

## कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी

## Monthly Program Transmission Schedule of Class - 6

### कक्षा - 6 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

### Subject-wise Weekly Program Transmission Schedule of Class - 6

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	इतिहास	हिन्दी	संस्कृत	राजनीति विज्ञान
English	Geography	History	English	Political Science	Mathematics	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/28](https://www.swayamprabha.gov.in/index.php/program/current_se/28).

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday from 3.00 pm to 4.00 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.



## कक्षा - 6 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 6

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			
General	पारस्परिक संबंध	Hindi	12:00 AM    02:06 AM    04:12 AM    06:18 AM    08:24 AM    10:31 AM    12:37 PM    02:43 PM    04:49 PM    06:56 PM    09:02 PM    11:08 PM
Science (Activities)	Tests for components of food (Ch-2)	English	12:13 AM    02:19 AM    04:25 AM    06:32 AM    08:38 AM    10:44 AM    12:50 PM    02:57 PM    05:03 PM    07:09 PM    09:15 PM    11:22 PM
General Awareness	Air Pollution	English	12:31 AM    02:37 AM    04:43 AM    06:50 AM    08:56 AM    11:02 AM    01:08 PM    03:15 PM    05:21 PM    07:27 PM    09:33 PM    11:39 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:56 AM    03:02 AM    05:08 AM    07:15 AM    09:21 AM    11:27 AM    01:33 PM    03:40 PM    05:46 PM    07:52 PM    09:58 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	01:05 AM    03:11 AM    05:17 AM    07:23 AM    09:30 AM    11:36 AM    01:42 PM    03:48 PM    05:55 PM    08:01 PM    10:07 PM
Disaster management	हिमस्खलन के संकेत	Hindi	01:16 AM    03:22 AM    05:28 AM    07:34 AM    09:41 AM    11:47 AM    01:53 PM    03:59 PM    06:06 PM    08:12 PM    10:18 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:17 AM    03:24 AM    05:30 AM    07:36 AM    09:42 AM    11:49 AM    01:55 PM    04:01 PM    06:07 PM    08:14 PM    10:20 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Navodaya Vidyalaya	English	01:38 AM    03:44 AM    05:50 AM    07:56 AM    10:03 AM    12:09 PM    02:15 PM    04:21 PM    06:28 PM    08:34 PM    10:40 PM
General Awareness	Arpan-Personal safety	English	01:50 AM    03:56 AM    06:02 AM    08:08 AM    10:15 AM    12:21 PM    02:27 PM    04:33 PM    06:39 PM    08:46 PM    10:52 PM
बृहस्पतिवार, 02 जनवरी 2025 Thursday, 02 January 2025			



Science (Activities)	Science Activities: Floating-Sinking-Part1	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:02 PM    08:02 PM    10:02 PM
इतिहास	अहिंसा से अमन	Hindi	12:25 AM    02:25 AM    04:25 AM    06:25 AM    08:25 AM    10:26 AM    12:26 PM    02:26 PM    04:26 PM    06:27 PM    08:27 PM    10:27 PM
Disaster management	Clod Wave - Preparation	Hindi	12:45 AM    02:45 AM    04:45 AM    06:45 AM    08:45 AM    10:46 AM    12:46 PM    02:46 PM    04:46 PM    06:47 PM    08:47 PM    10:47 PM
General	Ardha Chakrasana	English	12:46 AM    02:46 AM    04:46 AM    06:47 AM    08:47 AM    10:47 AM    12:47 PM    02:47 PM    04:48 PM    06:48 PM    08:48 PM    10:48 PM
सामान्य	India-Pavilion-at- COP27-Mission	Hindi	12:48 AM    02:48 AM    04:48 AM    06:49 AM    08:49 AM    10:49 AM    12:49 PM    02:49 PM    04:50 PM    06:50 PM    08:50 PM    10:50 PM
इतिहास	कस्तूरबा गाँधी	Hindi	12:51 AM    02:51 AM    04:51 AM    06:51 AM    08:52 AM    10:52 AM    12:52 PM    02:52 PM    04:53 PM    06:53 PM    08:53 PM    10:53 PM
Creative Activities: Art & Craft	Striking Swan	English	01:14 AM    03:14 AM    05:14 AM    07:14 AM    09:15 AM    11:15 AM    01:15 PM    03:15 PM    05:16 PM    07:16 PM    09:16 PM    11:16 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Kerala	English	01:16 AM    03:16 AM    05:16 AM    07:16 AM    09:17 AM    11:17 AM    01:17 PM    03:17 PM    05:18 PM    07:18 PM    09:18 PM    11:18 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	01:30 AM    03:31 AM    05:31 AM    07:31 AM    09:31 AM    11:32 AM    01:32 PM    03:32 PM    05:32 PM    07:32 PM    09:33 PM    11:33 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:55 AM    03:55 AM    05:55 AM    07:55 AM    09:56 AM    11:56 AM    01:56 PM    03:56 PM    05:56 PM    07:57 PM    09:57 PM    11:57 PM
शुक्रवार, 03 जनवरी 2025 Friday, 03 January 2025			
General Awareness	बात पते की	Hindi	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
General	Bhujagasana	English	12:15 AM    02:15 AM    04:14 AM    06:14 AM    08:14 AM    10:14 AM    12:14 PM    02:14 PM    04:14 PM    06:14 PM    08:13 PM    10:13 PM



Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:17 AM    02:17 AM    04:17 AM    06:17 AM    08:17 AM    10:17 AM    12:16 PM    02:16 PM    04:16 PM    06:16 PM    08:16 PM    10:16 PM
Disaster management	Coldwave _ Do's and don'ts of a cold wave for people residing in hilly regions	English	12:30 AM    02:30 AM    04:30 AM    06:30 AM    08:30 AM    10:30 AM    12:30 PM    02:29 PM    04:29 PM    06:29 PM    08:29 PM    10:29 PM
English Live	Poorvi-textbook of english:its salient feature	English	12:31 AM    02:31 AM    04:31 AM    06:31 AM    08:31 AM    10:31 AM    12:30 PM    02:30 PM    04:30 PM    06:30 PM    08:30 PM    10:30 PM
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:59 AM    02:59 AM    04:59 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:58 PM    04:58 PM    06:58 PM    08:58 PM    10:58 PM
Creative Activities: Art & Craft	Striking Swan	English	01:14 AM    03:14 AM    05:14 AM    07:14 AM    09:14 AM    11:13 AM    01:13 PM    03:13 PM    05:13 PM    07:13 PM    09:13 PM    11:13 PM
General Awareness	Arpan-Personal safety	English	01:23 AM    03:23 AM    05:23 AM    07:23 AM    09:23 AM    11:23 AM    01:23 PM    03:23 PM    05:22 PM    07:22 PM    09:22 PM    11:22 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	01:38 AM    03:38 AM    05:37 AM    07:37 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:37 PM    07:37 PM    09:37 PM    11:36 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:54 AM    03:54 AM    05:54 AM    07:54 AM    09:54 AM    11:54 AM    01:54 PM    03:54 PM    05:53 PM    07:53 PM    09:53 PM    11:53 PM
<b>शनिवार, 04 जनवरी 2025</b> <b>Saturday, 04 January 2025</b>			
Creative Activities: Art & Craft	Curious Rat	English	12:00 AM    01:58 AM    03:57 AM    05:56 AM    07:55 AM    09:54 AM    11:53 AM    01:51 PM    03:50 PM    05:49 PM    07:48 PM    09:47 PM    11:46 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:09 AM    02:08 AM    04:06 AM    06:05 AM    08:04 AM    10:03 AM    12:02 PM    02:01 PM    03:59 PM    05:58 PM    07:57 PM    09:56 PM    11:55 PM
General	निपुण भारत	Hindi	12:12 AM    02:11 AM    04:10 AM    06:08 AM    08:07 AM    10:06 AM    12:05 PM    02:04 PM    04:03 PM    06:02 PM    08:00 PM    09:59 PM    11:58 PM



सामान्य	Water Saved	Hindi	12:15 AM    02:14 AM    04:12 AM    06:11 AM    08:10 AM    10:09 AM    12:08 PM    02:07 PM    04:06 PM    06:04 PM    08:03 PM    10:02 PM
General	Energy Saving	English	12:19 AM    02:18 AM    04:17 AM    06:15 AM    08:14 AM    10:13 AM    12:12 PM    02:11 PM    04:10 PM    06:09 PM    08:07 PM    10:06 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:21 AM    02:19 AM    04:18 AM    06:17 AM    08:16 AM    10:15 AM    12:14 PM    02:12 PM    04:11 PM    06:10 PM    08:09 PM    10:08 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:22 AM    02:21 AM    04:20 AM    06:19 AM    08:17 AM    10:16 AM    12:15 PM    02:14 PM    04:13 PM    06:12 PM    08:11 PM    10:09 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:28 AM    02:27 AM    04:26 AM    06:25 AM    08:24 AM    10:22 AM    12:21 PM    02:20 PM    04:19 PM    06:18 PM    08:17 PM    10:15 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi	12:56 AM    02:55 AM    04:53 AM    06:52 AM    08:51 AM    10:50 AM    12:49 PM    02:48 PM    04:47 PM    06:45 PM    08:44 PM    10:43 PM
General	Introduction to MISSION LIFE	English	12:59 AM    02:58 AM    04:56 AM    06:55 AM    08:54 AM    10:53 AM    12:52 PM    02:51 PM    04:49 PM    06:48 PM    08:47 PM    10:46 PM
Science Live	VGYAN KA ANUTHA SANSAR	Hindi	01:01 AM    03:00 AM    04:59 AM    06:58 AM    08:56 AM    10:55 AM    12:54 PM    02:53 PM    04:52 PM    06:51 PM    08:50 PM    10:48 PM
Creative Activities: Art & Craft	बोबबलिन्ग बटरप्लाइ	Hindi	01:26 AM    03:25 AM    05:24 AM    07:23 AM    09:22 AM    11:20 AM    01:19 PM    03:18 PM    05:17 PM    07:16 PM    09:15 PM    11:14 PM
General	zoological-Survey-of- india	English	01:28 AM    03:26 AM    05:25 AM    07:24 AM    09:23 AM    11:22 AM    01:21 PM    03:20 PM    05:18 PM    07:17 PM    09:16 PM    11:15 PM
Disaster management	शहरी बाढ़ - आपदा का सामना	Hindi	01:30 AM    03:29 AM    05:28 AM    07:27 AM    09:25 AM    11:24 AM    01:23 PM    03:22 PM    05:21 PM    07:20 PM    09:19 PM    11:17 PM
<b>रविवार, 05 जनवरी 2025</b> <b>Sunday, 05 January 2025</b>			
सामान्य	Healthy Lifestyle Adopted	Hindi	12:00 AM    01:48 AM    03:37 AM    05:25 AM    07:14 AM    09:03 AM    10:51 AM    12:40 PM    02:28 PM    04:17 PM    06:06 PM    07:54 PM    09:43 PM    11:31 PM



Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:01 AM    01:50 AM    03:38 AM    05:27 AM    07:16 AM    09:04 AM    10:53 AM    12:41 PM    02:30 PM    04:19 PM    06:07 PM    07:56 PM    09:44 PM    11:33 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:15 AM    02:04 AM    03:52 AM    05:41 AM    07:30 AM    09:18 AM    11:07 AM    12:55 PM    02:44 PM    04:33 PM    06:21 PM    08:10 PM    09:58 PM    11:47 PM
Creative Activities: Art & Craft	Paper Glider	English	12:23 AM    02:12 AM    04:00 AM    05:49 AM    07:37 AM    09:26 AM    11:15 AM    01:03 PM    02:52 PM    04:40 PM    06:29 PM    08:18 PM    10:06 PM    11:55 PM
Storytelling/Value Education	नट खट चूहा	Hindi	12:26 AM    02:14 AM    04:03 AM    05:52 AM    07:40 AM    09:29 AM    11:17 AM    01:06 PM    02:55 PM    04:43 PM    06:32 PM    08:20 PM    10:09 PM    11:58 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	Hindi	12:40 AM    02:28 AM    04:17 AM    06:05 AM    07:54 AM    09:43 AM    11:31 AM    01:20 PM    03:08 PM    04:57 PM    06:46 PM    08:34 PM    10:23 PM
General	Nadishodhan Pranayam	English	12:52 AM    02:40 AM    04:29 AM    06:18 AM    08:06 AM    09:55 AM    11:43 AM    01:32 PM    03:21 PM    05:09 PM    06:58 PM    08:46 PM    10:35 PM
General	नाड़ीशोधन प्राणायाम	Hindi	12:55 AM    02:44 AM    04:32 AM    06:21 AM    08:10 AM    09:58 AM    11:47 AM    01:35 PM    03:24 PM    05:13 PM    07:01 PM    08:50 PM    10:38 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:05 AM    02:54 AM    04:42 AM    06:31 AM    08:19 AM    10:08 AM    11:57 AM    01:45 PM    03:34 PM    05:22 PM    07:11 PM    09:00 PM    10:48 PM
Social Science (Geography)	Land and People Series: Desert Gold	English	01:10 AM    02:59 AM    04:47 AM    06:36 AM    08:24 AM    10:13 AM    12:02 PM    01:50 PM    03:39 PM    05:27 PM    07:16 PM    09:05 PM    10:53 PM
Health, Physical Education/Yoga/ Sports	त्रिकोणासन	Hindi	01:26 AM    03:15 AM    05:03 AM    06:52 AM    08:40 AM    10:29 AM    12:18 PM    02:06 PM    03:55 PM    05:43 PM    07:32 PM    09:21 PM    11:09 PM



Disaster management	हिमस्खलन के सकेत	Hindi	01:42 AM    03:31 AM    05:19 AM    07:08 AM    08:57 AM    10:45 AM    12:34 PM    02:22 PM    04:11 PM    06:00 PM    07:48 PM    09:37 PM    11:25 PM
Art & Craft	छोटा है या बड़ा	Hindi	01:44 AM    03:33 AM    05:21 AM    07:10 AM    08:58 AM    10:47 AM    12:36 PM    02:24 PM    04:13 PM    06:01 PM    07:50 PM    09:39 PM    11:27 PM
<b>सोमवार, 06 जनवरी 2025</b> <b>Monday, 06 January 2025</b>			
General	Value and responsible Citizenship	English	12:00 AM    01:44 AM    03:28 AM    05:13 AM    06:57 AM    08:41 AM    10:26 AM    12:10 PM    01:54 PM    03:39 PM    05:23 PM    07:07 PM    08:52 PM    10:36 PM
Creative Activities: Art & Craft	Pencil Drawdio	English	12:06 AM    01:50 AM    03:34 AM    05:19 AM    07:03 AM    08:47 AM    10:32 AM    12:16 PM    02:00 PM    03:45 PM    05:29 PM    07:13 PM    08:58 PM    10:42 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:10 AM    01:54 AM    03:38 AM    05:23 AM    07:07 AM    08:51 AM    10:36 AM    12:20 PM    02:04 PM    03:49 PM    05:33 PM    07:17 PM    09:02 PM    10:46 PM
Vocational Videos	Seed Germination	English	12:12 AM    01:56 AM    03:41 AM    05:25 AM    07:09 AM    08:54 AM    10:38 AM    12:22 PM    02:07 PM    03:51 PM    05:35 PM    07:20 PM    09:04 PM    10:48 PM
General	Safe Use of Internet_Gadgets and Media	English	12:27 AM    02:11 AM    03:55 AM    05:40 AM    07:24 AM    09:08 AM    10:53 AM    12:37 PM    02:21 PM    04:06 PM    05:50 PM    07:34 PM    09:19 PM    11:03 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:33 AM    02:17 AM    04:01 AM    05:46 AM    07:30 AM    09:14 AM    10:59 AM    12:43 PM    02:27 PM    04:12 PM    05:56 PM    07:40 PM    09:25 PM    11:09 PM
General	Padahastana	English	12:39 AM    02:23 AM    04:08 AM    05:52 AM    07:36 AM    09:21 AM    11:05 AM    12:49 PM    02:34 PM    04:18 PM    06:02 PM    07:47 PM    09:31 PM    11:15 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:41 AM    02:26 AM    04:10 AM    05:54 AM    07:39 AM    09:23 AM    11:07 AM    12:52 PM



			02:36 PM    04:20 PM    06:05 PM    07:49 PM    09:33 PM    11:18 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:55 AM    02:39 AM    04:23 AM    06:08 AM    07:52 AM    09:36 AM    11:21 AM    01:05 PM    02:49 PM    04:34 PM    06:18 PM    08:02 PM    09:47 PM    11:31 PM
Creative Activities: Art & Craft	Cubical Dance	English	12:56 AM    02:40 AM    04:24 AM    06:09 AM    07:53 AM    09:37 AM    11:22 AM    01:06 PM    02:50 PM    04:35 PM    06:19 PM    08:03 PM    09:48 PM    11:32 PM
General	Waste Reduced	English	12:59 AM    02:43 AM    04:28 AM    06:12 AM    07:56 AM    09:41 AM    11:25 AM    01:09 PM    02:54 PM    04:38 PM    06:22 PM    08:07 PM    09:51 PM    11:35 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:00 AM    02:45 AM    04:29 AM    06:13 AM    07:58 AM    09:42 AM    11:26 AM    01:11 PM    02:55 PM    04:39 PM    06:24 PM    08:08 PM    09:52 PM    11:37 PM
General	पादहस्तासन	Hindi	01:20 AM    03:05 AM    04:49 AM    06:33 AM    08:18 AM    10:02 AM    11:46 AM    01:31 PM    03:15 PM    04:59 PM    06:44 PM    08:28 PM    10:12 PM    11:57 PM
General	Interpersonal Relationships	English	01:26 AM    03:10 AM    04:55 AM    06:39 AM    08:23 AM    10:08 AM    11:52 AM    01:36 PM    03:21 PM    05:05 PM    06:49 PM    08:34 PM    10:18 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:31 AM    03:15 AM    04:59 AM    06:44 AM    08:28 AM    10:12 AM    11:57 AM    01:41 PM    03:25 PM    05:10 PM    06:54 PM    08:38 PM    10:23 PM
मंगलवार, 07 जनवरी 2025 Tuesday, 07 January 2025			
Art & Craft	3DPopupHouseAmazing PopUpGreetingCardEngl ish	English	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
Health, Physical Education/Yoga/ Sports	गौमुखासन	Hindi	12:05 AM    02:06 AM    04:06 AM    06:06 AM    08:06 AM    10:06 AM    12:06 PM    02:06 PM    04:07 PM    06:07 PM    08:07 PM    10:07 PM





Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	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    06:20 PM    08:21 PM    10:21 PM
Health, Physical Education/Yoga/ Sports	त्रिकोणासन	Hindi	12:24 AM    02:24 AM    04:24 AM    06:24 AM    08:25 AM    10:25 AM    12:25 PM    02:25 PM    04:25 PM    06:25 PM    08:25 PM    10:26 PM
General	zoological-Survey-of-india	English	12:40 AM    02:40 AM    04:41 AM    06:41 AM    08:41 AM    10:41 AM    12:41 PM    02:41 PM    04:41 PM    06:42 PM    08:42 PM    10:42 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:43 AM    02:43 AM    04:43 AM    06:43 AM    08:43 AM    10:43 AM    12:44 PM    02:44 PM    04:44 PM    06:44 PM    08:44 PM    10:44 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:06 AM    03:07 AM    05:07 AM    07:07 AM    09:07 AM    11:07 AM    01:07 PM    03:07 PM    05:07 PM    07:08 PM    09:08 PM    11:08 PM
General	Waste Reduced	English	01:45 AM    03:45 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:47 PM    09:47 PM    11:47 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:47 AM    03:47 AM    05:47 AM    07:47 AM    09:47 AM    11:47 AM    01:48 PM    03:48 PM    05:48 PM    07:48 PM    09:48 PM    11:48 PM
<b>बुधवार, 08 जनवरी 2025</b> <b>Wednesday, 08 January 2025</b>			
General	मूल्य और जिम्मेदार नागरिकता	Hindi	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	दान का हिसाब	Hindi	12:06 AM    02:07 AM    04:07 AM    06:07 AM    08:08 AM    10:08 AM    12:08 PM    02:09 PM    04:09 PM    06:09 PM    08:09 PM    10:10 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:23 AM    02:23 AM    04:23 AM    06:24 AM    08:24 AM    10:24 AM    12:25 PM    02:25 PM    04:25 PM    06:26 PM    08:26 PM    10:26 PM
Language(Sanskrit) Reading, writing & Vocabulary	बुद्धि बालवती - संस्कृत में कहानी	Hindi	12:24 AM    02:24 AM    04:24 AM    06:25 AM    08:25 AM    10:25 AM    12:26 PM    02:26 PM    04:26 PM    06:27 PM    08:27 PM    10:27 PM
Disaster management	यदि आप हिमस्खलन में फस जाएं, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	12:30 AM    02:30 AM    04:31 AM    06:31 AM    08:31 AM    10:32 AM    12:32 PM    02:32 PM    04:32 PM    06:33 PM    08:33 PM    10:33 PM



Disaster management	Earthquake resistant house	English	12:32 AM    02:32 AM    04:32 AM    06:33 AM    08:33 AM    10:33 AM    12:34 PM    02:34 PM    04:34 PM    06:35 PM    08:35 PM    10:35 PM
Vocational Videos	Preparing ORS at Home	English	12:33 AM    02:34 AM    04:34 AM    06:34 AM    08:35 AM    10:35 AM    12:35 PM    02:36 PM    04:36 PM    06:36 PM    08:37 PM    10:37 PM
Creative Activities: Art & Craft	Bobbing Butterfly - A Wonderful Bobbing Butterfly	English	12:39 AM    02:39 AM    04:40 AM    06:40 AM    08:40 AM    10:41 AM    12:41 PM    02:41 PM    04:42 PM    06:42 PM    08:42 PM    10:43 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:54 AM    02:55 AM    04:55 AM    06:55 AM    08:56 AM    10:56 AM    12:56 PM    02:56 PM    04:57 PM    06:57 PM    08:57 PM    10:58 PM
Science (Activities)	Separation of substances (Ch-4:Part 2)	English	01:04 AM    03:04 AM    05:04 AM    07:05 AM    09:05 AM    11:05 AM    01:06 PM    03:06 PM    05:06 PM    07:07 PM    09:07 PM    11:07 PM
Hindi Live	Rahim ke dohe	Hindi	01:07 AM    03:07 AM    05:07 AM    07:08 AM    09:08 AM    11:08 AM    01:09 PM    03:09 PM    05:09 PM    07:10 PM    09:10 PM    11:10 PM
General	Emotional well being and mental health	English	01:32 AM    03:32 AM    05:33 AM    07:33 AM    09:33 AM    11:34 AM    01:34 PM    03:34 PM    05:35 PM    07:35 PM    09:35 PM    11:36 PM
सामान्य	Water Saved	Hindi	01:45 AM    03:45 AM    05:45 AM    07:46 AM    09:46 AM    11:46 AM    01:47 PM    03:47 PM    05:47 PM    07:48 PM    09:48 PM    11:48 PM
General	Setu Bandhasana	English	01:46 AM    03:46 AM    05:46 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
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:48 AM    03:49 AM    05:49 AM    07:49 AM    09:50 AM    11:50 AM    01:50 PM    03:51 PM    05:51 PM    07:51 PM    09:51 PM    11:52 PM
General	सेतुबंधासन	Hindi	01:57 AM    03:58 AM    05:58 AM    07:58 AM    09:59 AM    11:59 AM    01:59 PM    04:00 PM    06:00 PM    08:00 PM    10:01 PM
<b>बृहस्पतिवार, 09 जनवरी 2025</b> <b>Thursday, 09 January 2025</b>			
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	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
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:13 AM    02:13 AM    04:14 AM    06:14 AM    08:15 AM    10:15 AM    12:16 PM    02:16 PM    04:17 PM    06:17 PM    08:18 PM    10:18 PM



