

कक्षा - 3 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 3

कक्षा - 3 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 3

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
गणित	गणित	पर्यावरण अध्ययन	पर्यावरण अध्ययन	गणित	गणित	शारीरिक शिक्षा
हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	कहानी
EVS	EVS	Mathematics	Mathematics	Mathematics	Mathematics	Physical Education
English	English	English	English	English	Storytelling	Storytelling

☞ 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/25.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Tuesday 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 #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

कक्षा - 3 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 3

जनवरी 2025
January 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बुधवार, 01 जनवरी 2025 Wednesday, 01 January 2025			
Cold Wave	Cold Wave - Chilblains	Hindi	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिंदी	12:09 AM 02:39 AM 05:10 AM 07:40 AM 10:11 AM 12:42 PM 03:12 PM 05:43 PM 08:13 PM 10:44 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:37 AM 03:08 AM 05:39 AM 08:09 AM 10:40 AM 01:10 PM 03:41 PM 06:11 PM 08:42 PM 11:13 PM
English	Ch-2: Badal and Moti	English	12:51 AM 03:22 AM 05:52 AM 08:23 AM 10:53 AM 01:24 PM 03:55 PM 06:25 PM 08:56 PM 11:26 PM
Mathematics	Ch-2: Toy Joy	English	01:15 AM 03:46 AM 06:17 AM 08:47 AM 11:18 AM 01:48 PM 04:19 PM 06:49 PM 09:20 PM 11:51 PM
Storytelling(Anima ted)	The Umbrella	English	01:43 AM 04:14 AM 06:44 AM 09:15 AM 11:45 AM 02:16 PM 04:47 PM 07:17 PM 09:48 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिंदी	01:50 AM 04:21 AM 06:52 AM 09:22 AM 11:53 AM 02:23 PM 04:54 PM 07:24 PM 09:55 PM
Cultural Heritage:Art,Music &Dance	Qutub Minar (कुतुब मीनार)	English/hindi	02:03 AM 04:33 AM 07:04 AM 09:34 AM 12:05 PM 02:36 PM 05:06 PM 07:37 PM 10:07 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Madhya Pradesh	English/hindi	02:11 AM 04:41 AM 07:12 AM 09:43 AM 12:13 PM 02:44 PM 05:14 PM 07:45 PM 10:16 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:17 AM 04:48 AM 07:18 AM 09:49 AM 12:19 PM 02:50 PM 05:21 PM 07:51 PM 10:22 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:23 AM 04:54 AM 07:24 AM 09:55 AM 12:26 PM 02:56 PM 05:27 PM 07:57 PM 10:28 PM
बृहस्पतिवार, 02 जनवरी 2025 Thursday, 02 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:58 AM 07:28 AM 09:57 AM 12:27 PM 02:56 PM 05:25 PM 07:55 PM 10:24 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:14 AM 02:44 AM 05:13 AM 07:43 AM 10:12 AM 12:41 PM 03:11 PM 05:40 PM 08:10 PM 10:39 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिंदी	12:28 AM 02:57 AM 05:27 AM 07:56 AM 10:26 AM 12:55 PM 03:24 PM 05:54 PM 08:23 PM 10:53 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	12:57 AM 03:26 AM 05:56 AM 08:25 AM 10:54 AM 01:24 PM 03:53 PM 06:23 PM 08:52 PM 11:21 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:02 AM 03:32 AM 06:01 AM 08:30 AM 11:00 AM 01:29 PM 03:59 PM 06:28 PM 08:57 PM 11:27 PM
Cold Wave	Clod Wave - Preparation	Hindi	01:25 AM 03:54 AM 06:23 AM 08:53 AM 11:22 AM 01:52 PM 04:21 PM 06:50 PM 09:20 PM 11:49 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:26 AM 03:55 AM 06:25 AM 08:54 AM 11:24 AM 01:53 PM 04:22 PM 06:52 PM 09:21 PM 11:51 PM
Mathematics	Ch-2: Toy Joy	English	01:27 AM 03:56 AM 06:26 AM 08:55 AM 11:24 AM 01:54 PM 04:23 PM 06:53 PM 09:22 PM 11:51 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Andaman and Nicobar Islands	English/hindi	01:55 AM 04:24 AM 06:53 AM 09:23 AM 11:52 AM 02:22 PM 04:51 PM 07:20 PM 09:50 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Navodaya Vidyalaya	English/hindi	02:00 AM 04:29 AM 06:59 AM 09:28 AM 11:57 AM 02:27 PM 04:56 PM 07:26 PM 09:55 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:06 AM 04:36 AM 07:05 AM 09:34 AM 12:04 PM 02:33 PM 05:03 PM 07:32 PM 10:01 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	02:14 AM 04:44 AM 07:13 AM 09:43 AM 12:12 PM 02:41 PM 05:11 PM 07:40 PM 10:10 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	02:15 AM 04:45 AM 07:14 AM 09:43 AM 12:13 PM 02:42 PM 05:12 PM 07:41 PM 10:10 PM
शुक्रवार, 03 जनवरी 2025 Friday, 03 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:31 AM 05:03 AM 07:34 AM 10:06 AM 12:37 PM 03:09 PM 05:40 PM 08:12 PM 10:43 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:14 AM 02:46 AM 05:17 AM 07:49 AM 10:20 AM 12:52 PM 03:24 PM 05:55 PM 08:27 PM 10:58 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:20 AM 02:51 AM 05:23 AM 07:55 AM 10:26 AM 12:58 PM 03:29 PM 06:01 PM 08:32 PM 11:04 PM
Mathematics	Ch-2: Toy Joy	English	12:34 AM 03:05 AM 05:37 AM 08:08 AM 10:40 AM 01:11 PM 03:43 PM 06:14 PM 08:46 PM 11:17 PM
Storytelling(Anima ted)	Story of a Tinker	English	01:01 AM 03:33 AM 06:04 AM 08:36 AM 11:08 AM 01:39 PM 04:11 PM 06:42 PM 09:14 PM 11:45 PM
English	Ch-2: Badal and Moti	English	01:10 AM 03:41 AM 06:13 AM 08:44 AM 11:16 AM 01:47 PM 04:19 PM 06:50 PM 09:22 PM 11:54 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	01:34 AM 04:05 AM 06:37 AM 09:09 AM 11:40 AM 02:12 PM 04:43 PM 07:15 PM 09:46 PM
Art Education	Kala Utsav – 2019 Music – Instrumental	English/hindi	01:46 AM 04:18 AM 06:50 AM 09:21 AM 11:53 AM 02:24 PM 04:56 PM 07:27 PM 09:59 PM



	Competition: Boys: Chhattisgarh		
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Dadra and Nagar Haveli	English/hindi	01:52 AM 04:23 AM 06:55 AM 09:26 AM 11:58 AM 02:29 PM 05:01 PM 07:33 PM 10:04 PM
Art Education	Navras: Dance Emotions	English/hindi	01:57 AM 04:28 AM 07:00 AM 09:31 AM 12:03 PM 02:34 PM 05:06 PM 07:37 PM 10:09 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Daman and Diu	English/hindi	02:00 AM 04:32 AM 07:04 AM 09:35 AM 12:07 PM 02:38 PM 05:10 PM 07:41 PM 10:13 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Jharkhand	English/hindi	02:06 AM 04:38 AM 07:09 AM 09:41 AM 12:12 PM 02:44 PM 05:15 PM 07:47 PM 10:18 PM
योग	सूर्य नमस्कार	हिंदी	02:12 AM 04:44 AM 07:15 AM 09:47 AM 12:18 PM 02:50 PM 05:22 PM 07:53 PM 10:25 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिंदी	02:19 AM 04:51 AM 07:22 AM 09:54 AM 12:25 PM 02:57 PM 05:28 PM 08:00 PM 10:31 PM
शनिवार, 04 जनवरी 2025 Saturday, 04 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:59 AM 07:28 AM 09:58 AM 12:27 PM 02:57 PM 05:26 PM 07:56 PM 10:26 PM
Storytelling/Value Education	Meena – 6 too young to Marry	हिंदी	12:14 AM 02:44 AM 05:13 AM 07:43 AM 10:13 AM 12:42 PM 03:12 PM 05:41 PM 08:11 PM 10:40 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:28 AM 02:57 AM 05:27 AM 07:56 AM 10:26 AM 12:56 PM 03:25 PM 05:55 PM 08:24 PM 10:54 PM
Art and Craft	ओरिगामी (कागज कला) -6	English/hindi	12:29 AM 02:58 AM 05:28 AM 07:57 AM 10:27 AM 12:56 PM 03:26 PM 05:56 PM 08:25 PM 10:55 PM
Cold Wave	Coldwave - Precautionary measures that can be	English	12:44 AM 03:14 AM 05:43 AM 08:13 AM 10:43 AM 01:12 PM 03:42 PM 06:11 PM 08:41 PM 11:10 PM



	taken by farmers during a cold-wave		
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:45 AM 03:15 AM 05:44 AM 08:14 AM 10:43 AM 01:13 PM 03:43 PM 06:12 PM 08:42 PM 11:11 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिंदी	12:59 AM 03:29 AM 05:58 AM 08:28 AM 10:57 AM 01:27 PM 03:56 PM 06:26 PM 08:55 PM 11:25 PM
Mathematics	Ch-2: Toy Joy	English	01:11 AM 03:41 AM 06:10 AM 08:40 AM 11:10 AM 01:39 PM 04:09 PM 06:38 PM 09:08 PM 11:37 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:39 AM 04:09 AM 06:38 AM 09:08 AM 11:37 AM 02:07 PM 04:36 PM 07:06 PM 09:36 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Goa	English/hindi	01:40 AM 04:10 AM 06:39 AM 09:09 AM 11:38 AM 02:08 PM 04:37 PM 07:07 PM 09:37 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English/hindi	01:46 AM 04:16 AM 06:46 AM 09:15 AM 11:45 AM 02:14 PM 04:44 PM 07:13 PM 09:43 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Assam	English/hindi	01:53 AM 04:22 AM 06:52 AM 09:22 AM 11:51 AM 02:21 PM 04:50 PM 07:20 PM 09:49 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:58 AM 04:28 AM 06:58 AM 09:27 AM 11:57 AM 02:26 PM 04:56 PM 07:25 PM 09:55 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:04 AM 04:33 AM 07:03 AM 09:32 AM 12:02 PM 02:32 PM 05:01 PM 07:31 PM 10:00 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिंदी	02:09 AM 04:39 AM 07:08 AM 09:38 AM 12:07 PM 02:37 PM 05:06 PM 07:36 PM 10:05 PM
Yoga	Dhyana	English	02:19 AM 04:49 AM 07:18 AM 09:48 AM 12:17 PM 02:47 PM 05:17 PM 07:46 PM 10:16 PM
रविवार, 05 जनवरी 2025 Sunday, 05 January 2025			



Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:03 AM 12:34 PM 03:04 PM 05:35 PM 08:06 PM 10:37 PM
Yoga	Surya_Namaskar	English	12:09 AM 02:39 AM 05:10 AM 07:41 AM 10:12 AM 12:43 PM 03:13 PM 05:44 PM 08:15 PM 10:46 PM
Cultural Heritage:Art,Music &Dance	Qutub Minar (कुतुब मीनार)	English/hindi	12:15 AM 02:46 AM 05:17 AM 07:48 AM 10:19 AM 12:49 PM 03:20 PM 05:51 PM 08:22 PM 10:53 PM
General Awareness	Personal Safety	English	12:23 AM 02:54 AM 05:25 AM 07:56 AM 10:27 AM 12:58 PM 03:28 PM 05:59 PM 08:30 PM 11:01 PM
सामान्य	आज़ादी की अमृत कहानियाँ (पूनम)	हिंदी	12:40 AM 03:10 AM 05:41 AM 08:12 AM 10:43 AM 01:14 PM 03:45 PM 06:15 PM 08:46 PM 11:17 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:42 AM 03:13 AM 05:44 AM 08:14 AM 10:45 AM 01:16 PM 03:47 PM 06:18 PM 08:48 PM 11:19 PM
Storytelling/Value Education	नन्हा फ़नकार	हिंदी	12:48 AM 03:19 AM 05:50 AM 08:21 AM 10:51 AM 01:22 PM 03:53 PM 06:24 PM 08:55 PM 11:25 PM
शारीरिक शिक्षा	योग गोमुखसन (Yoga Gomukhasan)	हिंदी	01:02 AM 03:33 AM 06:04 AM 08:35 AM 11:06 AM 01:36 PM 04:07 PM 06:38 PM 09:09 PM 11:40 PM
शारीरिक शिक्षा	कबड्डी	हिंदी	01:16 AM 03:47 AM 06:18 AM 08:49 AM 11:19 AM 01:50 PM 04:21 PM 06:52 PM 09:23 PM 11:53 PM
Physical Education	Health & Sanitation	English	01:41 AM 04:11 AM 06:42 AM 09:13 AM 11:44 AM 02:15 PM 04:45 PM 07:16 PM 09:47 PM
Storytelling/Value Education	ईदगाह	हिंदी	01:47 AM 04:18 AM 06:48 AM 09:19 AM 11:50 AM 02:21 PM 04:52 PM 07:23 PM 09:53 PM
Yoga	Dhyana	English	02:20 AM 04:51 AM 07:22 AM 09:53 AM 12:24 PM 02:55 PM 05:25 PM 07:56 PM 10:27 PM

सोमवार, 06 जनवरी 2025
Monday, 06 January 2025



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
Storytelling/Value Education	Meena - 2 Dividing the Mangoes	हिंदी	12:14 AM 02:44 AM 05:14 AM 07:45 AM 10:15 AM 12:45 PM 03:15 PM 05:45 PM 08:15 PM 10:45 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:27 AM 02:57 AM 05:27 AM 07:57 AM 10:27 AM 12:57 PM 03:27 PM 05:57 PM 08:27 PM 10:57 PM
उर्दू	अध्याय -2 : आम की गुठली	हिंदी	12:28 AM 02:58 AM 05:28 AM 07:58 AM 10:28 AM 12:58 PM 03:28 PM 05:58 PM 08:28 PM 10:58 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:54 AM 03:24 AM 05:54 AM 08:24 AM 10:54 AM 01:24 PM 03:54 PM 06:24 PM 08:54 PM 11:24 PM
General Awareness	Personal Safety	English	01:07 AM 03:37 AM 06:07 AM 08:38 AM 11:08 AM 01:38 PM 04:08 PM 06:38 PM 09:08 PM 11:38 PM
English	Ch-2: Badal and Moti	English	01:26 AM 03:56 AM 06:26 AM 08:56 AM 11:26 AM 01:56 PM 04:26 PM 06:56 PM 09:26 PM 11:56 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Bihar	English/hindi	01:50 AM 04:20 AM 06:50 AM 09:20 AM 11:50 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Jharkhand	English/hindi	01:56 AM 04:27 AM 06:57 AM 09:27 AM 11:57 AM 02:27 PM 04:57 PM 07:27 PM 09:57 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English/hindi	02:01 AM 04:31 AM 07:01 AM 09:31 AM 12:01 PM 02:31 PM 05:01 PM 07:31 PM 10:01 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	02:08 AM 04:38 AM 07:08 AM 09:38 AM 12:08 PM 02:38 PM 05:08 PM 07:38 PM 10:08 PM
Art Education	Kala Utsav - 2022Dance - Classical(Boy)Tripura	English/hindi	02:09 AM 04:39 AM 07:09 AM 09:39 AM 12:09 PM 02:40 PM 05:10 PM 07:40 PM 10:10 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Andaman and Nicobar Islands	English/hindi	02:15 AM 04:45 AM 07:15 AM 09:45 AM 12:15 PM 02:45 PM 05:15 PM 07:45 PM 10:15 PM
Yoga	Dhyana	English	02:20 AM 04:50 AM 07:20 AM 09:50 AM 12:20 PM 02:50 PM 05:20 PM 07:50 PM 10:20 PM
मंगलवार, 07 जनवरी 2025 Tuesday, 07 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:58 AM 07:27 AM 09:56 AM 12:25 PM 02:55 PM 05:24 PM 07:53 PM 10:22 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:14 AM 02:44 AM 05:13 AM 07:42 AM 10:11 AM 12:40 PM 03:09 PM 05:39 PM 08:08 PM 10:37 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-4	English/hindi	12:28 AM 02:57 AM 05:26 AM 07:56 AM 10:25 AM 12:54 PM 03:23 PM 05:52 PM 08:22 PM 10:51 PM
उर्दू	अध्याय -2 : आम की गुठली	हिंदी	12:45 AM 03:14 AM 05:43 AM 08:12 AM 10:42 AM 01:11 PM 03:40 PM 06:09 PM 08:38 PM 11:08 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	01:11 AM 03:40 AM 06:09 AM 08:38 AM 11:08 AM 01:37 PM 04:06 PM 06:35 PM 09:04 PM 11:34 PM
Earthquake	Earthquake - What to do when indoors during an earthquake	English	01:16 AM 03:46 AM 06:15 AM 08:44 AM 11:13 AM 01:42 PM 04:12 PM 06:41 PM 09:10 PM 11:39 PM
English	Ch-3: Best Friends	English	01:18 AM 03:47 AM 06:17 AM 08:46 AM 11:15 AM 01:44 PM 04:13 PM 06:43 PM 09:12 PM 11:41 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Uttar Pradesh	English/hindi	01:43 AM 04:13 AM 06:42 AM 09:11 AM 11:40 AM 02:09 PM 04:39 PM 07:08 PM 09:37 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Gujarat	English/hindi	01:48 AM 04:17 AM 06:47 AM 09:16 AM 11:45 AM 02:14 PM 04:43 PM 07:12 PM 09:42 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Kendriya Vidyalaya	English/hindi	01:55 AM 04:24 AM 06:53 AM 09:22 AM 11:52 AM 02:21 PM 04:50 PM 07:19 PM 09:48 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:59 AM 04:28 AM 06:58 AM 09:27 AM 11:56 AM 02:25 PM 04:54 PM 07:24 PM 09:53 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	02:00 AM 04:30 AM 06:59 AM 09:28 AM 11:57 AM 02:26 PM 04:56 PM 07:25 PM 09:54 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Jharkhand	English/hindi	02:13 AM 04:42 AM 07:11 AM 09:41 AM 12:10 PM 02:39 PM 05:08 PM 07:37 PM 10:06 PM
General	Azadi ki Amrit Kahaniyan (Poonam)	English	02:21 AM 04:50 AM 07:19 AM 09:48 AM 12:17 PM 02:47 PM 05:16 PM 07:45 PM 10:14 PM
बुधवार, 08 जनवरी 2025 Wednesday, 08 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:02 AM 12:33 PM 03:04 PM 05:34 PM 08:05 PM 10:36 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:15 AM 02:46 AM 05:17 AM 07:48 AM 10:18 AM 12:49 PM 03:20 PM 05:50 PM 08:21 PM 10:52 PM
English	Ch-2: Badal and Moti	English	12:29 AM 03:00 AM 05:31 AM 08:01 AM 10:32 AM 01:03 PM 03:33 PM 06:04 PM 08:35 PM 11:05 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Kendriya Vidyalaya	English/hindi	12:53 AM 03:24 AM 05:55 AM 08:26 AM 10:56 AM 01:27 PM 03:58 PM 06:28 PM 08:59 PM 11:30 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Rajasthan	English/hindi	12:58 AM 03:28 AM 05:59 AM 08:30 AM 11:01 AM 01:31 PM 04:02 PM 06:33 PM 09:03 PM 11:34 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Nagaland	English/hindi	01:04 AM 03:34 AM 06:05 AM 08:36 AM 11:07 AM 01:37 PM 04:08 PM 06:39 PM 09:09 PM 11:40 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	01:07 AM 03:38 AM 06:09 AM 08:39 AM 11:10 AM 01:41 PM 04:11 PM 06:42 PM 09:13 PM 11:43 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिंदी	01:13 AM 03:44 AM 06:15 AM 08:46 AM 11:16 AM 01:47 PM 04:18 PM 06:48 PM 09:19 PM 11:50 PM
Storytelling(Animated)	Goose with Golden Egg	English	01:42 AM 04:13 AM 06:44 AM 09:14 AM 11:45 AM 02:16 PM 04:46 PM 07:17 PM 09:48 PM
Mathematics	Ch-2: Toy Joy	English	01:48 AM 04:19 AM 06:50 AM 09:20 AM 11:51 AM 02:22 PM 04:53 PM 07:23 PM 09:54 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:16 AM 04:47 AM 07:18 AM 09:48 AM 12:19 PM 02:50 PM 05:20 PM 07:51 PM 10:22 PM
सामान्य	आज़ादी की अमृत कहानियाँ (बसंती)	हिंदी	02:21 AM 04:52 AM 07:23 AM 09:54 AM 12:24 PM 02:55 PM 05:26 PM 07:56 PM 10:27 PM
Earthquake	Earthquake - साकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	Hindi	02:24 AM 04:54 AM 07:25 AM 09:56 AM 12:26 PM 02:57 PM 05:28 PM 07:59 PM 10:29 PM
बृहस्पतिवार, 09 जनवरी 2025 Thursday, 09 January 2025			
सामान्य	आज़ादी की अमृत कहानियाँ (टेस्सी)	हिंदी	12:00 AM 02:28 AM 04:56 AM 07:25 AM 09:53 AM 12:21 PM 02:50 PM 05:18 PM 07:47 PM 10:15 PM
General	Azadi ki Amrit Kahaniyan (Tessy)	English	12:10 AM 02:38 AM 05:07 AM 07:35 AM 10:03 AM 12:32 PM 03:00 PM 05:29 PM 07:57 PM 10:25 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:12 AM 02:41 AM 05:09 AM 07:37 AM 10:06 AM 12:34 PM 03:02 PM 05:31 PM 07:59 PM 10:28 PM
General	Azadi ki Amrit Kahaniyan (Poonam)	English	12:19 AM 02:48 AM 05:16 AM 07:44 AM 10:13 AM 12:41 PM 03:09 PM 05:38 PM 08:06 PM 10:35 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Puducherry	English/hindi	12:21 AM 02:50 AM 05:18 AM 07:47 AM 10:15 AM 12:43 PM 03:12 PM 05:40 PM 08:09 PM 10:37 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Tamil Nadu	English/hindi	12:28 AM 02:56 AM 05:24 AM 07:53 AM 10:21 AM 12:49 PM 03:18 PM 05:46 PM 08:15 PM 10:43 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Telangana	English/hindi	12:33 AM 03:02 AM 05:30 AM 07:59 AM 10:27 AM 12:55 PM 03:24 PM 05:52 PM 08:21 PM 10:49 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Tripura	English/hindi	12:39 AM 03:07 AM 05:36 AM 08:04 AM 10:32 AM 01:01 PM 03:29 PM 05:57 PM 08:26 PM 10:54 PM
Yoga	Surya_Namaskar	English	12:45 AM 03:14 AM 05:42 AM 08:10 AM 10:39 AM 01:07 PM 03:36 PM 06:04 PM 08:32 PM 11:01 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिंदी	12:53 AM 03:22 AM 05:50 AM 08:18 AM 10:47 AM 01:15 PM 03:43 PM 06:12 PM 08:40 PM 11:09 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:24 AM 03:53 AM 06:21 AM 08:50 AM 11:18 AM 01:46 PM 04:15 PM 06:43 PM 09:11 PM 11:40 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:48 AM 04:16 AM 06:44 AM 09:13 AM 11:41 AM 02:10 PM 04:38 PM 07:06 PM 09:35 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	02:10 AM 04:39 AM 07:07 AM 09:35 AM 12:04 PM 02:32 PM 05:00 PM 07:29 PM 09:57 PM
Yoga	Dhyana	English	02:18 AM 04:46 AM 07:15 AM 09:43 AM 12:12 PM 02:40 PM 05:08 PM 07:37 PM 10:05 PM
शुक्रवार, 10 जनवरी 2025 Friday, 10 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:33 PM 08:03 PM 10:34 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:14 AM 02:45 AM 05:15 AM 07:46 AM 10:16 AM 12:47 PM 03:17 PM 05:48 PM 08:18 PM 10:49 PM
English	Ch-4 : Ch-4: Out in the Garden	English	12:21 AM 02:52 AM 05:22 AM 07:53 AM 10:23 AM 12:54 PM 03:24 PM 05:55 PM 08:25 PM 10:56 PM



