

कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 6

कक्षा - 6 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 6

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	इतिहास	हिन्दी	संस्कृत	राजनीति विज्ञान
English	Geography	History	English	Political Science	Mathematics	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 11 to 12 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 Wednesday 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.



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 6

अप्रैल 2025

April 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
मंगलवार, 01 अप्रैल 2025 Tuesday, 01 April 2025			
Science (Activities)	Tests for components of food (Ch-2)	English	12:00 AM 02:02 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:13 PM 02:15 PM 04:17 PM 06:19 PM 08:21 PM 10:24 PM
Science (Activities)	Making An Opaque Paper Translucent(Ch-11)	English	12:08 AM 02:10 AM 04:12 AM 06:14 AM 08:16 AM 10:19 AM 12:21 PM 02:23 PM 04:25 PM 06:27 PM 08:29 PM 10:32 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:11 AM 02:13 AM 04:15 AM 06:17 AM 08:19 AM 10:22 AM 12:24 PM 02:26 PM 04:28 PM 06:30 PM 08:33 PM 10:35 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:12 AM 02:14 AM 04:17 AM 06:19 AM 08:21 AM 10:23 AM 12:25 PM 02:28 PM 04:30 PM 06:32 PM 08:34 PM 10:36 PM
National Teachers Award Filler	AVINASHA SHARMA	Hindi	12:15 AM 02:18 AM 04:20 AM 06:22 AM 08:24 AM 10:26 AM 12:29 PM 02:31 PM 04:33 PM 06:35 PM 08:37 PM 10:39 PM
Cultural Heritage: Art, Music & Dance	Music - Instrumental Competition: Boys: Odisha	English	12:16 AM 02:18 AM 04:21 AM 06:23 AM 08:25 AM 10:27 AM 12:29 PM 02:31 PM 04:34 PM 06:36 PM 08:38 PM 10:40 PM
General Awareness	बात पते की	Hindi	12:23 AM 02:25 AM 04:28 AM 06:30 AM 08:32 AM 10:34 AM 12:36 PM 02:39 PM 04:41 PM 06:43 PM 08:45 PM 10:47 PM
General Awareness	क्यों और कैसे	Hindi	12:44 AM 02:46 AM 04:48 AM 06:50 AM 08:52 AM 10:55 AM 12:57 PM 02:59 PM 05:01 PM 07:03 PM 09:06 PM 11:08 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

Art & Craft	पानी का फव्वारा	Hindi	01:07 AM 03:09 AM 05:12 AM 07:14 AM 09:16 AM 11:18 AM 01:20 PM 03:23 PM 05:25 PM 07:27 PM 09:29 PM 11:31 PM
Disaster management	Lightning - बिजली से कैसे बचें	Hindi	01:15 AM 03:18 AM 05:20 AM 07:22 AM 09:24 AM 11:26 AM 01:28 PM 03:31 PM 05:33 PM 07:35 PM 09:37 PM 11:39 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	01:47 AM 03:49 AM 05:51 AM 07:53 AM 09:56 AM 11:58 AM 02:00 PM 04:02 PM 06:04 PM 08:07 PM 10:09 PM
General	पादहस्तासन	Hindi	01:53 AM 03:55 AM 05:57 AM 07:59 AM 10:02 AM 12:04 PM 02:06 PM 04:08 PM 06:10 PM 08:13 PM 10:15 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	01:55 AM 03:58 AM 06:00 AM 08:02 AM 10:04 AM 12:06 PM 02:08 PM 04:11 PM 06:13 PM 08:15 PM 10:17 PM
बुधवार, 02 अप्रैल 2025 Wednesday, 02 April 2025			
General	Values and Types of Wetlands Part -1	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:15 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:07 AM 02:09 AM 04:10 AM 06:12 AM 08:13 AM 10:15 AM 12:16 PM 02:18 PM 04:19 PM 06:20 PM 08:22 PM 10:23 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	12:11 AM 02:12 AM 04:14 AM 06:15 AM 08:16 AM 10:18 AM 12:19 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:27 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:43 AM 02:45 AM 04:46 AM 06:48 AM 08:49 AM 10:51 AM 12:52 PM 02:53 PM 04:55 PM 06:56 PM 08:58 PM 10:59 PM
Science (Activities)	Sorting Materials into Groups (Ch-4:Part 1)	English	12:57 AM 02:58 AM 05:00 AM 07:01 AM 09:03 AM 11:04 AM 01:05 PM 03:07 PM 05:08 PM 07:10 PM 09:11 PM 11:13 PM
National Teachers Award Filler	DR URFANA AMIN	Hindi	01:03 AM 03:04 AM 05:06 AM 07:07 AM 09:08 AM 11:10 AM 01:11 PM 03:13 PM 05:14 PM 07:16 PM 09:17 PM 11:19 PM



Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:03 AM 03:05 AM 05:06 AM 07:08 AM 09:09 AM 11:11 AM 01:12 PM 03:13 PM 05:15 PM 07:16 PM 09:18 PM 11:19 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	01:07 AM 03:09 AM 05:10 AM 07:12 AM 09:13 AM 11:15 AM 01:16 PM 03:17 PM 05:19 PM 07:20 PM 09:22 PM 11:23 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:30 AM 03:32 AM 05:33 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:41 PM 05:42 PM 07:43 PM 09:45 PM 11:46 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 03:52 AM 05:54 AM 07:55 AM 09:56 AM 11:58 AM 01:59 PM 04:01 PM 06:02 PM 08:04 PM 10:05 PM
General	वृक्षासन	Hindi	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM
बृहस्पतिवार, 03 अप्रैल 2025 Thursday, 03 April 2025			
Science (Activities)	Making An Opaque Paper Translucent(Ch-11)	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:23 PM 04:24 PM 06:24 PM 08:24 PM 10:25 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:16 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:23 AM 03:23 AM 05:23 AM 07:24 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:25 PM 07:26 PM 09:26 PM 11:26 PM