सामान्य	Water Saved	Hindi	12:14 AM    02:14 AM    04:15 AM    06:15 AM    08:16 AM    10:16 AM    12:17 PM    02:17 PM    04:18 PM    06:18 PM    08:19 PM    10:19 PM
General	Values and Types of Wetlands Part -1	English	12:15 AM    02:15 AM    04:16 AM    06:16 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
Creative Activities: Art & Craft	Dancing Eyes	English	12:22 AM    02:22 AM    04:23 AM    06:23 AM    08:24 AM    10:24 AM    12:25 PM    02:25 PM    04:26 PM    06:26 PM    08:27 PM    10:27 PM
Language (Hindi) Poem Recitation (Listening & Vocabulary)	सधि भाग 01	Hindi	12:23 AM    02:23 AM    04:24 AM    06:25 AM    08:25 AM    10:26 AM    12:26 PM    02:27 PM    04:27 PM    06:28 PM    08:28 PM    10:29 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:36 AM    02:36 AM    04:37 AM    06:37 AM    08:38 AM    10:38 AM    12:39 PM    02:39 PM    04:40 PM    06:40 PM    08:41 PM    10:41 PM
Science (Activities)	Activity 1- why do we separate substances (ch-4)	English	12:53 AM    02:54 AM    04:54 AM    06:55 AM    08:55 AM    10:56 AM    12:56 PM    02:57 PM    04:57 PM    06:58 PM    08:58 PM    10:59 PM
Creative Activities: Art & Craft	String Mosquito	English	12:57 AM    02:57 AM    04:58 AM    06:58 AM    08:59 AM    10:59 AM    01:00 PM    03:00 PM    05:01 PM    07:01 PM    09:02 PM    11:03 PM
General	Gender Equality	English	12:58 AM    02:59 AM    04:59 AM    07:00 AM    09:00 AM    11:01 AM    01:01 PM    03:02 PM    05:02 PM    07:03 PM    09:03 PM    11:04 PM
Science (Activities)	Activity 2 - Food Items & their Ingredients (Chapter-2)	English	01:05 AM    03:06 AM    05:06 AM    07:07 AM    09:07 AM    11:08 AM    01:08 PM    03:09 PM    05:09 PM    07:10 PM    09:10 PM    11:11 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:07 AM    03:07 AM    05:08 AM    07:08 AM    09:09 AM    11:09 AM    01:10 PM    03:10 PM    05:11 PM    07:11 PM    09:12 PM    11:13 PM
General	Growing up Healthy	English	01:23 AM    03:23 AM    05:24 AM    07:24 AM    09:25 AM    11:25 AM    01:26 PM    03:27 PM    05:27 PM    07:28 PM    09:28 PM    11:29 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:32 AM    03:32 AM    05:33 AM    07:33 AM    09:34 AM    11:34 AM    01:35 PM    03:35 PM    05:36 PM    07:36 PM    09:37 PM    11:37 PM
General	Shalabhasana	English	01:38 AM    03:38 AM    05:39 AM    07:39 AM    09:40 AM    11:40 AM    01:41 PM    03:41 PM    05:42 PM    07:42 PM    09:43 PM    11:43 PM



Disaster management	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:40 AM    03:41 AM    05:41 AM    07:42 AM    09:42 AM    11:43 AM    01:43 PM    03:44 PM    05:44 PM    07:45 PM    09:45 PM    11:46 PM
General	शलभासन	Hindi	01:41 AM    03:42 AM    05:42 AM    07:43 AM    09:43 AM    11:44 AM    01:44 PM    03:45 PM    05:45 PM    07:46 PM    09:46 PM    11:47 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:44 AM    03:44 AM    05:45 AM    07:45 AM    09:46 AM    11:46 AM    01:47 PM    03:47 PM    05:48 PM    07:48 PM    09:49 PM    11:49 PM
सामान्य	India-Pavilion-at-COP27-Mission	Hindi	01:46 AM    03:46 AM    05:47 AM    07:47 AM    09:48 AM    11:48 AM    01:49 PM    03:49 PM    05:50 PM    07:50 PM    09:51 PM    11:51 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:49 AM    03:50 AM    05:50 AM    07:51 AM    09:51 AM    11:52 AM    01:52 PM    03:53 PM    05:53 PM    07:54 PM    09:54 PM    11:55 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:56 AM    03:57 AM    05:57 AM    07:58 AM    09:58 AM    11:59 AM    01:59 PM    04:00 PM    06:00 PM    08:01 PM    10:01 PM

शुक्रवार, 10 जनवरी 2025

Friday, 10 January 2025

Disaster management	Earthquake - What to do when outside during an earthquake	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:05 PM    04:06 PM    06:07 PM    08:07 PM    10:08 PM
Storytelling/Value Education	बस के नीचे बाघ	Hindi	12:02 AM    02:02 AM    04:03 AM    06:04 AM    08:05 AM    10:06 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:10 PM
General	Nutrition_Health and Sanitation	English	12:08 AM    02:08 AM    04:09 AM    06:10 AM    08:11 AM    10:11 AM    12:12 PM    02:13 PM    04:14 PM    06:15 PM    08:15 PM    10:16 PM
Science (Activities)	Activity 2- Handpicking & threshing (ch-5)	English	12:14 AM    02:15 AM    04:15 AM    06:16 AM    08:17 AM    10:18 AM    12:19 PM    02:19 PM    04:20 PM    06:21 PM    08:22 PM    10:23 PM
Vocational Videos	Preparing ORS at Home	English	12:18 AM    02:18 AM    04:19 AM    06:20 AM    08:21 AM    10:21 AM    12:22 PM    02:23 PM    04:24 PM    06:25 PM    08:25 PM    10:26 PM
Creative Activities: Art & Craft	Double Spiral from Square	English	12:23 AM    02:24 AM    04:25 AM    06:26 AM    08:26 AM    10:27 AM    12:28 PM    02:29 PM    04:30 PM    06:30 PM    08:31 PM    10:32 PM
Creative Activities: Art & Craft	Curlicue Origami	English	12:27 AM    02:28 AM    04:29 AM    06:29 AM    08:30 AM    10:31 AM    12:32 PM    02:33 PM    04:33 PM    06:34 PM    08:35 PM    10:36 PM



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Dish TV Channel #2027

Creative Activities: Art & Craft	Pals Climb Peaks	English	12:30 AM    02:31 AM    04:32 AM    06:33 AM    08:34 AM    10:34 AM    12:35 PM    02:36 PM    04:37 PM    06:37 PM    08:38 PM    10:39 PM
General	Emotional well being and mental health	English	12:34 AM    02:34 AM    04:35 AM    06:36 AM    08:37 AM    10:38 AM    12:38 PM    02:39 PM    04:40 PM    06:41 PM    08:41 PM    10:42 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:39 AM    02:39 AM    04:40 AM    06:41 AM    08:42 AM    10:42 AM    12:43 PM    02:44 PM    04:45 PM    06:46 PM    08:46 PM    10:47 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:44 AM    02:45 AM    04:45 AM    06:46 AM    08:47 AM    10:48 AM    12:48 PM    02:49 PM    04:50 PM    06:51 PM    08:52 PM    10:52 PM
General English	Episode 2 Greeting an Acquaintance	English	12:45 AM    02:45 AM    04:46 AM    06:47 AM    08:48 AM    10:48 AM    12:49 PM    02:50 PM    04:51 PM    06:52 PM    08:52 PM    10:53 PM
Storytelling/Value Education	राख की रस्सी	Hindi	12:53 AM    02:54 AM    04:55 AM    06:56 AM    08:56 AM    10:57 AM    12:58 PM    02:59 PM    05:00 PM    07:00 PM    09:01 PM    11:02 PM
General Awareness	Water A Wonderfull Molecule	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    07:13 PM    09:14 PM    11:15 PM
General	Shashankasana	English	01:26 AM    03:27 AM    05:28 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:32 PM    05:33 PM    07:33 PM    09:34 PM    11:35 PM
General	शशकासन	Hindi	01:29 AM    03:29 AM    05:30 AM    07:31 AM    09:32 AM    11:33 AM    01:33 PM    03:34 PM    05:35 PM    07:36 PM    09:37 PM    11:37 PM
General	Growing up Healthy	English	01:45 AM    03:45 AM    05:46 AM    07:47 AM    09:48 AM    11:49 AM    01:49 PM    03:50 PM    05:51 PM    07:52 PM    09:53 PM    11:53 PM
Cultural Heritage: Art, Music & Dance	Kaleidoscope	English	01:49 AM    03:50 AM    05:50 AM    07:51 AM    09:52 AM    11:53 AM    01:54 PM    03:54 PM    05:55 PM    07:56 PM    09:57 PM    11:58 PM
General	zoological-Survey-of- india	English	01:58 AM    03:59 AM    05:59 AM    08:00 AM    10:01 AM    12:02 PM    02:03 PM    04:03 PM    06:04 PM    08:05 PM    10:06 PM
<b>शनिवार, 11 जनवरी 2025</b> <b>Saturday, 11 January 2025</b>			
General English	Episode 1 Greeting a Friend	English	12:00 AM    02:01 AM    04:02 AM    06:04 AM    08:05 AM    10:06 AM    12:08 PM    02:09 PM    04:10 PM    06:12 PM    08:13 PM    10:14 PM



General Awareness	क्षेत्रफल	Hindi	12:09 AM    02:10 AM    04:12 AM    06:13 AM    08:14 AM    10:16 AM    12:17 PM    02:18 PM    04:20 PM    06:21 PM    08:22 PM    10:24 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:34 AM    02:36 AM    04:37 AM    06:38 AM    08:40 AM    10:41 AM    12:42 PM    02:44 PM    04:45 PM    06:46 PM    08:48 PM    10:49 PM
General English	Episode 3 Greeting Strangers	English	12:38 AM    02:39 AM    04:41 AM    06:42 AM    08:43 AM    10:45 AM    12:46 PM    02:47 PM    04:49 PM    06:50 PM    08:51 PM    10:53 PM
General	Introduction to MISSION LIFE	English	12:50 AM    02:51 AM    04:53 AM    06:54 AM    08:55 AM    10:57 AM    12:58 PM    02:59 PM    05:01 PM    07:02 PM    09:03 PM    11:05 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:52 AM    02:54 AM    04:55 AM    06:56 AM    08:58 AM    10:59 AM    01:00 PM    03:02 PM    05:03 PM    07:04 PM    09:06 PM    11:07 PM
Science (Activities)	Tests for components of food (Ch-2)	English	12:58 AM    03:00 AM    05:01 AM    07:02 AM    09:04 AM    11:05 AM    01:06 PM    03:08 PM    05:09 PM    07:11 PM    09:12 PM    11:13 PM
Science activity	Let us explore fabrics that are obtained from fibre	English	01:05 AM    03:06 AM    05:07 AM    07:09 AM    09:10 AM    11:11 AM    01:13 PM    03:14 PM    05:16 PM    07:17 PM    09:18 PM    11:20 PM
General	सूर्य नमस्कार	Hindi	01:12 AM    03:13 AM    05:15 AM    07:16 AM    09:17 AM    11:19 AM    01:20 PM    03:21 PM    05:23 PM    07:24 PM    09:25 PM    11:27 PM
General	Nutrition_Health and Sanitation	English	01:19 AM    03:20 AM    05:21 AM    07:23 AM    09:24 AM    11:25 AM    01:27 PM    03:28 PM    05:29 PM    07:31 PM    09:32 PM    11:34 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:25 AM    03:26 AM    05:28 AM    07:29 AM    09:30 AM    11:32 AM    01:33 PM    03:34 PM    05:36 PM    07:37 PM    09:39 PM    11:40 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	01:26 AM    03:27 AM    05:28 AM    07:30 AM    09:31 AM    11:32 AM    01:34 PM    03:35 PM    05:36 PM    07:38 PM    09:39 PM    11:40 PM
General	निपुण भारत	Hindi	01:49 AM    03:51 AM    05:52 AM    07:53 AM    09:55 AM    11:56 AM    01:57 PM    03:59 PM    06:00 PM    08:02 PM    10:03 PM
Creative Activities: Art & Craft	बोबबलिन्ग बटरफ्लाई	Hindi	01:51 AM    03:52 AM    05:54 AM    07:55 AM    09:56 AM    11:58 AM    01:59 PM    04:01 PM    06:02 PM    08:03 PM    10:05 PM