Storytelling/Value Education	टर्म टू-4	हिंदी	12:44 AM 03:14 AM 05:45 AM 08:15 AM 10:46 AM 01:16 PM 03:47 PM 06:17 PM 08:48 PM 11:18 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: West Bengal	English/hindi	01:08 AM 03:38 AM 06:09 AM 08:39 AM 11:10 AM 01:40 PM 04:11 PM 06:41 PM 09:12 PM 11:42 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Jammu and Kashmir	English/hindi	01:14 AM 03:45 AM 06:15 AM 08:46 AM 11:16 AM 01:47 PM 04:17 PM 06:47 PM 09:18 PM 11:48 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Andhra Pradesh	English/hindi	01:20 AM 03:51 AM 06:21 AM 08:52 AM 11:22 AM 01:53 PM 04:23 PM 06:53 PM 09:24 PM 11:54 PM
General	Azadi ki Amrit Kahaniyan (Poonam)	English	01:26 AM 03:56 AM 06:27 AM 08:57 AM 11:28 AM 01:58 PM 04:29 PM 06:59 PM 09:30 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Assam	English/hindi	01:28 AM 03:59 AM 06:29 AM 09:00 AM 11:30 AM 02:01 PM 04:31 PM 07:01 PM 09:32 PM
Earthquake	Earthquake - What to do when outside during an earthquake	English	01:34 AM 04:04 AM 06:35 AM 09:05 AM 11:36 AM 02:06 PM 04:37 PM 07:07 PM 09:38 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:36 AM 04:06 AM 06:37 AM 09:07 AM 11:38 AM 02:08 PM 04:39 PM 07:09 PM 09:39 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	01:59 AM 04:30 AM 07:00 AM 09:30 AM 12:01 PM 02:31 PM 05:02 PM 07:32 PM 10:03 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Jharkhand	English/hindi	02:12 AM 04:42 AM 07:13 AM 09:43 AM 12:13 PM 02:44 PM 05:14 PM 07:45 PM 10:15 PM
सामान्य	आज़ादी की अमृत कहानियाँ (आरोही)	हिंदी	02:18 AM 04:48 AM 07:19 AM 09:49 AM 12:20 PM 02:50 PM 05:21 PM 07:51 PM 10:22 PM
Yoga	Dhyana	English	02:20 AM 04:51 AM 07:21 AM 09:52 AM 12:22 PM 02:52 PM 05:23 PM 07:53 PM 10:24 PM



शनिवार, 11 जनवरी 2025

Saturday, 11 January 2025

Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:01 PM 05:31 PM 08:01 PM 10:31 PM
Storytelling/Value Education	Meena – 6 too young to Marry	हिंदी	12:14 AM 02:45 AM 05:15 AM 07:45 AM 10:15 AM 12:45 PM 03:15 PM 05:46 PM 08:16 PM 10:46 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Bihar	English/hindi	12:28 AM 02:58 AM 05:28 AM 07:58 AM 10:28 AM 12:59 PM 03:29 PM 05:59 PM 08:29 PM 10:59 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Chandigarh	English/hindi	12:34 AM 03:04 AM 05:34 AM 08:04 AM 10:34 AM 01:05 PM 03:35 PM 06:05 PM 08:35 PM 11:05 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Odisha	English/hindi	12:40 AM 03:10 AM 05:40 AM 08:10 AM 10:40 AM 01:11 PM 03:41 PM 06:11 PM 08:41 PM 11:11 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Rajasthan	English/hindi	12:47 AM 03:17 AM 05:47 AM 08:17 AM 10:48 AM 01:18 PM 03:48 PM 06:18 PM 08:48 PM 11:18 PM
Art and Craft	ओरिगामी (काग़ज़ कला) -6	English/hindi	12:52 AM 03:22 AM 05:52 AM 08:22 AM 10:52 AM 01:22 PM 03:53 PM 06:23 PM 08:53 PM 11:23 PM
Storytelling/Value Education	टर्म टू-5	हिंदी	01:07 AM 03:37 AM 06:08 AM 08:38 AM 11:08 AM 01:38 PM 04:08 PM 06:38 PM 09:09 PM 11:39 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिंदी	01:30 AM 04:00 AM 06:30 AM 09:00 AM 11:30 AM 02:00 PM 04:31 PM 07:01 PM 09:31 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:42 AM 04:12 AM 06:42 AM 09:12 AM 11:43 AM 02:13 PM 04:43 PM 07:13 PM 09:43 PM
सामान्य	आज़ादी की अमृत कहानियाँ (टेस्सी)	हिंदी	01:49 AM 04:19 AM 06:49 AM 09:19 AM 11:50 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM



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Mathematics	Ch-5 : Fun with Shapes	English	01:51 AM 04:21 AM 06:52 AM 09:22 AM 11:52 AM 02:22 PM 04:52 PM 07:22 PM 09:53 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	02:15 AM 04:45 AM 07:15 AM 09:45 AM 12:15 PM 02:45 PM 05:16 PM 07:46 PM 10:16 PM
Yoga	Dhyana	English	02:20 AM 04:50 AM 07:20 AM 09:50 AM 12:20 PM 02:51 PM 05:21 PM 07:51 PM 10:21 PM
रविवार, 12 जनवरी 2025 Sunday, 12 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:01 AM 12:31 PM 03:01 PM 05:31 PM 08:02 PM 10:32 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	12:14 AM 02:45 AM 05:15 AM 07:45 AM 10:15 AM 12:46 PM 03:16 PM 05:46 PM 08:17 PM 10:47 PM
General Awareness	Personal Safety	English	12:15 AM 02:46 AM 05:16 AM 07:46 AM 10:16 AM 12:47 PM 03:17 PM 05:47 PM 08:17 PM 10:48 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:31 AM 03:02 AM 05:32 AM 08:02 AM 10:33 AM 01:03 PM 03:33 PM 06:03 PM 08:34 PM 11:04 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:37 AM 03:08 AM 05:38 AM 08:08 AM 10:39 AM 01:09 PM 03:39 PM 06:09 PM 08:40 PM 11:10 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिंदी	12:39 AM 03:09 AM 05:39 AM 08:09 AM 10:40 AM 01:10 PM 03:40 PM 06:10 PM 08:41 PM 11:11 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिंदी	12:58 AM 03:28 AM 05:58 AM 08:28 AM 10:59 AM 01:29 PM 03:59 PM 06:30 PM 09:00 PM 11:30 PM
शारीरिक शिक्षा	कबड्डी	हिंदी	01:10 AM 03:40 AM 06:10 AM 08:41 AM 11:11 AM 01:41 PM 04:12 PM 06:42 PM 09:12 PM 11:42 PM
शारीरिक शिक्षा	योग गोमुखासन (Yoga Gomukhasan)	हिंदी	01:34 AM 04:05 AM 06:35 AM 09:05 AM 11:35 AM 02:06 PM 04:36 PM 07:06 PM 09:37 PM