National Teachers Award Filler	NARAYANSWAMY R	Hindi	01:26 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:29 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:27 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM
Disaster management	Earthquake - भूकंप के दौरान क्या करना चाहिए	Hindi	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:35 AM 11:36 AM 01:36 PM 03:36 PM 05:37 PM 07:37 PM 09:37 PM 11:38 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:48 AM 03:49 AM 05:49 AM 07:49 AM 09:50 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:55 AM 03:56 AM 05:56 AM 07:56 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
General	नाड़ीशोधन प्राणायाम	Hindi	01:56 AM 03:57 AM 05:57 AM 07:57 AM 09:58 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 07:59 PM 10:00 PM
शुक्रवार, 04 अप्रैल 2025 Friday, 04 April 2025			
Creative Activities: Art & Craft	Peace Bomb	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Emotional well being and mental health	English	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
General Awareness	Arpan-Personal safety	English	12:50 AM 02:51 AM 04:52 AM 06:53 AM 08:54 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
Health, Physical Education/Yoga/ Sports	Discus Throw	English	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM



National Teachers Award Filler	ASHIS KUMAR ROY	Hindi	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:35 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:43 PM 09:44 PM 11:45 PM
General	अर्ध चक्रासन	Hindi	01:58 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:05 PM 06:06 PM 08:07 PM 10:08 PM
शनिवार, 05 अप्रैल 2025 Saturday, 05 April 2025			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:07 PM 02:09 PM 04:10 PM 06:11 PM 08:13 PM 10:14 PM
Cultural Heritage: Art, Music & Dance	Music – Instrumental Competition: Boys: Odisha	English	12:12 AM 02:13 AM 04:14 AM 06:16 AM 08:17 AM 10:18 AM 12:20 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:26 PM
Science (Activities)	Separation of substances (Ch-4:Part 1)	English	12:19 AM 02:20 AM 04:21 AM 06:23 AM 08:24 AM 10:25 AM 12:27 PM 02:28 PM 04:29 PM 06:31 PM 08:32 PM 10:33 PM
General	Values and Types of Wetlands Part -1	English	12:23 AM 02:24 AM 04:25 AM 06:27 AM 08:28 AM 10:29 AM 12:31 PM 02:32 PM 04:33 PM 06:35 PM 08:36 PM 10:37 PM
Art & Craft	पानी का फव्वारा	Hindi	12:30 AM 02:31 AM 04:32 AM 06:33 AM 08:35 AM 10:36 AM 12:37 PM 02:39 PM 04:40 PM 06:41 PM 08:43 PM 10:44 PM
Vocational Videos	हैंड टूल	Hindi	12:38 AM 02:39 AM 04:40 AM 06:42 AM 08:43 AM 10:44 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:51 PM 10:52 PM
Art & Craft	विटामिन ए की कहानी	Hindi	01:34 AM 03:35 AM 05:36 AM 07:38 AM 09:39 AM 11:40 AM 01:42 PM 03:43 PM 05:44 PM 07:46 PM 09:47 PM 11:48 PM



General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:48 AM 03:49 AM 05:50 AM 07:52 AM 09:53 AM 11:54 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:01 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:54 AM 03:55 AM 05:56 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:03 PM 06:04 PM 08:05 PM 10:07 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:54 AM 03:55 AM 05:57 AM 07:58 AM 09:59 AM 12:01 PM 02:02 PM 04:03 PM 06:05 PM 08:06 PM 10:07 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाय अपनाएँ	Hindi	01:56 AM 03:57 AM 05:59 AM 08:00 AM 10:01 AM 12:03 PM 02:04 PM 04:05 PM 06:07 PM 08:08 PM 10:09 PM
National Teachers Award Filler	Dr. BALJINDER SINGH BRAR	Hindi	01:58 AM 03:59 AM 06:00 AM 08:02 AM 10:03 AM 12:04 PM 02:06 PM 04:07 PM 06:08 PM 08:10 PM 10:11 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:08 PM 06:09 PM 08:10 PM 10:12 PM
Disaster management	Earthquake - What to do when outside during an earthquake	English	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:08 PM 06:10 PM 08:11 PM 10:12 PM
रविवार, 06 अप्रैल 2025 Sunday, 06 April 2025			
Science (Activities)	Separation of substances (Ch-4:Part 2)	English	12:00 AM 02:07 AM 04:15 AM 06:23 AM 08:31 AM 10:39 AM 12:47 PM 02:55 PM 05:03 PM 07:11 PM 09:19 PM 11:27 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:04 AM 02:12 AM 04:20 AM 06:27 AM 08:35 AM 10:43 AM 12:51 PM 02:59 PM 05:07 PM 07:15 PM 09:23 PM 11:31 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:05 AM 02:13 AM 04:21 AM 06:29 AM 08:37 AM 10:45 AM 12:53 PM 03:01 PM 05:09 PM 07:16 PM 09:24 PM 11:32 PM



Art & Craft	Meena - 4 Who is afraid of Bully	English	12:44 AM 02:52 AM 05:00 AM 07:08 AM 09:16 AM 11:24 AM 01:32 PM 03:40 PM 05:48 PM 07:56 PM 10:04 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Navodaya Vidyalaya	English	12:58 AM 03:06 AM 05:14 AM 07:22 AM 09:30 AM 11:38 AM 01:46 PM 03:53 PM 06:01 PM 08:09 PM 10:17 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	01:05 AM 03:12 AM 05:20 AM 07:28 AM 09:36 AM 11:44 AM 01:52 PM 04:00 PM 06:08 PM 08:16 PM 10:24 PM
National Teachers Award Filler	JYOTI PANKA	Hindi	01:14 AM 03:22 AM 05:30 AM 07:38 AM 09:46 AM 11:54 AM 02:02 PM 04:10 PM 06:18 PM 08:26 PM 10:34 PM
Art & Craft	3DKaleidoscopeWonderfulCubeWithInfinitReflectionsEnglish	English	01:15 AM 03:23 AM 05:31 AM 07:39 AM 09:47 AM 11:55 AM 02:03 PM 04:11 PM 06:19 PM 08:27 PM 10:35 PM
Science	Properties of Ethanoic Acid	English	01:30 AM 03:38 AM 05:46 AM 07:54 AM 10:02 AM 12:10 PM 02:18 PM 04:26 PM 06:34 PM 08:42 PM 10:50 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:54 AM 04:02 AM 06:10 AM 08:18 AM 10:26 AM 12:34 PM 02:42 PM 04:50 PM 06:57 PM 09:05 PM 11:13 PM
सोमवार, 07 अप्रैल 2025 Monday, 07 April 2025			
Science (Activities)	Separation of substances (ch-4:Part 3)	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:16 PM
Science (Activities)	Separation of substances (Ch-4:Part 1)	English	12:18 AM 02:20 AM 04:21 AM 06:23 AM 08:24 AM 10:26 AM 12:27 PM 02:29 PM 04:30 PM 06:31 PM 08:33 PM 10:34 PM
General	Surya Namaskar	English	12:22 AM 02:24 AM 04:25 AM 06:27 AM 08:28 AM 10:30 AM 12:31 PM 02:33 PM 04:34 PM 06:35 PM 08:37 PM 10:38 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:00 AM 03:01 AM 05:03 AM 07:04 AM 09:05 AM 11:07 AM 01:08 PM 03:10 PM 05:11 PM 07:13 PM 09:14 PM 11:16 PM



