

कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 7

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 7

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 11 to 12 times a day and the same scheme is followed for the whole month.

☞ For more info, kindly navigate to PM eVIDYA page on the SWAYAM PRABHA web portal or visit the link:

https://www.swayamprabha.gov.in/index.php/program/current_se/29.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Thursday from 2.00 pm to 3.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

<https://www.facebook.com/ncertofficial>.

☞ All the QR-coded video programs telecast on 12 PM eVIDYA TV Channels are also available on the DIKSHA web portal. In case you miss watching any program/episode on TV or otherwise, you can watch these programs on the DIKSHA web portal (<https://diksha.gov.in/>). You can scan the QR code of a program on TV with the help of the DIKSHA mobile app and watch/download the same on your mobile phone.



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

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			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General	Energy Saving	English	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:29 PM
संस्कृत	संस्कृत, पाठ-1: सुभाषित -I	संस्कृत	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:02 AM 03:02 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
History	History, Ch-10: Eighteenth century political formations	English	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
Mathematics	Mathematics, Ch-14: Symmetry	English	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
Vocational	Blanket Stitch	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
बृहस्पतिवार, 02 जनवरी 2025 Thursday, 02 January 2025			
गणित	गणित, पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM



DD Free Dish Channel #29



8800440559



Jio TV



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Dish TV Channel #2028

Cold Wave	Cold Wave - Chilblains	हिंदी	12:41 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
इतिहास	इतिहास, पाठ-7: जनजातियां, खानाबदोश और एक जगह बसे हुए समुदाय	हिंदी	12:42 AM 02:41 AM 04:41 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
English	English, Ch-10: An Alien Hand (Part-1)	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:07 PM 03:07 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
Science	Science, Ch-18: Waste Water Story	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 09:36 PM 11:36 PM
Vocational	Electricity and its importance	English	01:54 AM 03:54 AM 05:54 AM 07:54 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:52 PM 11:52 PM
शुक्रवार, 03 जनवरी 2025 Friday, 03 January 2025			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:32 PM 02:33 PM 04:34 PM 06:35 PM 08:36 PM 10:38 PM
General Awareness	Nutrition_Health and Sanitation	English	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:39 PM
हिन्दी	हिन्दी, पाठ-15: नीलकंठ भाग-1	हिंदी	12:33 AM 02:34 AM 04:36 AM 06:37 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
General Awareness	Growing up Healthy	English	01:00 AM 03:01 AM 05:02 AM 07:03 AM 09:05 AM 11:06 AM 01:07 PM 03:08 PM 05:09 PM 07:10 PM 09:11 PM 11:12 PM
Political science	Political Science, Ch-8: A shirt in the market	English	01:04 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
Mathematics	Mathematics, Ch-14: Symmetry	English	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:28 PM 09:30 PM 11:31 PM



Vocational	Fishbone Stitch	English	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM
शनिवार, 04 जनवरी 2025 Saturday, 04 January 2025			
गणित	गणित, पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM 02:11 AM 04:22 AM 06:34 AM 08:45 AM 10:57 AM 01:08 PM 03:20 PM 05:31 PM 07:43 PM 09:54 PM
संस्कृत	संस्कृत, पाठ-1: सुभाषित -I	संस्कृत	12:34 AM 02:45 AM 04:57 AM 07:08 AM 09:20 AM 11:31 AM 01:42 PM 03:54 PM 06:05 PM 08:17 PM 10:28 PM
Geography	Geography, Ch-4: Air	English	01:16 AM 03:27 AM 05:38 AM 07:50 AM 10:01 AM 12:13 PM 02:24 PM 04:36 PM 06:47 PM 08:59 PM 11:10 PM
Science	Science, Ch-18: Waste Water Story	English	01:34 AM 03:46 AM 05:57 AM 08:09 AM 10:20 AM 12:32 PM 02:43 PM 04:54 PM 07:06 PM 09:17 PM 11:29 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:50 AM 04:02 AM 06:13 AM 08:25 AM 10:36 AM 12:47 PM 02:59 PM 05:10 PM 07:22 PM 09:33 PM 11:45 PM
रविवार, 05 जनवरी 2025 Sunday, 05 January 2025			
शारीरिक शिक्षा	त्रिकोणासन	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
राजनीति विज्ञान	राजनीति विज्ञान, पाठ-8: बाज़ार में एक कमीज़ (Part-1)	हिंदी	12:21 AM 02:20 AM 04:19 AM 06:19 AM 08:18 AM 10:17 AM 12:16 PM 02:15 PM 04:14 PM 06:13 PM 08:12 PM 10:12 PM
General Awareness	Gender Equality	English	12:32 AM 02:31 AM 04:31 AM 06:30 AM 08:29 AM 10:28 AM 12:27 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:23 PM
Maths/Science Activity	Maths/Science Activity, Maths activity-1: To explore the cubic algebraic activity	English	12:39 AM 02:39 AM 04:38 AM 06:37 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:32 PM 06:31 PM 08:31 PM 10:30 PM
General Awareness	Fake-Whatsapp-Messages	English	12:46 AM 02:45 AM 04:44 AM 06:43 AM 08:43 AM 10:42 AM 12:41 PM 02:40 PM 04:39 PM 06:38 PM 08:37 PM 10:36 PM



History	History, Ch-10: Eighteenth century political formations	English	12:48 AM 02:47 AM 04:47 AM 06:46 AM 08:45 AM 10:44 AM 12:43 PM 02:42 PM 04:41 PM 06:40 PM 08:40 PM 10:39 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:21 AM 11:20 AM 01:19 PM 03:18 PM 05:17 PM 07:17 PM 09:16 PM 11:15 PM
सोमवार, 06 जनवरी 2025 Monday, 06 January 2025			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 01:57 AM 03:54 AM 05:51 AM 07:48 AM 09:45 AM 11:42 AM 01:39 PM 03:36 PM 05:33 PM 07:30 PM 09:27 PM 11:24 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:19 AM 02:16 AM 04:13 AM 06:10 AM 08:07 AM 10:04 AM 12:01 PM 01:58 PM 03:55 PM 05:52 PM 07:49 PM 09:46 PM 11:43 PM
भूगोल	भूगोल, पाठ-4: वायु	हिंदी	12:20 AM 02:17 AM 04:14 AM 06:11 AM 08:08 AM 10:05 AM 12:02 PM 01:59 PM 03:56 PM 05:53 PM 07:50 PM 09:47 PM 11:44 PM
General Awareness	e-waste management Block-4.1	English	12:54 AM 02:51 AM 04:48 AM 06:45 AM 08:42 AM 10:39 AM 12:36 PM 02:33 PM 04:30 PM 06:27 PM 08:24 PM 10:21 PM
English	English, Ch-9: Garden snake	English	01:09 AM 03:06 AM 05:03 AM 07:00 AM 08:57 AM 10:54 AM 12:51 PM 02:48 PM 04:45 PM 06:42 PM 08:39 PM 10:36 PM
Mathematics	Mathematics, Ch-14: Symmetry (Part-1)	English	01:28 AM 03:25 AM 05:22 AM 07:19 AM 09:16 AM 11:13 AM 01:10 PM 03:07 PM 05:04 PM 07:01 PM 08:58 PM 10:55 PM
General Awareness	Why Seasons Happen?	English	01:40 AM 03:37 AM 05:34 AM 07:31 AM 09:28 AM 11:25 AM 01:22 PM 03:19 PM 05:16 PM 07:13 PM 09:10 PM 11:07 PM
Vocational	Personal hygiene and Health	English	01:43 AM 03:40 AM 05:37 AM 07:34 AM 09:31 AM 11:28 AM 01:25 PM 03:22 PM 05:19 PM 07:16 PM 09:13 PM 11:10 PM
मंगलवार, 07 जनवरी 2025 Tuesday, 07 January 2025			
गणित	गणित, पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 01:57 AM 03:54 AM 05:51 AM 07:48 AM 09:45 AM 11:42 AM 01:39 PM



