

कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 7

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 7

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 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



NCERT OFFICIAL



Dish TV Channel #2028

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

फरवरी 2025
February 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 फरवरी 2025 Saturday, 01 February 2025			
गणित	पाठ-15: ठोस आकारों का चित्रण	हिंदी	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	Energy Saving	English	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:34 PM 10:34 PM
संस्कृत	भूपति मयादस	हिंदी	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
Cold Wave	Cold Wave - Chilblains	हिंदी	12:37 AM 02:38 AM 04:39 AM 06:39 AM 08:40 AM 10:41 AM 12:41 PM 02:42 PM 04:43 PM 06:43 PM 08:44 PM 10:45 PM
Geography	Ch-1: Environment	English	12:38 AM 02:39 AM 04:40 AM 06:40 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:44 PM 06:45 PM 08:45 PM 10:46 PM
General Awareness	e-waste management Block-1	English	01:00 AM 03:00 AM 05:01 AM 07:02 AM 09:02 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:06 PM 09:06 PM 11:07 PM
Science	Ch-4: Heat	English	01:12 AM 03:12 AM 05:13 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:19 PM 11:19 PM
General Awareness	Personal Safety	English	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:36 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM



Vocational	Blanket Stitch	English	01:48 AM 03:48 AM 05:49 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:53 PM 05:53 PM 07:54 PM 09:55 PM 11:55 PM
रविवार, 02 फरवरी 2025 Sunday, 02 February 2025			
शारीरिक शिक्षा	सर्वांगासन	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
Cold Wave	Cold Wave - Chilblains	हिंदी	12:23 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:26 PM
राजनीति विज्ञान	पाठ-8: बाज़ार में एक कमीज़	हिंदी	12:24 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:26 PM 06:27 PM 08:27 PM 10:27 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 07:00 PM 09:00 PM 11:00 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:01 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:58 AM 02:58 AM 04:59 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:01 PM 11:02 PM
General Awareness	e-waste management Block-4.2	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
History	Ch-3: The Delhi Sultans	English	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:18 PM 03:19 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	01:40 AM 03:40 AM 05:40 AM 07:41 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:42 PM 07:43 PM 09:43 PM 11:43 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -2	English	01:47 AM 03:47 AM 05:47 AM 07:48 AM 09:48 AM 11:48 AM 01:49 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM



Vocational	Electricity and its importance	English	01:55 AM 03:55 AM 05:55 AM 07:56 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:58 PM
सोमवार, 03 फरवरी 2025 Monday, 03 February 2025			
विज्ञान	पाठ-4: ऊष्मा	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
Cold Wave	Clod Wave - Preparation	हिंदी	12:23 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
भूगोल	पाठ-1: पर्यावरण	हिंदी	12:25 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
General	E-Waste	English	12:53 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 1, Simple Present	English	12:55 AM 02:56 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:06 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:29 PM 09:30 PM 11:31 PM
Mathematics	Ch-9: Rational numbers	English	01:21 AM 03:22 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:28 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM
General	E-Waste	English	01:52 AM 03:53 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
Vocational	Fishbone Stitch	English	01:53 AM 03:54 AM 05:55 AM 07:57 AM 09:58 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:04 PM
मंगलवार, 04 फरवरी 2025 Tuesday, 04 February 2025			



गणित	पाठ-8: राशियों की तुलना	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:04 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
General	Energy Saving	English	12:27 AM 02:29 AM 04:30 AM 06:32 AM 08:33 AM 10:34 AM 12:36 PM 02:37 PM 04:38 PM 06:40 PM 08:41 PM 10:43 PM
हिन्दी	पाठ-18: संघर्ष के कारण मैं तुनुकमिजाज हो गया	हिंदी	12:29 AM 02:30 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
General	Waste Reduced	English	12:57 AM 02:59 AM 05:00 AM 07:01 AM 09:03 AM 11:04 AM 01:06 PM 03:07 PM 05:08 PM 07:10 PM 09:11 PM 11:12 PM
Geography	Ch-1: Environment	English	12:59 AM 03:00 AM 05:01 AM 07:03 AM 09:04 AM 11:06 AM 01:07 PM 03:08 PM 05:10 PM 07:11 PM 09:12 PM 11:14 PM
Science	Ch-4: Heat	English	01:20 AM 03:22 AM 05:23 AM 07:25 AM 09:26 AM 11:27 AM 01:29 PM 03:30 PM 05:31 PM 07:33 PM 09:34 PM 11:36 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:43 AM 07:44 AM 09:46 AM 11:47 AM 01:48 PM 03:50 PM 05:51 PM 07:53 PM 09:54 PM 11:55 PM
बुधवार, 05 फरवरी 2025 Wednesday, 05 February 2025			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	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 08:07 PM 10:07 PM
संस्कृत	चतुर बानर	हिंदी	12:18 AM 02:18 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
General Awareness	Gender Equality	English	12:26 AM 02:27 AM 04:27 AM 06:28 AM 08:29 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:34 PM
History	Ch-3: The Delhi Sultans	English	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:41 PM