General	Emotional well being and mental health	English	01:38 AM 03:39 AM 05:41 AM 07:42 AM 09:43 AM 11:45 AM 01:46 PM 03:48 PM 05:49 PM 07:51 PM 09:52 PM 11:54 PM
General	Nutrition_Health and Sanitation	English	01:43 AM 03:44 AM 05:45 AM 07:47 AM 09:48 AM 11:50 AM 01:51 PM 03:53 PM 05:54 PM 07:56 PM 09:57 PM 11:59 PM
General	Promotion of Healthy Lifestyle	English	01:49 AM 03:50 AM 05:52 AM 07:53 AM 09:55 AM 11:56 AM 01:58 PM 03:59 PM 06:01 PM 08:02 PM 10:04 PM
General	Reproductive Health and HIV Prevention	English	01:55 AM 03:56 AM 05:58 AM 07:59 AM 10:01 AM 12:02 PM 02:04 PM 04:05 PM 06:07 PM 08:08 PM 10:09 PM
National Teachers Award Filler	DR. NANI GOPAL DEBNATH	Hindi	02:00 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:08 PM 02:09 PM 04:11 PM 06:12 PM 08:13 PM 10:15 PM
मंगलवार, 08 अप्रैल 2025 Tuesday, 08 April 2025			
Science (Activities)	Tests for components of food (Ch-2)	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:58 PM 03:58 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:04 AM 12:04 PM 02:04 PM 04:04 PM 06:03 PM 08:03 PM 10:03 PM
Vocational Videos	Preparing ORS at Home	English	12:07 AM 02:07 AM 04:06 AM 06:06 AM 08:06 AM 10:06 AM 12:05 PM 02:05 PM 04:05 PM 06:05 PM 08:04 PM 10:04 PM
Creative Activities: Art & Craft	Striking Swan	English	12:13 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:11 PM 04:11 PM 06:10 PM 08:10 PM 10:10 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:13 AM 12:13 PM 02:13 PM 04:13 PM 06:12 PM 08:12 PM 10:12 PM
National Teachers Award Filler	SHYAM PRAKASH MAURYA	Hindi	12:21 AM 02:21 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:18 PM



General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:22 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:19 PM 08:19 PM 10:19 PM
General	Emotional well being and mental health	English	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:25 PM 06:25 PM 08:25 PM 10:25 PM
Storytelling/Value Education	नट खट चूहा	Hindi	12:33 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:30 PM 10:30 PM
General	Values and Types of Wetlands Part -1	English	12:46 AM 02:46 AM 04:46 AM 06:46 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:44 PM 06:44 PM 08:44 PM 10:44 PM
Health, Physical Education/Yoga/ Sports	सर्वांगसन	Hindi	12:56 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:53 PM 10:53 PM
General	Growing up Healthy	English	01:31 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:29 PM 03:29 PM 05:29 PM 07:29 PM 09:28 PM 11:28 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	01:43 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:40 PM 09:40 PM 11:40 PM
बुधवार, 09 अप्रैल 2025 Wednesday, 09 April 2025			
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:57 PM 05:57 PM 07:57 PM 09:56 PM 11:56 PM
Disaster management	Lightning - Signs & Symptoms Of Lightning Injuries	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:14 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:12 PM
General	Safe Use of Internet_Gadgets and Media	English	12:16 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:15 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:13 PM 10:13 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:22 AM 02:22 AM 04:22 AM 06:21 AM 08:21 AM 10:21 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:19 PM 10:19 PM



Vocational Videos	Seed Germination	English	12:37 AM 02:37 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:35 PM 02:35 PM 04:35 PM 06:34 PM 08:34 PM 10:34 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:57 AM 02:56 AM 04:56 AM 06:56 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:54 PM 06:54 PM 08:54 PM 10:53 PM
National Teachers Award Filler	SUNITA GODHA	Hindi	01:03 AM 03:02 AM 05:02 AM 07:02 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
General	Gender Equality	English	01:45 AM 03:45 AM 05:44 AM 07:44 AM 09:44 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:42 PM 09:42 PM 11:42 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:52 AM 03:52 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:50 PM 03:50 PM 05:50 PM 07:49 PM 09:49 PM 11:49 PM
बृहस्पतिवार, 10 अप्रैल 2025 Thursday, 10 April 2025			
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Creative Activities: Art & Craft	String Mosquito	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
General	Energy Saving	English	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
National Teachers Award Filler	JINU GEORGE	Hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM



Art & Craft	3DKaleidoscopeWonderfulCubeWithInfiniteReflectionsEnglish	English	01:13 AM 03:13 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:13 PM 11:13 PM
General	zoological-Survey-of-india	English	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
Health, Physical Education/Yoga/ Sports	सूक्ष्म योगिक व्यायाम	Hindi	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
General	Waste Reduced	English	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Art & Craft	छोटा है या बड़ा	Hindi	01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
General Awareness	Arpan-Personal safety	English	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
Science (Activities)	Adding to saturated solutions (ch-4)	English	01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
शुक्रवार, 11 अप्रैल 2025 Friday, 11 April 2025			
General	Values and Types of Wetlands Part -1	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM



Creative Activities: Art & Craft	Resonating Petals	English	12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:11 PM 10:12 PM
General	वक्रासन	Hindi	12:09 AM 02:09 AM 04:10 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:11 PM 04:12 PM 06:12 PM 08:13 PM 10:13 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
Language (Hindi) Grammar & writing	वर्तनी	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
National Teachers Award Filler	YANKILA LAMA	Hindi	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:10 PM 05:10 PM 07:10 PM 09:11 PM 11:11 PM
Health, Physical Education/Yoga/ Sports	Discus Throw	English	01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM
General English	Episode 7 Making Requests 1	English	01:28 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM
General Awareness	Arpan-Personal safety	English	01:39 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM
Science (Activities)	Sedimentation & Decantation (ch-4)	English	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:55 PM 03:56 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	01:57 AM 03:57 AM 05:57 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 03:59 PM 06:00 PM 08:00 PM 10:01 PM
शनिवार, 12 अप्रैल 2025 Saturday, 12 April 2025			



General Awareness	क्षेत्रफल	Hindi	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:09 PM 04:11 PM 06:12 PM 08:14 PM 10:15 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	12:26 AM 02:28 AM 04:29 AM 06:30 AM 08:32 AM 10:33 AM 12:35 PM 02:36 PM 04:37 PM 06:39 PM 08:40 PM 10:42 PM
National Teachers Award Filler	DIPEN KHANIKAR	Hindi	12:44 AM 02:45 AM 04:47 AM 06:48 AM 08:49 AM 10:51 AM 12:52 PM 02:54 PM 04:55 PM 06:57 PM 08:58 PM 10:59 PM
General	स्वस्थ बढ़ना	Hindi	12:44 AM 02:46 AM 04:47 AM 06:49 AM 08:50 AM 10:52 AM 12:53 PM 02:54 PM 04:56 PM 06:57 PM 08:59 PM 11:00 PM
Health, Physical Education/Yoga/ Sports	गौमुखसर्जन	Hindi	12:49 AM 02:50 AM 04:52 AM 06:53 AM 08:54 AM 10:56 AM 12:57 PM 02:59 PM 05:00 PM 07:02 PM 09:03 PM 11:04 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:14 AM 03:16 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:23 PM 03:24 PM 05:26 PM 07:27 PM 09:29 PM 11:30 PM
General	ध्यान	Hindi	01:21 AM 03:23 AM 05:24 AM 07:26 AM 09:27 AM 11:28 AM 01:30 PM 03:31 PM 05:33 PM 07:34 PM 09:36 PM 11:37 PM
Science (Activities)	Activity 1- why do we separate substances (ch-4)	English	01:26 AM 03:27 AM 05:29 AM 07:30 AM 09:32 AM 11:33 AM 01:34 PM 03:36 PM 05:37 PM 07:39 PM 09:40 PM 11:41 PM
General	Dhyana	English	01:29 AM 03:31 AM 05:32 AM 07:34 AM 09:35 AM 11:36 AM 01:38 PM 03:39 PM 05:41 PM 07:42 PM 09:43 PM 11:45 PM
General	E-Waste	English	01:33 AM 03:35 AM 05:36 AM 07:38 AM 09:39 AM 11:40 AM 01:42 PM 03:43 PM 05:45 PM 07:46 PM 09:48 PM 11:49 PM
Creative Activities: Art & Craft	Curlicue Origami	English	01:35 AM 03:36 AM 05:38 AM 07:39 AM 09:41 AM 11:42 AM 01:44 PM 03:45 PM 05:46 PM 07:48 PM 09:49 PM 11:51 PM
General Awareness	Arpan-Personal safety	English	01:38 AM 03:40 AM 05:41 AM 07:43 AM 09:44 AM 11:45 AM 01:47 PM 03:48 PM 05:50 PM 07:51 PM 09:52 PM 11:54 PM



सामान्य	India-Pavilion-at-COP27-Mission	Hindi	01:58 AM 03:59 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:08 PM 06:09 PM 08:11 PM 10:12 PM
रविवार, 13 अप्रैल 2025 Sunday, 13 April 2025			
General Awareness	क्यों और कैसे	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
Science (Activities)	Activity 2 - Food Items & their Ingredients (Chapter-2)	English	12:24 AM 02:25 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:28 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
Creative Activities: Art & Craft	रोअरिंग बोतल	Hindi	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:32 PM
National Teachers Award Filler	SIKENDRA KUMAR SUMAN	Hindi	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:43 AM 02:43 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General Awareness	Water A Wonderfull Molecule	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:15 PM
सोमवार, 14 अप्रैल 2025 Monday, 14 April 2025			
Science (Activities)	Activity 2- Handpicking & threshing (ch-5)	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM



Creative Activities: Art & Craft	Mango Leaf Purse	English	12:04 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:06 PM 08:06 PM 10:06 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:08 PM 02:08 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
Language(Sanskrit) Reading, writing & Vocabulary	बुद्धि बालवती - संस्कृत में कहानी	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Music - Instrumental Competition: Boys: Odisha	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:30 PM
Creative Activities: Art & Craft	Striking Swan	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General	Emotional well being and mental health	English	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:18 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:21 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM
National Teachers Award Filler	PESARA PRABHAKAR REDDY	Hindi	01:27 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:29 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:43 PM 11:44 PM
General	Growing up Healthy	English	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:49 PM



Creative Activities: Art & Craft	Curious Rat	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:53 PM 11:53 PM
Science (Activities)	Obtaining salt from sea water(ch-5)	English	01:58 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
मंगलवार, 15 अप्रैल 2025 Tuesday, 15 April 2025			
Science (Activities)	Tests for components of food (Ch-2)	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:05 AM 02:06 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:12 PM 08:12 PM 10:13 PM
Science (Activities)	Making An Opaque Paper Translucent(Ch-11)	English	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:29 AM 02:29 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:30 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:34 AM 12:34 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
National Teachers Award Filler	NANDITA CHONGTHAM	Hindi	12:33 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM
Cultural Heritage: Art, Music & Dance	Music – Instrumental Competition: Boys: Odisha	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:42 PM
General Awareness	बात पते की	Hindi	12:41 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:45 AM 12:45 PM 02:46 PM 04:47 PM 06:47 PM 08:48 PM 10:49 PM
Art & Craft	पानी का फव्वारा	Hindi	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:37 PM 05:37 PM 07:38 PM 09:39 PM 11:39 PM