DD Free Dish Channel #29



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			03:37 PM 05:34 PM 07:31 PM 09:28 PM 11:25 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:25 AM 02:22 AM 04:19 AM 06:16 AM 08:14 AM 10:11 AM 12:08 PM 02:05 PM 04:02 PM 05:59 PM 07:56 PM 09:54 PM 11:51 PM
हिन्दी	हिन्दी, दूर्वा-२, पाठ-15: गीत	हिंदी	12:26 AM 02:24 AM 04:21 AM 06:18 AM 08:15 AM 10:12 AM 12:09 PM 02:06 PM 04:03 PM 06:01 PM 07:58 PM 09:55 PM 11:52 PM
General Awareness	Growing up Healthy	English	12:39 AM 02:36 AM 04:33 AM 06:30 AM 08:28 AM 10:25 AM 12:22 PM 02:19 PM 04:16 PM 06:13 PM 08:10 PM 10:07 PM
Geography	Geography, Ch-4: Air	English	12:43 AM 02:40 AM 04:37 AM 06:35 AM 08:32 AM 10:29 AM 12:26 PM 02:23 PM 04:20 PM 06:17 PM 08:14 PM 10:12 PM
Science	Science, Ch-18: Waste Water Story Part-1	English	01:13 AM 03:10 AM 05:07 AM 07:04 AM 09:01 AM 10:58 AM 12:56 PM 02:53 PM 04:50 PM 06:47 PM 08:44 PM 10:41 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	01:25 AM 03:22 AM 05:19 AM 07:16 AM 09:14 AM 11:11 AM 01:08 PM 03:05 PM 05:02 PM 06:59 PM 08:56 PM 10:53 PM
Vocational	Blanket Stitch	English	01:44 AM 03:41 AM 05:39 AM 07:36 AM 09:33 AM 11:30 AM 01:27 PM 03:24 PM 05:21 PM 07:18 PM 09:16 PM 11:13 PM
बुधवार, 08 जनवरी 2025 Wednesday, 08 January 2025			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-1)	हिंदी	12:00 AM 01:56 AM 03:53 AM 05:50 AM 07:47 AM 09:44 AM 11:41 AM 01:38 PM 03:34 PM 05:31 PM 07:28 PM 09:25 PM 11:22 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:26 AM 02:23 AM 04:20 AM 06:16 AM 08:13 AM 10:10 AM 12:07 PM 02:04 PM 04:01 PM 05:58 PM 07:54 PM 09:51 PM 11:48 PM
संस्कृत	संस्कृत, पाठ-1: सुभाषित -II	संस्कृत	12:27 AM 02:24 AM 04:21 AM 06:17 AM 08:14 AM 10:11 AM 12:08 PM 02:05 PM 04:02 PM 05:59 PM 07:55 PM 09:52 PM 11:49 PM



History	History, Ch-9: The Making of regional cultures	English	01:06 AM 03:02 AM 04:59 AM 06:56 AM 08:53 AM 10:50 AM 12:47 PM 02:44 PM 04:40 PM 06:37 PM 08:34 PM 10:31 PM
General Awareness	Growing up Healthy	English	01:27 AM 03:24 AM 05:21 AM 07:18 AM 09:15 AM 11:12 AM 01:09 PM 03:06 PM 05:02 PM 06:59 PM 08:56 PM 10:53 PM
Mathematics	Mathematics, Ch-14: Symmetry (Part-1)	English	01:32 AM 03:29 AM 05:25 AM 07:22 AM 09:19 AM 11:16 AM 01:13 PM 03:10 PM 05:07 PM 07:03 PM 09:00 PM 10:57 PM
Vocational	Design and Tracing Methods	English	01:44 AM 03:41 AM 05:38 AM 07:35 AM 09:32 AM 11:29 AM 01:26 PM 03:22 PM 05:19 PM 07:16 PM 09:13 PM 11:10 PM
बृहस्पतिवार, 09 जनवरी 2025 Thursday, 09 January 2025			
गणित	गणित, पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:13 AM 08:17 AM 10:21 AM 12:26 PM 02:30 PM 04:34 PM 06:39 PM 08:43 PM 10:47 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:31 AM 02:35 AM 04:40 AM 06:44 AM 08:49 AM 10:53 AM 12:57 PM 03:02 PM 05:06 PM 07:10 PM 09:15 PM 11:19 PM
इतिहास	इतिहास, पाठ-7: जनजातियां, खानाबदोश और एक जगह बसे हुए समुदाय	हिंदी	12:32 AM 02:37 AM 04:41 AM 06:45 AM 08:50 AM 10:54 AM 12:58 PM 03:03 PM 05:07 PM 07:11 PM 09:16 PM 11:20 PM
English	English, Ch-10: An Alien Hand (Part-2)	English	01:09 AM 03:13 AM 05:17 AM 07:22 AM 09:26 AM 11:30 AM 01:35 PM 03:39 PM 05:43 PM 07:48 PM 09:52 PM 11:57 PM
Science	Science, Ch-18: Waste Water Story Part-1	English	01:34 AM 03:39 AM 05:43 AM 07:47 AM 09:52 AM 11:56 AM 02:00 PM 04:05 PM 06:09 PM 08:13 PM 10:18 PM
General Awareness	Nutrition_Health and Sanitation	English	01:46 AM 03:51 AM 05:55 AM 07:59 AM 10:04 AM 12:08 PM 02:13 PM 04:17 PM 06:21 PM 08:26 PM 10:30 PM
Vocational	Seed Germination	English	01:53 AM 03:57 AM 06:01 AM 08:06 AM 10:10 AM 12:15 PM 02:19 PM 04:23 PM 06:28 PM 08:32 PM 10:36 PM
शुक्रवार, 10 जनवरी 2025 Friday, 10 January 2025			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 02:05 AM 04:11 AM 06:17 AM 08:22 AM 10:28 AM 12:34 PM 02:40 PM 04:45 PM 06:51 PM 08:57 PM 11:02 PM



