

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/ اردو (उर्दू)	इतिहास	हिन्दी	संस्कृत/ اردو (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 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/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



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Dish TV Channel #2028

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

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			
गणित	पाठ-1: पूर्णांक	हिंदी	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
हिन्दी	वसंत-२, पाठ-1, हम पंछी उन्मुक्त गगन के	हिंदी	12:26 AM 02:27 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
General	Waste Reduced	English	01:10 AM 03:10 AM 05:11 AM 07:11 AM 09:11 AM 11:12 AM 01:12 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:14 PM
Geography	Ch-1: Environment	English	01:11 AM 03:12 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:15 PM
Science	Ch-1: Nutrition in Plants	English	01:35 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:37 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:39 PM
Vocational	Electricity and its importance	English	01:56 AM 03:56 AM 05:57 AM 07:57 AM 09:57 AM 11:58 AM 01:58 PM 03:58 PM 05:59 PM 07:59 PM 10:00 PM
बुधवार, 02 अप्रैल 2025 Wednesday, 02 April 2025			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:54 PM



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संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:29 AM 02:29 AM 04:28 AM 06:28 AM 08:27 AM 10:27 AM 12:26 PM 02:26 PM 04:25 PM 06:25 PM 08:24 PM 10:24 PM
History	Ch-1: Tracing Changes Through a Thousand Years	English	01:01 AM 03:01 AM 05:00 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:57 PM 06:57 PM 08:56 PM 10:56 PM
Mathematics	Ch-1: Integers	English	01:27 AM 03:27 AM 05:26 AM 07:26 AM 09:25 AM 11:25 AM 01:24 PM 03:24 PM 05:23 PM 07:23 PM 09:22 PM 11:22 PM
Vocational	Electricity and its importance	English	01:53 AM 03:53 AM 05:52 AM 07:52 AM 09:51 AM 11:51 AM 01:50 PM 03:50 PM 05:49 PM 07:49 PM 09:48 PM 11:48 PM
बृहस्पतिवार, 03 अप्रैल 2025 Thursday, 03 April 2025			
गणित	पाठ-1: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
इतिहास	पाठ-1: हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	हिंदी	12:29 AM 02:29 AM 04:29 AM 06:28 AM 08:28 AM 10:28 AM 12:27 PM 02:27 PM 04:26 PM 06:26 PM 08:26 PM 10:25 PM
General Awareness	e-waste management Film 2	English	12:52 AM 02:52 AM 04:52 AM 06:51 AM 08:51 AM 10:51 AM 12:50 PM 02:50 PM 04:49 PM 06:49 PM 08:49 PM 10:48 PM
English	Ch-1: Three Questions Part-1	English	01:01 AM 03:01 AM 05:01 AM 07:00 AM 09:00 AM 11:00 AM 12:59 PM 02:59 PM 04:59 PM 06:58 PM 08:58 PM 10:57 PM
General Awareness	Online predators	English	01:28 AM 03:27 AM 05:27 AM 07:27 AM 09:26 AM 11:26 AM 01:26 PM 03:25 PM 05:25 PM 07:24 PM 09:24 PM 11:24 PM
Science	Ch-1: Nutrition in Plants	English	01:29 AM 03:29 AM 05:28 AM 07:28 AM 09:27 AM 11:27 AM 01:27 PM 03:26 PM 05:26 PM 07:26 PM 09:25 PM 11:25 PM
Vocational	Electricity and its importance	English	01:51 AM 03:50 AM 05:50 AM 07:50 AM 09:49 AM 11:49 AM 01:49 PM 03:48 PM 05:48 PM 07:48 PM 09:47 PM 11:47 PM



General Awareness	Growing up Healthy	English	01:55 AM 03:55 AM 05:54 AM 07:54 AM 09:53 AM 11:53 AM 01:53 PM 03:52 PM 05:52 PM 07:52 PM 09:51 PM 11:51 PM
शुक्रवार, 04 अप्रैल 2025 Friday, 04 April 2025			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM 02:09 AM 04:19 AM 06:29 AM 08:39 AM 10:49 AM 12:59 PM 03:09 PM 05:19 PM 07:29 PM 09:39 PM 11:49 PM
हिन्दी	वसंत-२, पाठ-1, हम पंछी उन्मुक्त गगन के	हिंदी	12:26 AM 02:36 AM 04:46 AM 06:56 AM 09:06 AM 11:16 AM 01:26 PM 03:36 PM 05:46 PM 07:56 PM 10:06 PM
Political science	Ch-1: On Equality	English	01:10 AM 03:20 AM 05:30 AM 07:40 AM 09:50 AM 12:00 PM 02:10 PM 04:20 PM 06:30 PM 08:40 PM 10:50 PM
Mathematics	Ch-1: Integers	English	01:43 AM 03:53 AM 06:03 AM 08:13 AM 10:23 AM 12:33 PM 02:43 PM 04:53 PM 07:03 PM 09:13 PM 11:23 PM
Vocational	Design and Tracing Methods (Heat Method)	English	02:08 AM 04:18 AM 06:28 AM 08:38 AM 10:48 AM 12:58 PM 03:08 PM 05:18 PM 07:28 PM 09:38 PM 11:48 PM
शनिवार, 05 अप्रैल 2025 Saturday, 05 April 2025			
गणित	पाठ-1: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:51 PM 11:50 PM
General Awareness	Why Seasons Happen?	English	12:29 AM 02:29 AM 04:28 AM 06:27 AM 08:26 AM 10:25 AM 12:25 PM 02:24 PM 04:23 PM 06:22 PM 08:21 PM 10:20 PM
संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:33 AM 02:32 AM 04:31 AM 06:30 AM 08:29 AM 10:29 AM 12:28 PM 02:27 PM 04:26 PM 06:25 PM 08:25 PM 10:24 PM
Geography	Ch-1: Environment	English	01:06 AM 03:05 AM 05:04 AM 07:03 AM 09:03 AM 11:02 AM 01:01 PM 03:00 PM 04:59 PM 06:59 PM 08:58 PM 10:57 PM