Disaster management	Lightning - बिजली से कैसे बचें	Hindi	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:48 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:41 AM 03:42 AM 05:42 AM 07:43 AM 09:44 AM 11:44 AM 01:45 PM 03:46 PM 05:47 PM 07:47 PM 09:48 PM 11:49 PM
General	पादहस्तासन	Hindi	01:51 AM 03:52 AM 05:53 AM 07:53 AM 09:54 AM 11:55 AM 01:56 PM 03:56 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:59 PM 05:59 PM 08:00 PM 10:01 PM
बुधवार, 16 अप्रैल 2025 Wednesday, 16 April 2025			
General	Values and Types of Wetlands Part -1	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:15 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:07 AM 02:09 AM 04:10 AM 06:12 AM 08:13 AM 10:15 AM 12:16 PM 02:18 PM 04:19 PM 06:20 PM 08:22 PM 10:23 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	12:11 AM 02:12 AM 04:14 AM 06:15 AM 08:16 AM 10:18 AM 12:19 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:27 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:43 AM 02:45 AM 04:46 AM 06:48 AM 08:49 AM 10:51 AM 12:52 PM 02:53 PM 04:55 PM 06:56 PM 08:58 PM 10:59 PM
Science (Activities)	Sorting Materials into Groups (Ch-4:Part 1)	English	12:57 AM 02:58 AM 05:00 AM 07:01 AM 09:03 AM 11:04 AM 01:05 PM 03:07 PM 05:08 PM 07:10 PM 09:11 PM 11:13 PM
National Teachers Award Filler	DR URFANA AMIN	Hindi	01:03 AM 03:04 AM 05:06 AM 07:07 AM 09:08 AM 11:10 AM 01:11 PM 03:13 PM 05:14 PM 07:16 PM 09:17 PM 11:19 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:03 AM 03:05 AM 05:06 AM 07:08 AM 09:09 AM 11:11 AM 01:12 PM 03:13 PM 05:15 PM 07:16 PM 09:18 PM 11:19 PM



Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	01:07 AM 03:09 AM 05:10 AM 07:12 AM 09:13 AM 11:15 AM 01:16 PM 03:17 PM 05:19 PM 07:20 PM 09:22 PM 11:23 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:30 AM 03:32 AM 05:33 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:41 PM 05:42 PM 07:43 PM 09:45 PM 11:46 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 03:52 AM 05:54 AM 07:55 AM 09:56 AM 11:58 AM 01:59 PM 04:01 PM 06:02 PM 08:04 PM 10:05 PM
General	वृक्षासन	Hindi	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM
बृहस्पतिवार, 17 अप्रैल 2025 Thursday, 17 April 2025			
Science (Activities)	Making An Opaque Paper Translucent(Ch-11)	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:23 PM 04:24 PM 06:24 PM 08:24 PM 10:25 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:16 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:23 AM 03:23 AM 05:23 AM 07:24 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:25 PM 07:26 PM 09:26 PM 11:26 PM
National Teachers Award Filler	NARAYANSWAMY R	Hindi	01:26 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:29 PM



सामान्य	Sustainable Food Systems Adopted	Hindi	01:27 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM
Disaster management	Earthquake - भूकंप के दौरान क्या करना चाहिए	Hindi	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:35 AM 11:36 AM 01:36 PM 03:36 PM 05:37 PM 07:37 PM 09:37 PM 11:38 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:48 AM 03:49 AM 05:49 AM 07:49 AM 09:50 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:55 AM 03:56 AM 05:56 AM 07:56 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
General	नाड़ीशोधन प्राणायाम	Hindi	01:56 AM 03:57 AM 05:57 AM 07:57 AM 09:58 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 07:59 PM 10:00 PM
शुक्रवार, 18 अप्रैल 2025 Friday, 18 April 2025			
Creative Activities: Art & Craft	Peace Bomb	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Emotional well being and mental health	English	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
General Awareness	Arpan-Personal safety	English	12:50 AM 02:51 AM 04:52 AM 06:53 AM 08:54 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
Health, Physical Education/Yoga/ Sports	Discus Throw	English	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM
National Teachers Award Filler	ASHIS KUMAR ROY	Hindi	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:35 PM



Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:43 PM 09:44 PM 11:45 PM
General	अर्ध चक्रासन	Hindi	01:58 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:05 PM 06:06 PM 08:07 PM 10:08 PM
शनिवार, 19 अप्रैल 2025 Saturday, 19 April 2025			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:07 PM 02:09 PM 04:10 PM 06:11 PM 08:13 PM 10:14 PM
Cultural Heritage: Art, Music & Dance	Music – Instrumental Competition: Boys: Odisha	English	12:12 AM 02:13 AM 04:14 AM 06:16 AM 08:17 AM 10:18 AM 12:20 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:26 PM
Science (Activities)	Separation of substances (Ch-4:Part 1)	English	12:19 AM 02:20 AM 04:21 AM 06:23 AM 08:24 AM 10:25 AM 12:27 PM 02:28 PM 04:29 PM 06:31 PM 08:32 PM 10:33 PM
General	Values and Types of Wetlands Part -1	English	12:23 AM 02:24 AM 04:25 AM 06:27 AM 08:28 AM 10:29 AM 12:31 PM 02:32 PM 04:33 PM 06:35 PM 08:36 PM 10:37 PM
Art & Craft	पानी का फव्वारा	Hindi	12:30 AM 02:31 AM 04:32 AM 06:33 AM 08:35 AM 10:36 AM 12:37 PM 02:39 PM 04:40 PM 06:41 PM 08:43 PM 10:44 PM
Vocational Videos	हैंड टूल	Hindi	12:38 AM 02:39 AM 04:40 AM 06:42 AM 08:43 AM 10:44 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:51 PM 10:52 PM
Art & Craft	विटामिन ए की कहानी	Hindi	01:34 AM 03:35 AM 05:36 AM 07:38 AM 09:39 AM 11:40 AM 01:42 PM 03:43 PM 05:44 PM 07:46 PM 09:47 PM 11:48 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:48 AM 03:49 AM 05:50 AM 07:52 AM 09:53 AM 11:54 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:01 PM