General Awareness	Growing up Healthy	English	12:27 AM 02:33 AM 04:39 AM 06:44 AM 08:50 AM 10:56 AM 01:02 PM 03:07 PM 05:13 PM 07:19 PM 09:24 PM 11:30 PM
हिन्दी	हिन्दी, पाठ-15: नीलकंठ भाग-2	हिंदी	12:32 AM 02:37 AM 04:43 AM 06:49 AM 08:54 AM 11:00 AM 01:06 PM 03:12 PM 05:17 PM 07:23 PM 09:29 PM 11:34 PM
Political science	Political Science, Ch-8: A shirt in the market	English	12:57 AM 03:03 AM 05:08 AM 07:14 AM 09:20 AM 11:25 AM 01:31 PM 03:37 PM 05:43 PM 07:48 PM 09:54 PM
Mathematics	Mathematics, Ch-14: Symmetry (Part-1)	English	01:22 AM 03:28 AM 05:34 AM 07:39 AM 09:45 AM 11:51 AM 01:57 PM 04:02 PM 06:08 PM 08:14 PM 10:19 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM 03:42 AM 05:48 AM 07:54 AM 09:59 AM 12:05 PM 02:11 PM 04:16 PM 06:22 PM 08:28 PM 10:34 PM
शनिवार, 11 जनवरी 2025 Saturday, 11 January 2025			
गणित	गणित, पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 01:56 AM 03:53 AM 05:49 AM 07:46 AM 09:42 AM 11:39 AM 01:35 PM 03:32 PM 05:28 PM 07:25 PM 09:21 PM 11:18 PM
संस्कृत	संस्कृत, पाठ-1: सुभाषित -II	संस्कृत	12:35 AM 02:32 AM 04:28 AM 06:25 AM 08:21 AM 10:18 AM 12:14 PM 02:11 PM 04:07 PM 06:04 PM 08:01 PM 09:57 PM 11:54 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:18 AM 03:15 AM 05:11 AM 07:08 AM 09:04 AM 11:01 AM 12:57 PM 02:54 PM 04:51 PM 06:47 PM 08:44 PM 10:40 PM
Geography	Geography, Ch-4: Air (Origin of Atmosphere (AR-VR))	English	01:20 AM 03:16 AM 05:13 AM 07:09 AM 09:06 AM 11:02 AM 12:59 PM 02:55 PM 04:52 PM 06:48 PM 08:45 PM 10:41 PM
General Awareness	Growing up Healthy	English	01:29 AM 03:26 AM 05:22 AM 07:19 AM 09:15 AM 11:12 AM 01:08 PM 03:05 PM 05:01 PM 06:58 PM 08:54 PM 10:51 PM
Science	Science, Ch-18: Waste Water Story Part-1	English	01:34 AM 03:31 AM 05:27 AM 07:24 AM 09:20 AM 11:17 AM 01:13 PM 03:10 PM 05:07 PM 07:03 PM 09:00 PM 10:56 PM
General Awareness	Cyber Stalking	English	01:47 AM 03:43 AM 05:40 AM 07:36 AM 09:33 AM 11:29 AM 01:26 PM 03:22 PM 05:19 PM 07:15 PM 09:12 PM 11:08 PM



Vocational	Electricity and its importance	English	01:48 AM 03:44 AM 05:41 AM 07:37 AM 09:34 AM 11:30 AM 01:27 PM 03:23 PM 05:20 PM 07:16 PM 09:13 PM 11:09 PM
रविवार, 12 जनवरी 2025 Sunday, 12 January 2025			
शारीरिक शिक्षा	पद्मासन	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:12 AM 08:16 AM 10:20 AM 12:24 PM 02:28 PM 04:32 PM 06:36 PM 08:40 PM 10:44 PM
General Awareness	Fake-Whatsapp- Messages	English	12:31 AM 02:35 AM 04:39 AM 06:43 AM 08:47 AM 10:51 AM 12:55 PM 02:59 PM 05:03 PM 07:07 PM 09:11 PM 11:16 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:33 AM 02:37 AM 04:42 AM 06:46 AM 08:50 AM 10:54 AM 12:58 PM 03:02 PM 05:06 PM 07:10 PM 09:14 PM 11:18 PM
राजनीति विज्ञान	राजनीति विज्ञान, पाठ-8: बाज़ार में एक कमीज़ (Part-2)	हिंदी	12:34 AM 02:39 AM 04:43 AM 06:47 AM 08:51 AM 10:55 AM 12:59 PM 03:03 PM 05:07 PM 07:11 PM 09:15 PM 11:19 PM
General Awareness	Growing up Healthy	English	12:47 AM 02:51 AM 04:55 AM 06:59 AM 09:03 AM 11:07 AM 01:11 PM 03:15 PM 05:19 PM 07:23 PM 09:27 PM 11:31 PM
Maths/Science Activity	Maths/Science Activity, Maths activity-1: To explore the cubic algebraic activity	English	12:51 AM 02:55 AM 04:59 AM 07:03 AM 09:07 AM 11:11 AM 01:15 PM 03:19 PM 05:23 PM 07:27 PM 09:31 PM 11:35 PM
General Awareness	e-waste management Film 3	English	12:57 AM 03:01 AM 05:05 AM 07:10 AM 09:14 AM 11:18 AM 01:22 PM 03:26 PM 05:30 PM 07:34 PM 09:38 PM 11:42 PM
General Awareness	Online predators	English	01:02 AM 03:06 AM 05:10 AM 07:14 AM 09:18 AM 11:22 AM 01:26 PM 03:30 PM 05:34 PM 07:38 PM 09:42 PM 11:47 PM
History	History, Ch-9: The Making of regional cultures	English	01:03 AM 03:07 AM 05:11 AM 07:15 AM 09:19 AM 11:23 AM 01:28 PM 03:32 PM 05:36 PM 07:40 PM 09:44 PM 11:48 PM
General Awareness	Growing up Healthy	English	01:25 AM 03:29 AM 05:33 AM 07:37 AM 09:41 AM 11:45 AM 01:49 PM 03:54 PM 05:58 PM 08:02 PM 10:06 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:29 AM 03:34 AM 05:38 AM 07:42 AM 09:46 AM 11:50 AM 01:54 PM 03:58 PM 06:02 PM 08:06 PM 10:10 PM