Disaster management	Cyclone - यदि आप चक्रवात के दौरान बाहर फस गए हैं	Hindi	01:53 AM    03:54 AM    05:55 AM    07:57 AM    09:58 AM    11:59 AM    02:01 PM    04:02 PM    06:03 PM    08:05 PM    10:06 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:54 AM    03:55 AM    05:56 AM    07:58 AM    09:59 AM    12:00 PM    02:02 PM    04:03 PM    06:04 PM    08:06 PM    10:07 PM
<b>रविवार, 12 जनवरी 2025</b> <b>Sunday, 12 January 2025</b>			
सामान्य	Water Saved	Hindi	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    10:06 PM
Creative Activities: Art & Craft	Cubical Dance	English	12:02 AM    02:02 AM    04:03 AM    06:04 AM    08:04 AM    10:05 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:07 PM    10:08 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	12:05 AM    02:06 AM    04:06 AM    06:07 AM    08:07 AM    10:08 AM    12:08 PM    02:09 PM    04:10 PM    06:10 PM    08:11 PM    10:11 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	12:06 AM    02:07 AM    04:07 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
General English	Episode 4 Meeting People: Pleased to meet you	English	12:07 AM    02:08 AM    04:08 AM    06:09 AM    08:10 AM    10:10 AM    12:11 PM    02:11 PM    04:12 PM    06:12 PM    08:13 PM    10:13 PM
Disaster management	Earthquake - क्या आप सुरक्षित हैं	Hindi	12:34 AM    02:34 AM    04:35 AM    06:35 AM    08:36 AM    10:36 AM    12:37 PM    02:37 PM    04:38 PM    06:39 PM    08:39 PM    10:40 PM
General Awareness	Air Pollution	English	12:35 AM    02:35 AM    04:36 AM    06:36 AM    08:37 AM    10:37 AM    12:38 PM    02:38 PM    04:39 PM    06:40 PM    08:40 PM    10:41 PM
General	Value and responsible Citizenship	English	01:01 AM    03:01 AM    05:02 AM    07:02 AM    09:03 AM    11:03 AM    01:04 PM    03:04 PM    05:05 PM    07:06 PM    09:06 PM    11:07 PM
Disaster management	Flood - बाढ़ के दौरान क्या करें और क्या न करें	Hindi	01:07 AM    03:08 AM    05:09 AM    07:09 AM    09:10 AM    11:10 AM    01:11 PM    03:11 PM    05:12 PM    07:12 PM    09:13 PM    11:13 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	01:10 AM    03:11 AM    05:11 AM    07:12 AM    09:12 AM    11:13 AM    01:13 PM    03:14 PM    05:15 PM    07:15 PM    09:16 PM    11:16 PM
Science activity	Making a magnet using an iron nail Stroke method	English	01:24 AM    03:25 AM    05:25 AM    07:26 AM    09:26 AM    11:27 AM    01:27 PM    03:28 PM    05:29 PM    07:29 PM    09:30 PM    11:30 PM



Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:32 AM    03:33 AM    05:33 AM    07:34 AM    09:34 AM    11:35 AM    01:35 PM    03:36 PM    05:36 PM    07:37 PM    09:38 PM    11:38 PM
General	Tadasana	English	01:52 AM    03:53 AM    05:53 AM    07:54 AM    09:54 AM    11:55 AM    01:56 PM    03:56 PM    05:57 PM    07:57 PM    09:58 PM    11:58 PM
General	ताड़ासन	Hindi	01:58 AM    03:58 AM    05:59 AM    07:59 AM    10:00 AM    12:01 PM    02:01 PM    04:02 PM    06:02 PM    08:03 PM    10:03 PM

सोमवार, 13 जनवरी 2025  
Monday, 13 January 2025

General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	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
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:01 AM    02:02 AM    04:02 AM    06:02 AM    08:03 AM    10:03 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:04 PM    10:05 PM
General	त्रिकोणासन	Hindi	12:02 AM    02:02 AM    04:03 AM    06:03 AM    08:03 AM    10:04 AM    12:04 PM    02:04 PM    04:05 PM    06:05 PM    08:05 PM    10:06 PM
General	Prevention and Management of Substance Misuse	English	12:05 AM    02:06 AM    04:06 AM    06:06 AM    08:07 AM    10:07 AM    12:07 PM    02:08 PM    04:08 PM    06:08 PM    08:09 PM    10:09 PM
General Awareness	Air Pollution	English	12:31 AM    02:31 AM    04:32 AM    06:32 AM    08:32 AM    10:33 AM    12:33 PM    02:33 PM    04:34 PM    06:34 PM    08:34 PM    10:35 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	12:56 AM    02:56 AM    04:57 AM    06:57 AM    08:57 AM    10:58 AM    12:58 PM    02:58 PM    04:59 PM    06:59 PM    08:59 PM    11:00 PM
General Awareness	Arpan-Personal safety	English	12:57 AM    02:57 AM    04:57 AM    06:58 AM    08:58 AM    10:58 AM    12:59 PM    02:59 PM    04:59 PM    06:59 PM    09:00 PM    11:00 PM
Vocational Videos	हैंड टूल	Hindi	01:17 AM    03:17 AM    05:18 AM    07:18 AM    09:18 AM    11:18 AM    01:19 PM    03:19 PM    05:19 PM    07:20 PM    09:20 PM    11:20 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:53 AM    03:53 AM    05:53 AM    07:54 AM    09:54 AM    11:54 AM    01:55 PM    03:55 PM    05:55 PM    07:55 PM    09:56 PM    11:56 PM

मंगलवार, 14 जनवरी 2025  
Tuesday, 14 January 2025



DD Free Dish Channel #28



8800440559



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Dish TV Channel #2027



Storytelling/Value Education	आम की टोकरी	Hindi	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:02 PM    08:02 PM    10:02 PM
General English	Episode 6 Giving Advice 2	English	12:08 AM    02:09 AM    04:09 AM    06:09 AM    08:09 AM    10:09 AM    12:10 PM    02:10 PM    04:10 PM    06:10 PM    08:11 PM    10:11 PM
Creative Activities: Art & Craft	String Mosquito	English	12:21 AM    02:21 AM    04:21 AM    06:22 AM    08:22 AM    10:22 AM    12:22 PM    02:23 PM    04:23 PM    06:23 PM    08:23 PM    10:24 PM
General	Energy Saving	English	12:22 AM    02:22 AM    04:23 AM    06:23 AM    08:23 AM    10:23 AM    12:24 PM    02:24 PM    04:24 PM    06:24 PM    08:25 PM    10:25 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	12:38 AM    02:38 AM    04:38 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
Creative Activities: Art & Craft	रोअरिंग बोतल	Hindi	12:55 AM    02:55 AM    04:55 AM    06:55 AM    08:56 AM    10:56 AM    12:56 PM    02:56 PM    04:56 PM    06:57 PM    08:57 PM    10:57 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:56 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    06:59 PM    08:59 PM    10:59 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:11 AM    03:11 AM    05:11 AM    07:11 AM    09:12 AM    11:12 AM    01:12 PM    03:12 PM    05:13 PM    07:13 PM    09:13 PM    11:13 PM
General	Vakrasana	English	01:17 AM    03:17 AM    05:17 AM    07:17 AM    09:18 AM    11:18 AM    01:18 PM    03:18 PM    05:19 PM    07:19 PM    09:19 PM    11:19 PM
General	वज्रासन	Hindi	01:19 AM    03:19 AM    05:20 AM    07:20 AM    09:20 AM    11:20 AM    01:21 PM    03:21 PM    05:21 PM    07:21 PM    09:22 PM    11:22 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:22 AM    03:22 AM    05:22 AM    07:23 AM    09:23 AM    11:23 AM    01:23 PM    03:23 PM    05:24 PM    07:24 PM    09:24 PM    11:24 PM
General Awareness	क्यों और कैसे	Hindi	01:27 AM    03:27 AM    05:27 AM    07:27 AM    09:27 AM    11:28 AM    01:28 PM    03:28 PM    05:28 PM    07:29 PM    09:29 PM    11:29 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:51 AM    03:51 AM    05:51 AM    07:51 AM    09:52 AM    11:52 AM    01:52 PM    03:52 PM    05:52 PM    07:53 PM    09:53 PM    11:53 PM



General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:54 AM    03:54 AM    05:54 AM    07:55 AM    09:55 AM    11:55 AM    01:55 PM    03:55 PM    05:56 PM    07:56 PM    09:56 PM    11:56 PM
<b>बुधवार, 15 जनवरी 2025</b> <b>Wednesday, 15 January 2025</b>			
Creative Activities: Art & Craft	Curious Rat	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
Storytelling/Value Education	दान का हिसाब	Hindi	12:03 AM    02:03 AM    04:04 AM    06:05 AM    08:05 AM    10:06 AM    12:07 PM    02:08 PM    04:08 PM    06:09 PM    08:10 PM    10:10 PM
General	Values and Types of Wetlands Part -2	English	12:19 AM    02:20 AM    04:21 AM    06:21 AM    08:22 AM    10:23 AM    12:23 PM    02:24 PM    04:25 PM    06:25 PM    08:26 PM    10:27 PM
Creative Activities: Art & Craft	Mango Leaf Purse	English	12:27 AM    02:28 AM    04:29 AM    06:29 AM    08:30 AM    10:31 AM    12:31 PM    02:32 PM    04:33 PM    06:33 PM    08:34 PM    10:35 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:29 AM    02:30 AM    04:31 AM    06:32 AM    08:32 AM    10:33 AM    12:34 PM    02:34 PM    04:35 PM    06:36 PM    08:36 PM    10:37 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:43 AM    02:44 AM    04:44 AM    06:45 AM    08:46 AM    10:46 AM    12:47 PM    02:48 PM    04:49 PM    06:49 PM    08:50 PM    10:51 PM
Science (Activities)	Separation Of Mud From Muddy Water (ch-4)	English	12:45 AM    02:46 AM    04:46 AM    06:47 AM    08:48 AM    10:48 AM    12:49 PM    02:50 PM    04:51 PM    06:51 PM    08:52 PM    10:53 PM
General	Bhujagasana	English	12:53 AM    02:54 AM    04:54 AM    06:55 AM    08:56 AM    10:57 AM    12:57 PM    02:58 PM    04:59 PM    06:59 PM    09:00 PM    11:01 PM
General	Bhujagasana	English	12:56 AM    02:56 AM    04:57 AM    06:58 AM    08:58 AM    10:59 AM    01:00 PM    03:00 PM    05:01 PM    07:02 PM    09:02 PM    11:03 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:05 AM    03:06 AM    05:07 AM    07:07 AM    09:08 AM    11:09 AM    01:09 PM    03:10 PM    05:11 PM    07:12 PM    09:12 PM    11:13 PM
General	Value and responsible Citizenship	English	01:11 AM    03:12 AM    05:13 AM    07:13 AM    09:14 AM    11:15 AM    01:15 PM    03:16 PM    05:17 PM    07:17 PM    09:18 PM    11:19 PM
Disaster management	Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो	Hindi	01:16 AM    03:17 AM    05:18 AM    07:18 AM    09:19 AM    11:20 AM    01:20 PM    03:21 PM    05:22 PM    07:22 PM    09:23 PM    11:24 PM



