

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.



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

दिसंबर 2025

December 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
सोमवार, 01 दिसंबर 2025 Monday, 01 December 2025			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
Cold Wave	Clod Wave - Preparation	हिंदी	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 06:37 PM 08:37 PM 10:38 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	12:31 AM 02:32 AM 04:33 AM 06:34 AM 08:34 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:39 PM
General English	Episode 12 Disagreeing 1	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:16 AM 03:17 AM 05:18 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:21 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
General English	Episode 13 Disagreeing 2	English	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:45 PM 05:46 PM 07:47 PM 09:47 PM 11:48 PM



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मंगलवार, 02 दिसंबर 2025
Tuesday, 02 December 2025

Storytelling/ Value Education	खेल पिटारा	हिंदी	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
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English/hi ndi	01:22 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:22 AM 01:22 PM 03:22 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:29 AM 01:29 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:29 PM
सामान्य	Sustainable Food Systems Adopted	हिंदी	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
General Awareness	Personal Safety	English	01:30 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:31 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:47 AM 11:47 AM 01:47 PM 03:47 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM

बुधवार, 03 दिसंबर 2025
Wednesday, 03 December 2025

General Awareness	e-waste management Block-3	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 10:02 PM
General Awareness	e-waste management Block-5	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM



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Storytelling/ Value Education	छोटा कौन बड़ा कौन	हिंदी	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:44 AM 02:44 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
Vocational	Personal hygiene and Health	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:03 PM 11:03 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:11 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:13 PM 07:13 PM 09:13 PM 11:13 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	01:12 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:28 PM
बृहस्पतिवार, 04 दिसंबर 2025 Thursday, 04 December 2025			
General Awareness	Personal Safety	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:30 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:50 AM 02:50 AM 04:51 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:53 PM 08:54 PM 10:54 PM



Storytelling/ Value Education	खेल पिटाटा	हिंदी	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:54 PM 10:55 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:07 AM 11:08 AM 01:08 PM 03:08 PM 05:09 PM 07:09 PM 09:09 PM 11:10 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:39 PM
शुक्रवार, 05 दिसंबर 2025 Friday, 05 December 2025			
सामान्य जागरूकता	मछली साँस कैसे लेती है	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -१	हिंदी	12:06 AM 02:06 AM 04:06 AM 06:06 AM 08:07 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:08 PM 08:09 PM 10:09 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:17 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:30 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Storytelling/ Value Education	खेल पिटाटा	हिंदी	12:31 AM 02:32 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
General Awareness	e-waste management Block-3	English	12:46 AM 02:47 AM 04:47 AM 06:47 AM 08:48 AM 10:48 AM 12:48 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM



General Awareness	e-waste management Block-5	English	01:04 AM 03:05 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:07 PM 09:08 PM 11:08 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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
शनिवार, 06 दिसंबर 2025 Saturday, 06 December 2025			
Vocational	घर पर बनाए हर्बल शैम्पू	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
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	12:28 AM 02:28 AM 04:27 AM 06:26 AM 08:26 AM 10:25 AM 12:24 PM 02:24 PM 04:23 PM 06:23 PM 08:22 PM 10:21 PM
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -2	हिंदी	12:47 AM 02:46 AM 04:45 AM 06:45 AM 08:44 AM 10:43 AM 12:43 PM 02:42 PM 04:41 PM 06:41 PM 08:40 PM 10:39 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:53 AM 02:52 AM 04:52 AM 06:51 AM 08:50 AM 10:50 AM 12:49 PM 02:48 PM 04:48 PM 06:47 PM 08:46 PM 10:46 PM
Creative Activities: Art & Craft	Flying Fish	English	12:56 AM 02:55 AM 04:55 AM 06:54 AM 08:53 AM 10:53 AM 12:52 PM 02:51 PM 04:51 PM 06:50 PM 08:49 PM 10:49 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-2	हिंदी	12:57 AM 02:56 AM 04:56 AM 06:55 AM 08:54 AM 10:54 AM 12:53 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM



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General Awareness	Understanding how long things take to decompose	English	01:15 AM 03:15 AM 05:14 AM 07:13 AM 09:13 AM 11:12 AM 01:11 PM 03:11 PM 05:10 PM 07:09 PM 09:09 PM 11:08 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:24 AM 05:23 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
रविवार, 07 दिसंबर 2025 Sunday, 07 December 2025			
Vocational	Seed Germination	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:07 AM 02:08 AM 04:08 AM 06:08 AM 08:09 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General English	Episode 6 Giving Advice 2	English	12:08 AM 02:09 AM 04:09 AM 06:09 AM 08:10 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:11 PM 08:12 PM 10:12 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:22 AM 02:22 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:24 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:25 PM
General Awareness	Focused on E-waste and hazardous waste	English	12:46 AM 02:46 AM 04:46 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:48 PM 06:49 PM 08:49 PM 10:49 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:10 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:11 AM 01:12 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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



सोमवार, 08 दिसंबर 2025
Monday, 08 December 2025

सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	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 06:05 PM 08:05 PM 10:06 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:34 AM 12:34 PM 02:35 PM 04:35 PM 06:36 PM 08:36 PM 10:37 PM
General Awareness	e-waste management Block-1	English	12:43 AM 02:44 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:49 PM 08:49 PM 10:50 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 03:00 PM 05:00 PM 07:01 PM 09:01 PM 11:02 PM
General Awareness	e-waste management Block-5	English	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:59 AM 10:59 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
Vocational	Tools And Materials	English	01:47 AM 03:48 AM 05:48 AM 07:49 AM 09:50 AM 11:50 AM 01:51 PM 03:51 PM 05:52 PM 07:52 PM 09:53 PM 11:54 PM

मंगलवार, 09 दिसंबर 2025
Tuesday, 09 December 2025

General Awareness	Focused on exploring three R's	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 10:04 PM
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Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:25 AM 02:25 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:28 PM 10:29 PM
शारीरिक शिक्षा	Showing respect to sanitation workers-Hindi	हिंदी	12:42 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:43 AM 12:44 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:46 PM
शारीरिक शिक्षा	कबड्डी	हिंदी	12:42 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
General Awareness	Understanding how long things take to decompose	English	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	01:18 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:19 AM 01:20 PM 03:20 PM 05:20 PM 07:21 PM 09:21 PM 11:22 PM
General Awareness	Real world challenge and what to do	English	01:18 AM 03:18 AM 05:19 AM 07:19 AM 09:20 AM 11:20 AM 01:20 PM 03:21 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:25 AM 03:25 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:28 PM 05:29 PM 07:29 PM 09:29 PM 11:30 PM
बुधवार, 10 दिसंबर 2025 Wednesday, 10 December 2025			
General Awareness	Focused on waste segregation into dry and wet garbage	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-3	हिंदी	12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM



Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:43 AM 02:43 AM 04:43 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:44 PM 06:44 PM 08:45 PM 10:45 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	12:44 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:46 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -2	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:06 AM 03:06 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:07 PM 05:07 PM 07:07 PM 09:07 PM 11:07 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM

बृहस्पतिवार, 11 दिसंबर 2025
Thursday, 11 December 2025

Storytelling/ Value Education	सुधीर तैलंग	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 04:02 PM 06:03 PM 08:03 PM 10:03 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:20 PM 06:21 PM 08:21 PM 10:21 PM
General Awareness	Personal Safety	English	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:48 AM 10:49 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:50 PM 10:51 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:01 AM 03:02 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	01:02 AM 03:02 AM 05:03 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:05 PM 11:06 PM



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रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:11 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:12 PM
General Awareness	e-waste management Block-5	English	01:25 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:26 AM 01:27 PM 03:27 PM 05:27 PM 07:28 PM 09:28 PM 11:28 PM
Vocational	Hand Embroidery Part B	English	01:46 AM 03:46 AM 05:47 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:48 PM 05:49 PM 07:49 PM 09:49 PM 11:50 PM
शुक्रवार, 12 दिसंबर 2025 Friday, 12 December 2025			
General Awareness	Understanding how long things take to decompose	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
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:10 AM 02:10 AM 04:10 AM 06:10 AM 08:10 AM 10:10 AM 12:10 PM 02:10 PM 04:10 PM 06:10 PM 08:10 PM 10:10 PM
Vocational	The evolution of communication	English	12:23 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
General English	Episode 12 Disagreeing 1	English	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:46 AM 02:46 AM 04:46 AM 06:46 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM



General Awareness	Focused on exploring three R's	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
General Awareness	Understanding how long things take to decompose	English	01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:11 PM
General Awareness	Value and responsible Citizenship	English	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
शनिवार, 13 दिसंबर 2025 Saturday, 13 December 2025			
Vocational	केश सौंदर्य उपकरणों का परिचय	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 09:56 PM 11:55 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:24 AM 02:23 AM 04:23 AM 06:23 AM 08:22 AM 10:22 AM 12:22 PM 02:21 PM 04:21 PM 06:20 PM 08:20 PM 10:20 PM
General English	Episode 10 Agreeing 2	English	12:40 AM 02:39 AM 04:39 AM 06:39 AM 08:38 AM 10:38 AM 12:37 PM 02:37 PM 04:37 PM 06:36 PM 08:36 PM 10:36 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:55 AM 02:55 AM 04:55 AM 06:54 AM 08:54 AM 10:54 AM 12:53 PM 02:53 PM 04:53 PM 06:52 PM 08:52 PM 10:51 PM
General	Surya Namaskar	English	12:56 AM 02:56 AM 04:56 AM 06:55 AM 08:55 AM 10:54 AM 12:54 PM 02:54 PM 04:53 PM 06:53 PM 08:53 PM 10:52 PM



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सामान्य जागरूकता	मछली साँस कैसे लेती है	हिंदी	01:03 AM 03:03 AM 05:02 AM 07:02 AM 09:02 AM 11:01 AM 01:01 PM 03:01 PM 05:00 PM 07:00 PM 08:59 PM 10:59 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:08 AM 03:07 AM 05:07 AM 07:07 AM 09:06 AM 11:06 AM 01:06 PM 03:05 PM 05:05 PM 07:05 PM 09:04 PM 11:04 PM
General Awareness	Online predators	English	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:12 PM 03:11 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
General Awareness	Personal Safety	English	01:15 AM 03:15 AM 05:14 AM 07:14 AM 09:14 AM 11:13 AM 01:13 PM 03:12 PM 05:12 PM 07:12 PM 09:11 PM 11:11 PM
सामान्य जागरूकता	RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में	हिंदी	01:32 AM 03:31 AM 05:31 AM 07:31 AM 09:30 AM 11:30 AM 01:30 PM 03:29 PM 05:29 PM 07:29 PM 09:28 PM 11:28 PM
सामान्य जागरूकता	प्लास्टिक के परिवार को खोजना और अन्य प्रकार के कचरे (E-कचरा + खतरनाक कचरा)	हिंदी	01:32 AM 03:32 AM 05:32 AM 07:31 AM 09:31 AM 11:30 AM 01:30 PM 03:30 PM 05:29 PM 07:29 PM 09:29 PM 11:28 PM
Vocational	Hand Embroidery Part B	English	01:45 AM 03:45 AM 05:45 AM 07:44 AM 09:44 AM 11:44 AM 01:43 PM 03:43 PM 05:42 PM 07:42 PM 09:42 PM 11:41 PM
रविवार, 14 दिसंबर 2025 Sunday, 14 December 2025			
शारीरिक शिक्षा	धनुरासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General Awareness	Nutrition_Health and Sanitation	English	12:13 AM 02:13 AM 04:13 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:16 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:19 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:22 PM



General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:44 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:47 PM
General Awareness	e-waste management Block-5	English	12:51 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:54 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:13 AM 03:13 AM 05:13 AM 07:13 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM
General Awareness	e-waste management Block-4.2	English	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:15 PM 03:15 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
सोमवार, 15 दिसंबर 2025 Monday, 15 December 2025			
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:57 PM 11:57 PM
General English	Episode 13 Disagreeing 2	English	12:17 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:14 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:29 PM 10:29 PM
सामान्य जागरूकता	वस्तुओं के विघटन समय की समझ (कचरा प्रबंधन क्यों आवश्यक है)	हिंदी	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:45 PM 08:45 PM 10:45 PM
सामान्य	शुभ दीपावली	हिंदी	12:57 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:55 PM 10:55 PM



Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 06:59 PM 08:59 PM 10:59 PM
General Awareness	e-waste & hazardous waste	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:00 PM 09:00 PM 11:00 PM
General English	Episode 11 Agreeing 3	English	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:13 PM 09:13 PM 11:13 PM
General Awareness	Personal Safety	English	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:24 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:23 PM 09:23 PM 11:23 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:39 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:38 PM 11:37 PM
मंगलवार, 16 दिसंबर 2025 Tuesday, 16 December 2025			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
General Awareness	e-waste management Block-5	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM



बुधवार, 17 दिसंबर 2025

Wednesday, 17 December 2025

General Awareness	Safety and Security against Violence and Injuries	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
General Awareness	Focused on E-waste and hazardous waste	English	12:06 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General Awareness	Focused on exploring three R's	English	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:58 PM 04:58 PM 06:58 PM 08:59 PM 10:59 PM
General	Energy Saving	English	01:11 AM 03:11 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 11:16 PM
General English	Episode 10 Agreeing 2	English	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:15 AM 01:15 PM 03:15 PM 05:16 PM 07:16 PM 09:17 PM 11:17 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:28 AM 03:29 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:33 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:40 PM 09:40 PM 11:40 PM



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बृहस्पतिवार, 18 दिसंबर 2025
Thursday, 18 December 2025

General Awareness	Tree Tale - Kadamba	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:03 AM 02:03 AM 04:03 AM 06:04 AM 08:04 AM 10:04 AM 12:04 PM 02:05 PM 04:05 PM 06:05 PM 08:05 PM 10:05 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:27 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:42 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:44 PM 06:44 PM 08:44 PM 10:44 PM
General English	Episode 9 Agreeing 1	English	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिंदी	01:27 AM 03:27 AM 05:27 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 11:30 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:28 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:29 AM 01:29 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:44 AM 03:44 AM 05:44 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM

शुक्रवार, 19 दिसंबर 2025
Friday, 19 December 2025

General Awareness	Real life situations- garbage burning and what to do	English	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
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सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:18 PM
General Awareness	e-waste management Block-3	English	12:42 AM 02:43 AM 04:43 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM
General English	Episode 10 Agreeing 2	English	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:20 PM 05:20 PM 07:21 PM 09:21 PM 11:22 PM
General Awareness	Fabric	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:19 AM 11:19 AM 01:20 PM 03:20 PM 05:21 PM 07:22 PM 09:22 PM 11:23 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
शनिवार, 20 दिसंबर 2025 Saturday, 20 December 2025			
General Awareness	Focused on waste segregation into dry and wet garbage	English	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:28 AM 02:28 AM 04:28 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:26 PM 10:26 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:48 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:17 AM 03:17 AM 05:17 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:15 PM 11:15 PM



General Awareness	Safe Use of Internet_Gadgets and Media	English	01:18 AM 03:18 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:16 PM 09:16 PM 11:16 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	01:24 AM 03:24 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:23 PM 03:23 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM
General Awareness	e-waste management Film 3	English	01:41 AM 03:41 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:39 PM 09:39 PM 11:39 PM
Vocational	Hand Embroidery Part B	English	01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM
रविवार, 21 दिसंबर 2025 Sunday, 21 December 2025			
शारीरिक शिक्षा	धनुरासन	हिंदी	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 05:55 PM 07:54 PM 09:54 PM 11:53 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	12:16 AM 02:16 AM 04:15 AM 06:15 AM 08:14 AM 10:13 AM 12:13 PM 02:12 PM 04:12 PM 06:11 PM 08:11 PM 10:10 PM
General English	Episode 5 Giving Advice 1	English	12:17 AM 02:17 AM 04:16 AM 06:16 AM 08:15 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:12 PM 08:12 PM 10:11 PM
Vocational	Important tips for good embroidery work (Part B)	English	12:31 AM 02:30 AM 04:30 AM 06:29 AM 08:29 AM 10:28 AM 12:28 PM 02:27 PM 04:26 PM 06:26 PM 08:25 PM 10:25 PM