सोमवार, 13 जनवरी 2025
Monday, 13 January 2025

विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 02:04 AM 04:09 AM 06:14 AM 08:19 AM 10:24 AM 12:29 PM 02:34 PM 04:39 PM 06:44 PM 08:49 PM 10:54 PM
General	Energy Saving	English	12:31 AM 02:36 AM 04:41 AM 06:46 AM 08:51 AM 10:56 AM 01:01 PM 03:06 PM 05:11 PM 07:16 PM 09:21 PM 11:26 PM
भूगोल	भूगोल, पाठ-5: जल	हिंदी	12:33 AM 02:38 AM 04:43 AM 06:48 AM 08:53 AM 10:58 AM 01:03 PM 03:08 PM 05:12 PM 07:17 PM 09:22 PM 11:27 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:05 AM 03:10 AM 05:15 AM 07:20 AM 09:25 AM 11:30 AM 01:35 PM 03:40 PM 05:45 PM 07:50 PM 09:55 PM
English	English, Ch-7: The invention of vita-wonk, Dad & the Cat & the tree	English	01:07 AM 03:12 AM 05:17 AM 07:22 AM 09:26 AM 11:31 AM 01:36 PM 03:41 PM 05:46 PM 07:51 PM 09:56 PM
General Awareness	Growing up Healthy	English	01:32 AM 03:37 AM 05:42 AM 07:46 AM 09:51 AM 11:56 AM 02:01 PM 04:06 PM 06:11 PM 08:16 PM 10:21 PM
Mathematics	Mathematics, Ch-14: Symmetry (Part-2)	English	01:36 AM 03:41 AM 05:46 AM 07:51 AM 09:56 AM 12:01 PM 02:05 PM 04:10 PM 06:15 PM 08:20 PM 10:25 PM
Vocational	Feather Stitch	English	01:54 AM 03:59 AM 06:04 AM 08:09 AM 10:14 AM 12:19 PM 02:24 PM 04:29 PM 06:34 PM 08:39 PM 10:44 PM

मंगलवार, 14 जनवरी 2025
Tuesday, 14 January 2025

गणित	गणित, पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 01:56 AM 03:53 AM 05:50 AM 07:47 AM 09:44 AM 11:41 AM 01:38 PM 03:34 PM 05:31 PM 07:28 PM 09:25 PM 11:22 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:36 AM 02:33 AM 04:30 AM 06:27 AM 08:24 AM 10:20 AM 12:17 PM 02:14 PM 04:11 PM 06:08 PM 08:05 PM 10:02 PM 11:59 PM
General	Energy Saving	English	12:37 AM 02:34 AM 04:31 AM 06:28 AM 08:25 AM 10:22 AM 12:18 PM 02:15 PM 04:12 PM 06:09 PM 08:06 PM 10:03 PM



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हिन्दी	हिन्दी, दूर्वा-२, पाठ-15: गीत	हिंदी	12:39 AM 02:36 AM 04:33 AM 06:29 AM 08:26 AM 10:23 AM 12:20 PM 02:17 PM 04:14 PM 06:11 PM 08:07 PM 10:04 PM
Geography	Geography, Ch-4: Air (Origin of Atmosphere (AR-VR))	English	12:58 AM 02:55 AM 04:52 AM 06:49 AM 08:46 AM 10:43 AM 12:39 PM 02:36 PM 04:33 PM 06:30 PM 08:27 PM 10:24 PM
Science	Science, Ch-18: Waste Water Story Part-2	English	01:19 AM 03:16 AM 05:12 AM 07:09 AM 09:06 AM 11:03 AM 01:00 PM 02:57 PM 04:54 PM 06:50 PM 08:47 PM 10:44 PM
Vocational	Hand Embroidery Part B	English	01:33 AM 03:30 AM 05:27 AM 07:23 AM 09:20 AM 11:17 AM 01:14 PM 03:11 PM 05:08 PM 07:05 PM 09:02 PM 10:58 PM
बुधवार, 15 जनवरी 2025 Wednesday, 15 January 2025			
विज्ञान	विज्ञान, पाठ-18: अपशिष्ट जल की कहानी (भाग-2)	हिंदी	12:00 AM 01:55 AM 03:51 AM 05:47 AM 07:43 AM 09:39 AM 11:35 AM 01:31 PM 03:27 PM 05:23 PM 07:19 PM 09:15 PM 11:11 PM
General Awareness	Fake-Whatsapp- Messages	English	12:27 AM 02:23 AM 04:19 AM 06:15 AM 08:11 AM 10:07 AM 12:03 PM 01:59 PM 03:55 PM 05:51 PM 07:47 PM 09:43 PM 11:39 PM
उर्दू	उर्दू, ईदगाह	हिंदी	12:30 AM 02:26 AM 04:22 AM 06:17 AM 08:13 AM 10:09 AM 12:05 PM 02:01 PM 03:57 PM 05:53 PM 07:49 PM 09:45 PM 11:41 PM
History	History, Ch-8: Devotional paths to divine-let us check what we remember	English	01:09 AM 03:05 AM 05:01 AM 06:57 AM 08:53 AM 10:49 AM 12:45 PM 02:41 PM 04:36 PM 06:32 PM 08:28 PM 10:24 PM
Mathematics	Mathematics, Ch-14: Symmetry (Part-2)	English	01:28 AM 03:24 AM 05:20 AM 07:16 AM 09:12 AM 11:08 AM 01:04 PM 03:00 PM 04:56 PM 06:52 PM 08:48 PM 10:44 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	01:44 AM 03:40 AM 05:36 AM 07:32 AM 09:28 AM 11:24 AM 01:20 PM 03:16 PM 05:12 PM 07:08 PM 09:04 PM 11:00 PM
Vocational	Blanket Stitch	English	01:45 AM 03:41 AM 05:37 AM 07:33 AM 09:29 AM 11:25 AM 01:21 PM 03:17 PM 05:13 PM 07:09 PM 09:05 PM 11:01 PM



बृहस्पतिवार, 16 जनवरी 2025
Thursday, 16 January 2025

गणित	गणित, पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:06 AM 04:13 AM 06:19 AM 08:26 AM 10:32 AM 12:39 PM 02:45 PM 04:52 PM 06:58 PM 09:05 PM 11:11 PM
इतिहास	इतिहास, पाठ-8: ईश्वर से अनुराग	हिंदी	12:29 AM 02:36 AM 04:42 AM 06:49 AM 08:55 AM 11:02 AM 01:08 PM 03:15 PM 05:21 PM 07:28 PM 09:34 PM 11:41 PM
English	English, An Alien Hand, Ch-9: A tiger in the house	English	01:01 AM 03:07 AM 05:14 AM 07:20 AM 09:27 AM 11:33 AM 01:40 PM 03:46 PM 05:53 PM 07:59 PM 10:06 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:32 AM 03:39 AM 05:45 AM 07:52 AM 09:58 AM 12:05 PM 02:11 PM 04:18 PM 06:24 PM 08:31 PM 10:37 PM
Science	Science, Ch-18: Waste Water Story Part-2	English	01:33 AM 03:40 AM 05:46 AM 07:53 AM 09:59 AM 12:06 PM 02:12 PM 04:19 PM 06:25 PM 08:32 PM 10:38 PM
Vocational	Electricity and its importance	English	01:47 AM 03:53 AM 06:00 AM 08:06 AM 10:13 AM 12:19 PM 02:26 PM 04:32 PM 06:39 PM 08:45 PM 10:52 PM

