

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

फरवरी 2026

February 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 फरवरी 2026 Sunday, 01 February 2026			
General English	Episode 4 Meeting People: Pleased to meet you	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General Awareness	Focused on exploring three R's	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:38 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:43 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:47 PM 10:48 PM
Vocational	Personal hygiene and Health	English	12:46 AM 02:47 AM 04:47 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिंदी	12:56 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:06 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:09 PM 07:10 PM 09:11 PM 11:12 PM



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सामान्य जागरूकता	मछली साँस कैसे लेती है	हिंदी	01:03 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
Storytelling/ Value Education	I have got 10 little fingers	English	01:08 AM 03:09 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
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:17 AM 03:18 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
General Awareness	Understanding how long things take to decompose	English	01:51 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM
सोमवार, 02 फरवरी 2026 Monday, 02 February 2026			
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	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 Awareness	Social Networking	English	12:18 AM 02:18 AM 04:18 AM 06:17 AM 08:17 AM 10:17 AM 12:17 PM 02:17 PM 04:17 PM 06:16 PM 08:16 PM 10:16 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:20 PM 10:20 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:43 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:42 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General Awareness	e-waste management Block-5	English	12:44 AM 02:44 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM



Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English/hindi	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:03 PM 11:03 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:13 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:11 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:11 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:23 PM 11:23 PM
मंगलवार, 03 फरवरी 2026 Tuesday, 03 February 2026			
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 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	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 08:37 PM 10:37 PM
General Awareness	e-waste management Block-3	English	12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:36 PM 04:36 PM 06:37 PM 08:37 PM 10:38 PM
Storytelling/ Value Education	सवाली राम जवाबो रानी	हिंदी	12:50 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
Vocational	Personal hygiene and Health	English	01:05 AM 03:06 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	01:22 AM 03:23 AM 05:23 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:29 PM



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Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:41 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM
बुधवार, 04 फरवरी 2026 Wednesday, 04 February 2026			
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	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 10:08 PM
General Awareness	e-waste management Film 2	English	12:02 AM 02:02 AM 04:03 AM 06:04 AM 08:05 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:10 PM
General English	Episode 7 Making Requests 1	English	12:11 AM 02:11 AM 04:12 AM 06:13 AM 08:14 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM
General Awareness	Nutrition_Health and Sanitation	English	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:25 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
General Awareness	Understanding the value of composting	English	12:28 AM 02:29 AM 04:30 AM 06:30 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
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:39 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:42 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:46 PM 10:47 PM
General Awareness	e-waste & hazardous waste	English	12:55 AM 02:56 AM 04:57 AM 06:57 AM 08:58 AM 10:59 AM 12:59 PM 03:00 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM
General Awareness	e-waste management Block-3	English	01:08 AM 03:09 AM 05:10 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:13 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:34 PM
बृहस्पतिवार, 05 फरवरी 2026 Thursday, 05 February 2026			
General Awareness	Introduction to waste segregation & dry and wet bins	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
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:15 AM 02:16 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
General Awareness	Growing up Healthy	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:35 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खिलौने बनाएं	हिंदी	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
सामान्य जागरूकता	असल जीवन की चुनौतियाँ और उसका क्या करना है	हिंदी	12:49 AM 02:49 AM 04:50 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
General Awareness	e-waste management Block-3	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:05 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM



General	Surya Namaskar	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM
शुक्रवार, 06 फरवरी 2026 Friday, 06 February 2026			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	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
General Awareness	Interpersonal Relationships	English	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:31 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Vocational	Personal hygiene and Health	English	12:35 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:38 PM 10:39 PM
General English	Episode 12 Disagreeing 1	English	12:45 AM 02:45 AM 04:46 AM 06:46 AM 08:46 AM 10:47 AM 12:47 PM 02:47 PM 04:48 PM 06:48 PM 08:48 PM 10:49 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General English	Episode 13 Disagreeing 2	English	01:25 AM 03:25 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:41 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:43 PM 07:43 PM 09:43 PM 11:44 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:59 AM 03:59 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM



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शनिवार, 07 फरवरी 2026
Saturday, 07 February 2026

Storytelling/ Value Education	खेल पिढारा	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	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
General Awareness	e-waste management Block-5	English	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:00 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
सामान्य	Sustainable Food Systems Adopted	हिंदी	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	Personal Safety	English	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	खेल-खेल में एनीमेशन	हिंदी	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 07:17 PM 09:17 PM 11:17 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:22 AM 03:23 AM 05:23 AM 07:23 AM 09:23 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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Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
रविवार, 08 फरवरी 2026 Sunday, 08 February 2026			
General Awareness	e-waste management Block-3	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
General Awareness	e-waste management Block-5	English	12:19 AM 02:19 AM 04:19 AM 06:20 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:22 PM
Storytelling/ Value Education	छोटा कौन बड़ा कौन	हिंदी	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:47 PM 06:47 PM 08:47 PM 10:48 PM
Vocational	Personal hygiene and Health	English	01:01 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:02 AM 01:03 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:04 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:15 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 07:28 PM 09:29 PM 11:29 PM
सोमवार, 09 फरवरी 2026 Monday, 09 February 2026			
General Awareness	Personal Safety	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 10:05 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	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 06:35 PM 08:35 PM 10:36 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	12:50 AM 02:51 AM 04:51 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 10:55 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:51 AM 02:52 AM 04:52 AM 06:52 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:56 PM 10:56 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 09:08 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:11 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 11:41 PM
मंगलवार, 10 फरवरी 2026 Tuesday, 10 February 2026			
General Awareness	Safe Use of Internet_Gadgets and Media	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
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -१	हिंदी	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:12 PM 10:12 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:15 AM 02:16 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:18 PM 02:19 PM 04:19 PM 06:20 PM 08:20 PM 10:21 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिंदी	12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM



Storytelling/ Value Education	खेल पिढारा	हिंदी	12:33 AM 02:33 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:38 PM 10:38 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:53 PM 10:53 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
बुधवार, 11 फरवरी 2026 Wednesday, 11 February 2026			
Vocational	घर पर बनाए हर्बल शैम्पू	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
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	12:28 AM 02:28 AM 04:27 AM 06:26 AM 08:25 AM 10:24 AM 12:23 PM 02:23 PM 04:22 PM 06:21 PM 08:20 PM 10:19 PM
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -2	हिंदी	12:47 AM 02:46 AM 04:45 AM 06:44 AM 08:43 AM 10:42 AM 12:42 PM 02:41 PM 04:40 PM 06:39 PM 08:38 PM 10:37 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:53 AM 02:52 AM 04:51 AM 06:50 AM 08:50 AM 10:49 AM 12:48 PM 02:47 PM 04:46 PM 06:45 PM 08:45 PM 10:44 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	हिंदी	12:54 AM 02:53 AM 04:52 AM 06:51 AM 08:51 AM 10:50 AM 12:49 PM 02:48 PM 04:47 PM 06:46 PM 08:46 PM 10:45 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-2	हिंदी	12:56 AM 02:55 AM 04:54 AM 06:53 AM 08:53 AM 10:52 AM 12:51 PM 02:50 PM 04:49 PM 06:48 PM 08:48 PM 10:47 PM



General Awareness	Understanding how long things take to decompose	English	01:15 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:11 AM 01:10 PM 03:09 PM 05:08 PM 07:08 PM 09:07 PM 11:06 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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
बृहस्पतिवार, 12 फरवरी 2026 Thursday, 12 February 2026			
Vocational	Seed Germination	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
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:07 AM 02:08 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
General English	Episode 6 Giving Advice 2	English	12:08 AM 02:08 AM 04:08 AM 06:08 AM 08:09 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:21 AM 02:21 AM 04:21 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	12:45 AM 02:45 AM 04:45 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 10:45 PM
General Awareness	Focused on E-waste and hazardous waste	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
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM



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Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 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
शुक्रवार, 13 फरवरी 2026 Friday, 13 February 2026			
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	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
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:31 AM 02:31 AM 04:32 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
General Awareness	e-waste management Block-1	English	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:46 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:56 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General Awareness	e-waste management Block-5	English	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	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 07:22 PM 09:22 PM 11:22 PM
Vocational	Tools And Materials	English	01:47 AM 03:48 AM 05:48 AM 07:48 AM 09:49 AM 11:49 AM 01:50 PM 03:50 PM 05:51 PM 07:51 PM 09:51 PM 11:52 PM
शनिवार, 14 फरवरी 2026 Saturday, 14 February 2026			
General Awareness	Focused on exploring three R's	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:34 PM



Storytelling/ Value Education	खेल पिटारा	हिंदी	12:42 AM 02:42 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
General Awareness	Understanding how long things take to decompose	English	12:56 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:06 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	01:12 AM 03:13 AM 05:14 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:18 PM 05:19 PM 07:20 PM 09:21 PM 11:22 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
रविवार, 15 फरवरी 2026 Sunday, 15 February 2026			
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 02:01 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
General Awareness	Introduction to waste segregation & dry and wet bins	English	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 06:45 PM 08:45 PM 10:45 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:57 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:59 PM



General English	Episode 1 Greeting a Friend	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:59 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 11:08 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, 16 फरवरी 2026 Monday, 16 February 2026			
Storytelling/ Value Education	सुधीर तैलंग	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
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
General Awareness	Personal Safety	English	12:47 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:50 PM 08:50 PM 10:50 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	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 11:04 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खिलौने बनाएं	हिंदी	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
General Awareness	e-waste management Block-5	English	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 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 11:47 AM 01:48 PM 03:48 PM 05:48 PM 07:49 PM 09:49 PM 11:49 PM



मंगलवार, 17 फरवरी 2026

Tuesday, 17 February 2026

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 08:01 PM 10:01 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:10 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:11 AM 12:11 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:11 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	12:23 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM
General English	Episode 12 Disagreeing 1	English	12:28 AM 02:28 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
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:42 AM 02:42 AM 04:42 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:43 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	वस्तुओं के विघटन समय की समझ (कचरा प्रबंधन क्यों आवश्यक है)	हिंदी	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	Origami (Kagaz Kala)-1	हिंदी	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:10 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	01:21 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM



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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 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
बुधवार, 18 फरवरी 2026 Wednesday, 18 February 2026			
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:57 PM 05:57 PM 07:57 PM 09:56 PM 11:56 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:24 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:22 AM 12:22 PM 02:22 PM 04:21 PM 06:21 PM 08:21 PM 10:21 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 12:38 PM 02:38 PM 04:37 PM 06:37 PM 08:37 PM 10:36 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:55 AM 02:55 AM 04:55 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:53 PM 04:53 PM 06:53 PM 08:52 PM 10:52 PM
General	Surya Namaskar	English	12:56 AM 02:56 AM 04:56 AM 06:55 AM 08:55 AM 10:55 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:53 PM 10:53 PM
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 05:01 PM 07:00 PM 09:00 PM 11:00 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 03:06 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
General	Waste Reduced	English	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:11 PM 11:10 PM
General Awareness	Personal Safety	English	01:15 AM 03:15 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:13 PM 03:13 PM 05:13 PM 07:12 PM 09:12 PM 11:12 PM



सामान्य जागरूकता	RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में	हिंदी	01:32 AM 03:32 AM 05:31 AM 07:31 AM 09:31 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:29 PM 09:29 PM 11:29 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 11:31 AM 01:31 PM 03:30 PM 05:30 PM 07:30 PM 09:29 PM 11:29 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 01:44 PM 03:43 PM 05:43 PM 07:43 PM 09:42 PM 11:42 PM
बृहस्पतिवार, 19 फरवरी 2026 Thursday, 19 February 2026			
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 Awareness	Nutrition_Health and Sanitation	English	12:13 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:14 PM 10:15 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:20 PM 06:21 PM 08:21 PM 10:21 PM
सामान्य	Sustainable Food Systems Adopted	हिंदी	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:45 PM
General Awareness	e-waste management Block-5	English	12:51 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:53 PM 08:53 PM 10:53 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 09:13 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM



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General Awareness	e-waste management Block-4.2	English	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:15 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
शुक्रवार, 20 फरवरी 2026 Friday, 20 February 2026			
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:55 PM 03:54 PM 05:53 PM 07:53 PM 09:52 PM 11:51 PM
General English	Episode 13 Disagreeing 2	English	12:17 AM 02:16 AM 04:15 AM 06:15 AM 08:14 AM 10:13 AM 12:12 PM 02:12 PM 04:11 PM 06:10 PM 08:10 PM 10:09 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:35 AM 02:34 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
सामान्य जागरूकता	वस्तुओं के विघटन समय की समझ (कचरा प्रबंधन क्यों आवश्यक है)	हिंदी	12:52 AM 02:51 AM 04:50 AM 06:49 AM 08:49 AM 10:48 AM 12:47 PM 02:47 PM 04:46 PM 06:45 PM 08:45 PM 10:44 PM
General Awareness	e-waste & hazardous waste	English	01:02 AM 03:01 AM 05:00 AM 07:00 AM 08:59 AM 10:58 AM 12:57 PM 02:57 PM 04:56 PM 06:55 PM 08:55 PM 10:54 PM
General English	Episode 11 Agreeing 3	English	01:15 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:11 AM 01:11 PM 03:10 PM 05:09 PM 07:08 PM 09:08 PM 11:07 PM



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General Awareness	Personal Safety	English	01:25 AM 03:24 AM 05:23 AM 07:23 AM 09:22 AM 11:21 AM 01:21 PM 03:20 PM 05:19 PM 07:18 PM 09:18 PM 11:17 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:38 AM 05:38 AM 07:37 AM 09:36 AM 11:36 AM 01:35 PM 03:34 PM 05:34 PM 07:33 PM 09:32 PM 11:31 PM
शनिवार, 21 फरवरी 2026 Saturday, 21 February 2026			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	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
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	हिंदी	12:30 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:32 PM 08:32 PM 10:32 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
General Awareness	e-waste management Block-5	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
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 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
रविवार, 22 फरवरी 2026 Sunday, 22 February 2026			
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 02:02 PM 04:03 PM 06:03 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 10:08 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	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:56 AM 12:57 PM 02:57 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 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:14 PM 09:15 PM 11:15 PM
General English	Episode 10 Agreeing 2	English	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:14 AM 01:15 PM 03:15 PM 05:16 PM 07:16 PM 09:16 PM 11:17 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:31 PM 07:32 PM 09:32 PM 11:33 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:40 PM 11:40 PM
सोमवार, 23 फरवरी 2026 Monday, 23 February 2026			
General Awareness	Tree Tale - Kadamba	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
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:03 AM 02:03 AM 04:04 AM 06:04 AM 08:04 AM 10:05 AM 12:05 PM 02:05 PM 04:06 PM 06:06 PM 08:06 PM 10:07 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:30 PM 10:31 PM



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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 12:44 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
General English	Episode 9 Agreeing 1	English	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:18 PM 05:19 PM 07:19 PM 09:19 PM 11:20 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:27 AM 03:27 AM 05:28 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:30 PM 11:31 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:44 AM 03:44 AM 05:45 AM 07:45 AM 09:45 AM 11:46 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:47 PM 11:48 PM

मंगलवार, 24 फरवरी 2026
Tuesday, 24 February 2026

General Awareness	Focused on waste segregation into dry and wet garbage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
सामान्य जागरूकता	स्वस्थ बढ़ना	हिंदी	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:34 PM
General Awareness	e-waste management Block-3	English	12:29 AM 02:30 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:47 AM 02:48 AM 04:49 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:53 PM 04:54 PM 06:55 PM 08:56 PM 10:56 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:48 AM 02:49 AM 04:50 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:56 PM 10:57 PM



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General Awareness	Fabric	English	01:17 AM 03:18 AM 05:19 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
बुधवार, 25 फरवरी 2026 Wednesday, 25 February 2026			
General Awareness	Focused on waste segregation into dry and wet garbage	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 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:49 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:21 PM 06:20 PM 08:19 PM 10:18 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:48 AM 02:47 AM 04:46 AM 06:45 AM 08:44 AM 10:43 AM 12:42 PM 02:41 PM 04:40 PM 06:39 PM 08:38 PM 10:38 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:17 AM 03:16 AM 05:15 AM 07:14 AM 09:13 AM 11:12 AM 01:11 PM 03:11 PM 05:10 PM 07:09 PM 09:08 PM 11:07 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	01:23 AM 03:22 AM 05:21 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:17 PM 05:16 PM 07:15 PM 09:14 PM 11:13 PM
General Awareness	e-waste management Film 3	English	01:40 AM 03:39 AM 05:38 AM 07:37 AM 09:36 AM 11:35 AM 01:34 PM 03:34 PM 05:33 PM 07:32 PM 09:31 PM 11:30 PM
Vocational	Hand Embroidery Part B	English	01:45 AM 03:44 AM 05:43 AM 07:42 AM 09:41 AM 11:40 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:36 PM 11:35 PM



बृहस्पतिवार, 26 फरवरी 2026
Thursday, 26 February 2026

शारीरिक शिक्षा	धनुरासन	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 09:53 PM 11:52 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:16 AM 02:16 AM 04:15 AM 06:14 AM 08:14 AM 10:13 AM 12:12 PM 02:12 PM 04:11 PM 06:10 PM 08:10 PM 10:09 PM
General English	Episode 5 Giving Advice 1	English	12:17 AM 02:17 AM 04:16 AM 06:15 AM 08:15 AM 10:14 AM 12:13 PM 02:13 PM 04:12 PM 06:11 PM 08:11 PM 10:10 PM
Vocational	Important tips for good embroidery work (Part B)	English	12:31 AM 02:30 AM 04:29 AM 06:29 AM 08:28 AM 10:28 AM 12:27 PM 02:26 PM 04:26 PM 06:25 PM 08:24 PM 10:24 PM
Maths/Science Activity	Maths activity-1: To explore the cubic algebraic activity	English	12:38 AM 02:38 AM 04:37 AM 06:36 AM 08:36 AM 10:35 AM 12:35 PM 02:34 PM 04:33 PM 06:33 PM 08:32 PM 10:31 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:01 AM 03:00 AM 05:00 AM 06:59 AM 08:58 AM 10:58 AM 12:57 PM 02:56 PM 04:56 PM 06:55 PM 08:54 PM 10:54 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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

शुक्रवार, 27 फरवरी 2026
Friday, 27 February 2026

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
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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 - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न 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
शनिवार, 28 फरवरी 2026 Saturday, 28 February 2026			
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	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 10:05 PM



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General Awareness	Personal Safety	English	12:02 AM 02:02 AM 04:03 AM 06:03 AM 08:04 AM 10:04 AM 12:05 PM 02:05 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:16 AM 02:17 AM 04:17 AM 06:17 AM 08:18 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:32 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
General English	Episode 10 Agreeing 2	English	12:49 AM 02:49 AM 04:50 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:52 PM 06:53 PM 08:53 PM 10:54 PM
General Awareness	e-waste management Block-5	English	01:05 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	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM



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