PM	6:15 PM	8:46 PM	11:17 PM
4	English	Honeycomb, Ch-3: Gopal and the Hilsa fish	English	12:58 AM	3:29 AM	5:59 AM	8:30 AM	11:01 AM	1:32 PM	4:03 PM	6:34 PM	9:05 PM	11:35 PM
5	Science	Ch-17: Forests, Our lifeline	English	1:19 AM	3:50 AM	6:21 AM	8:51 AM	11:22 AM	1:53 PM	4:24 PM	6:55 PM	9:26 PM	11:57 PM
6	Storytelling/Value Education	सुधीर तैलंग	हिंदी	1:37 AM	4:08 AM	6:39 AM	9:09 AM	11:40 AM	2:11 PM	4:42 PM	7:13 PM	9:44 PM	NA
7	Vocational	Finishing and costing of embroidered Products	English	1:54 AM	4:25 AM	6:55 AM	9:26 AM	11:57 AM	2:28 PM	4:59 PM	7:30 PM	10:01 PM	NA
8	Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	2:05 AM	4:36 AM	7:07 AM	9:38 AM	12:09 PM	2:40 PM	5:11 PM	7:41 PM	10:12 PM	NA

शुक्रवार, 31 मार्च 2023
Friday, 31 March 2023

1	विज्ञान	पाठ-17: वन हमारी जीवन रेखा (भाग-1)	हिंदी	12:00 AM	2:30 AM	5:00 AM	7:30 AM	10:00 AM	12:30 PM	3:00 PM	5:30 PM	8:00 PM	10:30 PM
2	हिन्दी	पाठ-14: खान पान की बदलती तस्वीर	हिंदी	12:25 AM	2:55 AM	5:25 AM	7:55 AM	10:25 AM	12:56 PM	3:26 PM	5:56 PM	8:26 PM	10:56 PM
3	सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:53 AM	3:23 AM	5:53 AM	8:24 AM	10:54 AM	1:24 PM	3:54 PM	6:24 PM	8:54 PM	11:24 PM
4	योग	वज्रासन	हिंदी	12:59 AM	3:30 AM	6:00 AM	8:30 AM	11:00 AM	1:30 PM	4:00 PM	6:30 PM	9:00 PM	11:30 PM
5	Social science	Ch-4: Growing up as Boys and Girls	English	1:02 AM	3:32 AM	6:02 AM	8:32 AM	11:02 AM	1:32 PM	4:03 PM	6:33 PM	9:03 PM	11:33 PM
6	Storytelling/Value Education	आम की टोकरी	हिंदी	1:21 AM	3:51 AM	6:21 AM	8:51 AM	11:21 AM	1:51 PM	4:21 PM	6:51 PM	9:21 PM	11:51 PM
7	Mathematics	Ch-8: Comparing quantities Part-2	English	1:23 AM	3:53 AM	6:23 AM	8:53 AM	11:24 AM	1:54 PM	4:24 PM	6:54 PM	9:24 PM	11:54 PM
8	Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	1:50 AM	4:20 AM	6:50 AM	9:20 AM	11:51 AM	2:21 PM	4:51 PM	7:21 PM	9:51 PM	NA



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028