General	Gender Equality	English	01:19 AM    03:20 AM    05:20 AM    07:21 AM    09:22 AM    11:22 AM    01:23 PM    03:24 PM    05:24 PM    07:25 PM    09:26 PM    11:26 PM
General	Trikonasana	English	01:27 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:31 AM    01:31 PM    03:32 PM    05:33 PM    07:33 PM    09:34 PM    11:35 PM
General Awareness	Arpan-Personal safety	English	01:30 AM    03:31 AM    05:31 AM    07:32 AM    09:33 AM    11:33 AM    01:34 PM    03:35 PM    05:35 PM    07:36 PM    09:37 PM    11:37 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:44 AM    03:45 AM    05:46 AM    07:46 AM    09:47 AM    11:48 AM    01:48 PM    03:49 PM    05:50 PM    07:50 PM    09:51 PM    11:52 PM

बृहस्पतिवार, 16 जनवरी 2025  
Thursday, 16 January 2025

General	पारस्परिक संबंध	Hindi	12:00 AM    02:06 AM    04:12 AM    06:19 AM    08:25 AM    10:31 AM    12:38 PM    02:44 PM    04:50 PM    06:57 PM    09:03 PM    11:09 PM
General Awareness	क्षेत्रफल	Hindi	12:13 AM    02:19 AM    04:26 AM    06:32 AM    08:38 AM    10:45 AM    12:51 PM    02:57 PM    05:04 PM    07:10 PM    09:16 PM    11:23 PM
General Awareness	Air Pollution	English	12:52 AM    02:58 AM    05:04 AM    07:11 AM    09:17 AM    11:23 AM    01:30 PM    03:36 PM    05:42 PM    07:49 PM    09:55 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	Hindi	01:17 AM    03:23 AM    05:30 AM    07:36 AM    09:42 AM    11:49 AM    01:55 PM    04:01 PM    06:08 PM    08:14 PM    10:20 PM
General	Growing up Healthy	English	01:29 AM    03:35 AM    05:42 AM    07:48 AM    09:54 AM    12:01 PM    02:07 PM    04:13 PM    06:20 PM    08:26 PM    10:32 PM
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEngl ish	English	01:33 AM    03:40 AM    05:46 AM    07:52 AM    09:59 AM    12:05 PM    02:11 PM    04:18 PM    06:24 PM    08:30 PM    10:37 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:38 AM    03:44 AM    05:51 AM    07:57 AM    10:03 AM    12:10 PM    02:16 PM    04:22 PM    06:29 PM    08:35 PM    10:41 PM
Cultural Heritage: Art, Music & Dance	Instrumental Competition: Boys: Navodaya Vidyalaya	English	01:58 AM    04:05 AM    06:11 AM    08:17 AM    10:24 AM    12:30 PM    02:36 PM    04:43 PM    06:49 PM    08:55 PM    11:02 PM

शुक्रवार, 17 जनवरी 2025  
Friday, 17 January 2025



DD Free Dish Channel #28



8800440559



Jio TV



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Dish TV Channel #2027

Science (Activities)	Science Activities: Floating-Sinking-Part1	English	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
General Awareness	Air Pollution	English	12:29 AM    02:29 AM    04:29 AM    06:29 AM    08:29 AM    10:28 AM    12:28 PM    02:28 PM    04:28 PM    06:28 PM    08:28 PM    10:28 PM
General	Ardha Chakrasana	English	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:53 PM    02:53 PM    04:53 PM    06:53 PM    08:53 PM    10:53 PM
इतिहास	कस्तूरबा गाँधी	Hindi	12:56 AM    02:56 AM    04:56 AM    06:56 AM    08:56 AM    10:55 AM    12:55 PM    02:55 PM    04:55 PM    06:55 PM    08:55 PM    10:55 PM
Creative Activities: Art & Craft	Striking Swan	English	01:19 AM    03:19 AM    05:19 AM    07:19 AM    09:19 AM    11:18 AM    01:18 PM    03:18 PM    05:18 PM    07:18 PM    09:18 PM    11:18 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	01:29 AM    03:29 AM    05:29 AM    07:29 AM    09:29 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:29 PM    09:29 PM    11:28 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:54 AM    03:54 AM    05:54 AM    07:54 AM    09:54 AM    11:54 AM    01:54 PM    03:54 PM    05:54 PM    07:54 PM    09:54 PM    11:54 PM
<b>शनिवार, 18 जनवरी 2025</b> <b>Saturday, 18 January 2025</b>			
General Awareness	बात पते की	Hindi	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:02 AM    10:03 AM    12:04 PM    02:04 PM    04:05 PM    06:06 PM    08:06 PM    10:07 PM
General	Bhujagasana	English	12:15 AM    02:16 AM    04:17 AM    06:17 AM    08:18 AM    10:19 AM    12:19 PM    02:20 PM    04:21 PM    06:21 PM    08:22 PM    10:23 PM
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:18 AM    02:19 AM    04:19 AM    06:20 AM    08:21 AM    10:21 AM    12:22 PM    02:23 PM    04:23 PM    06:24 PM    08:25 PM    10:25 PM
General	ध्यान	Hindi	12:30 AM    02:31 AM    04:31 AM    06:32 AM    08:33 AM    10:33 AM    12:34 PM    02:35 PM    04:35 PM    06:36 PM    08:37 PM    10:37 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	12:34 AM    02:35 AM    04:35 AM    06:36 AM    08:37 AM    10:37 AM    12:38 PM    02:39 PM    04:39 PM    06:40 PM    08:41 PM    10:41 PM



General	MOTHER EARTH Prakriti English Subtitles	English	12:36 AM    02:36 AM    04:37 AM    06:38 AM    08:38 AM    10:39 AM    12:40 PM    02:40 PM    04:41 PM    06:42 PM    08:42 PM    10:43 PM
English Live	Poorvi-textbook of english:its salient feature	English	12:37 AM    02:38 AM    04:39 AM    06:39 AM    08:40 AM    10:41 AM    12:41 PM    02:42 PM    04:43 PM    06:43 PM    08:44 PM    10:45 PM
General Awareness	Water A Wonderfull Molecule	English	01:06 AM    03:07 AM    05:08 AM    07:08 AM    09:09 AM    11:10 AM    01:10 PM    03:11 PM    05:12 PM    07:12 PM    09:13 PM    11:14 PM
Creative Activities: Art & Craft	Striking Swan	English	01:26 AM    03:27 AM    05:28 AM    07:28 AM    09:29 AM    11:30 AM    01:30 PM    03:31 PM    05:32 PM    07:32 PM    09:33 PM    11:34 PM
Disaster management	Lightning - बिजली की चोटों के सकेत और लक्षण - 01	Hindi	01:36 AM    03:36 AM    05:37 AM    07:38 AM    09:38 AM    11:39 AM    01:40 PM    03:40 PM    05:41 PM    07:42 PM    09:42 PM    11:43 PM
सामान्य	Water Saved	Hindi	01:36 AM    03:37 AM    05:38 AM    07:38 AM    09:39 AM    11:40 AM    01:40 PM    03:41 PM    05:42 PM    07:42 PM    09:43 PM    11:44 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	01:37 AM    03:38 AM    05:39 AM    07:39 AM    09:40 AM    11:41 AM    01:41 PM    03:42 PM    05:43 PM    07:43 PM    09:44 PM    11:45 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:54 AM    03:55 AM    05:56 AM    07:56 AM    09:57 AM    11:58 AM    01:58 PM    03:59 PM    06:00 PM    08:00 PM    10:01 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	01:55 AM    03:56 AM    05:57 AM    07:57 AM    09:58 AM    11:59 AM    01:59 PM    04:00 PM    06:01 PM    08:01 PM    10:02 PM
रविवार, 19 जनवरी 2025 Sunday, 19 January 2025			
Creative Activities: Art & Craft	Curious Rat	English	12:00 AM    02:00 AM    04:01 AM    06:02 AM    08:03 AM    10:04 AM    12:04 PM    02:05 PM    04:06 PM    06:07 PM    08:08 PM    10:08 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:11 AM    02:12 AM    04:13 AM    06:13 AM    08:14 AM    10:15 AM    12:16 PM    02:17 PM    04:17 PM    06:18 PM    08:19 PM    10:20 PM
General	निपुण भारत	Hindi	12:14 AM    02:15 AM    04:16 AM    06:17 AM    08:17 AM    10:18 AM    12:19 PM    02:20 PM    04:21 PM    06:21 PM    08:22 PM    10:23 PM



सामान्य	Water Saved	Hindi	12:17 AM    02:18 AM    04:19 AM    06:19 AM    08:20 AM    10:21 AM    12:22 PM    02:23 PM    04:23 PM    06:24 PM    08:25 PM    10:26 PM
General	Energy Saving	English	12:21 AM    02:22 AM    04:23 AM    06:24 AM    08:24 AM    10:25 AM    12:26 PM    02:27 PM    04:28 PM    06:28 PM    08:29 PM    10:30 PM
Vocational Videos	टूल बॉक्स	Hindi	12:24 AM    02:24 AM    04:25 AM    06:26 AM    08:27 AM    10:28 AM    12:28 PM    02:29 PM    04:30 PM    06:31 PM    08:32 PM    10:32 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:30 AM    02:31 AM    04:32 AM    06:32 AM    08:33 AM    10:34 AM    12:35 PM    02:36 PM    04:36 PM    06:37 PM    08:38 PM    10:39 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi	12:58 AM    02:58 AM    04:59 AM    07:00 AM    09:01 AM    11:02 AM    01:02 PM    03:03 PM    05:04 PM    07:05 PM    09:06 PM    11:06 PM
General	Introduction to MISSION LIFE	English	01:00 AM    03:01 AM    05:02 AM    07:03 AM    09:04 AM    11:04 AM    01:05 PM    03:06 PM    05:07 PM    07:08 PM    09:08 PM    11:09 PM
Science Live	VGyan KA ANUTHA SANSAR	Hindi	01:03 AM    03:04 AM    05:04 AM    07:05 AM    09:06 AM    11:07 AM    01:08 PM    03:08 PM    05:09 PM    07:10 PM    09:11 PM    11:12 PM
General	Energy Saving	English	01:28 AM    03:29 AM    05:30 AM    07:30 AM    09:31 AM    11:32 AM    01:33 PM    03:34 PM    05:34 PM    07:35 PM    09:36 PM    11:37 PM
General	zoological-Survey-of- india	English	01:30 AM    03:30 AM    05:31 AM    07:32 AM    09:33 AM    11:34 AM    01:34 PM    03:35 PM    05:36 PM    07:37 PM    09:38 PM    11:38 PM
Disaster management	शहरी बाढ़ - आपदा का सामना	Hindi	01:32 AM    03:33 AM    05:34 AM    07:34 AM    09:35 AM    11:36 AM    01:37 PM    03:38 PM    05:38 PM    07:39 PM    09:40 PM    11:41 PM

सोमवार, 20 जनवरी 2025

Monday, 20 January 2025

सामान्य	Healthy Lifestyle Adopted	Hindi	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
Art & Craft	विटामिन ए की कहानी	Hindi	12:01 AM    02:02 AM    04:02 AM    06:02 AM    08:03 AM    10:03 AM    12:04 PM    02:04 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:13 AM    02:13 AM    04:14 AM    06:14 AM    08:14 AM    10:15 AM    12:15 PM    02:16 PM    04:16 PM    06:16 PM    08:17 PM    10:17 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