General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:54 AM 03:55 AM 05:56 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:03 PM 06:04 PM 08:05 PM 10:07 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:54 AM 03:55 AM 05:57 AM 07:58 AM 09:59 AM 12:01 PM 02:02 PM 04:03 PM 06:05 PM 08:06 PM 10:07 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाय अपनाएँ	Hindi	01:56 AM 03:57 AM 05:59 AM 08:00 AM 10:01 AM 12:03 PM 02:04 PM 04:05 PM 06:07 PM 08:08 PM 10:09 PM
National Teachers Award Filler	Dr. BALJINDER SINGH BRAR	Hindi	01:58 AM 03:59 AM 06:00 AM 08:02 AM 10:03 AM 12:04 PM 02:06 PM 04:07 PM 06:08 PM 08:10 PM 10:11 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:08 PM 06:09 PM 08:10 PM 10:12 PM
Disaster management	Earthquake - What to do when outside during an earthquake	English	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:08 PM 06:10 PM 08:11 PM 10:12 PM
रविवार, 20 अप्रैल 2025 Sunday, 20 April 2025			
Science (Activities)	Separation of substances (Ch-4:Part 2)	English	12:00 AM 02:07 AM 04:15 AM 06:23 AM 08:31 AM 10:39 AM 12:47 PM 02:55 PM 05:03 PM 07:11 PM 09:19 PM 11:27 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:04 AM 02:12 AM 04:20 AM 06:27 AM 08:35 AM 10:43 AM 12:51 PM 02:59 PM 05:07 PM 07:15 PM 09:23 PM 11:31 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:05 AM 02:13 AM 04:21 AM 06:29 AM 08:37 AM 10:45 AM 12:53 PM 03:01 PM 05:09 PM 07:16 PM 09:24 PM 11:32 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:44 AM 02:52 AM 05:00 AM 07:08 AM 09:16 AM 11:24 AM 01:32 PM 03:40 PM 05:48 PM 07:56 PM 10:04 PM



Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Navodaya Vidyalaya	English	12:58 AM 03:06 AM 05:14 AM 07:22 AM 09:30 AM 11:38 AM 01:46 PM 03:53 PM 06:01 PM 08:09 PM 10:17 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	01:05 AM 03:12 AM 05:20 AM 07:28 AM 09:36 AM 11:44 AM 01:52 PM 04:00 PM 06:08 PM 08:16 PM 10:24 PM
National Teachers Award Filler	JYOTI PANKA	Hindi	01:14 AM 03:22 AM 05:30 AM 07:38 AM 09:46 AM 11:54 AM 02:02 PM 04:10 PM 06:18 PM 08:26 PM 10:34 PM
Art & Craft	3DKaleidoscopeWonderfulCubeWithInfinitReflectionsEnglish	English	01:15 AM 03:23 AM 05:31 AM 07:39 AM 09:47 AM 11:55 AM 02:03 PM 04:11 PM 06:19 PM 08:27 PM 10:35 PM
Science	Properties of Ethanoic Acid	English	01:30 AM 03:38 AM 05:46 AM 07:54 AM 10:02 AM 12:10 PM 02:18 PM 04:26 PM 06:34 PM 08:42 PM 10:50 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:54 AM 04:02 AM 06:10 AM 08:18 AM 10:26 AM 12:34 PM 02:42 PM 04:50 PM 06:57 PM 09:05 PM 11:13 PM
सोमवार, 21 अप्रैल 2025 Monday, 21 April 2025			
Science (Activities)	Separation of substances (ch-4:Part 3)	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:16 PM
Science (Activities)	Separation of substances (Ch-4:Part 1)	English	12:18 AM 02:20 AM 04:21 AM 06:23 AM 08:24 AM 10:26 AM 12:27 PM 02:29 PM 04:30 PM 06:31 PM 08:33 PM 10:34 PM
General	Surya Namaskar	English	12:22 AM 02:24 AM 04:25 AM 06:27 AM 08:28 AM 10:30 AM 12:31 PM 02:33 PM 04:34 PM 06:35 PM 08:37 PM 10:38 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:00 AM 03:01 AM 05:03 AM 07:04 AM 09:05 AM 11:07 AM 01:08 PM 03:10 PM 05:11 PM 07:13 PM 09:14 PM 11:16 PM
General	Emotional well being and mental health	English	01:38 AM 03:39 AM 05:41 AM 07:42 AM 09:43 AM 11:45 AM 01:46 PM 03:48 PM 05:49 PM 07:51 PM 09:52 PM 11:54 PM



General	Nutrition_Health and Sanitation	English	01:43 AM 03:44 AM 05:45 AM 07:47 AM 09:48 AM 11:50 AM 01:51 PM 03:53 PM 05:54 PM 07:56 PM 09:57 PM 11:59 PM
General	Promotion of Healthy Lifestyle	English	01:49 AM 03:50 AM 05:52 AM 07:53 AM 09:55 AM 11:56 AM 01:58 PM 03:59 PM 06:01 PM 08:02 PM 10:04 PM
General	Reproductive Health and HIV Prevention	English	01:55 AM 03:56 AM 05:58 AM 07:59 AM 10:01 AM 12:02 PM 02:04 PM 04:05 PM 06:07 PM 08:08 PM 10:09 PM
National Teachers Award Filler	DR. NANI GOPAL DEBNATH	Hindi	02:00 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:08 PM 02:09 PM 04:11 PM 06:12 PM 08:13 PM 10:15 PM
मंगलवार, 22 अप्रैल 2025 Tuesday, 22 April 2025			
Science (Activities)	Tests for components of food (Ch-2)	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:05 AM 02:07 AM 04:08 AM 06:09 AM 08:10 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:17 PM
Vocational Videos	Preparing ORS at Home	English	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
Creative Activities: Art & Craft	Striking Swan	English	12:13 AM 02:14 AM 04:15 AM 06:16 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:14 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:21 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
National Teachers Award Filler	SHYAM PRAKASH MAURYA	Hindi	12:21 AM 02:22 AM 04:23 AM 06:24 AM 08:25 AM 10:26 AM 12:27 PM 02:28 PM 04:29 PM 06:30 PM 08:31 PM 10:32 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:22 AM 02:23 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:33 PM