General Awareness	Fake-Whatsapp- Messages	English	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:59 PM 04:59 PM 07:00 PM 09:01 PM 11:02 PM
Mathematics	Ch-10: Practical geometry	English	12:56 AM 02:57 AM 04:58 AM 06:58 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:02 PM 07:02 PM 09:03 PM 11:04 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:34 PM
बृहस्पतिवार, 06 फरवरी 2025 Thursday, 06 February 2025			
गणित	पाठ-9: परिमेय संख्याएँ	हिंदी	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:31 AM 02:29 AM 04:28 AM 06:27 AM 08:26 AM 10:25 AM 12:24 PM 02:23 PM 04:22 PM 06:21 PM 08:19 PM 10:18 PM
इतिहास	पाठ-3: दिल्ली के सुलतान भाग -1	हिंदी	12:32 AM 02:31 AM 04:29 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:23 PM 06:22 PM 08:20 PM 10:19 PM
English	Ch-2: English Language Classroom Grammar in Context, Time and Tense Part - 2 Present Progressive Past Progressive	English	01:07 AM 03:06 AM 05:05 AM 07:04 AM 09:02 AM 11:01 AM 01:00 PM 02:59 PM 04:58 PM 06:57 PM 08:56 PM 10:55 PM
Science	Ch-4: Heat	English	01:23 AM 03:22 AM 05:21 AM 07:19 AM 09:18 AM 11:17 AM 01:16 PM 03:15 PM 05:14 PM 07:13 PM 09:12 PM 11:10 PM
General Awareness	Why Seasons Happen?	English	01:42 AM 03:41 AM 05:39 AM 07:38 AM 09:37 AM 11:36 AM 01:35 PM 03:34 PM 05:33 PM 07:32 PM 09:30 PM 11:29 PM
Vocational	Personal hygiene and Health	English	01:45 AM 03:44 AM 05:43 AM 07:42 AM 09:40 AM 11:39 AM 01:38 PM 03:37 PM 05:36 PM 07:35 PM 09:34 PM 11:33 PM



शुक्रवार, 07 फरवरी 2025
Friday, 07 February 2025

विज्ञान	पाठ-10: जीवों में श्वसन	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	Clod Wave - Preparation	हिंदी	12:14 AM 02:15 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
General Awareness	Fake-Whatsapp- Messages	English	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:17 AM 10:17 AM 12:17 PM 02:17 PM 04:18 PM 06:18 PM 08:18 PM 10:18 PM
हिन्दी	दूर्वा-२, पाठ-18: हम होंगे कामयाब एक दिन	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:21 PM
General Awareness	Growing up Healthy	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
General Awareness	Online gaming safety for children	English	12:32 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:34 PM 08:34 PM 10:35 PM
Political science	Ch-8: A shirt in the market	English	12:33 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:36 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	12:58 AM 02:58 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:29 AM 11:29 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
Vocational	Blanket Stitch	English	01:47 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM

शनिवार, 08 फरवरी 2025
Saturday, 08 February 2025

गणित	पाठ-10: प्रायोगिक ज्यामिति	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 10:07 PM
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DD Free Dish Channel #29