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Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:38 AM 02:38 AM 04:37 AM 06:37 AM 08:36 AM 10:36 AM 12:35 PM 02:35 PM 04:34 PM 06:34 PM 08:33 PM 10:32 PM
Earthquake	Earthquake - साकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	हिंदी	01:00 AM 03:00 AM 04:59 AM 06:59 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:56 PM 06:55 PM 08:55 PM 10:54 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:01 AM 03:00 AM 05:00 AM 06:59 AM 08:59 AM 10:58 AM 12:58 PM 02:57 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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 07:20 PM 09:20 PM 11:19 PM
सोमवार, 22 दिसंबर 2025 Monday, 22 December 2025			
General Awareness	Levers Around Us	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 05:56 PM 07:55 PM 09:55 PM 11:54 PM
General	Energy Saving	English	12:12 AM 02:12 AM 04:11 AM 06:11 AM 08:10 AM 10:10 AM 12:09 PM 02:09 PM 04:08 PM 06:08 PM 08:08 PM 10:07 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:14 AM 02:13 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:11 PM 04:10 PM 06:10 PM 08:09 PM 10:09 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	12:43 AM 02:42 AM 04:42 AM 06:42 AM 08:41 AM 10:41 AM 12:40 PM 02:40 PM 04:39 PM 06:39 PM 08:39 PM 10:38 PM
General Awareness	Understanding how long things take to decompose	English	12:49 AM 02:49 AM 04:48 AM 06:48 AM 08:47 AM 10:47 AM 12:47 PM 02:46 PM 04:46 PM 06:45 PM 08:45 PM 10:44 PM



सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:59 AM 02:58 AM 04:58 AM 06:57 AM 08:57 AM 10:57 AM 12:56 PM 02:56 PM 04:55 PM 06:55 PM 08:54 PM 10:54 PM
General English	Episode 9 Agreeing 1	English	01:28 AM 03:28 AM 05:27 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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:39 AM 05:39 AM 07:38 AM 09:38 AM 11:37 AM 01:37 PM 03:36 PM 05:36 PM 07:35 PM 09:35 PM 11:35 PM
मंगलवार, 23 दिसंबर 2025 Tuesday, 23 December 2025			
General Awareness	e-waste management Block-3	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General Awareness	Personal Safety	English	12:19 AM 02:19 AM 04:20 AM 06:21 AM 08:21 AM 10:22 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:40 PM
General English	Episode 13 Disagreeing 2	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:55 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिंदी	01:04 AM 03:04 AM 05:05 AM 07:05 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:10 PM 11:10 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:07 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:10 PM 09:10 PM 11:11 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM



बुधवार, 24 दिसंबर 2025

Wednesday, 24 December 2025

उर्दू	ईदगाह	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:06 PM 08:07 PM 10:08 PM
General Awareness	Focused on exploring three R's	English	12:29 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:33 AM 12:34 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:37 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:02 AM 03:03 AM 05:03 AM 07:04 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
General English	Episode 10 Agreeing 2	English	01:20 AM 03:21 AM 05:22 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:28 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:39 AM 11:40 AM 01:40 PM 03:41 PM 05:42 PM 07:43 PM 09:43 PM 11:44 PM

बृहस्पतिवार, 25 दिसंबर 2025

Thursday, 25 December 2025

Storytelling/ Value Education	अक्ल बड़ी या पूँछ	हिंदी	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
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:03 AM 02:03 AM 04:03 AM 06:03 AM 08:03 AM 10:03 AM 12:03 PM 02:03 PM 04:03 PM 06:03 PM 08:03 PM 10:03 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:42 AM 02:42 AM 04:42 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:42 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM



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General English	Episode 9 Agreeing 1	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Cold Wave	Clod Wave - Preparation	हिंदी	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
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	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
Storytelling/ Value Education	सवाली राम जवाबो रानी	हिंदी	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM
शुक्रवार, 26 दिसंबर 2025 Friday, 26 December 2025			
Storytelling/ Value Education	अक्ल बड़ी या पूँछ	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:03 AM 02:04 AM 04:04 AM 06:05 AM 08:06 AM 10:07 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:11 PM
General Awareness	e-waste management Block-3	English	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:35 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:45 AM 02:46 AM 04:46 AM 06:47 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:53 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:01 AM 03:01 AM 05:02 AM 07:03 AM 09:04 AM 11:05 AM 01:05 PM 03:06 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
General Awareness	Online predators	English	01:02 AM 03:02 AM 05:03 AM 07:04 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM



General Awareness	e-waste management Film 3	English	01:05 AM 03:05 AM 05:06 AM 07:07 AM 09:08 AM 11:09 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	01:09 AM 03:10 AM 05:11 AM 07:12 AM 09:13 AM 11:13 AM 01:14 PM 03:15 PM 05:16 PM 07:16 PM 09:17 PM 11:18 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM
शनिवार, 27 दिसंबर 2025 Saturday, 27 December 2025			
General Awareness	Focused on waste segregation into dry and wet garbage	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:28 AM 02:28 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 10:27 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:48 AM 02:48 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM



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General Awareness	e-waste management Film 3	English	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
Vocational	Hand Embroidery Part B	English	01:46 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
रविवार, 28 दिसंबर 2025 Sunday, 28 December 2025			
शारीरिक शिक्षा	धनुरासन	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General English	Episode 5 Giving Advice 1	English	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
Vocational	Important tips for good embroidery work (Part B)	English	12:31 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:33 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM



सोमवार, 29 दिसंबर 2025
Monday, 29 December 2025

General Awareness	Levers Around Us	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:13 AM 02:12 AM 04:11 AM 06:10 AM 08:09 AM 10:08 AM 12:07 PM 02:07 PM 04:06 PM 06:05 PM 08:04 PM 10:03 PM
Earthquake	Earthquake - सांकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	हिंदी	12:42 AM 02:41 AM 04:40 AM 06:39 AM 08:38 AM 10:38 AM 12:37 PM 02:36 PM 04:35 PM 06:34 PM 08:33 PM 10:32 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:48 AM 02:47 AM 04:46 AM 06:45 AM 08:44 AM 10:44 AM 12:43 PM 02:42 PM 04:41 PM 06:40 PM 08:39 PM 10:38 PM
General Awareness	Understanding how long things take to decompose	English	12:49 AM 02:48 AM 04:47 AM 06:46 AM 08:45 AM 10:44 AM 12:44 PM 02:43 PM 04:42 PM 06:41 PM 08:40 PM 10:39 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:58 AM 02:57 AM 04:57 AM 06:56 AM 08:55 AM 10:54 AM 12:53 PM 02:52 PM 04:51 PM 06:50 PM 08:50 PM 10:49 PM
General English	Episode 9 Agreeing 1	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:38 AM 05:37 AM 07:36 AM 09:35 AM 11:35 AM 01:34 PM 03:33 PM 05:32 PM 07:31 PM 09:30 PM 11:29 PM



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मंगलवार, 30 दिसंबर 2025

Tuesday, 30 December 2025

General Awareness	e-waste management Block-3	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
General Awareness	Personal Safety	English	12:19 AM 02:19 AM 04:20 AM 06:21 AM 08:21 AM 10:22 AM 12:23 PM 02:23 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:38 PM 04:38 PM 06:39 PM 08:40 PM 10:40 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:53 AM 10:53 AM 12:54 PM 02:55 PM 04:55 PM 06:56 PM 08:57 PM 10:57 PM
Vocational	Hand Embroidery Part B	English	12:51 AM 02:51 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:05 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:11 PM 09:11 PM 11:12 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:29 AM 11:29 AM 01:30 PM 03:31 PM 05:31 PM 07:32 PM 09:33 PM 11:33 PM

बुधवार, 31 दिसंबर 2025

Wednesday, 31 December 2025

General Awareness	Safety and Security against Violence and Injuries	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
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उर्दू	ईदगाह	हिंदी	12:06 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General Awareness	Focused on exploring three R's	English	12:35 AM 02:35 AM 04:36 AM 06:36 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:38 PM 06:39 PM 08:39 PM 10:39 PM
General	Trikonasana	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:03 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:01 AM 03:02 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:05 PM 11:06 PM
General English	Episode 10 Agreeing 2	English	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:39 PM 09:40 PM 11:40 PM