General	Emotional well being and mental health	English	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
Storytelling/Value Education	नट खट चूहा	Hindi	12:33 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM
General	Values and Types of Wetlands Part -1	English	12:46 AM 02:47 AM 04:48 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:53 PM 04:54 PM 06:55 PM 08:56 PM 10:57 PM
General (Wetland)	Values and Types of Wetlands Part -1	English	12:56 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:13 PM 11:14 PM
Health, Physical Education/Yoga/ Sports	सर्वांगसन	Hindi	01:10 AM 03:11 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:18 PM 05:19 PM 07:20 PM 09:21 PM 11:22 PM
General	Growing up Healthy	English	01:32 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:38 PM 03:39 PM 05:40 PM 07:41 PM 09:42 PM 11:43 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:47 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	01:44 AM 03:45 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
बुधवार, 23 अप्रैल 2025 Wednesday, 23 April 2025			
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:57 PM 05:57 PM 07:57 PM 09:56 PM 11:56 PM
Disaster management	Lightning - Signs & Symptoms Of Lightning Injuries	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:14 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:12 PM



General	Safe Use of Internet_Gadgets and Media	English	12:16 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:15 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:13 PM 10:13 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:22 AM 02:22 AM 04:22 AM 06:21 AM 08:21 AM 10:21 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:19 PM 10:19 PM
Vocational Videos	Seed Germination	English	12:37 AM 02:37 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:35 PM 02:35 PM 04:35 PM 06:34 PM 08:34 PM 10:34 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:57 AM 02:56 AM 04:56 AM 06:56 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:54 PM 06:54 PM 08:54 PM 10:53 PM
National Teachers Award Filler	SUNITA GODHA	Hindi	01:03 AM 03:02 AM 05:02 AM 07:02 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
General	Gender Equality	English	01:45 AM 03:45 AM 05:44 AM 07:44 AM 09:44 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:42 PM 09:42 PM 11:42 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:52 AM 03:52 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:50 PM 03:50 PM 05:50 PM 07:49 PM 09:49 PM 11:49 PM
बृहस्पतिवार, 24 अप्रैल 2025 Thursday, 24 April 2025			
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Creative Activities: Art & Craft	String Mosquito	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
General	Energy Saving	English	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM



Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
National Teachers Award Filler	JINU GEORGE	Hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
Art & Craft	3DKaleidoscopeWonderfulCubeWithInfiniteniteReflectionsEnglish	English	01:13 AM 03:13 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:13 PM 11:13 PM
General	zoological-Survey-of-india	English	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
Health, Physical Education/Yoga/ Sports	सूक्ष्म यौगिक व्यायाम	Hindi	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
General	Waste Reduced	English	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Art & Craft	छोटा है या बड़ा	Hindi	01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
General Awareness	Arpan-Personal safety	English	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
Science (Activities)	Adding to saturated solutions (ch-4)	English	01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM



शुक्रवार, 25 अप्रैल 2025

Friday, 25 April 2025

General	Values and Types of Wetlands Part -1	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:11 PM 10:12 PM
General	वक्रासन	Hindi	12:09 AM 02:09 AM 04:10 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:11 PM 04:12 PM 06:12 PM 08:13 PM 10:13 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
Language (Hindi) Grammar & writing	वर्तनी	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
National Teachers Award Filler	YANKILA LAMA	Hindi	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:10 PM 05:10 PM 07:10 PM 09:11 PM 11:11 PM
Health, Physical Education/Yoga/ Sports	Discus Throw	English	01:09 AM 03:09 AM 05:10 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:12 PM 09:13 PM 11:13 PM
General English	Episode 7 Making Requests 1	English	01:28 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM
General Awareness	Arpan-Personal safety	English	01:39 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM
Science (Activities)	Sedimentation & Decantation (ch-4)	English	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:55 PM 03:56 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

Creative Activities: Art & Craft	Pals Climb Peaks	English	01:57 AM 03:57 AM 05:57 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 03:59 PM 06:00 PM 08:00 PM 10:01 PM
शनिवार, 26 अप्रैल 2025 Saturday, 26 April 2025			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:09 PM 04:11 PM 06:12 PM 08:14 PM 10:15 PM
Disaster management	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	12:26 AM 02:28 AM 04:29 AM 06:30 AM 08:32 AM 10:33 AM 12:35 PM 02:36 PM 04:37 PM 06:39 PM 08:40 PM 10:42 PM
National Teachers Award Filler	DIPEN KHANIKAR	Hindi	12:44 AM 02:45 AM 04:47 AM 06:48 AM 08:49 AM 10:51 AM 12:52 PM 02:54 PM 04:55 PM 06:57 PM 08:58 PM 10:59 PM
General	स्वस्थ बढ़ना	Hindi	12:44 AM 02:46 AM 04:47 AM 06:49 AM 08:50 AM 10:52 AM 12:53 PM 02:54 PM 04:56 PM 06:57 PM 08:59 PM 11:00 PM
Health, Physical Education/Yoga/ Sports	गौमुखासन	Hindi	12:49 AM 02:50 AM 04:52 AM 06:53 AM 08:54 AM 10:56 AM 12:57 PM 02:59 PM 05:00 PM 07:02 PM 09:03 PM 11:04 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:14 AM 03:16 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:23 PM 03:24 PM 05:26 PM 07:27 PM 09:29 PM 11:30 PM
General	ध्यान	Hindi	01:21 AM 03:23 AM 05:24 AM 07:26 AM 09:27 AM 11:28 AM 01:30 PM 03:31 PM 05:33 PM 07:34 PM 09:36 PM 11:37 PM
Science (Activities)	Activity 1- why do we separate substances (ch-4)	English	01:26 AM 03:27 AM 05:29 AM 07:30 AM 09:32 AM 11:33 AM 01:34 PM 03:36 PM 05:37 PM 07:39 PM 09:40 PM 11:41 PM
General	Dhyana	English	01:29 AM 03:31 AM 05:32 AM 07:34 AM 09:35 AM 11:36 AM 01:38 PM 03:39 PM 05:41 PM 07:42 PM 09:43 PM 11:45 PM
General	E-Waste	English	01:33 AM 03:35 AM 05:36 AM 07:38 AM 09:39 AM 11:40 AM 01:42 PM 03:43 PM 05:45 PM 07:46 PM 09:48 PM 11:49 PM