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Cold Wave	Cold Wave - Chilblains	हिंदी	12:33 AM 02:33 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:40 PM
उर्दू	ईदगाह	हिंदी	12:34 AM 02:34 AM 04:35 AM 06:36 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:41 PM
General Awareness	Cyber Stalking	English	01:02 AM 03:03 AM 05:03 AM 07:04 AM 09:04 AM 11:05 AM 01:06 PM 03:06 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
Geography	Ch-2: Inside our Earth	English	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
General Awareness	Growing up Healthy	English	01:22 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:26 AM 01:26 PM 03:27 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM
Science	Ch-4: Heat	English	01:27 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:34 PM
Vocational	Design and Tracing Methods	English	01:49 AM 03:50 AM 05:51 AM 07:51 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:55 PM 09:56 PM 11:56 PM
रविवार, 09 फरवरी 2025 Sunday, 09 February 2025			
शारीरिक शिक्षा	गोमुख्रासन	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 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:24 AM 10:24 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM
राजनीति विज्ञान	पाठ-7: हमारे आस-पास के बाजार	हिंदी	12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:25 AM 10:25 AM 12:25 PM 02:24 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM
General Awareness	Personal Safety	English	12:50 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM



Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
History	Ch-4: The Mughal Empire	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	Nutrition_Health and Sanitation	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:42 PM 11:41 PM
Vocational	Seed Germination	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:48 PM

सोमवार, 10 फरवरी 2025
Monday, 10 February 2025

विज्ञान	पाठ-4: ऊष्मा	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 06:04 PM 08:05 PM 10:05 PM
General Awareness	Growing up Healthy	English	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:27 PM 06:28 PM 08:28 PM 10:29 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	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 06:32 PM 08:33 PM 10:33 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 3, Present Perfect Tense	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:04 AM 03:05 AM 05:05 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:31 AM 03:32 AM 05:32 AM 07:33 AM 09:33 AM 11:34 AM 01:34 PM 03:35 PM 05:35 PM 07:36 PM 09:36 PM 11:37 PM

मंगलवार, 11 फरवरी 2025
Tuesday, 11 February 2025



DD Free Dish Channel #29



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Dish TV Channel #2028

गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-1	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
General Awareness	Interpersonal Relationships	English	12:32 AM 02:33 AM 04:34 AM 06:34 AM 08:35 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:39 PM 08:39 PM 10:40 PM
हिन्दी	पाठ-18: संघर्ष के कारण मैं तुनुकमिजाज हो गया	हिंदी	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:40 AM 12:41 PM 02:42 PM 04:43 PM 06:43 PM 08:44 PM 10:45 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:05 AM 03:06 AM 05:07 AM 07:07 AM 09:08 AM 11:09 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:06 AM 03:07 AM 05:07 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:12 PM 07:12 PM 09:13 PM 11:14 PM
Geography	Ch-2: Inside our Earth	English	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:12 PM 05:13 PM 07:14 PM 09:14 PM 11:15 PM
General Awareness	Growing up Healthy	English	01:27 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 11:34 PM
Science	Ch-4: Heat	English	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:40 PM
General Awareness	Cyber Stalking	English	01:51 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:54 AM 01:55 PM 03:56 PM 05:56 PM 07:57 PM 09:58 PM 11:59 PM
Vocational	Electricity and its importance	English	01:52 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:59 PM
बुधवार, 12 फरवरी 2025 Wednesday, 12 February 2025			
General	Energy Saving	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM



विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	12:06 AM 02:06 AM 04:06 AM 06:07 AM 08:07 AM 10:08 AM 12:08 PM 02:08 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General Awareness	Fake-Whatsapp- Messages	English	12:16 AM 02:16 AM 04:17 AM 06:17 AM 08:18 AM 10:18 AM 12:18 PM 02:19 PM 04:19 PM 06:20 PM 08:20 PM 10:20 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:18 AM 02:19 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:22 PM 10:23 PM
संस्कृत	सम्बन्धो ही दुर्जयः	हिंदी	12:19 AM 02:20 AM 04:20 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
History	Ch-4: The Mughal Empire	English	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
General	Waste Reduced	English	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 07:00 PM 09:00 PM 11:01 PM
General Awareness	Online predators	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
Mathematics	Ch-12: Algebraic expressions	English	12:59 AM 02:59 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:02 PM 09:03 PM 11:03 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:31 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:34 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:36 PM
बृहस्पतिवार, 13 फरवरी 2025 Thursday, 13 February 2025			
गणित	पाठ-12: बीजीय व्यंजक	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