Creative Activities: Art & Craft	Paper Glider	English	12:34 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
Cultural Heritage: Art, Music & Dance	Kaleidoscope	English	12:37 AM    02:38 AM    04:38 AM    06:38 AM    08:39 AM    10:39 AM    12:40 PM    02:40 PM    04:40 PM    06:41 PM    08:41 PM    10:42 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	Hindi	12:43 AM    02:44 AM    04:44 AM    06:44 AM    08:45 AM    10:45 AM    12:46 PM    02:46 PM    04:46 PM    06:47 PM    08:47 PM    10:48 PM
General	Nadishodhan Pranayam	English	12:55 AM    02:56 AM    04:56 AM    06:57 AM    08:57 AM    10:57 AM    12:58 PM    02:58 PM    04:59 PM    06:59 PM    08:59 PM    11:00 PM
General	नाडीशोधन प्राणायाम	Hindi	12:59 AM    02:59 AM    05:00 AM    07:00 AM    09:01 AM    11:01 AM    01:01 PM    03:02 PM    05:02 PM    07:03 PM    09:03 PM    11:03 PM
General	Waste Reduced	English	01:08 AM    03:08 AM    05:09 AM    07:09 AM    09:10 AM    11:10 AM    01:10 PM    03:11 PM    05:11 PM    07:12 PM    09:12 PM    11:12 PM
General	अर्ध चक्रासन	Hindi	01:09 AM    03:10 AM    05:10 AM    07:11 AM    09:11 AM    11:11 AM    01:12 PM    03:12 PM    05:13 PM    07:13 PM    09:13 PM    11:14 PM
Social Science (Geography)	Land and People Series: Desert Gold	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
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:28 AM    03:28 AM    05:29 AM    07:29 AM    09:30 AM    11:30 AM    01:30 PM    03:31 PM    05:31 PM    07:32 PM    09:32 PM    11:32 PM
Health, Physical Education/Yoga/ Sports	त्रिकोणासन	Hindi	01:35 AM    03:36 AM    05:36 AM    07:37 AM    09:37 AM    11:37 AM    01:38 PM    03:38 PM    05:39 PM    07:39 PM    09:39 PM    11:40 PM
Disaster management	हिमस्खलन के संकेत	Hindi	01:52 AM    03:52 AM    05:52 AM    07:53 AM    09:53 AM    11:54 AM    01:54 PM    03:54 PM    05:55 PM    07:55 PM    09:56 PM    11:56 PM
Art & Craft	छोटा है या बड़ा	Hindi	01:53 AM    03:54 AM    05:54 AM    07:55 AM    09:55 AM    11:55 AM    01:56 PM    03:56 PM    05:57 PM    07:57 PM    09:57 PM    11:58 PM
General	zoological-Survey-of- india	English	01:57 AM    03:58 AM    05:58 AM    07:59 AM    09:59 AM    11:59 AM    02:00 PM    04:00 PM    06:01 PM    08:01 PM    10:01 PM
<b>मंगलवार, 21 जनवरी 2025</b> <b>Tuesday, 21 January 2025</b>			



General	Value and responsible Citizenship	English	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
Science (Activities)	Animal products as food(ch-1)	English	12:06 AM    02:06 AM    04:05 AM    06:05 AM    08:05 AM    10:05 AM    12:05 PM    02:05 PM    04:05 PM    06:05 PM    08:05 PM    10:04 PM
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEngl ish	English	12:08 AM    02:07 AM    04:07 AM    06:07 AM    08:07 AM    10:07 AM    12:07 PM    02:07 PM    04:07 PM    06:07 PM    08:06 PM    10:06 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:12 AM    02:12 AM    04:12 AM    06:12 AM    08:12 AM    10:11 AM    12:11 PM    02:11 PM    04:11 PM    06:11 PM    08:11 PM    10:11 PM
Vocational Videos	Seed Germination	English	12:15 AM    02:14 AM    04:14 AM    06:14 AM    08:14 AM    10:14 AM    12:14 PM    02:14 PM    04:14 PM    06:14 PM    08:13 PM    10:13 PM
General	Safe Use of Internet_Gadgets and Media	English	12:35 AM    02:35 AM    04:35 AM    06:35 AM    08:35 AM    10:35 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:34 PM    10:34 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:41 AM    02:41 AM    04:41 AM    06:41 AM    08:41 AM    10:41 AM    12:40 PM    02:40 PM    04:40 PM    06:40 PM    08:40 PM    10:40 PM
General	Padahastana	English	12:47 AM    02:47 AM    04:47 AM    06:47 AM    08:47 AM    10:47 AM    12:47 PM    02:46 PM    04:46 PM    06:46 PM    08:46 PM    10:46 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:50 AM    02:49 AM    04:49 AM    06:49 AM    08:49 AM    10:49 AM    12:49 PM    02:49 PM    04:49 PM    06:49 PM    08:48 PM    10:48 PM
Creative Activities: Art & Craft	Cubical Dance	English	01:05 AM    03:05 AM    05:05 AM    07:05 AM    09:05 AM    11:05 AM    01:05 PM    03:05 PM    05:04 PM    07:04 PM    09:04 PM    11:04 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:09 AM    03:09 AM    05:08 AM    07:08 AM    09:08 AM    11:08 AM    01:08 PM    03:08 PM    05:08 PM    07:08 PM    09:07 PM    11:07 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:15 AM    03:15 AM    05:15 AM    07:14 AM    09:14 AM    11:14 AM    01:14 PM    03:14 PM    05:14 PM    07:14 PM    09:14 PM    11:13 PM
General	पादहस्तासन	Hindi	01:35 AM    03:35 AM    05:35 AM    07:35 AM    09:35 AM    11:35 AM    01:35 PM    03:35 PM    05:34 PM    07:34 PM    09:34 PM    11:34 PM





Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	01:38 AM    03:38 AM    05:38 AM    07:37 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:37 PM    07:37 PM    09:37 PM    11:36 PM
General	Interpersonal Relationships	English	01:39 AM    03:39 AM    05:38 AM    07:38 AM    09:38 AM    11:38 AM    01:38 PM    03:38 PM    05:38 PM    07:38 PM    09:37 PM    11:37 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:43 AM    03:43 AM    05:43 AM    07:43 AM    09:43 AM    11:43 AM    01:43 PM    03:42 PM    05:42 PM    07:42 PM    09:42 PM    11:42 PM

बुधवार, 22 जनवरी 2025  
Wednesday, 22 January 2025

Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:57 AM    11:56 AM    01:56 PM    03:55 PM    05:55 PM    07:54 PM    09:54 PM    11:53 PM
Health, Physical Education/Yoga/ Sports	गौमुखसन	Hindi	12:15 AM    02:14 AM    04:14 AM    06:13 AM    08:13 AM    10:12 AM    12:11 PM    02:11 PM    04:10 PM    06:10 PM    08:09 PM    10:09 PM
Science (Activities)	Adding to saturated solutions (ch-4)	English	12:34 AM    02:34 AM    04:33 AM    06:33 AM    08:32 AM    10:32 AM    12:31 PM    02:31 PM    04:30 PM    06:30 PM    08:29 PM    10:29 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:40 AM    02:39 AM    04:38 AM    06:38 AM    08:37 AM    10:37 AM    12:36 PM    02:36 PM    04:35 PM    06:35 PM    08:34 PM    10:34 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:50 AM    02:49 AM    04:49 AM    06:48 AM    08:48 AM    10:47 AM    12:47 PM    02:46 PM    04:46 PM    06:45 PM    08:45 PM    10:44 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:06 AM    03:05 AM    05:05 AM    07:04 AM    09:04 AM    11:03 AM    01:02 PM    03:02 PM    05:01 PM    07:01 PM    09:00 PM    11:00 PM
General	Waste Reduced	English	01:45 AM    03:44 AM    05:44 AM    07:43 AM    09:43 AM    11:42 AM    01:41 PM    03:41 PM    05:40 PM    07:40 PM    09:39 PM    11:39 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:46 AM    03:46 AM    05:45 AM    07:44 AM    09:44 AM    11:43 AM    01:43 PM    03:42 PM    05:42 PM    07:41 PM    09:41 PM    11:40 PM

बृहस्पतिवार, 23 जनवरी 2025  
Thursday, 23 January 2025



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:05 PM    08:05 PM    10:06 PM
Disaster management	Cyclone - Secure your house	English	12:07 AM    02:08 AM    04:08 AM    06:09 AM    08:09 AM    10:10 AM    12:10 PM    02:11 PM    04:12 PM    06:12 PM    08:13 PM    10:13 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:08 AM    02:09 AM    04:09 AM    06:10 AM    08:10 AM    10:11 AM    12:11 PM    02:12 PM    04:13 PM    06:13 PM    08:14 PM    10:14 PM
Disaster management	Earthquake resistant house	English	12:25 AM    02:26 AM    04:26 AM    06:27 AM    08:27 AM    10:28 AM    12:28 PM    02:29 PM    04:30 PM    06:30 PM    08:31 PM    10:31 PM
Vocational Videos	Preparing ORS at Home	English	12:27 AM    02:27 AM    04:28 AM    06:28 AM    08:29 AM    10:29 AM    12:30 PM    02:31 PM    04:31 PM    06:32 PM    08:32 PM    10:33 PM
Creative Activities: Art & Craft	Bobbing Butterfly - A Wonderful Bobbing Butterfly	English	12:32 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    10:39 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	12:47 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    06:53 PM    08:53 PM    10:54 PM
Hindi Live	Rahim ke dohe	Hindi	12:59 AM    03:00 AM    05:00 AM    07:01 AM    09:01 AM    11:02 AM    01:02 PM    03:03 PM    05:04 PM    07:04 PM    09:05 PM    11:05 PM
General	Emotional well being and mental health	English	01:24 AM    03:25 AM    05:26 AM    07:26 AM    09:27 AM    11:27 AM    01:28 PM    03:28 PM    05:29 PM    07:30 PM    09:30 PM    11:31 PM
सामान्य	Water Saved	Hindi	01:39 AM    03:39 AM    05:40 AM    07:40 AM    09:41 AM    11:42 AM    01:42 PM    03:43 PM    05:43 PM    07:44 PM    09:44 PM    11:45 PM
General	Setu Bandhasana	English	01:40 AM    03:40 AM    05:41 AM    07:42 AM    09:42 AM    11:43 AM    01:43 PM    03:44 PM    05:44 PM    07:45 PM    09:46 PM    11:46 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:42 AM    03:43 AM    05:43 AM    07:44 AM    09:45 AM    11:45 AM    01:46 PM    03:46 PM    05:47 PM    07:47 PM    09:48 PM    11:49 PM
General	सेतुबंधासन	Hindi	01:50 AM    03:51 AM    05:52 AM    07:52 AM    09:53 AM    11:53 AM    01:54 PM    03:54 PM    05:55 PM    07:55 PM    09:56 PM    11:57 PM



General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:53 AM    03:53 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
<b>शुक्रवार, 24 जनवरी 2025</b> <b>Friday, 24 January 2025</b>			
Storytelling/Value Education	एक दिन की बादशाहत	Hindi	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
सामान्य	Water Saved	Hindi	12:14 AM    02:14 AM    04:14 AM    06:13 AM    08:13 AM    10:13 AM    12:13 PM    02:13 PM    04:13 PM    06:13 PM    08:13 PM    10:12 PM
Creative Activities: Art & Craft	Dancing Eyes	English	12:15 AM    02:15 AM    04:15 AM    06:15 AM    08:14 AM    10:14 AM    12:14 PM    02:14 PM    04:14 PM    06:14 PM    08:14 PM    10:14 PM
Vocational Videos	प्लंबिंग टूल	Hindi	12:16 AM    02:16 AM    04:16 AM    06:16 AM    08:16 AM    10:16 AM    12:16 PM    02:15 PM    04:15 PM    06:15 PM    08:15 PM    10:15 PM
Science (Activities)	Activity 1- why do we separate substances (ch-4)	English	12:34 AM    02:34 AM    04:33 AM    06:33 AM    08:33 AM    10:33 AM    12:33 PM    02:33 PM    04:33 PM    06:32 PM    08:32 PM    10:32 PM
Creative Activities: Art & Craft	String Mosquito	English	12:38 AM    02:37 AM    04:37 AM    06:37 AM    08:37 AM    10:37 AM    12:37 PM    02:37 PM    04:36 PM    06:36 PM    08:36 PM    10:36 PM
General	Gender Equality	English	12:39 AM    02:39 AM    04:38 AM    06:38 AM    08:38 AM    10:38 AM    12:38 PM    02:38 PM    04:38 PM    06:37 PM    08:37 PM    10:37 PM
Science (Activities)	Activity 2 - Food Items & their Ingredients (Chapter-2)	English	12:46 AM    02:46 AM    04:46 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    10:44 PM
General Awareness	Water A Wonderfull Molecule	English	12:56 AM    02:56 AM    04:56 AM    06:56 AM    08:56 AM    10:56 AM    12:56 PM    02:55 PM    04:55 PM    06:55 PM    08:55 PM    10:55 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:20 AM    03:19 AM    05:19 AM    07:19 AM    09:19 AM    11:19 AM    01:19 PM    03:19 PM    05:19 PM    07:18 PM    09:18 PM    11:18 PM
General	Shalabhasana	English	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:25 AM    11:25 AM    01:25 PM    03:25 PM    05:24 PM    07:24 PM    09:24 PM    11:24 PM



Disaster management	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:28 AM    03:28 AM    05:28 AM    07:27 AM    09:27 AM    11:27 AM    01:27 PM    03:27 PM    05:27 PM    07:27 PM    09:27 PM    11:26 PM
General	शलभासन	Hindi	01:29 AM    03:29 AM    05:29 AM    07:29 AM    09:29 AM    11:28 AM    01:28 PM    03:28 PM    05:28 PM    07:28 PM    09:28 PM    11:28 PM
सामान्य	India-Pavilion-at-COP27-Mission	Hindi	01:31 AM    03:31 AM    05:31 AM    07:31 AM    09:31 AM    11:31 AM    01:31 PM    03:31 PM    05:30 PM    07:30 PM    09:30 PM    11:30 PM
General English	Episode 1 Greeting a Friend	English	01:34 AM    03:34 AM    05:34 AM    07:34 AM    09:34 AM    11:34 AM    01:34 PM    03:33 PM    05:33 PM    07:33 PM    09:33 PM    11:33 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:43 AM    03:42 AM    05:42 AM    07:42 AM    09:42 AM    11:42 AM    01:42 PM    03:42 PM    05:41 PM    07:41 PM    09:41 PM    11:41 PM
Cultural Heritage: Art, Music & Dance	Kaleidoscope	English	01:45 AM    03:44 AM    05:44 AM    07:44 AM    09:44 AM    11:44 AM    01:44 PM    03:44 PM    05:43 PM    07:43 PM    09:43 PM    11:43 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:56 AM    03:55 AM    05:55 AM    07:55 AM    09:55 AM    11:55 AM    01:55 PM    03:55 PM    05:54 PM    07:54 PM    09:54 PM    11:54 PM
<b>शनिवार, 25 जनवरी 2025</b> <b>Saturday, 25 January 2025</b>			
Disaster management	Earthquake - What to do when outside during an earthquake	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
Storytelling/Value Education	बस के नीचे बाघ	Hindi	12:02 AM    02:01 AM    04:01 AM    06:00 AM    08:00 AM    10:00 AM    11:59 AM    01:59 PM    03:58 PM    05:58 PM    07:57 PM    09:57 PM    11:57 PM
General	Nutrition_Health and Sanitation	English	12:08 AM    02:07 AM    04:07 AM    06:06 AM    08:06 AM    10:05 AM    12:05 PM    02:05 PM    04:04 PM    06:04 PM    08:03 PM    10:03 PM
Science (Activities)	Activity 2- Handpicking & threshing (ch-5)	English	12:14 AM    02:13 AM    04:13 AM    06:13 AM    08:12 AM    10:12 AM    12:11 PM    02:11 PM    04:10 PM    06:10 PM    08:10 PM    10:09 PM
Vocational Videos	Preparing ORS at Home	English	12:18 AM    02:17 AM    04:17 AM    06:16 AM    08:16 AM    10:15 AM    12:15 PM    02:15 PM    04:14 PM    06:14 PM    08:13 PM    10:13 PM



Creative Activities: Art & Craft	Double Spiral from Square	English	12:23 AM    02:23 AM    04:22 AM    06:22 AM    08:22 AM    10:21 AM    12:21 PM    02:20 PM    04:20 PM    06:19 PM    08:19 PM    10:19 PM
Creative Activities: Art & Craft	Curlicue Origami	English	12:27 AM    02:27 AM    04:26 AM    06:26 AM    08:25 AM    10:25 AM    12:25 PM    02:24 PM    04:24 PM    06:23 PM    08:23 PM    10:22 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:30 AM    02:30 AM    04:30 AM    06:29 AM    08:29 AM    10:28 AM    12:28 PM    02:27 PM    04:27 PM    06:26 PM    08:26 PM    10:26 PM
General	Emotional well being and mental health	English	12:34 AM    02:33 AM    04:33 AM    06:32 AM    08:32 AM    10:31 AM    12:31 PM    02:31 PM    04:30 PM    06:30 PM    08:29 PM    10:29 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:39 AM    02:38 AM    04:38 AM    06:37 AM    08:37 AM    10:36 AM    12:36 PM    02:36 PM    04:35 PM    06:35 PM    08:34 PM    10:34 PM
General English	Episode 2 Greeting an Acquaintance	English	01:08 AM    03:07 AM    05:07 AM    07:06 AM    09:06 AM    11:06 AM    01:05 PM    03:05 PM    05:04 PM    07:04 PM    09:03 PM    11:03 PM
General Awareness	Water A Wonderfull Molecule	English	01:17 AM    03:17 AM    05:16 AM    07:16 AM    09:16 AM    11:15 AM    01:15 PM    03:14 PM    05:14 PM    07:13 PM    09:13 PM    11:13 PM
General	Shashankasana	English	01:37 AM    03:37 AM    05:37 AM    07:36 AM    09:36 AM    11:35 AM    01:35 PM    03:34 PM    05:34 PM    07:34 PM    09:33 PM    11:33 PM
General	शशकासन	Hindi	01:40 AM    03:39 AM    05:39 AM    07:38 AM    09:38 AM    11:38 AM    01:37 PM    03:37 PM    05:36 PM    07:36 PM    09:35 PM    11:35 PM
General	Growing up Healthy	English	01:42 AM    03:42 AM    05:41 AM    07:41 AM    09:40 AM    11:40 AM    01:39 PM    03:39 PM    05:39 PM    07:38 PM    09:38 PM    11:37 PM
General	Values and Types of Wetlands Part -2	English	01:49 AM    03:48 AM    05:48 AM    07:47 AM    09:47 AM    11:46 AM    01:46 PM    03:46 PM    05:45 PM    07:45 PM    09:44 PM    11:44 PM
General	zoological-Survey-of-india	English	01:57 AM    03:56 AM    05:56 AM    07:55 AM    09:55 AM    11:54 AM    01:54 PM    03:54 PM    05:53 PM    07:53 PM    09:52 PM    11:52 PM
<b>रविवार, 26 जनवरी 2025</b> <b>Sunday, 26 January 2025</b>			
General English	Episode 1 Greeting a Friend	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



General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:08 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    08:09 PM    10:09 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:14 AM    02:14 AM    04:14 AM    06:14 AM    08:14 AM    10:14 AM    12:14 PM    02:14 PM    04:14 PM    06:14 PM    08:14 PM    10:14 PM
Science (Activities)	Tests for components of food (Ch-2)	English	12:37 AM    02:37 AM    04:37 AM    06:37 AM    08:37 AM    10:37 AM    12:37 PM    02:37 PM    04:37 PM    06:37 PM    08:37 PM    10:37 PM
Science activity	Let us explore fabrics that are obtained from fibre	English	12:42 AM    02:42 AM    04:43 AM    06:43 AM    08:43 AM    10:43 AM    12:43 PM    02:43 PM    04:43 PM    06:43 PM    08:43 PM    10:43 PM
General	सूर्य नमस्कार	Hindi	12:50 AM    02:50 AM    04:50 AM    06:50 AM    08:50 AM    10:50 AM    12:50 PM    02:50 PM    04:50 PM    06:50 PM    08:50 PM    10:50 PM
General	Nutrition_Health and Sanitation	English	12:56 AM    02:56 AM    04:56 AM    06:56 AM    08:57 AM    10:57 AM    12:57 PM    02:57 PM    04:57 PM    06:57 PM    08:57 PM    10:57 PM
इतिहास	अहिंसा से अमन	Hindi	01:03 AM    03:03 AM    05:03 AM    07:03 AM    09:03 AM    11:03 AM    01:03 PM    03:03 PM    05:03 PM    07:03 PM    09:03 PM    11:03 PM
General	निपुण भारत	Hindi	01:46 AM    03:46 AM    05:46 AM    07:46 AM    09:46 AM    11:46 AM    01:46 PM    03:46 PM    05:46 PM    07:46 PM    09:46 PM    11:46 PM
<b>सोमवार, 27 जनवरी 2025</b> <b>Monday, 27 January 2025</b>			
Creative Activities: Art & Craft	Cubical Dance	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
Science (Activities)	Activity 3- Winnowing (ch-5)	English	12:05 AM    02:05 AM    04:05 AM    06:05 AM    08:05 AM    10:05 AM    12:05 PM    02:05 PM    04:06 PM    06:06 PM    08:06 PM    10:06 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi	12:06 AM    02:06 AM    04:06 AM    06:06 AM    08:06 AM    10:06 AM    12:07 PM    02:07 PM    04:07 PM    06:07 PM    08:07 PM    10:07 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:07 AM    02:07 AM    04:07 AM    06:07 AM    08:07 AM    10:07 AM    12:07 PM    02:07 PM    04:07 PM    06:07 PM    08:08 PM    10:08 PM
Disaster management	Flood - What To Do During Floods	English	12:27 AM    02:27 AM    04:27 AM    06:27 AM    08:27 AM    10:28 AM    12:28 PM    02:28 PM    04:28 PM    06:28 PM    08:28 PM    10:28 PM



General Awareness	Air Pollution	English	12:28 AM    02:29 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    10:30 PM
General	Value and responsible Citizenship	English	12:54 AM    02:54 AM    04:54 AM    06:54 AM    08:54 AM    10:54 AM    12:54 PM    02:54 PM    04:54 PM    06:54 PM    08:55 PM    10:55 PM
Disaster management	Flood - बाढ़ के दौरान क्या करें और क्या न करें	Hindi	01:19 AM    03:19 AM    05:19 AM    07:19 AM    09:19 AM    11:19 AM    01:19 PM    03:19 PM    05:19 PM    07:19 PM    09:20 PM    11:20 PM
Creative Activities: Art & Craft	Monkey Acrobat	English	01:21 AM    03:21 AM    05:21 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:22 PM    11:22 PM
Science activity	Making a magnet using an iron nail Stroke method	English	01:27 AM    03:27 AM    05:27 AM    07:27 AM    09:27 AM    11:27 AM    01:28 PM    03:28 PM    05:28 PM    07:28 PM    09:28 PM    11:28 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	01:35 AM    03:35 AM    05:35 AM    07:35 AM    09:35 AM    11:35 AM    01:35 PM    03:36 PM    05:36 PM    07:36 PM    09:36 PM    11:36 PM
General	Tadasana	English	01:55 AM    03:55 AM    05:55 AM    07:55 AM    09:55 AM    11:56 AM    01:56 PM    03:56 PM    05:56 PM    07:56 PM    09:56 PM    11:56 PM
General	ताड़ासन	Hindi	01:57 AM    03:57 AM    05:58 AM    07:58 AM    09:58 AM    11:58 AM    01:58 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
<b>मंगलवार, 28 जनवरी 2025</b> <b>Tuesday, 28 January 2025</b>			
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
General	Trikonasana	English	12:01 AM    02:01 AM    04:01 AM    06:01 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:01 PM    06:01 PM    08:01 PM    10:01 PM
General	त्रिकोणासन	Hindi	12:04 AM    02:04 AM    04:04 AM    06:04 AM    08:04 AM    10:04 AM    12:04 PM    02:04 PM    04:04 PM    06:04 PM    08:04 PM    10:03 PM
General English	Episode 5 Giving Advice 1	English	12:06 AM    02:06 AM    04:06 AM    06:06 AM    08:06 AM    10:06 AM    12:06 PM    02:06 PM    04:06 PM    06:06 PM    08:06 PM    10:06 PM