Storytelling/Value Education	ईदगाह	हिंदी	01:48 AM 04:18 AM 06:49 AM 09:19 AM 11:49 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM
General	Azadi ki Amrit Kahaniyan (Tessy)	English	02:22 AM 04:52 AM 07:22 AM 09:53 AM 12:23 PM 02:53 PM 05:23 PM 07:54 PM 10:24 PM
सोमवार, 13 जनवरी 2025 Monday, 13 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:28 PM 02:58 PM 05:28 PM 07:58 PM 10:27 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:14 AM 02:44 AM 05:14 AM 07:44 AM 10:13 AM 12:43 PM 03:13 PM 05:43 PM 08:12 PM 10:42 PM
English	Ch-4 : Ch-4: Out in the Garden	English	12:21 AM 02:51 AM 05:21 AM 07:51 AM 10:20 AM 12:50 PM 03:20 PM 05:50 PM 08:19 PM 10:49 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Uttarakhand	English/hindi	12:44 AM 03:14 AM 05:43 AM 08:13 AM 10:43 AM 01:13 PM 03:42 PM 06:12 PM 08:42 PM 11:12 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Andaman and Nicobar Islands	English/hindi	12:50 AM 03:20 AM 05:49 AM 08:19 AM 10:49 AM 01:19 PM 03:48 PM 06:18 PM 08:48 PM 11:18 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Navodaya Vidyalaya	English/hindi	12:55 AM 03:25 AM 05:54 AM 08:24 AM 10:54 AM 01:24 PM 03:53 PM 06:23 PM 08:53 PM 11:23 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Arunachal Pradesh	English/hindi	01:01 AM 03:31 AM 06:01 AM 08:31 AM 11:00 AM 01:30 PM 04:00 PM 06:30 PM 08:59 PM 11:29 PM
General Awareness	Personal Safety	English	01:05 AM 03:35 AM 06:05 AM 08:34 AM 11:04 AM 01:34 PM 04:04 PM 06:33 PM 09:03 PM 11:33 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	01:21 AM 03:51 AM 06:21 AM 08:51 AM 11:20 AM 01:50 PM 04:20 PM 06:50 PM 09:19 PM 11:49 PM



उर्दू	अध्याय -3 : ईद	हिंदी	01:33 AM 04:03 AM 06:33 AM 09:02 AM 11:32 AM 02:02 PM 04:32 PM 07:01 PM 09:31 PM
Art Education	Kala Utsav – 2022Dance – Classical(Boy)Tripura	English/hindi	02:01 AM 04:31 AM 07:01 AM 09:30 AM 12:00 PM 02:30 PM 05:00 PM 07:29 PM 09:59 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Andaman and Nicobar Islands	English/hindi	02:06 AM 04:36 AM 07:06 AM 09:36 AM 12:05 PM 02:35 PM 05:05 PM 07:35 PM 10:04 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	02:12 AM 04:41 AM 07:11 AM 09:41 AM 12:11 PM 02:40 PM 05:10 PM 07:40 PM 10:10 PM
Yoga	Dhyana	English	02:19 AM 04:49 AM 07:19 AM 09:49 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:17 PM
मंगलवार, 14 जनवरी 2025 Tuesday, 14 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:14 AM 02:44 AM 05:14 AM 07:44 AM 10:14 AM 12:44 PM 03:14 PM 05:44 PM 08:14 PM 10:44 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Chhattisgarh	English/hindi	12:21 AM 02:51 AM 05:21 AM 07:51 AM 10:21 AM 12:51 PM 03:21 PM 05:51 PM 08:21 PM 10:51 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Daman and Diu	English/hindi	12:26 AM 02:56 AM 05:26 AM 07:56 AM 10:26 AM 12:56 PM 03:26 PM 05:56 PM 08:26 PM 10:56 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Goa	English/hindi	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:33 AM 01:03 PM 03:33 PM 06:03 PM 08:33 PM 11:03 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Jammu and Kashmir	English/hindi	12:40 AM 03:10 AM 05:40 AM 08:10 AM 10:40 AM 01:10 PM 03:40 PM 06:10 PM 08:40 PM 11:10 PM
Thunderstorm and Lighting	Lightning - Precautions During Lightning & Thunderstorm	English	12:45 AM 03:15 AM 05:45 AM 08:15 AM 10:45 AM 01:15 PM 03:45 PM 06:15 PM 08:45 PM 11:15 PM



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उर्दू	अध्याय -3 : ईद	हिंदी	12:46 AM 03:16 AM 05:46 AM 08:16 AM 10:46 AM 01:16 PM 03:46 PM 06:16 PM 08:46 PM 11:16 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	01:14 AM 03:44 AM 06:14 AM 08:44 AM 11:14 AM 01:44 PM 04:14 PM 06:44 PM 09:14 PM 11:44 PM
Storytelling/Value Education	टर्म टू-4	हिंदी	01:19 AM 03:49 AM 06:19 AM 08:49 AM 11:19 AM 01:49 PM 04:19 PM 06:49 PM 09:19 PM 11:49 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:43 AM 04:13 AM 06:43 AM 09:13 AM 11:43 AM 02:13 PM 04:43 PM 07:13 PM 09:43 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	02:06 AM 04:36 AM 07:06 AM 09:36 AM 12:06 PM 02:36 PM 05:06 PM 07:36 PM 10:06 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिंदी	02:18 AM 04:48 AM 07:18 AM 09:48 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:18 PM
Yoga	Dhyana	English	02:24 AM 04:54 AM 07:24 AM 09:54 AM 12:24 PM 02:54 PM 05:24 PM 07:54 PM 10:24 PM
बुधवार, 15 जनवरी 2025 Wednesday, 15 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:14 AM 02:44 AM 05:15 AM 07:45 AM 10:15 AM 12:45 PM 03:15 PM 05:45 PM 08:15 PM 10:45 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिंदी	12:21 AM 02:51 AM 05:22 AM 07:52 AM 10:22 AM 12:52 PM 03:22 PM 05:52 PM 08:22 PM 10:52 PM
Thunderstorm and Lighting	Lightning - Signs & Symptoms Of Lightning Injuries	English	12:51 AM 03:22 AM 05:52 AM 08:22 AM 10:52 AM 01:22 PM 03:52 PM 06:22 PM 08:52 PM 11:22 PM
Art Education	Kala Utsav - 2019 Dance Competition: Boys Kerala	English/hindi	12:52 AM 03:22 AM 05:52 AM 08:22 AM 10:52 AM 01:23 PM 03:53 PM 06:23 PM 08:53 PM 11:23 PM



Art Education	Kala Utsav – 2019 Dance Competition: Boys Andhra Pradesh	English/hindi	12:58 AM 03:28 AM 05:58 AM 08:28 AM 10:58 AM 01:28 PM 03:58 PM 06:28 PM 08:58 PM 11:28 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Assam	English/hindi	01:05 AM 03:35 AM 06:05 AM 08:35 AM 11:05 AM 01:35 PM 04:05 PM 06:35 PM 09:05 PM 11:35 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Bihar	English/hindi	01:12 AM 03:42 AM 06:12 AM 08:42 AM 11:12 AM 01:42 PM 04:12 PM 06:42 PM 09:12 PM 11:43 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:17 AM 03:47 AM 06:17 AM 08:47 AM 11:17 AM 01:48 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:18 AM 03:48 AM 06:18 AM 08:48 AM 11:18 AM 01:48 PM 04:19 PM 06:49 PM 09:19 PM 11:49 PM
Thunderstorm and Lighting	Lightning - What To Do During Lightning & Thunderstorm	English	01:41 AM 04:11 AM 06:41 AM 09:11 AM 11:41 AM 02:11 PM 04:41 PM 07:11 PM 09:41 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिंदी	01:42 AM 04:12 AM 06:42 AM 09:12 AM 11:42 AM 02:12 PM 04:42 PM 07:12 PM 09:42 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:51 AM 04:21 AM 06:51 AM 09:21 AM 11:51 AM 02:21 PM 04:51 PM 07:21 PM 09:51 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:15 AM 04:45 AM 07:15 AM 09:45 AM 12:15 PM 02:46 PM 05:16 PM 07:46 PM 10:16 PM
बृहस्पतिवार, 16 जनवरी 2025 Thursday, 16 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:28 PM 07:58 PM 10:28 PM
General Awareness	Interpersonal Relationships	English	12:14 AM 02:44 AM 05:14 AM 07:44 AM 10:14 AM 12:44 PM 03:13 PM 05:43 PM 08:13 PM 10:43 PM
Thunderstorm and Lighting	Lightning - बिजली गिरने के दौरान कैसे रहें सुरक्षित	Hindi	12:19 AM 02:49 AM 05:19 AM 07:49 AM 10:18 AM 12:48 PM 03:18 PM 05:48 PM 08:18 PM 10:48 PM