General	Energy Saving	English	12:37 AM 02:38 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:46 PM 08:47 PM 10:48 PM
इतिहास	पाठ-3: दिल्ली के सुलतान भाग-2	हिंदी	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:15 PM 09:16 PM 11:17 PM
English	Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 4, Present Perfect Continuous	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
Science	Ch-4: Heat	English	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
General	E-Waste	English	01:50 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:55 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM
Vocational	Feather Stitch	English	01:52 AM 03:53 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
शुक्रवार, 14 फरवरी 2025 Friday, 14 February 2025			
विज्ञान	पाठ-10: जीवों में श्वसन	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 06:04 PM 08:05 PM 10:05 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:21 AM 02:22 AM 04:22 AM 06:23 AM 08:23 AM 10:24 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:27 PM
General Awareness	Social Networking	English	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:25 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:27 PM 10:28 PM



General	Energy Saving	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 06:31 PM 08:32 PM 10:32 PM
हिन्दी	दूर्वा-२, पाठ-18: हम होंगे कामयाब एक दिन	हिन्दी	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
Political science	Ch-7: Markets around us	English	12:45 AM 02:45 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
General Awareness	Emotional well being and mental health	English	12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
Mathematics	Ch-12: Algebraic Expression	English	01:04 AM 03:05 AM 05:05 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
Vocational	Hand Embroidery Part B	English	01:37 AM 03:37 AM 05:38 AM 07:38 AM 09:39 AM 11:39 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
शनिवार, 15 फरवरी 2025 Saturday, 15 February 2025			
गणित	पाठ-12: बीजीय व्यंजक	हिन्दी	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
General Awareness	Fake-Whatsapp- Messages	English	12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
संस्कृत	पुनर्मूषको भवः	हिन्दी	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 06:45 PM 08:45 PM 10:45 PM
General Awareness	Emotional well being and mental health	English	12:54 AM 02:54 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
Geography	Ch-3: Our Changing Earth	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM



General Awareness	Gender Equality	English	01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:19 AM 01:19 PM 03:19 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
Science	Ch-4: Heat	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:48 PM 05:48 PM 07:48 PM 09:47 PM 11:47 PM
Vocational	Blanket Stitch	English	01:49 AM 03:49 AM 05:49 AM 07:49 AM 09:49 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:49 PM 09:48 PM 11:48 PM
रविवार, 16 फरवरी 2025 Sunday, 16 February 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 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General Awareness	Fake-Whatsapp-Messages	English	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
राजनीति विज्ञान	पाठ-6: संचार माध्यमों को समझना	हिंदी	12:18 AM 02:18 AM 04:18 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	Waste Reduced	English	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
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:43 AM 02:43 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
History	Ch-10: Eighteenth century political formations	English	12:51 AM 02:51 AM 04:51 AM 06:51 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	Personal Safety	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:31 AM 03:31 AM 05:31 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
सोमवार, 17 फरवरी 2025 Monday, 17 February 2025			
विज्ञान	पाठ-15: प्रकाश	हिंदी	12:00 AM 02:22 AM 04:45 AM 07:07 AM 09:30 AM 11:53 AM 02:15 PM 04:38 PM 07:01 PM 09:23 PM 11:46 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:34 AM 02:57 AM 05:20 AM 07:42 AM 10:05 AM 12:28 PM 02:50 PM 05:13 PM 07:36 PM 09:58 PM
भूगोल	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:36 AM 02:58 AM 05:21 AM 07:44 AM 10:06 AM 12:29 PM 02:52 PM 05:14 PM 07:37 PM 10:00 PM
General	Waste Reduced	English	01:00 AM 03:23 AM 05:45 AM 08:08 AM 10:30 AM 12:53 PM 03:16 PM 05:38 PM 08:01 PM 10:24 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 6	English	01:01 AM 03:24 AM 05:47 AM 08:09 AM 10:32 AM 12:55 PM 03:17 PM 05:40 PM 08:02 PM 10:25 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:25 AM 03:47 AM 06:10 AM 08:32 AM 10:55 AM 01:18 PM 03:40 PM 06:03 PM 08:26 PM 10:48 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:25 AM 03:48 AM 06:11 AM 08:33 AM 10:56 AM 01:19 PM 03:41 PM 06:04 PM 08:27 PM 10:49 PM
General Awareness	Emotional well being and mental health	English	01:48 AM 04:11 AM 06:33 AM 08:56 AM 11:18 AM 01:41 PM 04:04 PM 06:26 PM 08:49 PM 11:12 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:53 AM 04:15 AM 06:38 AM 09:01 AM 11:23 AM 01:46 PM 04:09 PM 06:31 PM 08:54 PM 11:17 PM
मंगलवार, 18 फरवरी 2025 Tuesday, 18 February 2025			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	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
हिन्दी	पाठ-19: वसंत-२: आश्रम का अनुमानित व्यय	हिंदी	12:26 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:28 PM 08:28 PM 10:28 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:49 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:51 PM 08:51 PM 10:51 PM
Geography	Ch-3: Our Changing Earth	English	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:51 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:52 PM
General Awareness	Emotional well being and mental health	English	01:10 AM 03:10 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Science	Ch-15: Light	English	01:15 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:17 PM
General Awareness	Online gaming safety for children	English	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
Vocational	Personal hygiene and Health	English	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM
बुधवार, 19 फरवरी 2025 Wednesday, 19 February 2025			
विज्ञान	पाठ-15: प्रकाश	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 05:58 PM 07:57 PM 09:57 PM 11:57 PM