शुक्रवार, 17 जनवरी 2025
Friday, 17 January 2025

विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-1)	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:13 AM 08:17 AM 10:21 AM 12:26 PM 02:30 PM 04:34 PM 06:39 PM 08:43 PM 10:47 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:32 AM 02:37 AM 04:41 AM 06:45 AM 08:50 AM 10:54 AM 12:58 PM 03:03 PM 05:07 PM 07:11 PM 09:16 PM 11:20 PM
हिन्दी	हिन्दी, पाठ-16: भोर और बरखा	हिंदी	12:34 AM 02:38 AM 04:42 AM 06:47 AM 08:51 AM 10:55 AM 01:00 PM 03:04 PM 05:08 PM 07:13 PM 09:17 PM 11:21 PM
General	Waste Reduced	English	12:57 AM 03:01 AM 05:06 AM 07:10 AM 09:14 AM 11:19 AM 01:23 PM 03:27 PM 05:32 PM 07:36 PM 09:40 PM 11:45 PM
Political science	Political Science, Ch-7: Markets around us	English	12:58 AM 03:03 AM 05:07 AM 07:11 AM 09:16 AM 11:20 AM 01:24 PM 03:29 PM 05:33 PM 07:37 PM 09:42 PM 11:46 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for	English	01:13 AM 03:17 AM 05:21 AM 07:26 AM 09:30 AM 11:34 AM 01:39 PM 03:43 PM 05:47 PM 07:52 PM 09:56 PM



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	people residing in hilly regions		
Mathematics	Mathematics, Ch-14: Symmetry (Part-2)	English	01:14 AM 03:18 AM 05:22 AM 07:27 AM 09:31 AM 11:35 AM 01:40 PM 03:44 PM 05:48 PM 07:53 PM 09:57 PM
General Awareness	Emotional well being and mental health	English	01:30 AM 03:34 AM 05:38 AM 07:43 AM 09:47 AM 11:51 AM 01:56 PM 04:00 PM 06:04 PM 08:09 PM 10:13 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:35 AM 03:39 AM 05:43 AM 07:48 AM 09:52 AM 11:56 AM 02:01 PM 04:05 PM 06:09 PM 08:14 PM 10:18 PM
शनिवार, 18 जनवरी 2025 Saturday, 18 January 2025			
गणित	गणित, पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 01:56 AM 03:53 AM 05:50 AM 07:47 AM 09:44 AM 11:41 AM 01:38 PM 03:35 PM 05:32 PM 07:29 PM 09:25 PM 11:22 PM
संस्कृत	संस्कृत, बुद्धि बलवती	हिंदी	12:36 AM 02:33 AM 04:30 AM 06:27 AM 08:24 AM 10:21 AM 12:18 PM 02:15 PM 04:12 PM 06:08 PM 08:05 PM 10:02 PM 11:59 PM
General Awareness	Growing up Healthy	English	12:42 AM 02:39 AM 04:36 AM 06:33 AM 08:30 AM 10:27 AM 12:24 PM 02:21 PM 04:18 PM 06:15 PM 08:11 PM 10:08 PM
Geography	Geography, Ch-5: Water	English	12:47 AM 02:44 AM 04:40 AM 06:37 AM 08:34 AM 10:31 AM 12:28 PM 02:25 PM 04:22 PM 06:19 PM 08:16 PM 10:13 PM
Science	Science, Ch-18: Waste Water Story Part-2	English	01:17 AM 03:14 AM 05:11 AM 07:08 AM 09:05 AM 11:02 AM 12:59 PM 02:56 PM 04:53 PM 06:49 PM 08:46 PM 10:43 PM
General Awareness	Gender Equality	English	01:31 AM 03:27 AM 05:24 AM 07:21 AM 09:18 AM 11:15 AM 01:12 PM 03:09 PM 05:06 PM 07:03 PM 09:00 PM 10:56 PM
Vocational	Personal hygiene and Health	English	01:38 AM 03:35 AM 05:31 AM 07:28 AM 09:25 AM 11:22 AM 01:19 PM 03:16 PM 05:13 PM 07:10 PM 09:07 PM 11:04 PM
रविवार, 19 जनवरी 2025 Sunday, 19 January 2025			
शारीरिक शिक्षा	शारीरिक शिक्षा, धनुरासन	हिंदी	12:00 AM 01:56 AM 03:53 AM 05:50 AM 07:47 AM 09:44 AM 11:41 AM 01:38 PM



			03:35 PM 05:32 PM 07:29 PM 09:26 PM 11:23 PM
General Awareness	Growing up Healthy	English	12:23 AM 02:20 AM 04:17 AM 06:14 AM 08:11 AM 10:08 AM 12:05 PM 02:01 PM 03:58 PM 05:55 PM 07:52 PM 09:49 PM 11:46 PM
राजनीति विज्ञान	राजनीति विज्ञान, पाठ-7: हमारे आस-पास के बाजार	हिंदी	12:27 AM 02:24 AM 04:21 AM 06:18 AM 08:15 AM 10:12 AM 12:09 PM 02:06 PM 04:03 PM 05:59 PM 07:56 PM 09:53 PM 11:50 PM
Maths/Science Activity	Maths/Science Activity, Maths activity-1: To explore the cubic algebraic activity	English	12:45 AM 02:42 AM 04:38 AM 06:35 AM 08:32 AM 10:29 AM 12:26 PM 02:23 PM 04:20 PM 06:17 PM 08:14 PM 10:11 PM
Wetland, Our Amrit Dharohar	Values and Types of Wetlands Part -1	English	12:51 AM 02:48 AM 04:45 AM 06:42 AM 08:39 AM 10:36 AM 12:33 PM 02:30 PM 04:27 PM 06:23 PM 08:20 PM 10:17 PM
General Awareness	Promotion of Healthy Lifestyle	English	12:58 AM 02:55 AM 04:52 AM 06:49 AM 08:46 AM 10:43 AM 12:39 PM 02:36 PM 04:33 PM 06:30 PM 08:27 PM 10:24 PM
History	History, Ch-8: Devotional paths to divine-let us check what we remember	English	01:04 AM 03:01 AM 04:58 AM 06:55 AM 08:52 AM 10:48 AM 12:45 PM 02:42 PM 04:39 PM 06:36 PM 08:33 PM 10:30 PM
General Awareness	Personal Safety	English	01:22 AM 03:19 AM 05:16 AM 07:13 AM 09:10 AM 11:07 AM 01:04 PM 03:01 PM 04:58 PM 06:54 PM 08:51 PM 10:48 PM
Vocational	Personal hygiene and Health	English	01:37 AM 03:33 AM 05:30 AM 07:27 AM 09:24 AM 11:21 AM 01:18 PM 03:15 PM 05:12 PM 07:09 PM 09:06 PM 11:03 PM
सोमवार, 20 जनवरी 2025 Monday, 20 January 2025			
विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-1)	हिंदी	12:00 AM 02:04 AM 04:09 AM 06:14 AM 08:19 AM 10:24 AM 12:29 PM 02:34 PM 04:39 PM 06:44 PM 08:49 PM 10:54 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:32 AM 02:37 AM 04:42 AM 06:47 AM 08:52 AM 10:57 AM 01:02 PM 03:07 PM 05:12 PM 07:17 PM 09:22 PM 11:26 PM