General Awareness	Growing up Healthy	English	01:27 AM 03:26 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:22 PM 03:21 PM 05:21 PM 07:20 PM 09:19 PM 11:18 PM
Science	Ch-1: Nutrition in Plants	English	01:31 AM 03:31 AM 05:30 AM 07:29 AM 09:28 AM 11:27 AM 01:26 PM 03:26 PM 05:25 PM 07:24 PM 09:23 PM 11:22 PM
Vocational	Electricity and its importance	English	01:53 AM 03:53 AM 05:52 AM 07:51 AM 09:50 AM 11:49 AM 01:49 PM 03:48 PM 05:47 PM 07:46 PM 09:45 PM 11:44 PM
रविवार, 06 अप्रैल 2025 Sunday, 06 April 2025			
शारीरिक शिक्षा	सर्वांगसन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:54 PM
General Awareness	Online gaming safety for children	English	12:16 AM 02:15 AM 04:15 AM 06:14 AM 08:14 AM 10:13 AM 12:13 PM 02:12 PM 04:12 PM 06:11 PM 08:11 PM 10:11 PM
राजनीति विज्ञान	पाठ-1: समानता	हिंदी	12:17 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:14 AM 12:14 PM 02:14 PM 04:13 PM 06:13 PM 08:12 PM 10:12 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:18 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:16 AM 01:15 PM 03:15 PM 05:14 PM 07:14 PM 09:13 PM 11:13 PM
General Awareness	Cyber Stalking	English	01:25 AM 03:24 AM 05:24 AM 07:23 AM 09:23 AM 11:22 AM 01:22 PM 03:21 PM 05:21 PM 07:21 PM 09:20 PM 11:20 PM
History	Ch-1: Tracing Changes Through a Thousand Years	English	01:26 AM 03:25 AM 05:25 AM 07:24 AM 09:24 AM 11:23 AM 01:23 PM 03:23 PM 05:22 PM 07:22 PM 09:21 PM 11:21 PM
Vocational	Electricity and its importance	English	01:52 AM 03:51 AM 05:51 AM 07:50 AM 09:50 AM 11:49 AM 01:49 PM 03:48 PM 05:48 PM 07:48 PM 09:47 PM 11:47 PM



सोमवार, 07 अप्रैल 2025

Monday, 07 April 2025

विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
General Awareness	Cyber Stalking	English	12:26 AM 02:27 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
भूगोल	पाठ-1: पर्यावरण	हिंदी	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
English	Ch-1: Three Questions Part-1	English	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:59 AM 10:59 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:03 PM 11:03 PM
Mathematics	Ch-1: Integers	English	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:30 PM 11:30 PM
General Awareness	Online gaming safety for children	English	01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:52 AM 01:52 PM 03:53 PM 05:54 PM 07:54 PM 09:55 PM 11:56 PM
Vocational	The evolution of communication	English	01:50 AM 03:50 AM 05:51 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:55 PM 07:55 PM 09:56 PM 11:57 PM
General Awareness	Safety and Security against Violence and Injuries	English	01:54 AM 03:55 AM 05:56 AM 07:56 AM 09:57 AM 11:58 AM 01:58 PM 03:59 PM 06:00 PM 08:00 PM 10:01 PM

मंगलवार, 08 अप्रैल 2025

Tuesday, 08 April 2025

गणित	पाठ-1: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
General Awareness	Cyber Stalking	English	12:28 AM 02:27 AM 04:27 AM 06:26 AM 08:25 AM 10:25 AM 12:24 PM 02:24 PM 04:23 PM 06:22 PM 08:22 PM 10:21 PM



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हिन्दी	वसंत-२, पाठ-१, हम पंछी उन्मुक्त गगन के	हिन्दी	12:29 AM 02:28 AM 04:28 AM 06:27 AM 08:26 AM 10:26 AM 12:25 PM 02:25 PM 04:24 PM 06:24 PM 08:23 PM 10:22 PM
Geography	Ch-1: Environment	English	01:12 AM 03:12 AM 05:11 AM 07:11 AM 09:10 AM 11:09 AM 01:09 PM 03:08 PM 05:08 PM 07:07 PM 09:06 PM 11:06 PM
Science	Ch-1: Nutrition in Plants	English	01:34 AM 03:34 AM 05:33 AM 07:33 AM 09:32 AM 11:31 AM 01:31 PM 03:30 PM 05:30 PM 07:29 PM 09:29 PM 11:28 PM
General Awareness	Cyber Stalking	English	01:55 AM 03:55 AM 05:54 AM 07:54 AM 09:53 AM 11:53 AM 01:52 PM 03:51 PM 05:51 PM 07:50 PM 09:50 PM 11:49 PM
Vocational	Design and Tracing Methods	English	01:57 AM 03:56 AM 05:55 AM 07:55 AM 09:54 AM 11:54 AM 01:53 PM 03:52 PM 05:52 PM 07:51 PM 09:51 PM 11:50 PM
बुधवार, 09 अप्रैल 2025 Wednesday, 09 April 2025			
विज्ञान	पाठ-१: पादपों में पोषण	हिन्दी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:50 PM
संस्कृत	पाठ-१: सुभाषित -I	संस्कृत	12:30 AM 02:29 AM 04:29 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:25 PM 04:24 PM 06:23 PM 08:22 PM 10:21 PM
General	Energy Saving	English	01:01 AM 03:00 AM 04:59 AM 06:59 AM 08:58 AM 10:57 AM 12:56 PM 02:55 PM 04:55 PM 06:54 PM 08:53 PM 10:52 PM
History	Ch-1: Tracing Changes Through a Thousand Years	English	01:03 AM 03:02 AM 05:01 AM 07:00 AM 08:59 AM 10:59 AM 12:58 PM 02:57 PM 04:56 PM 06:56 PM 08:55 PM 10:54 PM
Mathematics	Ch-1: Integers	English	01:29 AM 03:28 AM 05:28 AM 07:27 AM 09:26 AM 11:25 AM 01:24 PM 03:24 PM 05:23 PM 07:22 PM 09:21 PM 11:21 PM