General Awareness	Growing up Healthy	English	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:28 PM 08:28 PM 10:28 PM
संस्कृत	लोभः नाशाय	हिंदी	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:32 PM 10:32 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
History	Ch-9: The Making of regional cultures	English	12:41 AM 02:41 AM 04:41 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
General	Energy Saving	English	01:03 AM 03:03 AM 05:03 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:05 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:02 PM 11:02 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:11 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:08 PM 11:08 PM
General Awareness	Online gaming safety for children	English	01:38 AM 03:38 AM 05:38 AM 07:38 AM 09:37 AM 11:37 AM 01:37 PM 03:37 PM 05:37 PM 07:36 PM 09:36 PM 11:36 PM
Vocational	Personal hygiene and Health	English	01:39 AM 03:39 AM 05:39 AM 07:39 AM 09:39 AM 11:38 AM 01:38 PM 03:38 PM 05:38 PM 07:37 PM 09:37 PM 11:37 PM
बृहस्पतिवार, 20 फरवरी 2025 Thursday, 20 February 2025			
General Awareness	Cyber Stalking	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
गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:05 AM 02:06 AM 04:06 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:10 PM 04:10 PM 06:11 PM 08:12 PM 10:12 PM



Cold Wave	Cold Wave - Chilblains	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 06:36 PM 08:37 PM 10:38 PM
इतिहास	पाठ-4: मुगल साम्राज्य	हिंदी	12:31 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:35 AM 12:35 PM 02:36 PM 04:37 PM 06:37 PM 08:38 PM 10:39 PM
General	Waste Reduced	English	12:56 AM 02:57 AM 04:58 AM 06:58 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:02 PM 07:02 PM 09:03 PM 11:04 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 7	English	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
General Awareness	Online predators	English	01:30 AM 03:30 AM 05:31 AM 07:32 AM 09:32 AM 11:33 AM 01:34 PM 03:34 PM 05:35 PM 07:36 PM 09:36 PM 11:37 PM
Science	Ch-15: Light Part-1	English	01:31 AM 03:31 AM 05:32 AM 07:33 AM 09:33 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:37 PM 09:37 PM 11:38 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:42 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:46 AM 01:46 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:50 PM
General Awareness	Online gaming safety for children	English	01:43 AM 03:44 AM 05:44 AM 07:45 AM 09:46 AM 11:46 AM 01:47 PM 03:48 PM 05:48 PM 07:49 PM 09:50 PM 11:50 PM
Vocational	Finishing and costing of embroidered Products	English	01:44 AM 03:45 AM 05:45 AM 07:46 AM 09:47 AM 11:47 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:51 PM 11:51 PM
शुक्रवार, 21 फरवरी 2025 Friday, 21 February 2025			
विज्ञान	पाठ-12: पादप में जनन	हिंदी	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	12:18 AM 02:18 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:24 PM 10:25 PM
हिन्दी	दूर्वा-२, पाठ-17: मौत का पहाड़	हिंदी	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:39 PM 10:39 PM
General Awareness	Nutrition_Health and Sanitation	English	12:45 AM 02:46 AM 04:46 AM 06:47 AM 08:48 AM 10:48 AM 12:49 PM 02:50 PM 04:50 PM 06:51 PM 08:52 PM 10:52 PM
Political science	Ch-6: Understanding media	English	12:51 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:57 PM 06:57 PM 08:58 PM 10:59 PM
General Awareness	Fake-Whatsapp- Messages	English	01:15 AM 03:15 AM 05:16 AM 07:17 AM 09:17 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:21 PM 09:21 PM 11:22 PM
General Awareness	Social Networking	English	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:20 AM 11:20 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:24 PM 11:24 PM
Mathematics	Ch-14: Symmetry (Part-1)	English	01:21 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:29 PM
General Awareness	Value and responsible Citizenship	English	01:33 AM 03:33 AM 05:34 AM 07:35 AM 09:35 AM 11:36 AM 01:37 PM 03:37 PM 05:38 PM 07:39 PM 09:39 PM 11:40 PM
Vocational	Tools And Materials	English	01:38 AM 03:38 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:42 PM 03:42 PM 05:43 PM 07:44 PM 09:44 PM 11:45 PM
शनिवार, 22 फरवरी 2025 Saturday, 22 February 2025			
General	Energy Saving	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
गणित	पाठ-14: सममिति	हिंदी	12:06 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:04 PM 06:04 PM 08:04 PM 10:04 PM



Cold Wave	Cold Wave - Chilblains	हिंदी	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
उर्दू	ईदगाह	हिंदी	12:31 AM 02:30 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
General Awareness	Why Seasons Happen?	English	12:59 AM 02:59 AM 04:59 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
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:00 PM
Geography	Ch-4: Air	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:01 PM
General	Energy Saving	English	01:22 AM 03:22 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:20 PM 09:20 PM 11:20 PM
Science	Ch-12: Reproduction in plants	English	01:23 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:22 PM 03:22 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM
General Awareness	Online gaming safety for children	English	01:50 AM 03:50 AM 05:50 AM 07:49 AM 09:49 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:48 PM 09:48 PM 11:48 PM
Vocational	Electricity and its importance	English	01:51 AM 03:51 AM 05:51 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:50 PM 09:49 PM 11:49 PM
रविवार, 23 फरवरी 2025 Sunday, 23 February 2025			
शारीरिक शिक्षा	त्रिकोणासन	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
General	Energy Saving	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM



General Awareness	Online gaming safety for children	English	12:28 AM 02:28 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:25 PM 10:25 PM
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया	हिंदी	12:29 AM 02:29 AM 04:29 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	Personal Safety	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	01:13 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:10 PM 09:10 PM 11:10 PM
General Awareness	Fake-Whatsapp- Messages	English	01:19 AM 03:19 AM 05:19 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:16 PM
History	Ch-8: Devotional paths to divine-let us check what we remember	English	01:22 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:19 PM 09:19 PM 11:19 PM
General Awareness	Growing up Healthy	English	01:40 AM 03:40 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 09:37 PM 11:37 PM
Vocational	The evolution of communication	English	01:44 AM 03:44 AM 05:44 AM 07:43 AM 09:43 AM 11:43 AM 01:43 PM 03:42 PM 05:42 PM 07:42 PM 09:42 PM 11:41 PM
सोमवार, 24 फरवरी 2025 Monday, 24 February 2025			
General	Waste Reduced	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 05:58 PM 07:57 PM 09:57 PM 11:57 PM
विज्ञान	पाठ-15: प्रकाश	हिंदी	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:04 AM 10:04 AM 12:04 PM 02:04 PM 04:04 PM 06:03 PM 08:03 PM 10:03 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान	हिंदी	12:25 AM 02:25 AM 04:24 AM 06:24 AM 08:24 AM 10:24 AM 12:24 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:22 PM



	किसान क्या करें - क्या ना करें		
भूगोल	पाठ-4: वायु	हिंदी	12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:25 AM 10:25 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:24 PM 10:23 PM
General Awareness	Cyber Stalking	English	12:59 AM 02:59 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:56 PM
English	Ch-2: English Language Classroom Grammar in Context Time and Tense Part - 8	English	01:00 AM 03:00 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:57 PM
General Awareness	Online gaming safety for children	English	01:33 AM 03:33 AM 05:33 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM
Mathematics	Ch-14: Symmetry (Part-2)	English	01:34 AM 03:34 AM 05:34 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Vocational	The evolution of communication	English	01:51 AM 03:51 AM 05:51 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:49 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM
मंगलवार, 25 फरवरी 2025 Tuesday, 25 February 2025			
गणित	पाठ-14: सममिति	हिंदी	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
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
हिन्दी	पाठ-19: आश्रम का अनुमानित व्यय	हिंदी	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:31 PM
General	E-Waste	English	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM



Geography	Ch-4: Air	English	12:57 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General Awareness	Fake-Whatsapp- Messages	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
Science	Ch-15: Light Part-2	English	01:18 AM 03:18 AM 05:19 AM 07:19 AM 09:19 AM 11:19 AM 01:19 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM
General Awareness	Fake-Whatsapp- Messages	English	01:28 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:29 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:30 AM 03:31 AM 05:31 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
बुधवार, 26 फरवरी 2025 Wednesday, 26 February 2025			
विज्ञान	पाठ-12: पादप में जनन	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
Cold Wave	Clod Wave - Preparation	हिंदी	12:25 AM 02:25 AM 04:25 AM 06:26 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:27 PM 06:28 PM 08:28 PM 10:28 PM
संस्कृत	लोभः नाशाय	हिंदी	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:28 PM 04:29 PM 06:29 PM 08:29 PM 10:30 PM
General	E-Waste	English	12:31 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM
History	Ch-7: Tribes, nomads and settled communities	English	12:32 AM 02:33 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:34 PM 02:35 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM
General Awareness	Promotion of Healthy Lifestyle	English	12:55 AM 02:55 AM 04:56 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



Mathematics	Ch-15: Visualising solid shape	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:04 PM 11:05 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:20 AM 03:21 AM 05:21 AM 07:21 AM 09:22 AM 11:22 AM 01:23 PM 03:23 PM 05:23 PM 07:24 PM 09:24 PM 11:24 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:21 AM 03:22 AM 05:22 AM 07:23 AM 09:23 AM 11:23 AM 01:24 PM 03:24 PM 05:24 PM 07:25 PM 09:25 PM 11:25 PM

बृहस्पतिवार, 27 फरवरी 2025

Thursday, 27 February 2025

गणित	पाठ-15: ठोस आकारों का चित्रण	हिंदी	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
Cold Wave	Clod Wave - Preparation	हिंदी	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
इतिहास	पाठ-4: मुग़ल साम्राज्य भाग- 2	हिंदी	12:28 AM 02:29 AM 04:29 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 10:35 PM
General Awareness	Promotion of Healthy Lifestyle	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:56 PM
English	Ch-2: English Language Classroom, Grammar in Context, Time and Tense Part - 9	English	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:02 PM
Science	Ch-15: Light Part-3	English	01:35 AM 03:35 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 09:41 PM 11:41 PM
Vocational	Blanket Stitch	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 05:54 PM 07:55 PM 09:56 PM 11:56 PM

शुक्रवार, 28 फरवरी 2025

Friday, 28 February 2025



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

विज्ञान	पाठ-12: पादप में जनन	हिंदी	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 06:01 PM 08:02 PM 10:02 PM
General Awareness	Nutrition_Health and Sanitation	English	12:18 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:21 PM
हिन्दी	दूर्वा-२, पाठ-17: मौत का पहाड़	हिंदी	12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:27 PM 08:27 PM 10:27 PM
Political science	Ch-5: Women Change the World	English	12:43 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:46 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:11 PM 11:11 PM
General Awareness	Value and responsible Citizenship	English	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:17 PM 11:17 PM
Mathematics	Ch-15: Visualising Solid Shapes (Part-2)	English	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
General Awareness	Gender Equality	English	01:30 AM 03:30 AM 05:31 AM 07:31 AM 09:31 AM 11:31 AM 01:31 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Vocational	Hand Embroidery Part B	English	01:37 AM 03:38 AM 05:38 AM 07:38 AM 09:38 AM 11:38 AM 01:39 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:40 PM