General	Prevention and Management of Substance Misuse	English	12:20 AM    02:20 AM    04:20 AM    06:20 AM    08:20 AM    10:20 AM    12:20 PM    02:20 PM    04:20 PM    06:20 PM    08:20 PM    10:20 PM
Science (Activities)	Science Activities: Floating-Sinking-Part1	English	12:25 AM    02:25 AM    04:25 AM    06:25 AM    08:25 AM    10:25 AM    12:25 PM    02:25 PM    04:25 PM    06:25 PM    08:25 PM    10:25 PM
General Awareness	Air Pollution	English	01:00 AM    03:00 AM    05:00 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:59 PM    04:59 PM    06:59 PM    08:59 PM    10:59 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:24 AM    11:24 AM    01:24 PM    03:24 PM    05:24 PM    07:24 PM    09:24 PM    11:24 PM
General Awareness	Arpan-Personal safety	English	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:25 AM    11:25 AM    01:25 PM    03:25 PM    05:25 PM    07:25 PM    09:25 PM    11:25 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:52 AM    03:52 AM    05:52 AM    07:52 AM    09:52 AM    11:52 AM    01:52 PM    03:52 PM    05:52 PM    07:52 PM    09:52 PM    11:52 PM

बुधवार, 29 जनवरी 2025

Wednesday, 29 January 2025

Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:00 AM    10:00 AM    12:00 PM    02:00 PM    04:00 PM    06:00 PM    08:00 PM    10:00 PM
General English	Episode 6 Giving Advice 2	English	12:19 AM    02:19 AM    04:19 AM    06:19 AM    08:19 AM    10:19 AM    12:19 PM    02:19 PM    04:19 PM    06:19 PM    08:19 PM    10:19 PM
Creative Activities: Art & Craft	String Mosquito	English	12:31 AM    02:31 AM    04:31 AM    06:32 AM    08:32 AM    10:32 AM    12:32 PM    02:32 PM    04:32 PM    06:32 PM    08:32 PM    10:32 PM
General	Energy Saving	English	12:33 AM    02:33 AM    04:33 AM    06:33 AM    08:33 AM    10:33 AM    12:33 PM    02:33 PM    04:33 PM    06:33 PM    08:33 PM    10:33 PM
Science (Activities)	Sedimentation & Decantation (ch-4)	English	12:34 AM    02:34 AM    04:34 AM    06:34 AM    08:34 AM    10:34 AM    12:34 PM    02:35 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM
Science (Activities)	Science Activities: Floating-Sinking-Part2	English	12:41 AM    02:41 AM    04:41 AM    06:41 AM    08:41 AM    10:41 AM    12:41 PM    02:41 PM    04:41 PM    06:41 PM    08:41 PM    10:41 PM
Disaster management	Cyclone - Secure your house	English	12:58 AM    02:58 AM    04:58 AM    06:58 AM    08:58 AM    10:58 AM    12:58 PM    02:58 PM    04:58 PM    06:58 PM    08:58 PM    10:58 PM





Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:59 AM    02:59 AM    04:59 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:59 PM    04:59 PM    06:59 PM    08:59 PM    10:59 PM
General Awareness	Water A Wonderfull Molecule	English	01:06 AM    03:07 AM    05:07 AM    07:07 AM    09:07 AM    11:07 AM    01:07 PM    03:07 PM    05:07 PM    07:07 PM    09:07 PM    11:07 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:31 AM    03:31 AM    05:31 AM    07:31 AM    09:31 AM    11:31 AM    01:32 PM    03:32 PM    05:32 PM    07:32 PM    09:32 PM    11:32 PM
General	Vakrasana	English	01:37 AM    03:37 AM    05:37 AM    07:37 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:38 PM    07:38 PM    09:38 PM    11:38 PM
General	वज्रासन	Hindi	01:40 AM    03:40 AM    05:40 AM    07:40 AM    09:40 AM    11:40 AM    01:40 PM    03:40 PM    05:40 PM    07:40 PM    09:40 PM    11:40 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:42 AM    03:42 AM    05:42 AM    07:42 AM    09:43 AM    11:43 AM    01:43 PM    03:43 PM    05:43 PM    07:43 PM    09:43 PM    11:43 PM
Disaster management	Cyclone - घर के भीतर रह कर के चक्रवात से सुरक्षा	Hindi	01:44 AM    03:44 AM    05:44 AM    07:44 AM    09:45 AM    11:45 AM    01:45 PM    03:45 PM    05:45 PM    07:45 PM    09:45 PM    11:45 PM
सामान्य	Healthy Lifestyle Adopted	Hindi	01:47 AM    03:47 AM    05:47 AM    07:47 AM    09:48 AM    11:48 AM    01:48 PM    03:48 PM    05:48 PM    07:48 PM    09:48 PM    11:48 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:48 AM    03:48 AM    05:48 AM    07:48 AM    09:48 AM    11:48 AM    01:48 PM    03:48 PM    05:48 PM    07:48 PM    09:48 PM    11:48 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:50 AM    03:50 AM    05:50 AM    07:51 AM    09:51 AM    11:51 AM    01:51 PM    03:51 PM    05:51 PM    07:51 PM    09:51 PM    11:51 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:54 AM    03:54 AM    05:54 AM    07:54 AM    09:54 AM    11:54 AM    01:54 PM    03:54 PM    05:54 PM    07:54 PM    09:54 PM    11:54 PM
<b>बृहस्पतिवार, 30 जनवरी 2025</b> <b>Thursday, 30 January 2025</b>			
Creative Activities: Art & Craft	Curious Rat	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    10:06 PM
Storytelling/Value Education	दान का हिसाब	Hindi	12:02 AM    02:03 AM    04:03 AM    06:04 AM    08:04 AM    10:05 AM    12:05 PM    02:06 PM    04:06 PM    06:07 PM    08:08 PM    10:08 PM



General	Values and Types of Wetlands Part -2	English	12:19 AM    02:19 AM    04:20 AM    06:20 AM    08:21 AM    10:21 AM    12:22 PM    02:22 PM    04:23 PM    06:23 PM    08:24 PM    10:25 PM
Creative Activities: Art & Craft	Mango Leaf Purse	English	12:27 AM    02:27 AM    04:28 AM    06:28 AM    08:29 AM    10:29 AM    12:30 PM    02:30 PM    04:31 PM    06:32 PM    08:32 PM    10:33 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:29 AM    02:29 AM    04:30 AM    06:30 AM    08:31 AM    10:32 AM    12:32 PM    02:33 PM    04:33 PM    06:34 PM    08:34 PM    10:35 PM
Creative Activities: Art & Craft	Resonating Petals	English	12:42 AM    02:43 AM    04:43 AM    06:44 AM    08:45 AM    10:45 AM    12:46 PM    02:46 PM    04:47 PM    06:47 PM    08:48 PM    10:48 PM
General	Vajrasana	English	12:44 AM    02:44 AM    04:45 AM    06:45 AM    08:46 AM    10:46 AM    12:47 PM    02:48 PM    04:48 PM    06:49 PM    08:49 PM    10:50 PM
General	Bhujagasana	English	12:47 AM    02:48 AM    04:48 AM    06:49 AM    08:49 AM    10:50 AM    12:50 PM    02:51 PM    04:51 PM    06:52 PM    08:52 PM    10:53 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	12:57 AM    02:57 AM    04:58 AM    06:58 AM    08:59 AM    11:00 AM    01:00 PM    03:01 PM    05:01 PM    07:02 PM    09:02 PM    11:03 PM
General	Value and responsible Citizenship	English	01:03 AM    03:03 AM    05:04 AM    07:04 AM    09:05 AM    11:05 AM    01:06 PM    03:07 PM    05:07 PM    07:08 PM    09:08 PM    11:09 PM
Disaster management	Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो	Hindi	01:08 AM    03:08 AM    05:09 AM    07:09 AM    09:10 AM    11:10 AM    01:11 PM    03:12 PM    05:12 PM    07:13 PM    09:13 PM    11:14 PM
General	Gender Equality	English	01:10 AM    03:11 AM    05:11 AM    07:12 AM    09:13 AM    11:13 AM    01:14 PM    03:14 PM    05:15 PM    07:15 PM    09:16 PM    11:16 PM
General English	Episode 7 Making Requests 1	English	01:19 AM    03:19 AM    05:20 AM    07:20 AM    09:21 AM    11:21 AM    01:22 PM    03:22 PM    05:23 PM    07:24 PM    09:24 PM    11:25 PM
General Awareness	Arpan-Personal safety	English	01:30 AM    03:30 AM    05:31 AM    07:31 AM    09:32 AM    11:32 AM    01:33 PM    03:34 PM    05:34 PM    07:35 PM    09:35 PM    11:36 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:44 AM    03:45 AM    05:45 AM    07:46 AM    09:46 AM    11:47 AM    01:47 PM    03:48 PM    05:48 PM    07:49 PM    09:50 PM    11:50 PM
<b>शुक्रवार, 31 जनवरी 2025</b> <b>Friday, 31 January 2025</b>			



Storytelling/Value Education	बस के नीचे बाघ	Hindi	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
Science (Activities)	Activity 2- Handpicking & threshing (ch-5)	English	12:07 AM    02:07 AM    04:07 AM    06:07 AM    08:07 AM    10:07 AM    12:07 PM    02:07 PM    04:07 PM    06:07 PM    08:07 PM    10:07 PM
Creative Activities: Art & Craft	Double Spiral from Square	English	12:11 AM    02:11 AM    04:11 AM    06:11 AM    08:11 AM    10:11 AM    12:11 PM    02:11 PM    04:11 PM    06:10 PM    08:10 PM    10:10 PM
Creative Activities: Art & Craft	Curlicue Origami	English	12:15 AM    02:15 AM    04:15 AM    06:14 AM    08:14 AM    10:14 AM    12:14 PM    02:14 PM    04:14 PM    06:14 PM    08:14 PM    10:14 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:18 AM    02:18 AM    04:18 AM    06:18 AM    08:18 AM    10:18 AM    12:18 PM    02:18 PM    04:18 PM    06:18 PM    08:18 PM    10:18 PM
General	Emotional well being and mental health	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
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:26 AM    02:26 AM    04:26 AM    06:26 AM    08:26 AM    10:26 AM    12:26 PM    02:26 PM    04:26 PM    06:26 PM    08:26 PM    10:26 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:00 AM    03:00 AM    05:00 AM    07:00 AM    09:00 AM    11:00 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:00 PM    11:00 PM
General Awareness	Water A Wonderfull Molecule	English	01:13 AM    03:13 AM    05:13 AM    07:13 AM    09:13 AM    11:13 AM    01:13 PM    03:13 PM    05:13 PM    07:13 PM    09:12 PM    11:12 PM
General	Shashankasana	English	01:33 AM    03:33 AM    05:33 AM    07:33 AM    09:33 AM    11:33 AM    01:33 PM    03:33 PM    05:33 PM    07:33 PM    09:33 PM    11:33 PM
General	शशकासन	Hindi	01:35 AM    03:35 AM    05:35 AM    07:35 AM    09:35 AM    11:35 AM    01:35 PM    03:35 PM    05:35 PM    07:35 PM    09:35 PM    11:35 PM
General	Growing up Healthy	English	01:38 AM    03:38 AM    05:38 AM    07:38 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:37 PM    07:37 PM    09:37 PM    11:37 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:42 AM    03:42 AM    05:42 AM    07:42 AM    09:42 AM    11:42 AM    01:42 PM    03:42 PM    05:42 PM    07:42 PM    09:41 PM    11:41 PM



General	Energy Saving	English	01:47 AM    03:47 AM    05:47 AM    07:47 AM    09:47 AM    11:47 AM    01:47 PM    03:47 PM    05:47 PM    07:47 PM    09:47 PM    11:47 PM
General	Values and Types of Wetlands Part -2	English	01:49 AM    03:49 AM    05:49 AM    07:49 AM    09:49 AM    11:49 AM    01:49 PM    03:49 PM    05:49 PM    07:49 PM    09:49 PM    11:49 PM
General	zoological-Survey-of-india	English	01:57 AM    03:57 AM    05:57 AM    07:57 AM    09:57 AM    11:57 AM    01:57 PM    03:57 PM    05:57 PM    07:57 PM    09:57 PM    11:57 PM



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