Vocational	Design and Tracing Methods (Stencil Method)	English	01:55 AM 03:54 AM 05:53 AM 07:53 AM 09:52 AM 11:51 AM 01:50 PM 03:49 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
बृहस्पतिवार, 10 अप्रैल 2025 Thursday, 10 April 2025			
गणित	पाठ-1: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:52 PM 11:51 PM
General Awareness	Growing up Healthy	English	12:25 AM 02:25 AM 04:24 AM 06:23 AM 08:22 AM 10:22 AM 12:21 PM 02:20 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
इतिहास	पाठ-1: हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	हिंदी	12:30 AM 02:29 AM 04:28 AM 06:27 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:24 PM 06:23 PM 08:22 PM 10:22 PM
English	Ch-1: Three Questions Part-1	English	12:53 AM 02:53 AM 04:52 AM 06:51 AM 08:51 AM 10:50 AM 12:49 PM 02:48 PM 04:48 PM 06:47 PM 08:46 PM 10:46 PM
General Awareness	Online gaming safety for children	English	01:20 AM 03:19 AM 05:18 AM 07:18 AM 09:17 AM 11:16 AM 01:15 PM 03:15 PM 05:14 PM 07:13 PM 09:13 PM 11:12 PM
Science	Ch-1: Nutrition in Plants	English	01:21 AM 03:20 AM 05:19 AM 07:19 AM 09:18 AM 11:17 AM 01:17 PM 03:16 PM 05:15 PM 07:14 PM 09:14 PM 11:13 PM
General	E-Waste	English	01:42 AM 03:41 AM 05:40 AM 07:40 AM 09:39 AM 11:38 AM 01:38 PM 03:37 PM 05:36 PM 07:35 PM 09:35 PM 11:34 PM
Vocational	Personal hygiene and Health	English	01:44 AM 03:43 AM 05:42 AM 07:41 AM 09:41 AM 11:40 AM 01:39 PM 03:39 PM 05:38 PM 07:37 PM 09:36 PM 11:36 PM
शुक्रवार, 11 अप्रैल 2025 Friday, 11 April 2025			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:56 PM 09:56 PM 11:56 PM



General	Energy Saving	English	12:29 AM 02:29 AM 04:28 AM 06:28 AM 08:28 AM 10:27 AM 12:27 PM 02:27 PM 04:26 PM 06:26 PM 08:26 PM 10:25 PM
हिन्दी	दूरवा-२, पाठ-१: चिड़िया और चुरुंगुन	हिंदी	12:31 AM 02:30 AM 04:30 AM 06:30 AM 08:29 AM 10:29 AM 12:29 PM 02:28 PM 04:28 PM 06:28 PM 08:27 PM 10:27 PM
Political science	Ch-1: On Equality	English	12:58 AM 02:58 AM 04:57 AM 06:57 AM 08:57 AM 10:56 AM 12:56 PM 02:56 PM 04:55 PM 06:55 PM 08:55 PM 10:54 PM
General	Energy Saving	English	01:31 AM 03:30 AM 05:30 AM 07:30 AM 09:29 AM 11:29 AM 01:29 PM 03:28 PM 05:28 PM 07:28 PM 09:27 PM 11:27 PM
Mathematics	Ch-1: Integers	English	01:32 AM 03:32 AM 05:32 AM 07:31 AM 09:31 AM 11:31 AM 01:30 PM 03:30 PM 05:30 PM 07:29 PM 09:29 PM 11:29 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:57 AM 03:57 AM 05:57 AM 07:56 AM 09:56 AM 11:56 AM 01:55 PM 03:55 PM 05:55 PM 07:54 PM 09:54 PM 11:54 PM

शनिवार, 12 अप्रैल 2025
Saturday, 12 April 2025

गणित	पाठ-१: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:49 PM
संस्कृत	पाठ-१: सुभाषित -II	संस्कृत	12:38 AM 02:37 AM 04:36 AM 06:35 AM 08:34 AM 10:33 AM 12:32 PM 02:31 PM 04:30 PM 06:29 PM 08:29 PM 10:28 PM
Geography	Ch-1: Environment	English	01:07 AM 03:06 AM 05:05 AM 07:04 AM 09:03 AM 11:02 AM 01:01 PM 03:00 PM 05:00 PM 06:59 PM 08:58 PM 10:57 PM
Science	Ch-1: Nutrition in Plants	English	01:28 AM 03:27 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:23 PM 03:22 PM 05:21 PM 07:20 PM 09:19 PM 11:18 PM
General	Energy Saving	English	01:49 AM 03:48 AM 05:47 AM 07:46 AM 09:45 AM 11:45 AM 01:44 PM 03:43 PM 05:42 PM 07:41 PM 09:40 PM 11:39 PM