भूगोल	भूगोल, पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:33 AM 02:38 AM 04:43 AM 06:48 AM 08:53 AM 10:58 AM 01:03 PM 03:08 PM 05:13 PM 07:18 PM 09:23 PM 11:28 PM
General	Waste Reduced	English	01:01 AM 03:06 AM 05:11 AM 07:16 AM 09:21 AM 11:26 AM 01:31 PM 03:36 PM 05:41 PM 07:46 PM 09:51 PM 11:55 PM
English	English, Ch-6: Expert detectives Part-1	English	01:03 AM 03:08 AM 05:13 AM 07:18 AM 09:22 AM 11:27 AM 01:32 PM 03:37 PM 05:42 PM 07:47 PM 09:52 PM 11:57 PM
General Awareness	Online predators	English	01:22 AM 03:27 AM 05:32 AM 07:36 AM 09:41 AM 11:46 AM 01:51 PM 03:56 PM 06:01 PM 08:06 PM 10:11 PM
Mathematics	Mathematics, Ch-15: Visualising solid shape	English	01:23 AM 03:28 AM 05:33 AM 07:38 AM 09:43 AM 11:47 AM 01:52 PM 03:57 PM 06:02 PM 08:07 PM 10:12 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:42 AM 03:47 AM 05:52 AM 07:57 AM 10:02 AM 12:07 PM 02:12 PM 04:17 PM 06:22 PM 08:27 PM 10:32 PM
Vocational	Finishing and costing of embroidered Products	English	01:43 AM 03:48 AM 05:53 AM 07:58 AM 10:03 AM 12:08 PM 02:13 PM 04:18 PM 06:22 PM 08:27 PM 10:32 PM
मंगलवार, 21 जनवरी 2025 Tuesday, 21 January 2025			
गणित	गणित, पाठ-14: सममिति	हिंदी	12:00 AM 02:03 AM 04:06 AM 06:09 AM 08:13 AM 10:16 AM 12:19 PM 02:23 PM 04:26 PM 06:29 PM 08:33 PM 10:36 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:38 AM 02:41 AM 04:45 AM 06:48 AM 08:51 AM 10:55 AM 12:58 PM 03:01 PM 05:05 PM 07:08 PM 09:11 PM 11:14 PM
हिन्दी	हिन्दी, दूर्वा-२, पाठ-16: मिट्टी की मूर्तियाँ	हिंदी	12:39 AM 02:43 AM 04:46 AM 06:49 AM 08:53 AM 10:56 AM 12:59 PM 03:03 PM 05:06 PM 07:09 PM 09:12 PM 11:16 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:04 AM 03:08 AM 05:11 AM 07:14 AM 09:17 AM 11:21 AM 01:24 PM 03:27 PM 05:31 PM 07:34 PM 09:37 PM 11:41 PM
Geography	Geography, Ch-5: Water	English	01:05 AM 03:09 AM 05:12 AM 07:15 AM 09:18 AM 11:22 AM 01:25 PM 03:28 PM 05:32 PM 07:35 PM 09:38 PM 11:42 PM



General Awareness	Cyber Stalking	English	01:25 AM 03:28 AM 05:32 AM 07:35 AM 09:38 AM 11:42 AM 01:45 PM 03:48 PM 05:52 PM 07:55 PM 09:58 PM
Science	Science, Ch-17: Forests, Our lifeline	English	01:26 AM 03:29 AM 05:33 AM 07:36 AM 09:39 AM 11:43 AM 01:46 PM 03:49 PM 05:53 PM 07:56 PM 09:59 PM
General Awareness	Value and responsible Citizenship	English	01:44 AM 03:47 AM 05:51 AM 07:54 AM 09:57 AM 12:01 PM 02:04 PM 04:07 PM 06:11 PM 08:14 PM 10:17 PM
Vocational	Electricity and its importance	English	01:49 AM 03:52 AM 05:56 AM 07:59 AM 10:02 AM 12:06 PM 02:09 PM 04:12 PM 06:16 PM 08:19 PM 10:22 PM
बुधवार, 22 जनवरी 2025 Wednesday, 22 January 2025			
विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-1)	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:13 AM 08:17 AM 10:22 AM 12:26 PM 02:30 PM 04:35 PM 06:39 PM 08:44 PM 10:48 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:32 AM 02:37 AM 04:41 AM 06:46 AM 08:50 AM 10:54 AM 12:59 PM 03:03 PM 05:08 PM 07:12 PM 09:17 PM 11:21 PM
संस्कृत	संस्कृत, बुद्धि बलवती	हिंदी	12:33 AM 02:38 AM 04:42 AM 06:47 AM 08:51 AM 10:56 AM 01:00 PM 03:04 PM 05:09 PM 07:13 PM 09:18 PM 11:22 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	12:40 AM 02:44 AM 04:48 AM 06:53 AM 08:57 AM 11:02 AM 01:06 PM 03:10 PM 05:15 PM 07:19 PM 09:24 PM 11:28 PM
History	History, Ch-7: Tribes, nomads and settled communities	English	12:41 AM 02:45 AM 04:49 AM 06:54 AM 08:58 AM 11:03 AM 01:07 PM 03:11 PM 05:16 PM 07:20 PM 09:25 PM 11:29 PM
General	Energy Saving	English	01:03 AM 03:08 AM 05:12 AM 07:17 AM 09:21 AM 11:25 AM 01:30 PM 03:34 PM 05:39 PM 07:43 PM 09:48 PM 11:52 PM
Mathematics	Mathematics, Ch-15: Visualising solid shape	English	01:05 AM 03:09 AM 05:14 AM 07:18 AM 09:23 AM 11:27 AM 01:31 PM 03:36 PM 05:40 PM 07:45 PM 09:49 PM 11:54 PM
General Awareness	Online gaming safety for children	English	01:24 AM 03:29 AM 05:33 AM 07:38 AM 09:42 AM 11:47 AM 01:51 PM 03:55 PM 06:00 PM 08:04 PM 10:09 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:30 AM 05:34 AM 07:39 AM 09:43 AM 11:48 AM 01:52 PM 03:56 PM 06:01 PM 08:05 PM 10:10 PM
बृहस्पतिवार, 23 जनवरी 2025 Thursday, 23 January 2025			
गणित	गणित, पाठ-14: सममिति	हिंदी	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:10 AM 10:13 AM 12:16 PM 02:18 PM 04:21 PM 06:24 PM 08:26 PM 10:29 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:34 AM 02:37 AM 04:39 AM 06:42 AM 08:45 AM 10:47 AM 12:50 PM 02:53 PM 04:55 PM 06:58 PM 09:01 PM 11:03 PM
इतिहास	इतिहास, पाठ-9: क्षेत्रीय संस्कृतियों का निर्माण	हिंदी	12:35 AM 02:38 AM 04:40 AM 06:43 AM 08:46 AM 10:48 AM 12:51 PM 02:54 PM 04:56 PM 06:59 PM 09:02 PM 11:04 PM
English	English, An Alien Hand, Ch-8: The Bear Story	English	01:11 AM 03:14 AM 05:16 AM 07:19 AM 09:22 AM 11:24 AM 01:27 PM 03:30 PM 05:32 PM 07:35 PM 09:38 PM 11:41 PM
Cold Wave	Clod Wave - Preparation	हिंदी	01:27 AM 03:30 AM 05:32 AM 07:35 AM 09:38 AM 11:40 AM 01:43 PM 03:46 PM 05:48 PM 07:51 PM 09:54 PM 11:56 PM
Science	Science, Ch-17: Forests, Our lifeline	English	01:28 AM 03:31 AM 05:34 AM 07:36 AM 09:39 AM 11:42 AM 01:44 PM 03:47 PM 05:50 PM 07:52 PM 09:55 PM 11:58 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:46 AM 03:49 AM 05:52 AM 07:54 AM 09:57 AM 12:00 PM 02:02 PM 04:05 PM 06:08 PM 08:10 PM 10:13 PM
Vocational	The evolution of communication	English	01:47 AM 03:50 AM 05:52 AM 07:55 AM 09:58 AM 12:00 PM 02:03 PM 04:06 PM 06:08 PM 08:11 PM 10:14 PM
शुक्रवार, 24 जनवरी 2025 Friday, 24 January 2025			
विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-2)	हिंदी	12:00 AM 02:04 AM 04:09 AM 06:14 AM 08:19 AM 10:24 AM 12:29 PM 02:34 PM 04:39 PM 06:44 PM 08:49 PM 10:54 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	12:28 AM 02:33 AM 04:38 AM 06:43 AM 08:48 AM 10:53 AM 12:58 PM 03:03 PM 05:08 PM 07:12 PM 09:17 PM 11:22 PM
हिन्दी	हिन्दी, पाठ-17: वीर कुँवर सिंह भाग-1	हिंदी	12:29 AM 02:34 AM 04:39 AM 06:44 AM 08:49 AM 10:54 AM 12:59 PM 03:04 PM 05:08 PM 07:13 PM 09:18 PM 11:23 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

General Awareness	e-waste management Film 2	English	12:48 AM 02:53 AM 04:58 AM 07:03 AM 09:08 AM 11:13 AM 01:18 PM 03:23 PM 05:28 PM 07:33 PM 09:38 PM 11:43 PM
Political science	Political Science, Ch-7: Markets around us	English	12:57 AM 03:02 AM 05:07 AM 07:12 AM 09:17 AM 11:22 AM 01:27 PM 03:32 PM 05:37 PM 07:42 PM 09:47 PM 11:52 PM
General Awareness	Gender Equality	English	01:12 AM 03:17 AM 05:22 AM 07:26 AM 09:31 AM 11:36 AM 01:41 PM 03:46 PM 05:51 PM 07:56 PM 10:01 PM
Mathematics	Mathematics, Ch-15: Visualising solid shape	English	01:19 AM 03:24 AM 05:29 AM 07:34 AM 09:39 AM 11:44 AM 01:48 PM 03:53 PM 05:58 PM 08:03 PM 10:08 PM
General Awareness	Nutrition_Health and Sanitation	English	01:38 AM 03:43 AM 05:48 AM 07:53 AM 09:58 AM 12:03 PM 02:08 PM 04:13 PM 06:18 PM 08:23 PM 10:28 PM
Vocational	Personal hygiene and Health	English	01:45 AM 03:50 AM 05:54 AM 07:59 AM 10:04 AM 12:09 PM 02:14 PM 04:19 PM 06:24 PM 08:29 PM 10:34 PM

शनिवार, 25 जनवरी 2025
Saturday, 25 January 2025

गणित	गणित, पाठ-14: सममिति	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:13 AM 08:17 AM 10:21 AM 12:26 PM 02:30 PM 04:34 PM 06:39 PM 08:43 PM 10:47 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	12:39 AM 02:43 AM 04:48 AM 06:52 AM 08:56 AM 11:01 AM 01:05 PM 03:09 PM 05:14 PM 07:18 PM 09:22 PM 11:27 PM
संस्कृत	संस्कृत, बुद्धिर्यस्य बलमतस्य	हिंदी	12:40 AM 02:44 AM 04:49 AM 06:53 AM 08:57 AM 11:02 AM 01:06 PM 03:10 PM 05:15 PM 07:19 PM 09:23 PM 11:28 PM
Geography	Geography, Ch-8: Human Environment Interactions-The Tropical & the Subtropical Region	English	12:51 AM 02:55 AM 04:59 AM 07:04 AM 09:08 AM 11:13 AM 01:17 PM 03:21 PM 05:26 PM 07:30 PM 09:34 PM 11:39 PM
General Awareness	Emotional well being and mental health	English	01:09 AM 03:14 AM 05:18 AM 07:22 AM 09:27 AM 11:31 AM 01:35 PM 03:40 PM 05:44 PM 07:48 PM 09:53 PM 11:57 PM
Science	Science, Ch-17: Forests, Our lifeline	English	01:14 AM 03:19 AM 05:23 AM 07:27 AM 09:32 AM 11:36 AM 01:40 PM 03:45 PM 05:49 PM 07:53 PM 09:58 PM