Creative Activities: Art & Craft	Curlicue Origami	English	01:35 AM 03:36 AM 05:38 AM 07:39 AM 09:41 AM 11:42 AM 01:44 PM 03:45 PM 05:46 PM 07:48 PM 09:49 PM 11:51 PM
General Awareness	Arpan-Personal safety	English	01:38 AM 03:40 AM 05:41 AM 07:43 AM 09:44 AM 11:45 AM 01:47 PM 03:48 PM 05:50 PM 07:51 PM 09:52 PM 11:54 PM
सामान्य	India-Pavilion-at-COP27-Mission	Hindi	01:58 AM 03:59 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:08 PM 06:09 PM 08:11 PM 10:12 PM
रविवार, 27 अप्रैल 2025 Sunday, 27 April 2025			
General Awareness	क्यों और कैसे	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
Science (Activities)	Activity 2 - Food Items & their Ingredients (Chapter-2)	English	12:24 AM 02:25 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:28 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
Creative Activities: Art & Craft	रोअरिंग बोतल	Hindi	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:32 PM
National Teachers Award Filler	SIKENDRA KUMAR SUMAN	Hindi	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:43 AM 02:43 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General Awareness	Water A Wonderfull Molecule	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:15 PM



सोमवार, 28 अप्रैल 2025
Monday, 28 April 2025

Science (Activities)	Activity 2- Handpicking & threshing (ch-5)	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Creative Activities: Art & Craft	Mango Leaf Purse	English	12:04 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:06 PM 04:06 PM 06:06 PM 08:06 PM 10:06 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:08 PM 02:08 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
Language(Sanskrit) Reading, writing & Vocabulary	बुद्धि बालवती - संस्कृत में कहानी	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Music - Instrumental Competition: Boys: Odisha	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:30 PM
Creative Activities: Art & Craft	Striking Swan	English	12:37 AM 02:37 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General	Emotional well being and mental health	English	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:18 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:21 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM
National Teachers Award Filler	PESARA PRABHAKAR REDDY	Hindi	01:27 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:29 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:43 PM 11:44 PM



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General	Growing up Healthy	English	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:49 PM
Creative Activities: Art & Craft	Curious Rat	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:53 PM 11:53 PM
Science (Activities)	Obtaining salt from sea water(ch-5)	English	01:58 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
मंगलवार, 29 अप्रैल 2025 Tuesday, 29 April 2025			
Science (Activities)	Tests for components of food (Ch-2)	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:05 AM 02:06 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:12 PM 08:12 PM 10:13 PM
Science (Activities)	Making An Opaque Paper Translucent(Ch-11)	English	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:29 AM 02:29 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:30 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:34 AM 12:34 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
National Teachers Award Filler	NANDITA CHONGTHAM	Hindi	12:33 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM
Cultural Heritage: Art, Music & Dance	Music – Instrumental Competition: Boys: Odisha	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:42 PM
General Awareness	बात पते की	Hindi	12:41 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:45 AM 12:45 PM 02:46 PM 04:47 PM 06:47 PM 08:48 PM 10:49 PM



Art & Craft	पानी का फव्वारा	Hindi	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:37 PM 05:37 PM 07:38 PM 09:39 PM 11:39 PM
Disaster management	Lightning - बिजली से कैसे बचें	Hindi	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:48 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:41 AM 03:42 AM 05:42 AM 07:43 AM 09:44 AM 11:44 AM 01:45 PM 03:46 PM 05:47 PM 07:47 PM 09:48 PM 11:49 PM
General	पादहस्तासन	Hindi	01:51 AM 03:52 AM 05:53 AM 07:53 AM 09:54 AM 11:55 AM 01:56 PM 03:56 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Delhi	English	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:59 PM 05:59 PM 08:00 PM 10:01 PM
बुधवार, 30 अप्रैल 2025 Wednesday, 30 April 2025			
General	Values and Types of Wetlands Part -1	English	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:15 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	12:07 AM 02:09 AM 04:10 AM 06:12 AM 08:13 AM 10:15 AM 12:16 PM 02:18 PM 04:19 PM 06:20 PM 08:22 PM 10:23 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	12:11 AM 02:12 AM 04:14 AM 06:15 AM 08:16 AM 10:18 AM 12:19 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:27 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:43 AM 02:45 AM 04:46 AM 06:48 AM 08:49 AM 10:51 AM 12:52 PM 02:53 PM 04:55 PM 06:56 PM 08:58 PM 10:59 PM
Science (Activities)	Sorting Materials into Groups (Ch-4:Part 1)	English	12:57 AM 02:58 AM 05:00 AM 07:01 AM 09:03 AM 11:04 AM 01:05 PM 03:07 PM 05:08 PM 07:10 PM 09:11 PM 11:13 PM
National Teachers Award Filler	DR URFANA AMIN	Hindi	01:03 AM 03:04 AM 05:06 AM 07:07 AM 09:08 AM 11:10 AM 01:11 PM 03:13 PM 05:14 PM 07:16 PM 09:17 PM 11:19 PM



Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:03 AM 03:05 AM 05:06 AM 07:08 AM 09:09 AM 11:11 AM 01:12 PM 03:13 PM 05:15 PM 07:16 PM 09:18 PM 11:19 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	01:07 AM 03:09 AM 05:10 AM 07:12 AM 09:13 AM 11:15 AM 01:16 PM 03:17 PM 05:19 PM 07:20 PM 09:22 PM 11:23 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:30 AM 03:32 AM 05:33 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:41 PM 05:42 PM 07:43 PM 09:45 PM 11:46 PM
General	Values and Types of Wetlands Part -2	English	01:51 AM 03:52 AM 05:54 AM 07:55 AM 09:56 AM 11:58 AM 01:59 PM 04:01 PM 06:02 PM 08:04 PM 10:05 PM
General	वृक्षासन	Hindi	01:59 AM 04:00 AM 06:02 AM 08:03 AM 10:04 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM