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Vocational	Seed Germination	English	01:51 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:42 PM 09:42 PM 11:41 PM
रविवार, 13 अप्रैल 2025 Sunday, 13 April 2025			
शारीरिक शिक्षा	सर्वांगसन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
राजनीति विज्ञान	पाठ-1: समानता	हिंदी	12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:19 AM 01:19 PM 03:19 PM 05:19 PM 07:19 PM 09:19 PM 11:18 PM
General	E-Waste	English	01:27 AM 03:27 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
History	Ch-1: Tracing Changes Through a Thousand Years	English	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
General	Waste Reduced	English	01:54 AM 03:54 AM 05:54 AM 07:54 AM 09:54 AM 11:54 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
Vocational	Design and Tracing Methods	English	01:56 AM 03:56 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
सोमवार, 14 अप्रैल 2025 Monday, 14 April 2025			
विज्ञान	पाठ-1: पादपों में पोषण	हिंदी	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
भूगोल	पाठ-1: पर्यावरण	हिंदी	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM



English	Ch-1: Three Questions Part-2	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:58 AM 10:59 AM 01:00 PM 03:01 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
Mathematics	Ch-1: Integers	English	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:43 PM 11:44 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
मंगलवार, 15 अप्रैल 2025 Tuesday, 15 April 2025			
गणित	पाठ-1: पूर्णांक	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
हिन्दी	दूर्वा-२, पाठ-1: चिड़िया और चुरुंगुन	हिंदी	12:29 AM 02:29 AM 04:29 AM 06:28 AM 08:28 AM 10:27 AM 12:27 PM 02:27 PM 04:26 PM 06:26 PM 08:26 PM 10:25 PM
General Awareness	Growing up Healthy	English	12:56 AM 02:56 AM 04:55 AM 06:55 AM 08:54 AM 10:54 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:52 PM 10:52 PM
Geography	Ch-1: Environment	English	01:00 AM 03:00 AM 04:59 AM 06:59 AM 08:59 AM 10:58 AM 12:58 PM 02:57 PM 04:57 PM 06:57 PM 08:56 PM 10:56 PM
Science	Ch-1: Nutrition in Plants	English	01:22 AM 03:22 AM 05:22 AM 07:21 AM 09:21 AM 11:20 AM 01:20 PM 03:20 PM 05:19 PM 07:19 PM 09:18 PM 11:18 PM
General Awareness	Nutrition_Health and Sanitation	English	01:43 AM 03:43 AM 05:43 AM 07:42 AM 09:42 AM 11:41 AM 01:41 PM 03:41 PM 05:40 PM 07:40 PM 09:40 PM 11:39 PM
Vocational	Electricity and its importance	English	01:50 AM 03:49 AM 05:49 AM 07:49 AM 09:48 AM 11:48 AM 01:47 PM 03:47 PM 05:47 PM 07:46 PM 09:46 PM 11:45 PM



बुधवार, 16 अप्रैल 2025

Wednesday, 16 April 2025

विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:27 AM 02:26 AM 04:25 AM 06:24 AM 08:23 AM 10:22 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
General Awareness	Online predators	English	12:54 AM 02:54 AM 04:53 AM 06:52 AM 08:51 AM 10:50 AM 12:49 PM 02:48 PM 04:48 PM 06:47 PM 08:46 PM 10:45 PM
History	Ch-1: Tracing Changes Through a Thousand Years	English	12:56 AM 02:55 AM 04:54 AM 06:53 AM 08:52 AM 10:51 AM 12:51 PM 02:50 PM 04:49 PM 06:48 PM 08:47 PM 10:46 PM
Mathematics	Ch-1: Integers	English	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:21 AM 11:20 AM 01:20 PM 03:19 PM 05:18 PM 07:17 PM 09:16 PM 11:15 PM
Vocational	Design and Tracing Methods	English	01:55 AM 03:54 AM 05:53 AM 07:53 AM 09:52 AM 11:51 AM 01:50 PM 03:49 PM 05:48 PM 07:47 PM 09:47 PM 11:46 PM

बृहस्पतिवार, 17 अप्रैल 2025

Thursday, 17 April 2025

General	Waste Reduced	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:05 AM 02:05 AM 04:04 AM 06:04 AM 08:03 AM 10:02 AM 12:02 PM 02:01 PM 04:01 PM 06:00 PM 08:00 PM 09:59 PM 11:59 PM
General Awareness	Cyber Stalking	English	12:30 AM 02:30 AM 04:29 AM 06:29 AM 08:28 AM 10:27 AM 12:27 PM 02:26 PM 04:26 PM 06:25 PM 08:25 PM 10:24 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:31 AM 02:31 AM 04:30 AM 06:30 AM 08:29 AM 10:29 AM 12:28 PM 02:27 PM 04:27 PM 06:26 PM 08:26 PM 10:25 PM
General Awareness	Online gaming safety for children	English	12:53 AM 02:52 AM 04:52 AM 06:51 AM 08:51 AM 10:50 AM 12:50 PM 02:49 PM 04:49 PM 06:48 PM 08:47 PM 10:47 PM
English	Ch-1: Three Questions Part-2	English	12:54 AM 02:54 AM 04:53 AM 06:52 AM 08:52 AM 10:51 AM 12:51 PM 02:50 PM 04:50 PM 06:49 PM 08:48 PM 10:48 PM
Science	Ch-2: Nutrition in Animals	English	01:34 AM 03:33 AM 05:32 AM 07:32 AM 09:31 AM 11:31 AM 01:30 PM 03:30 PM 05:29 PM 07:29 PM 09:28 PM 11:27 PM
General Awareness	Online gaming safety for children	English	01:54 AM 03:54 AM 05:53 AM 07:53 AM 09:52 AM 11:51 AM 01:51 PM 03:50 PM 05:50 PM 07:49 PM 09:49 PM 11:48 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:55 AM 03:55 AM 05:54 AM 07:54 AM 09:53 AM 11:53 AM 01:52 PM 03:51 PM 05:51 PM 07:50 PM 09:50 PM 11:49 PM
शुक्रवार, 18 अप्रैल 2025 Friday, 18 April 2025			
General Awareness	Interpersonal Relationships	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:09 AM 02:09 AM 04:08 AM 06:08 AM 08:08 AM 10:08 AM 12:08 PM 02:08 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
हिन्दी	दूर्वा-२, पाठ-1: चिड़िया और चुरंगुन	हिंदी	12:30 AM 02:30 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
General Awareness	Emotional well being and mental health	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:56 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM



Political science	Ch-2: Role of the Government in Health	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
General Awareness	Social Networking	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
Mathematics	Ch-2: Fractions and decimals	English	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:29 PM
General Awareness	Value and responsible Citizenship	English	01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:46 PM 07:46 PM 09:45 PM 11:45 PM
Vocational	Electricity and its importance	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:50 PM 11:50 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:55 AM 03:55 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:55 PM
शनिवार, 19 अप्रैल 2025 Saturday, 19 April 2025			
गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:53 AM 11:51 AM 01:50 PM 03:48 PM 05:47 PM 07:46 PM 09:44 PM 11:43 PM
General Awareness	Personal Safety	English	12:29 AM 02:28 AM 04:26 AM 06:25 AM 08:23 AM 10:22 AM 12:21 PM 02:19 PM 04:18 PM 06:16 PM 08:15 PM 10:14 PM
संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:43 AM 02:42 AM 04:40 AM 06:39 AM 08:38 AM 10:36 AM 12:35 PM 02:34 PM 04:32 PM 06:31 PM 08:29 PM 10:28 PM
Geography	Ch-2: Inside our Earth	English	01:11 AM 03:10 AM 05:08 AM 07:07 AM 09:05 AM 11:04 AM 01:03 PM 03:01 PM 05:00 PM 06:59 PM 08:57 PM 10:56 PM



General Awareness	Emotional well being and mental health	English	01:26 AM 03:25 AM 05:24 AM 07:22 AM 09:21 AM 11:19 AM 01:18 PM 03:17 PM 05:15 PM 07:14 PM 09:12 PM 11:11 PM
Science	Ch-2: Nutrition in Animals	English	01:31 AM 03:30 AM 05:28 AM 07:27 AM 09:26 AM 11:24 AM 01:23 PM 03:22 PM 05:20 PM 07:19 PM 09:17 PM 11:16 PM
Vocational	Design and Tracing Methods (Heat Method)	English	01:53 AM 03:51 AM 05:50 AM 07:48 AM 09:47 AM 11:46 AM 01:44 PM 03:43 PM 05:42 PM 07:40 PM 09:39 PM 11:37 PM
रविवार, 20 अप्रैल 2025 Sunday, 20 April 2025			
General Awareness	Online gaming safety for children	English	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:54 PM 11:54 PM
शारीरिक शिक्षा	गोमुखासन	हिंदी	12:05 AM 02:05 AM 04:04 AM 06:04 AM 08:03 AM 10:03 AM 12:02 PM 02:02 PM 04:01 PM 06:01 PM 08:00 PM 10:00 PM 11:59 PM
राजनीति विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	हिंदी	12:49 AM 02:49 AM 04:48 AM 06:48 AM 08:47 AM 10:47 AM 12:46 PM 02:46 PM 04:46 PM 06:45 PM 08:45 PM 10:44 PM
General Awareness	Cyber Stalking	English	01:21 AM 03:20 AM 05:20 AM 07:19 AM 09:19 AM 11:18 AM 01:18 PM 03:17 PM 05:17 PM 07:16 PM 09:16 PM 11:15 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:22 AM 03:21 AM 05:21 AM 07:20 AM 09:20 AM 11:19 AM 01:19 PM 03:18 PM 05:18 PM 07:18 PM 09:17 PM 11:17 PM
General Awareness	Social Networking	English	01:28 AM 03:28 AM 05:28 AM 07:27 AM 09:27 AM 11:26 AM 01:26 PM 03:25 PM 05:25 PM 07:24 PM 09:24 PM 11:23 PM
History	Ch-2: New Kings & Kingdom	English	01:33 AM 03:33 AM 05:32 AM 07:32 AM 09:31 AM 11:31 AM 01:30 PM 03:30 PM 05:29 PM 07:29 PM 09:28 PM 11:28 PM