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Art Education	Kala Utsav – 2019 Dance Competition: Boys Chandigarh	English/hindi	12:20 AM 02:50 AM 05:20 AM 07:50 AM 10:19 AM 12:49 PM 03:19 PM 05:49 PM 08:19 PM 10:49 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Odisha	English/hindi	12:26 AM 02:56 AM 05:26 AM 07:56 AM 10:26 AM 12:55 PM 03:25 PM 05:55 PM 08:25 PM 10:55 PM
Art Education	Kala Utsav – 2019 Dance Competition: Boys Delhi	English/hindi	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:32 AM 01:02 PM 03:32 PM 06:02 PM 08:32 PM 11:02 PM
Art and Craft	Woodpecker	English	12:39 AM 03:09 AM 05:39 AM 08:09 AM 10:39 AM 01:09 PM 03:39 PM 06:08 PM 08:38 PM 11:08 PM
Art and Craft	Slithering Snake	English	12:41 AM 03:11 AM 05:41 AM 08:11 AM 10:40 AM 01:10 PM 03:40 PM 06:10 PM 08:40 PM 11:10 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिंदी	12:45 AM 03:15 AM 05:44 AM 08:14 AM 10:44 AM 01:14 PM 03:44 PM 06:14 PM 08:44 PM 11:13 PM
योग	ध्यान	हिंदी	01:15 AM 03:45 AM 06:15 AM 08:44 AM 11:14 AM 01:44 PM 04:14 PM 06:44 PM 09:14 PM 11:43 PM
Thunderstorm and Lighting	Lightning - बिजली की चोटों के सकेत और लक्षण	Hindi	01:19 AM 03:49 AM 06:19 AM 08:48 AM 11:18 AM 01:48 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:20 AM 03:49 AM 06:19 AM 08:49 AM 11:19 AM 01:49 PM 04:19 PM 06:49 PM 09:18 PM 11:48 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:27 AM 03:56 AM 06:26 AM 08:56 AM 11:26 AM 01:56 PM 04:26 PM 06:56 PM 09:25 PM 11:55 PM
Storytelling(Anima ted)	Lion and the Buffaloes	English	01:49 AM 04:19 AM 06:49 AM 09:19 AM 11:48 AM 02:18 PM 04:48 PM 07:18 PM 09:48 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:54 AM 04:24 AM 06:54 AM 09:24 AM 11:54 AM 02:23 PM 04:53 PM 07:23 PM 09:53 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:17 AM 04:47 AM 07:17 AM 09:47 AM 12:17 PM 02:47 PM 05:17 PM 07:46 PM 10:16 PM



शुक्रवार, 17 जनवरी 2025

Friday, 17 January 2025

हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:00 AM 02:28 AM 04:57 AM 07:25 AM 09:54 AM 12:23 PM 02:51 PM 05:20 PM 07:48 PM 10:17 PM
Storytelling/Value Education	Meena - 3 Saving the life	हिंदी	12:15 AM 02:43 AM 05:12 AM 07:40 AM 10:09 AM 12:38 PM 03:06 PM 05:35 PM 08:03 PM 10:32 PM
Thunderstorm and Lighting	Lightning - बिजली से कैसे बचें	Hindi	12:28 AM 02:57 AM 05:25 AM 07:54 AM 10:22 AM 12:51 PM 03:20 PM 05:48 PM 08:17 PM 10:45 PM
Art and Craft	ओरिगामी (कागज़ कला)-3	English/hindi	12:29 AM 02:58 AM 05:26 AM 07:55 AM 10:23 AM 12:52 PM 03:21 PM 05:49 PM 08:18 PM 10:46 PM
Thunderstorm and Lighting	Lightning - बिजली की चोटों के सकेत और लक्षण	Hindi	12:46 AM 03:15 AM 05:44 AM 08:12 AM 10:41 AM 01:09 PM 03:38 PM 06:07 PM 08:35 PM 11:04 PM
Art and Craft	Art Education	English	12:47 AM 03:16 AM 05:44 AM 08:13 AM 10:41 AM 01:10 PM 03:39 PM 06:07 PM 08:36 PM 11:04 PM
Art and Craft	Wire lizard	English	01:08 AM 03:37 AM 06:06 AM 08:34 AM 11:03 AM 01:31 PM 04:00 PM 06:29 PM 08:57 PM 11:26 PM
Art and Craft	Paper Lantern	English	01:12 AM 03:40 AM 06:09 AM 08:37 AM 11:06 AM 01:35 PM 04:03 PM 06:32 PM 09:00 PM 11:29 PM
Art Education	Kala Utsav - 2022 Dance - Classical(Boy)Odisha	English/hindi	01:15 AM 03:43 AM 06:12 AM 08:41 AM 11:09 AM 01:38 PM 04:06 PM 06:35 PM 09:04 PM 11:32 PM
General	Azadi ki Amrit Kahaniyan (Tanvi)	English	01:21 AM 03:50 AM 06:19 AM 08:47 AM 11:16 AM 01:44 PM 04:13 PM 06:42 PM 09:10 PM 11:39 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:24 AM 03:52 AM 06:21 AM 08:49 AM 11:18 AM 01:47 PM 04:15 PM 06:44 PM 09:12 PM 11:41 PM
Storytelling/Value Education	दोस्त की मदद (शैडो पपेट)	हिंदी	01:47 AM 04:16 AM 06:44 AM 09:13 AM 11:41 AM 02:10 PM 04:39 PM 07:07 PM 09:36 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

English	Ch-4 : Ch-4: Out in the Garden	English	01:53 AM 04:22 AM 06:50 AM 09:19 AM 11:47 AM 02:16 PM 04:45 PM 07:13 PM 09:42 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिंदी	02:15 AM 04:44 AM 07:13 AM 09:41 AM 12:10 PM 02:38 PM 05:07 PM 07:36 PM 10:04 PM
शनिवार, 18 जनवरी 2025 Saturday, 18 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:32 PM 08:03 PM 10:33 PM
Storytelling/Value Education	Meena – 6 too young to Marry	हिंदी	12:14 AM 02:45 AM 05:15 AM 07:46 AM 10:16 AM 12:46 PM 03:17 PM 05:47 PM 08:18 PM 10:48 PM
Thunderstorm and Lighting	Lightning - बिजली से एक पीड़ित के जीवन को कैसे बचाएं	Hindi	12:28 AM 02:58 AM 05:28 AM 07:59 AM 10:29 AM 01:00 PM 03:30 PM 06:00 PM 08:31 PM 11:01 PM
Storytelling/Value Education	टर्म टू-5	हिंदी	12:29 AM 02:59 AM 05:29 AM 08:00 AM 10:30 AM 01:01 PM 03:31 PM 06:01 PM 08:32 PM 11:02 PM
Mathematics	Ch-5 : Fun with Shapes	English	12:51 AM 03:21 AM 05:52 AM 08:22 AM 10:53 AM 01:23 PM 03:53 PM 06:24 PM 08:54 PM 11:25 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Odisha	English/hindi	01:14 AM 03:45 AM 06:15 AM 08:45 AM 11:16 AM 01:46 PM 04:17 PM 06:47 PM 09:17 PM 11:48 PM
Art Education	Kala Utsav – 2022Dance – Classical(Boy)Tripura	English/hindi	01:19 AM 03:50 AM 06:20 AM 08:51 AM 11:21 AM 01:51 PM 04:22 PM 06:52 PM 09:23 PM 11:53 PM
Art Education	Kala Utsav – 2022Dance – Classical(Boy)Andhra Pradesh	English/hindi	01:25 AM 03:55 AM 06:25 AM 08:56 AM 11:26 AM 01:57 PM 04:27 PM 06:57 PM 09:28 PM 11:58 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Jharkhand	English/hindi	01:31 AM 04:01 AM 06:32 AM 09:02 AM 11:32 AM 02:03 PM 04:33 PM 07:04 PM 09:34 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Girl)Maharashtra	English/hindi	01:37 AM 04:07 AM 06:38 AM 09:08 AM 11:39 AM 02:09 PM 04:39 PM 07:10 PM 09:40 PM



Art Education	Kala Utsav – 2022– Dance Folk(Girl)Tamil Nadu	English/hindi	01:41 AM 04:11 AM 06:42 AM 09:12 AM 11:43 AM 02:13 PM 04:43 PM 07:14 PM 09:44 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:47 AM 04:17 AM 06:48 AM 09:18 AM 11:49 AM 02:19 PM 04:49 PM 07:20 PM 09:50 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:54 AM 04:24 AM 06:55 AM 09:25 AM 11:56 AM 02:26 PM 04:56 PM 07:27 PM 09:57 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	01:59 AM 04:30 AM 07:00 AM 09:30 AM 12:01 PM 02:31 PM 05:02 PM 07:32 PM 10:02 PM
योग	पवनमुक्तासन	हिंदी	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:07 PM 02:37 PM 05:07 PM 07:38 PM 10:08 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिंदी	02:08 AM 04:38 AM 07:09 AM 09:39 AM 12:10 PM 02:40 PM 05:10 PM 07:41 PM 10:11 PM
Yoga	Dhyana	English	02:20 AM 04:50 AM 07:21 AM 09:51 AM 12:22 PM 02:52 PM 05:22 PM 07:53 PM 10:23 PM
रविवार, 19 जनवरी 2025 Sunday, 19 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
General Awareness	Personal Safety	English	12:14 AM 02:44 AM 05:14 AM 07:45 AM 10:15 AM 12:45 PM 03:15 PM 05:45 PM 08:15 PM 10:45 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	12:31 AM 03:01 AM 05:31 AM 08:01 AM 10:31 AM 01:01 PM 03:31 PM 06:01 PM 08:31 PM 11:01 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिंदी	12:37 AM 03:07 AM 05:37 AM 08:07 AM 10:37 AM 01:07 PM 03:37 PM 06:07 PM 08:37 PM 11:07 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिंदी	12:56 AM 03:26 AM 05:56 AM 08:26 AM 10:56 AM 01:26 PM 03:56 PM 06:26 PM 08:56 PM 11:26 PM



शारीरिक शिक्षा	कबड्डी	हिंदी	01:08 AM 03:38 AM 06:08 AM 08:38 AM 11:08 AM 01:38 PM 04:08 PM 06:38 PM 09:08 PM 11:38 PM
शारीरिक शिक्षा	योग गोमुखसन (Yoga Gomukhasan)	हिंदी	01:32 AM 04:02 AM 06:33 AM 09:03 AM 11:33 AM 02:03 PM 04:33 PM 07:03 PM 09:33 PM
Thunderstorm and Lighting	Lightning - बिजली से बचने के लिए क्या करें एवं क्या न करें	Hindi	01:46 AM 04:16 AM 06:46 AM 09:16 AM 11:46 AM 02:16 PM 04:47 PM 07:17 PM 09:47 PM
Storytelling/Value Education	ईदगाह	हिंदी	01:47 AM 04:17 AM 06:47 AM 09:17 AM 11:47 AM 02:17 PM 04:47 PM 07:17 PM 09:48 PM
योग	पवनमुक्तासन	हिंदी	02:21 AM 04:51 AM 07:21 AM 09:51 AM 12:21 PM 02:51 PM 05:21 PM 07:51 PM 10:21 PM
सोमवार, 20 जनवरी 2025 Monday, 20 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:58 AM 07:27 AM 09:56 AM 12:25 PM 02:54 PM 05:23 PM 07:52 PM 10:22 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	12:14 AM 02:43 AM 05:13 AM 07:42 AM 10:11 AM 12:40 PM 03:09 PM 05:38 PM 08:07 PM 10:36 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:20 AM 02:49 AM 05:18 AM 07:47 AM 10:16 AM 12:45 PM 03:14 PM 05:44 PM 08:13 PM 10:42 PM
Art Education	Kala Utsav - 2022 - Dance Folk(Girl)Tripura	English/hindi	12:27 AM 02:56 AM 05:25 AM 07:54 AM 10:23 AM 12:52 PM 03:21 PM 05:51 PM 08:20 PM 10:49 PM
Art Education	Kala Utsav - 2022 - Dance- Classical(Girl)Telangana	English/hindi	12:31 AM 03:00 AM 05:29 AM 07:58 AM 10:27 AM 12:57 PM 03:26 PM 05:55 PM 08:24 PM 10:53 PM
Art Education	Kala Utsav - 2022 - Dance- Classical(Girl)Delhi	English/hindi	12:37 AM 03:06 AM 05:36 AM 08:05 AM 10:34 AM 01:03 PM 03:32 PM 06:01 PM 08:30 PM 10:59 PM
Art Education	Kala Utsav - 2022 - Dance- Classical(Girl)Kerala	English/hindi	12:42 AM 03:11 AM 05:41 AM 08:10 AM 10:39 AM 01:08 PM 03:37 PM 06:06 PM 08:35 PM 11:04 PM



Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:48 AM 03:18 AM 05:47 AM 08:16 AM 10:45 AM 01:14 PM 03:43 PM 06:12 PM 08:41 PM 11:10 PM
English	Ch-4 : Ch-4: Out in the Garden	English	12:49 AM 03:18 AM 05:48 AM 08:17 AM 10:46 AM 01:15 PM 03:44 PM 06:13 PM 08:42 PM 11:11 PM
General Awareness	Personal Safety	English	01:12 AM 03:41 AM 06:10 AM 08:39 AM 11:08 AM 01:37 PM 04:07 PM 06:36 PM 09:05 PM 11:34 PM
उर्दू	अध्याय -3 : ईद	हिंदी	01:28 AM 03:57 AM 06:26 AM 08:55 AM 11:24 AM 01:54 PM 04:23 PM 06:52 PM 09:21 PM 11:50 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	01:56 AM 04:25 AM 06:54 AM 09:23 AM 11:52 AM 02:21 PM 04:51 PM 07:20 PM 09:49 PM
Art Education	Kala Utsav - 2022Dance - Classical(Boy)Tripura	English/hindi	02:06 AM 04:35 AM 07:04 AM 09:33 AM 12:02 PM 02:31 PM 05:00 PM 07:29 PM 09:59 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	02:11 AM 04:40 AM 07:09 AM 09:38 AM 12:07 PM 02:36 PM 05:06 PM 07:35 PM 10:04 PM
Yoga	Dhyana	English	02:19 AM 04:48 AM 07:17 AM 09:46 AM 12:15 PM 02:44 PM 05:13 PM 07:43 PM 10:12 PM
मंगलवार, 21 जनवरी 2025 Tuesday, 21 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:58 AM 07:27 AM 09:57 AM 12:26 PM 02:55 PM 05:24 PM 07:54 PM 10:23 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:14 AM 02:44 AM 05:13 AM 07:42 AM 10:11 AM 12:41 PM 03:10 PM 05:39 PM 08:09 PM 10:38 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:20 AM 02:49 AM 05:18 AM 07:48 AM 10:17 AM 12:46 PM 03:16 PM 05:45 PM 08:14 PM 10:43 PM
Art Education	Kala Utsav 2022Vocal Music- Classical(Boy)Tamil Nadu	English/hindi	12:27 AM 02:56 AM 05:25 AM 07:55 AM 10:24 AM 12:53 PM 03:23 PM 05:52 PM 08:21 PM 10:50 PM



Art Education	Kala Utsav 2022Vocal Music- Classical(Boy)Bihar	English/hindi	12:33 AM 03:02 AM 05:31 AM 08:01 AM 10:30 AM 12:59 PM 03:28 PM 05:58 PM 08:27 PM 10:56 PM
Art Education	Kala Utsav 2022Vocal Music- Classical(Girl)Maharashtra	English/hindi	12:40 AM 03:09 AM 05:38 AM 08:07 AM 10:37 AM 01:06 PM 03:35 PM 06:05 PM 08:34 PM 11:03 PM
English	Ch-4 : Ch-4: Out in the Garden	English	12:50 AM 03:19 AM 05:48 AM 08:18 AM 10:47 AM 01:16 PM 03:46 PM 06:15 PM 08:44 PM 11:13 PM
General Awareness	Personal Safety	English	01:12 AM 03:42 AM 06:11 AM 08:40 AM 11:09 AM 01:39 PM 04:08 PM 06:37 PM 09:07 PM 11:36 PM
Storytelling(Animated)	Story of a Tinker	English	01:28 AM 03:58 AM 06:27 AM 08:56 AM 11:26 AM 01:55 PM 04:24 PM 06:53 PM 09:23 PM 11:52 PM
उर्दू	अध्याय -3 : ईद	हिंदी	01:37 AM 04:06 AM 06:35 AM 09:05 AM 11:34 AM 02:03 PM 04:32 PM 07:02 PM 09:31 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	02:05 AM 04:34 AM 07:03 AM 09:33 AM 12:02 PM 02:31 PM 05:00 PM 07:30 PM 09:59 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिंदी	02:17 AM 04:46 AM 07:16 AM 09:45 AM 12:14 PM 02:44 PM 05:13 PM 07:42 PM 10:11 PM
सामान्य	आज़ादी की अमृत कहानियाँ (हर्षिनी)	हिंदी	02:23 AM 04:53 AM 07:22 AM 09:51 AM 12:20 PM 02:50 PM 05:19 PM 07:48 PM 10:18 PM
योग	अर्ध चक्रासन	हिंदी	02:26 AM 04:55 AM 07:24 AM 09:54 AM 12:23 PM 02:52 PM 05:21 PM 07:51 PM 10:20 PM
बुधवार, 22 जनवरी 2025 Wednesday, 22 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:32 PM 08:03 PM 10:33 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिंदी	12:14 AM 02:45 AM 05:15 AM 07:46 AM 10:16 AM 12:46 PM 03:17 PM 05:47 PM 08:18 PM 10:48 PM



AAPDA KA SAMNA	Urban Flood-AAPDA KA SAMNA FOR 09-07-2023	Hindi	12:44 AM 03:15 AM 05:45 AM 08:16 AM 10:46 AM 01:17 PM 03:47 PM 06:17 PM 08:48 PM 11:18 PM
Avalanche	Avalanche _ जानिए इस वीडियो द्वारा हिमस्खलन के संकेत	Hindi	01:13 AM 03:43 AM 06:14 AM 08:44 AM 11:14 AM 01:45 PM 04:15 PM 06:46 PM 09:16 PM 11:46 PM
Avalanche	Avalanche _ यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाए अपनाएँ	Hindi	01:14 AM 03:45 AM 06:15 AM 08:46 AM 11:16 AM 01:47 PM 04:17 PM 06:47 PM 09:18 PM 11:48 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:16 AM 03:47 AM 06:17 AM 08:47 AM 11:18 AM 01:48 PM 04:19 PM 06:49 PM 09:20 PM 11:50 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:17 AM 03:48 AM 06:18 AM 08:49 AM 11:19 AM 01:49 PM 04:20 PM 06:50 PM 09:21 PM 11:51 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:24 AM 03:55 AM 06:25 AM 08:56 AM 11:26 AM 01:56 PM 04:27 PM 06:57 PM 09:28 PM 11:58 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:47 AM 04:17 AM 06:48 AM 09:18 AM 11:48 AM 02:19 PM 04:49 PM 07:20 PM 09:50 PM
Cold Wave	Clod Wave - Preparation	Hindi	02:13 AM 04:43 AM 07:13 AM 09:44 AM 12:14 PM 02:45 PM 05:15 PM 07:45 PM 10:16 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिंदी	02:14 AM 04:44 AM 07:15 AM 09:45 AM 12:16 PM 02:46 PM 05:16 PM 07:47 PM 10:17 PM
बृहस्पतिवार, 23 जनवरी 2025 Thursday, 23 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:59 AM 07:28 AM 09:58 AM 12:28 PM 02:57 PM 05:27 PM 07:56 PM 10:26 PM
General Awareness	Interpersonal Relationships	English	12:14 AM 02:44 AM 05:14 AM 07:43 AM 10:13 AM 12:42 PM 03:12 PM 05:42 PM 08:11 PM 10:41 PM
Cultural Heritage:Art,Music &Dance	Qutub Minar (कुतुब मीनार)	English/hindi	12:19 AM 02:49 AM 05:18 AM 07:48 AM 10:17 AM 12:47 PM 03:17 PM 05:46 PM 08:16 PM 10:46 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	12:27 AM 02:57 AM 05:26 AM 07:56 AM 10:26 AM 12:55 PM 03:25 PM 05:54 PM 08:24 PM 10:54 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Dadra and Nagar Haveli	English/hindi	12:33 AM 03:03 AM 05:33 AM 08:02 AM 10:32 AM 01:01 PM 03:31 PM 06:01 PM 08:30 PM 11:00 PM
Art and Craft	ओरिगामी (कागज़ कला)-5	English/hindi	12:38 AM 03:08 AM 05:37 AM 08:07 AM 10:37 AM 01:06 PM 03:36 PM 06:06 PM 08:35 PM 11:05 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	12:48 AM 03:17 AM 05:47 AM 08:17 AM 10:46 AM 01:16 PM 03:45 PM 06:15 PM 08:45 PM 11:14 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिंदी	12:49 AM 03:18 AM 05:48 AM 08:17 AM 10:47 AM 01:17 PM 03:46 PM 06:16 PM 08:46 PM 11:15 PM
योग	ध्यान	हिंदी	01:20 AM 03:50 AM 06:20 AM 08:49 AM 11:19 AM 01:48 PM 04:18 PM 06:48 PM 09:17 PM 11:47 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:24 AM 03:54 AM 06:24 AM 08:53 AM 11:23 AM 01:52 PM 04:22 PM 06:52 PM 09:21 PM 11:51 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:31 AM 04:01 AM 06:31 AM 09:00 AM 11:30 AM 01:59 PM 04:29 PM 06:59 PM 09:28 PM 11:58 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:54 AM 04:24 AM 06:53 AM 09:23 AM 11:52 AM 02:22 PM 04:52 PM 07:21 PM 09:51 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:17 AM 04:47 AM 07:16 AM 09:46 AM 12:16 PM 02:45 PM 05:15 PM 07:45 PM 10:14 PM
शुक्रवार, 24 जनवरी 2025 Friday, 24 January 2025			
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:00 AM 02:28 AM 04:56 AM 07:25 AM 09:53 AM 12:22 PM 02:50 PM 05:19 PM 07:47 PM 10:16 PM



Storytelling/Value Education	Meena - 3 Saving the life	हिंदी	12:15 AM 02:43 AM 05:12 AM 07:40 AM 10:08 AM 12:37 PM 03:05 PM 05:34 PM 08:02 PM 10:31 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:28 AM 02:57 AM 05:25 AM 07:53 AM 10:22 AM 12:50 PM 03:19 PM 05:47 PM 08:16 PM 10:44 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Goa	English/hindi	12:29 AM 02:57 AM 05:26 AM 07:54 AM 10:23 AM 12:51 PM 03:20 PM 05:48 PM 08:17 PM 10:45 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English/hindi	12:35 AM 03:04 AM 05:32 AM 08:01 AM 10:29 AM 12:58 PM 03:26 PM 05:54 PM 08:23 PM 10:51 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Andhra Pradesh	English/hindi	12:42 AM 03:10 AM 05:39 AM 08:07 AM 10:36 AM 01:04 PM 03:32 PM 06:01 PM 08:29 PM 10:58 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Assam	English/hindi	12:51 AM 03:19 AM 05:48 AM 08:16 AM 10:44 AM 01:13 PM 03:41 PM 06:10 PM 08:38 PM 11:07 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Bihar	English/hindi	12:56 AM 03:25 AM 05:53 AM 08:22 AM 10:50 AM 01:18 PM 03:47 PM 06:15 PM 08:44 PM 11:12 PM
Art and Craft	ओरिगामी (कागज़ कला)-3	English/hindi	01:03 AM 03:31 AM 06:00 AM 08:28 AM 10:57 AM 01:25 PM 03:54 PM 06:22 PM 08:50 PM 11:19 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:20 AM 03:49 AM 06:17 AM 08:46 AM 11:14 AM 01:42 PM 04:11 PM 06:39 PM 09:08 PM 11:36 PM
Yoga	Bhujangasana	English	01:21 AM 03:49 AM 06:18 AM 08:46 AM 11:15 AM 01:43 PM 04:12 PM 06:40 PM 09:09 PM 11:37 PM
Mathematics	Ch-5 : Fun with Shapes	English	01:23 AM 03:52 AM 06:20 AM 08:49 AM 11:17 AM 01:46 PM 04:14 PM 06:43 PM 09:11 PM 11:40 PM



Storytelling/Value Education	दोस्त की मदद (शैडो पपेट)	हिंदी	01:47 AM 04:15 AM 06:44 AM 09:12 AM 11:41 AM 02:09 PM 04:37 PM 07:06 PM 09:34 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:53 AM 04:21 AM 06:50 AM 09:18 AM 11:47 AM 02:15 PM 04:44 PM 07:12 PM 09:40 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिंदी	02:15 AM 04:44 AM 07:12 AM 09:41 AM 12:09 PM 02:38 PM 05:06 PM 07:34 PM 10:03 PM
शनिवार, 25 जनवरी 2025 Saturday, 25 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:29 PM 07:59 PM 10:29 PM
Storytelling/Value Education	Meena – 6 too young to Marry	हिंदी	12:14 AM 02:44 AM 05:14 AM 07:44 AM 10:14 AM 12:44 PM 03:14 PM 05:44 PM 08:14 PM 10:43 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:28 AM 02:58 AM 05:27 AM 07:57 AM 10:27 AM 12:57 PM 03:27 PM 05:57 PM 08:27 PM 10:57 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chandigarh	English/hindi	12:29 AM 02:59 AM 05:28 AM 07:58 AM 10:28 AM 12:58 PM 03:28 PM 05:58 PM 08:28 PM 10:58 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Odisha	English/hindi	12:35 AM 03:05 AM 05:35 AM 08:05 AM 10:34 AM 01:04 PM 03:34 PM 06:04 PM 08:34 PM 11:04 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Delhi	English/hindi	12:42 AM 03:12 AM 05:42 AM 08:12 AM 10:42 AM 01:11 PM 03:41 PM 06:11 PM 08:41 PM 11:11 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Himachal Pradesh	English/hindi	12:48 AM 03:18 AM 05:48 AM 08:18 AM 10:48 AM 01:18 PM 03:48 PM 06:18 PM 08:48 PM 11:17 PM
Storytelling/Value Education	टर्म टू-5	हिंदी	12:54 AM 03:24 AM 05:54 AM 08:24 AM 10:54 AM 01:24 PM 03:54 PM 06:24 PM 08:54 PM 11:23 PM



Mathematics	Ch-5 : Fun with Shapes	English	01:17 AM 03:47 AM 06:17 AM 08:46 AM 11:16 AM 01:46 PM 04:16 PM 06:46 PM 09:16 PM 11:46 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Odisha	English/hindi	01:40 AM 04:10 AM 06:40 AM 09:10 AM 11:40 AM 02:10 PM 04:39 PM 07:09 PM 09:39 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	01:45 AM 04:15 AM 06:45 AM 09:15 AM 11:45 AM 02:15 PM 04:45 PM 07:14 PM 09:44 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिंदी	01:52 AM 04:22 AM 06:52 AM 09:22 AM 11:52 AM 02:22 PM 04:52 PM 07:21 PM 09:51 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:55 AM 04:25 AM 06:55 AM 09:25 AM 11:55 AM 02:25 PM 04:55 PM 07:25 PM 09:55 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:01 AM 04:31 AM 07:00 AM 09:30 AM 12:00 PM 02:30 PM 05:00 PM 07:30 PM 10:00 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिंदी	02:06 AM 04:36 AM 07:06 AM 09:36 AM 12:06 PM 02:36 PM 05:06 PM 07:36 PM 10:06 PM
Yoga	Dhyana	English	02:20 AM 04:49 AM 07:19 AM 09:49 AM 12:19 PM 02:49 PM 05:19 PM 07:49 PM 10:19 PM
रविवार, 26 जनवरी 2025 Sunday, 26 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:28 AM 04:57 AM 07:26 AM 09:55 AM 12:24 PM 02:53 PM 05:22 PM 07:51 PM 10:20 PM
कला और शिल्प	आर्ट और आर्टिस्ट (Art & Artist)	हिंदी	12:14 AM 02:43 AM 05:12 AM 07:41 AM 10:10 AM 12:39 PM 03:08 PM 05:37 PM 08:06 PM 10:35 PM
योग	अर्ध चक्रासन	हिंदी	12:43 AM 03:12 AM 05:41 AM 08:10 AM 10:39 AM 01:08 PM 03:37 PM 06:06 PM 08:35 PM 11:04 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिंदी	12:45 AM 03:14 AM 05:43 AM 08:12 AM 10:41 AM 01:10 PM 03:39 PM 06:08 PM 08:37 PM 11:06 PM



शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिंदी	01:04 AM 03:33 AM 06:02 AM 08:31 AM 11:00 AM 01:29 PM 03:58 PM 06:27 PM 08:56 PM 11:25 PM
शारीरिक शिक्षा	कबड्डी	हिंदी	01:21 AM 03:50 AM 06:19 AM 08:48 AM 11:17 AM 01:45 PM 04:14 PM 06:43 PM 09:12 PM 11:41 PM
Storytelling/Value Education	ईदगाह	हिंदी	01:45 AM 04:14 AM 06:43 AM 09:12 AM 11:41 AM 02:10 PM 04:39 PM 07:08 PM 09:37 PM
Yoga	Dhyana	English	02:19 AM 04:48 AM 07:17 AM 09:46 AM 12:15 PM 02:44 PM 05:13 PM 07:42 PM 10:11 PM
सोमवार, 27 जनवरी 2025 Monday, 27 January 2025			
योग	नाडीशोधन प्राणायाम	हिंदी	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:58 AM 12:28 PM 02:58 PM 05:27 PM 07:57 PM 10:27 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:11 AM 02:41 AM 05:10 AM 07:40 AM 10:10 AM 12:40 PM 03:09 PM 05:39 PM 08:09 PM 10:38 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Jharkhand	English/hindi	12:25 AM 02:54 AM 05:24 AM 07:54 AM 10:24 AM 12:53 PM 03:23 PM 05:53 PM 08:22 PM 10:52 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Leh Ladakh	English/hindi	12:29 AM 02:59 AM 05:28 AM 07:58 AM 10:28 AM 12:58 PM 03:27 PM 05:57 PM 08:27 PM 10:56 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Haryana	English/hindi	12:33 AM 03:03 AM 05:32 AM 08:02 AM 10:32 AM 01:01 PM 03:31 PM 06:01 PM 08:30 PM 11:00 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Uttar Pradesh	English/hindi	12:39 AM 03:09 AM 05:38 AM 08:08 AM 10:38 AM 01:07 PM 03:37 PM 06:07 PM 08:37 PM 11:06 PM
General Awareness	Interpersonal Relationships	English	12:44 AM 03:13 AM 05:43 AM 08:13 AM 10:43 AM 01:12 PM 03:42 PM 06:12 PM 08:41 PM 11:11 PM



English	Ch-2: Badal and Moti	English	12:50 AM 03:20 AM 05:50 AM 08:20 AM 10:49 AM 01:19 PM 03:49 PM 06:18 PM 08:48 PM 11:18 PM
उर्दू	अध्याय -2 : आम की गुठली	हिंदी	01:15 AM 03:44 AM 06:14 AM 08:44 AM 11:14 AM 01:43 PM 04:13 PM 06:43 PM 09:12 PM 11:42 PM
Storytelling/Value Education	टर्म टू-1	हिंदी	01:41 AM 04:10 AM 06:40 AM 09:10 AM 11:40 AM 02:09 PM 04:39 PM 07:09 PM 09:38 PM
Storytelling(Animated)	Rabit and Turtle	English	02:04 AM 04:33 AM 07:03 AM 09:33 AM 12:03 PM 02:32 PM 05:02 PM 07:32 PM 10:01 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:13 AM 04:43 AM 07:13 AM 09:42 AM 12:12 PM 02:42 PM 05:11 PM 07:41 PM 10:11 PM
Yoga	Dhyana	English	02:19 AM 04:49 AM 07:19 AM 09:48 AM 12:18 PM 02:48 PM 05:18 PM 07:47 PM 10:17 PM
मंगलवार, 28 जनवरी 2025 Tuesday, 28 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:01 PM 10:31 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिंदी	12:14 AM 02:44 AM 05:15 AM 07:45 AM 10:15 AM 12:45 PM 03:15 PM 05:45 PM 08:15 PM 10:46 PM
Storytelling/Value Education	Meena – 3 Saving the life	हिंदी	12:21 AM 02:51 AM 05:22 AM 07:52 AM 10:22 AM 12:52 PM 03:22 PM 05:52 PM 08:22 PM 10:53 PM
Storytelling(Animated)	Story of a Tinker	English	12:35 AM 03:05 AM 05:35 AM 08:05 AM 10:35 AM 01:05 PM 03:36 PM 06:06 PM 08:36 PM 11:06 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:43 AM 03:13 AM 05:43 AM 08:13 AM 10:44 AM 01:14 PM 03:44 PM 06:14 PM 08:44 PM 11:14 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:44 AM 03:14 AM 05:44 AM 08:14 AM 10:45 AM 01:15 PM 03:45 PM 06:15 PM 08:45 PM 11:15 PM



उर्दू	अध्याय -2 : आम की गुठली	हिंदी	12:45 AM 03:15 AM 05:45 AM 08:15 AM 10:46 AM 01:16 PM 03:46 PM 06:16 PM 08:46 PM 11:16 PM
General Awareness	Value and responsible Citizenship	English	01:11 AM 03:41 AM 06:11 AM 08:41 AM 11:12 AM 01:42 PM 04:12 PM 06:42 PM 09:12 PM 11:42 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:16 AM 03:46 AM 06:16 AM 08:46 AM 11:17 AM 01:47 PM 04:17 PM 06:47 PM 09:17 PM 11:47 PM
English	Ch-3: Best Friends	English	01:17 AM 03:47 AM 06:17 AM 08:47 AM 11:17 AM 01:48 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिंदी	01:42 AM 04:12 AM 06:42 AM 09:12 AM 11:42 AM 02:13 PM 04:43 PM 07:13 PM 09:43 PM
Storytelling/Value Education	दोस्त की मदद (शेडो पपेट)	हिंदी	01:54 AM 04:24 AM 06:54 AM 09:25 AM 11:55 AM 02:25 PM 04:55 PM 07:25 PM 09:55 PM
Art and Craft	ओरिगामी (कागज़ कला)-4	English/hindi	02:00 AM 04:30 AM 07:00 AM 09:31 AM 12:01 PM 02:31 PM 05:01 PM 07:31 PM 10:01 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिंदी	02:17 AM 04:47 AM 07:17 AM 09:47 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:18 PM
बुधवार, 29 जनवरी 2025 Wednesday, 29 January 2025			
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:33 PM 08:04 PM 10:35 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिंदी	12:09 AM 02:39 AM 05:10 AM 07:40 AM 10:11 AM 12:41 PM 03:12 PM 05:43 PM 08:13 PM 10:44 PM
हिन्दी	अध्याय -3 : कितने पैर?	हिंदी	12:37 AM 03:08 AM 05:39 AM 08:09 AM 10:40 AM 01:10 PM 03:41 PM 06:11 PM 08:42 PM 11:12 PM
English	Ch-2: Badal and Moti	English	12:51 AM 03:22 AM 05:52 AM 08:23 AM 10:53 AM 01:24 PM 03:55 PM 06:25 PM 08:56 PM 11:26 PM



Mathematics	Ch-2: Toy Joy	English	01:15 AM 03:46 AM 06:16 AM 08:47 AM 11:18 AM 01:48 PM 04:19 PM 06:49 PM 09:20 PM 11:50 PM
Storytelling(Animated)	The Umbrella	English	01:43 AM 04:14 AM 06:44 AM 09:15 AM 11:45 AM 02:16 PM 04:47 PM 07:17 PM 09:48 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिंदी	01:50 AM 04:21 AM 06:52 AM 09:22 AM 11:53 AM 02:23 PM 04:54 PM 07:24 PM 09:55 PM
Cultural Heritage:Art,Music &Dance	Qutub Minar (कुतुब मीनार)	English/hindi	02:03 AM 04:33 AM 07:04 AM 09:34 AM 12:05 PM 02:36 PM 05:06 PM 07:37 PM 10:07 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	02:11 AM 04:41 AM 07:12 AM 09:43 AM 12:13 PM 02:44 PM 05:14 PM 07:45 PM 10:15 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:17 AM 04:48 AM 07:18 AM 09:49 AM 12:19 PM 02:50 PM 05:20 PM 07:51 PM 10:22 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिंदी	02:23 AM 04:54 AM 07:24 AM 09:55 AM 12:25 PM 02:56 PM 05:27 PM 07:57 PM 10:28 PM
बृहस्पतिवार, 30 जनवरी 2025 Thursday, 30 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:29 AM 04:58 AM 07:27 AM 09:57 AM 12:26 PM 02:55 PM 05:24 PM 07:54 PM 10:23 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:14 AM 02:44 AM 05:13 AM 07:42 AM 10:11 AM 12:41 PM 03:10 PM 05:39 PM 08:08 PM 10:38 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिंदी	12:28 AM 02:57 AM 05:27 AM 07:56 AM 10:25 AM 12:54 PM 03:24 PM 05:53 PM 08:22 PM 10:51 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	12:57 AM 03:26 AM 05:55 AM 08:25 AM 10:54 AM 01:23 PM 03:52 PM 06:22 PM 08:51 PM 11:20 PM
English	Ch-4 : Ch-4: Out in the Garden	English	01:02 AM 03:31 AM 06:01 AM 08:30 AM 10:59 AM 01:28 PM 03:58 PM 06:27 PM 08:56 PM 11:25 PM



Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:25 AM 03:54 AM 06:23 AM 08:52 AM 11:22 AM 01:51 PM 04:20 PM 06:49 PM 09:19 PM 11:48 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:26 AM 03:55 AM 06:24 AM 08:53 AM 11:23 AM 01:52 PM 04:21 PM 06:50 PM 09:20 PM 11:49 PM
Mathematics	Ch-2: Toy Joy	English	01:27 AM 03:56 AM 06:25 AM 08:54 AM 11:24 AM 01:53 PM 04:22 PM 06:51 PM 09:21 PM 11:50 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Andaman and Nicobar Islands	English/hindi	01:54 AM 04:24 AM 06:53 AM 09:22 AM 11:51 AM 02:21 PM 04:50 PM 07:19 PM 09:48 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Navodaya Vidyalaya	English/hindi	02:00 AM 04:29 AM 06:58 AM 09:27 AM 11:57 AM 02:26 PM 04:55 PM 07:24 PM 09:54 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	02:06 AM 04:35 AM 07:04 AM 09:34 AM 12:03 PM 02:32 PM 05:01 PM 07:31 PM 10:00 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	02:14 AM 04:43 AM 07:13 AM 09:42 AM 12:11 PM 02:40 PM 05:10 PM 07:39 PM 10:08 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	02:15 AM 04:44 AM 07:14 AM 09:43 AM 12:12 PM 02:41 PM 05:11 PM 07:40 PM 10:09 PM
शुक्रवार, 31 जनवरी 2025 Friday, 31 January 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:31 AM 05:03 AM 07:34 AM 10:06 AM 12:37 PM 03:09 PM 05:40 PM 08:12 PM 10:43 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:14 AM 02:46 AM 05:17 AM 07:49 AM 10:20 AM 12:52 PM 03:24 PM 05:55 PM 08:27 PM 10:58 PM
हिन्दी	अध्याय -3 :कितने पैर?	हिंदी	12:20 AM 02:51 AM 05:23 AM 07:55 AM 10:26 AM 12:58 PM 03:29 PM 06:01 PM 08:32 PM 11:04 PM



Mathematics	Ch-2: Toy Joy	English	12:34 AM 03:05 AM 05:37 AM 08:08 AM 10:40 AM 01:11 PM 03:43 PM 06:14 PM 08:46 PM 11:17 PM
Storytelling(Animated)	Story of a Tinker	English	01:01 AM 03:33 AM 06:04 AM 08:36 AM 11:08 AM 01:39 PM 04:11 PM 06:42 PM 09:14 PM 11:45 PM
English	Ch-2: Badal and Moti	English	01:10 AM 03:41 AM 06:13 AM 08:44 AM 11:16 AM 01:47 PM 04:19 PM 06:50 PM 09:22 PM 11:54 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिंदी	01:34 AM 04:05 AM 06:37 AM 09:09 AM 11:40 AM 02:12 PM 04:43 PM 07:15 PM 09:46 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:46 AM 04:18 AM 06:50 AM 09:21 AM 11:53 AM 02:24 PM 04:56 PM 07:27 PM 09:59 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Dadra and Nagar Haveli	English/hindi	01:52 AM 04:23 AM 06:55 AM 09:26 AM 11:58 AM 02:29 PM 05:01 PM 07:33 PM 10:04 PM
Art Education	Navras: Dance Emotions	English/hindi	01:57 AM 04:28 AM 07:00 AM 09:31 AM 12:03 PM 02:34 PM 05:06 PM 07:37 PM 10:09 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Daman and Diu	English/hindi	02:00 AM 04:32 AM 07:04 AM 09:35 AM 12:07 PM 02:38 PM 05:10 PM 07:41 PM 10:13 PM
Art Education	Kala Utsav – 2022 – Dance Folk(Boy)Jharkhand	English/hindi	02:06 AM 04:38 AM 07:09 AM 09:41 AM 12:12 PM 02:44 PM 05:15 PM 07:47 PM 10:18 PM
योग	सूर्य नमस्कार	हिंदी	02:12 AM 04:44 AM 07:15 AM 09:47 AM 12:18 PM 02:50 PM 05:22 PM 07:53 PM 10:25 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिंदी	02:19 AM 04:51 AM 07:22 AM 09:54 AM 12:25 PM 02:57 PM 05:28 PM 08:00 PM 10:31 PM