General Awareness	Online predators	English	01:54 AM 03:54 AM 05:53 AM 07:53 AM 09:52 AM 11:52 AM 01:51 PM 03:51 PM 05:50 PM 07:50 PM 09:49 PM 11:49 PM
Vocational	Design and Tracing Methods (Stencil Method)	English	01:55 AM 03:55 AM 05:54 AM 07:54 AM 09:53 AM 11:53 AM 01:52 PM 03:52 PM 05:51 PM 07:51 PM 09:50 PM 11:50 PM
General Awareness	Cyber Stalking	English	01:58 AM 03:57 AM 05:57 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
सोमवार, 21 अप्रैल 2025 Monday, 21 April 2025			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:54 AM 09:53 AM 11:52 AM 01:50 PM 03:49 PM 05:48 PM 07:47 PM 09:45 PM 11:44 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:25 AM 02:24 AM 04:23 AM 06:21 AM 08:20 AM 10:19 AM 12:17 PM 02:16 PM 04:15 PM 06:14 PM 08:12 PM 10:11 PM
General	Energy Saving	English	12:46 AM 02:44 AM 04:43 AM 06:42 AM 08:40 AM 10:39 AM 12:38 PM 02:36 PM 04:35 PM 06:34 PM 08:33 PM 10:31 PM
English	Ch-1: Three Questions Part-2	English	12:47 AM 02:46 AM 04:45 AM 06:43 AM 08:42 AM 10:41 AM 12:39 PM 02:38 PM 04:37 PM 06:36 PM 08:34 PM 10:33 PM
General Awareness	Online gaming safety for children	English	01:26 AM 03:25 AM 05:23 AM 07:22 AM 09:21 AM 11:19 AM 01:18 PM 03:17 PM 05:16 PM 07:14 PM 09:13 PM 11:12 PM
Mathematics	Ch-2: Fractions and decimals	English	01:29 AM 03:28 AM 05:27 AM 07:25 AM 09:24 AM 11:23 AM 01:22 PM 03:20 PM 05:19 PM 07:18 PM 09:16 PM 11:15 PM
General Awareness	Interpersonal Relationships	English	01:46 AM 03:44 AM 05:43 AM 07:42 AM 09:40 AM 11:39 AM 01:38 PM 03:36 PM 05:35 PM 07:34 PM 09:33 PM 11:31 PM



Vocational	Design and Tracing Methods (Stencil Method)	English	01:50 AM 03:49 AM 05:48 AM 07:46 AM 09:45 AM 11:44 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:37 PM 11:36 PM
मंगलवार, 22 अप्रैल 2025 Tuesday, 22 April 2025			
गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	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
हिन्दी	दूरवा-२, पाठ-२: सबसे सुंदर लड़की	हिंदी	12:29 AM 02:29 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:26 PM
General Awareness	Cyber Stalking	English	12:49 AM 02:48 AM 04:48 AM 06:48 AM 08:48 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:46 PM 08:46 PM 10:46 PM
Geography	Ch-2: Inside our Earth	English	12:50 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:48 AM 12:48 PM 02:48 PM 04:48 PM 06:47 PM 08:47 PM 10:47 PM
Science	Ch-2: Nutrition in Animals	English	01:06 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:03 PM 11:03 PM
Vocational	Design and Tracing Methods	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
बुधवार, 23 अप्रैल 2025 Wednesday, 23 April 2025			
विज्ञान	पाठ-२: प्राणियों में पोषण	हिंदी	12:00 AM 01:58 AM 03:56 AM 05:54 AM 07:52 AM 09:51 AM 11:49 AM 01:47 PM 03:45 PM 05:44 PM 07:42 PM 09:40 PM 11:38 PM
उर्दू	ईदगाह	हिंदी	12:25 AM 02:23 AM 04:22 AM 06:20 AM 08:18 AM 10:16 AM 12:15 PM 02:13 PM 04:11 PM 06:09 PM 08:08 PM 10:06 PM



General Awareness	Social Networking	English	12:54 AM 02:52 AM 04:50 AM 06:48 AM 08:46 AM 10:45 AM 12:43 PM 02:41 PM 04:39 PM 06:38 PM 08:36 PM 10:34 PM
History	Ch-2: New Kings & Kingdom	English	12:58 AM 02:56 AM 04:54 AM 06:52 AM 08:51 AM 10:49 AM 12:47 PM 02:45 PM 04:44 PM 06:42 PM 08:40 PM 10:38 PM
General Awareness	Emotional well being and mental health	English	01:19 AM 03:17 AM 05:15 AM 07:13 AM 09:11 AM 11:10 AM 01:08 PM 03:06 PM 05:04 PM 07:03 PM 09:01 PM 10:59 PM
Mathematics	Ch-2: Fractions and decimals	English	01:24 AM 03:22 AM 05:20 AM 07:18 AM 09:16 AM 11:15 AM 01:13 PM 03:11 PM 05:09 PM 07:08 PM 09:06 PM 11:04 PM
General Awareness	Gender Equality	English	01:40 AM 03:38 AM 05:36 AM 07:34 AM 09:33 AM 11:31 AM 01:29 PM 03:27 PM 05:26 PM 07:24 PM 09:22 PM 11:20 PM
Vocational	Important tips for good embroidery work (Part B)	English	01:47 AM 03:45 AM 05:43 AM 07:42 AM 09:40 AM 11:38 AM 01:36 PM 03:35 PM 05:33 PM 07:31 PM 09:29 PM 11:27 PM
बृहस्पतिवार, 24 अप्रैल 2025 Thursday, 24 April 2025			
गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
General Awareness	Nutrition_Health and Sanitation	English	12:29 AM 02:28 AM 04:27 AM 06:27 AM 08:26 AM 10:25 AM 12:24 PM 02:24 PM 04:23 PM 06:22 PM 08:21 PM 10:21 PM
इतिहास	पाठ-2: नए राजा और उनके राज्य	हिंदी	12:35 AM 02:35 AM 04:34 AM 06:33 AM 08:32 AM 10:32 AM 12:31 PM 02:30 PM 04:29 PM 06:29 PM 08:28 PM 10:27 PM
General Awareness	Online gaming safety for children	English	12:57 AM 02:56 AM 04:55 AM 06:55 AM 08:54 AM 10:53 AM 12:52 PM 02:52 PM 04:51 PM 06:50 PM 08:49 PM 10:49 PM
English	Ch-2: A Gift of Chappals	English	12:58 AM 02:57 AM 04:57 AM 06:56 AM 08:55 AM 10:54 AM 12:54 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM



General Awareness	Emotional well being and mental health	English	01:21 AM 03:20 AM 05:19 AM 07:18 AM 09:18 AM 11:17 AM 01:16 PM 03:15 PM 05:15 PM 07:14 PM 09:13 PM 11:12 PM
Science	Ch-2: Nutrition in Animals	English	01:25 AM 03:25 AM 05:24 AM 07:23 AM 09:22 AM 11:22 AM 01:21 PM 03:20 PM 05:19 PM 07:19 PM 09:18 PM 11:17 PM
Vocational	Seed Germination	English	01:51 AM 03:50 AM 05:50 AM 07:49 AM 09:48 AM 11:47 AM 01:47 PM 03:46 PM 05:45 PM 07:44 PM 09:44 PM 11:43 PM
शुक्रवार, 25 अप्रैल 2025 Friday, 25 April 2025			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
General Awareness	Social Networking	English	12:24 AM 02:24 AM 04:23 AM 06:22 AM 08:21 AM 10:21 AM 12:20 PM 02:19 PM 04:18 PM 06:18 PM 08:17 PM 10:16 PM
हिन्दी	दूर्वा-२, पाठ-२: सबसे सुंदर लड़की	हिंदी	12:29 AM 02:28 AM 04:27 AM 06:26 AM 08:26 AM 10:25 AM 12:24 PM 02:23 PM 04:23 PM 06:22 PM 08:21 PM 10:20 PM
Political science	Ch-2: Role of the Government in Health	English	12:54 AM 02:53 AM 04:52 AM 06:52 AM 08:51 AM 10:50 AM 12:49 PM 02:49 PM 04:48 PM 06:47 PM 08:46 PM 10:46 PM
General Awareness	Emotional well being and mental health	English	01:21 AM 03:20 AM 05:19 AM 07:19 AM 09:18 AM 11:17 AM 01:17 PM 03:16 PM 05:15 PM 07:14 PM 09:14 PM 11:13 PM
Mathematics	Ch-2: Fractions and decimals	English	01:26 AM 03:25 AM 05:24 AM 07:24 AM 09:23 AM 11:22 AM 01:21 PM 03:21 PM 05:20 PM 07:19 PM 09:19 PM 11:18 PM
General Awareness	Why Seasons Happen?	English	01:43 AM 03:42 AM 05:41 AM 07:41 AM 09:40 AM 11:39 AM 01:38 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:35 PM
Vocational	Seed Germination	English	01:46 AM 03:45 AM 05:45 AM 07:44 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:39 PM 11:38 PM



शनिवार, 26 अप्रैल 2025

Saturday, 26 April 2025

गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
General Awareness	Gender Equality	English	12:29 AM 02:28 AM 04:28 AM 06:27 AM 08:26 AM 10:26 AM 12:25 PM 02:24 PM 04:24 PM 06:23 PM 08:22 PM 10:22 PM
उर्दू	ईदगाह	हिंदी	12:36 AM 02:35 AM 04:35 AM 06:34 AM 08:33 AM 10:33 AM 12:32 PM 02:32 PM 04:31 PM 06:30 PM 08:30 PM 10:29 PM
Geography	Ch-2: Inside our Earth	English	01:08 AM 03:07 AM 05:07 AM 07:06 AM 09:05 AM 11:05 AM 01:04 PM 03:03 PM 05:03 PM 07:02 PM 09:02 PM 11:01 PM
General	Energy Saving	English	01:23 AM 03:23 AM 05:22 AM 07:21 AM 09:21 AM 11:20 AM 01:19 PM 03:19 PM 05:18 PM 07:18 PM 09:17 PM 11:16 PM
Science	Ch-2: Nutrition in Animals	English	01:25 AM 03:24 AM 05:24 AM 07:23 AM 09:22 AM 11:22 AM 01:21 PM 03:20 PM 05:20 PM 07:19 PM 09:18 PM 11:18 PM
General Awareness	e-waste management Film 3	English	01:46 AM 03:45 AM 05:44 AM 07:44 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:40 PM 09:39 PM 11:38 PM
General Awareness	Online gaming safety for children	English	01:51 AM 03:50 AM 05:50 AM 07:49 AM 09:48 AM 11:48 AM 01:47 PM 03:46 PM 05:46 PM 07:45 PM 09:45 PM 11:44 PM
Vocational	Electricity and its importance	English	01:52 AM 03:51 AM 05:51 AM 07:50 AM 09:50 AM 11:49 AM 01:48 PM 03:48 PM 05:47 PM 07:46 PM 09:46 PM 11:45 PM

रविवार, 27 अप्रैल 2025

Sunday, 27 April 2025

शारीरिक शिक्षा	गोमुखसन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
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DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

राजनीति विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	हिंदी	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:18 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:18 PM 10:18 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:52 AM 02:52 AM 04:52 AM 06:52 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
General Awareness	Social Networking	English	12:59 AM 02:59 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:58 PM 06:57 PM 08:57 PM 10:57 PM
History	Ch-2: New Kings & Kingdom	English	01:04 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
General Awareness	Tree Tale - Kadamba	English	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM
General Awareness	Value and responsible Citizenship	English	01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:27 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:31 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM
सोमवार, 28 अप्रैल 2025 Monday, 28 April 2025			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:55 PM 07:55 PM 09:55 PM 11:54 PM
General	Energy Saving	English	12:24 AM 02:24 AM 04:23 AM 06:23 AM 08:23 AM 10:22 AM 12:22 PM 02:21 PM 04:21 PM 06:20 PM 08:20 PM 10:19 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:24 AM 10:24 AM 12:23 PM 02:23 PM 04:22 PM 06:22 PM 08:21 PM 10:21 PM
English	Ch-2: A Gift of Chappals	English	12:52 AM 02:52 AM 04:51 AM 06:51 AM 08:51 AM 10:50 AM 12:50 PM 02:49 PM 04:49 PM 06:48 PM 08:48 PM 10:47 PM



General Awareness	Social Networking	English	01:15 AM 03:14 AM 05:14 AM 07:13 AM 09:13 AM 11:13 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
Mathematics	Ch-2: Fractions and decimals	English	01:19 AM 03:19 AM 05:18 AM 07:18 AM 09:17 AM 11:17 AM 01:16 PM 03:16 PM 05:15 PM 07:15 PM 09:14 PM 11:14 PM
General Awareness	Nutrition_Health and Sanitation	English	01:35 AM 03:35 AM 05:34 AM 07:34 AM 09:33 AM 11:33 AM 01:33 PM 03:32 PM 05:32 PM 07:31 PM 09:31 PM 11:30 PM
Vocational	Personal hygiene and Health	English	01:42 AM 03:41 AM 05:41 AM 07:40 AM 09:40 AM 11:39 AM 01:39 PM 03:38 PM 05:38 PM 07:38 PM 09:37 PM 11:37 PM
मंगलवार, 29 अप्रैल 2025 Tuesday, 29 April 2025			
गणित	पाठ-2: भिन्न एवं दशमलव	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
General Awareness	Cyber Stalking	English	12:29 AM 02:28 AM 04:27 AM 06:27 AM 08:26 AM 10:25 AM 12:24 PM 02:24 PM 04:23 PM 06:22 PM 08:21 PM 10:21 PM
हिन्दी	दूर्वा-२, पाठ-२: सबसे सुंदर लड़की	हिंदी	12:30 AM 02:29 AM 04:28 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:25 PM 04:24 PM 06:23 PM 08:22 PM 10:22 PM
Geography	Ch-2: Inside our Earth	English	12:51 AM 02:50 AM 04:50 AM 06:49 AM 08:48 AM 10:47 AM 12:47 PM 02:46 PM 04:45 PM 06:44 PM 08:44 PM 10:43 PM
General Awareness	Emotional well being and mental health	English	01:06 AM 03:06 AM 05:05 AM 07:04 AM 09:03 AM 11:03 AM 01:02 PM 03:01 PM 05:00 PM 07:00 PM 08:59 PM 10:58 PM
General Awareness	Personal Safety	English	01:11 AM 03:11 AM 05:10 AM 07:09 AM 09:08 AM 11:08 AM 01:07 PM 03:06 PM 05:05 PM 07:05 PM 09:04 PM 11:03 PM
Science	Ch-2: Nutrition in Animals	English	01:26 AM 03:25 AM 05:24 AM 07:23 AM 09:23 AM 11:22 AM 01:21 PM 03:20 PM 05:20 PM 07:19 PM 09:18 PM 11:17 PM



General Awareness	Online gaming safety for children	English	01:46 AM 03:46 AM 05:45 AM 07:44 AM 09:43 AM 11:43 AM 01:42 PM 03:41 PM 05:40 PM 07:40 PM 09:39 PM 11:38 PM
Vocational	Personal hygiene and Health	English	01:47 AM 03:47 AM 05:46 AM 07:45 AM 09:44 AM 11:44 AM 01:43 PM 03:42 PM 05:41 PM 07:41 PM 09:40 PM 11:39 PM
बुधवार, 30 अप्रैल 2025 Wednesday, 30 April 2025			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:50 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:26 AM 02:25 AM 04:24 AM 06:23 AM 08:22 AM 10:22 AM 12:21 PM 02:20 PM 04:19 PM 06:18 PM 08:17 PM 10:17 PM
उर्दू	ईदगाह	हिंदी	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:28 AM 10:27 AM 12:27 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:22 PM
History	Ch-2: New Kings & Kingdom	English	01:01 AM 03:01 AM 05:00 AM 06:59 AM 08:58 AM 10:57 AM 12:56 PM 02:56 PM 04:55 PM 06:54 PM 08:53 PM 10:52 PM
General Awareness	Emotional well being and mental health	English	01:22 AM 03:21 AM 05:21 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:16 PM 07:15 PM 09:14 PM 11:13 PM
Mathematics	Ch-2: Fractions and decimals	English	01:27 AM 03:26 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:22 PM 03:21 PM 05:21 PM 07:20 PM 09:19 PM 11:18 PM
General Awareness	Gender Equality	English	01:43 AM 03:43 AM 05:42 AM 07:41 AM 09:40 AM 11:39 AM 01:38 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM



Vocational	Electricity and its importance	English	01:51 AM 03:50 AM 05:49 AM 07:48 AM 09:47 AM 11:46 AM 01:46 PM 03:45 PM 05:44 PM 07:43 PM 09:42 PM 11:41 PM
General Awareness	Why Seasons Happen?	English	01:55 AM 03:55 AM 05:54 AM 07:53 AM 09:52 AM 11:51 AM 01:50 PM 03:50 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM



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