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General Awareness	Fake-Whatsapp-Messages	English	01:32 AM 03:37 AM 05:41 AM 07:45 AM 09:50 AM 11:54 AM 01:58 PM 04:03 PM 06:07 PM 08:11 PM 10:16 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:35 AM 03:39 AM 05:43 AM 07:48 AM 09:52 AM 11:56 AM 02:01 PM 04:05 PM 06:09 PM 08:14 PM 10:18 PM
रविवार, 26 जनवरी 2025 Sunday, 26 January 2025			
शारीरिक शिक्षा	शारीरिक शिक्षा, गोमुखासन	हिंदी	12:00 AM 02:03 AM 04:07 AM 06:10 AM 08:14 AM 10:18 AM 12:21 PM 02:25 PM 04:28 PM 06:32 PM 08:36 PM 10:39 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:25 AM 02:28 AM 04:32 AM 06:35 AM 08:39 AM 10:43 AM 12:46 PM 02:50 PM 04:53 PM 06:57 PM 09:01 PM 11:04 PM
राजनीति विज्ञान	राजनीति विज्ञान, पाठ-6: संचार माध्यमों को समझना (Part-1)	हिंदी	12:26 AM 02:30 AM 04:33 AM 06:37 AM 08:40 AM 10:44 AM 12:48 PM 02:51 PM 04:55 PM 06:58 PM 09:02 PM 11:06 PM
Maths/Science Activity	Maths/Science Activity, Maths activity-1: To explore the cubic algebraic activity	English	12:43 AM 02:47 AM 04:50 AM 06:54 AM 08:58 AM 11:01 AM 01:05 PM 03:08 PM 05:12 PM 07:16 PM 09:19 PM 11:23 PM
History	History, Ch-7: Tribes, nomads and settled communities	English	01:01 AM 03:04 AM 05:08 AM 07:12 AM 09:15 AM 11:19 AM 01:22 PM 03:26 PM 05:30 PM 07:33 PM 09:37 PM 11:40 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	01:24 AM 03:27 AM 05:31 AM 07:34 AM 09:38 AM 11:42 AM 01:45 PM 03:49 PM 05:52 PM 07:56 PM 10:00 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:28 AM 05:32 AM 07:36 AM 09:39 AM 11:43 AM 01:46 PM 03:50 PM 05:54 PM 07:57 PM 10:01 PM
सोमवार, 27 जनवरी 2025 Monday, 27 January 2025			
विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-2)	हिंदी	12:00 AM 02:04 AM 04:08 AM 06:12 AM 08:16 AM 10:20 AM 12:24 PM 02:28 PM 04:33 PM 06:37 PM 08:41 PM 10:45 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:17 AM 02:21 AM 04:25 AM 06:29 AM 08:33 AM 10:38 AM 12:42 PM 02:46 PM 04:50 PM 06:54 PM 08:58 PM 11:02 PM



भूगोल	भूगोल, पाठ-9: रेगिस्तान में जीवन	हिंदी	12:18 AM 02:22 AM 04:27 AM 06:31 AM 08:35 AM 10:39 AM 12:43 PM 02:47 PM 04:51 PM 06:55 PM 09:00 PM 11:04 PM
English	English, Ch-6: Expert detectives Part-2	English	01:00 AM 03:05 AM 05:09 AM 07:13 AM 09:17 AM 11:21 AM 01:25 PM 03:29 PM 05:34 PM 07:38 PM 09:42 PM 11:46 PM
Mathematics	Mathematics, Ch-15: Visualising Solid Shapes (Part-2)	English	01:38 AM 03:42 AM 05:46 AM 07:50 AM 09:54 AM 11:58 AM 02:03 PM 04:07 PM 06:11 PM 08:15 PM 10:19 PM
Vocational	Blanket Stitch	English	01:53 AM 03:57 AM 06:02 AM 08:06 AM 10:10 AM 12:14 PM 02:18 PM 04:22 PM 06:26 PM 08:31 PM 10:35 PM
मंगलवार, 28 जनवरी 2025 Tuesday, 28 January 2025			
गणित	गणित, पाठ-15: ठोस आकारों का चित्रण	हिंदी	12:00 AM 01:56 AM 03:52 AM 05:48 AM 07:44 AM 09:40 AM 11:36 AM 01:32 PM 03:28 PM 05:24 PM 07:20 PM 09:16 PM 11:12 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:27 AM 02:23 AM 04:19 AM 06:15 AM 08:11 AM 10:07 AM 12:03 PM 01:59 PM 03:55 PM 05:51 PM 07:47 PM 09:43 PM 11:39 PM
हिन्दी	हिन्दी, दूर्वा-२, पाठ-17: मौत का पहाड़	हिंदी	12:28 AM 02:24 AM 04:20 AM 06:16 AM 08:12 AM 10:08 AM 12:04 PM 02:00 PM 03:56 PM 05:52 PM 07:48 PM 09:44 PM 11:40 PM
Geography	Geography, Ch-9: Life in the desert	English	12:46 AM 02:42 AM 04:38 AM 06:34 AM 08:30 AM 10:26 AM 12:22 PM 02:18 PM 04:14 PM 06:10 PM 08:06 PM 10:02 PM 11:58 PM
Science	Science, Ch-17: Forests, Our lifeline Part-1	English	01:16 AM 03:12 AM 05:08 AM 07:04 AM 09:00 AM 10:56 AM 12:52 PM 02:48 PM 04:44 PM 06:40 PM 08:36 PM 10:32 PM
General Awareness	Fake-Whatsapp-Messages	English	01:31 AM 03:27 AM 05:23 AM 07:19 AM 09:15 AM 11:11 AM 01:07 PM 03:03 PM 04:59 PM 06:55 PM 08:51 PM 10:47 PM
Vocational	Hand Embroidery Part B	English	01:33 AM 03:29 AM 05:25 AM 07:21 AM 09:17 AM 11:13 AM 01:09 PM 03:05 PM 05:01 PM 06:57 PM 08:53 PM 10:49 PM



बुधवार, 29 जनवरी 2025
Wednesday, 29 January 2025

विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-2)	हिंदी	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:13 AM 12:16 PM 02:19 PM 04:22 PM 06:25 PM 08:27 PM 10:30 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:17 AM 02:20 AM 04:23 AM 06:25 AM 08:28 AM 10:31 AM 12:34 PM 02:36 PM 04:39 PM 06:42 PM 08:45 PM 10:48 PM
संस्कृत	संस्कृत, बुद्धिर्यस्य बलमतस्य	हिंदी	12:18 AM 02:21 AM 04:24 AM 06:27 AM 08:29 AM 10:32 AM 12:35 PM 02:38 PM 04:41 PM 06:43 PM 08:46 PM 10:49 PM
General Awareness	e-waste management Block-2	English	12:28 AM 02:30 AM 04:33 AM 06:36 AM 08:39 AM 10:41 AM 12:44 PM 02:47 PM 04:50 PM 06:53 PM 08:55 PM 10:58 PM
History	History, Ch-7: Tribes, nomads and settled communities	English	12:42 AM 02:45 AM 04:47 AM 06:50 AM 08:53 AM 10:56 AM 12:58 PM 03:01 PM 05:04 PM 07:07 PM 09:10 PM 11:12 PM
Mathematics	Mathematics, Ch-15: Visualising Solid Shapes (Part-2)	English	01:17 AM 03:20 AM 05:23 AM 07:26 AM 09:29 AM 11:31 AM 01:34 PM 03:37 PM 05:40 PM 07:42 PM 09:45 PM 11:48 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:33 AM 03:36 AM 05:39 AM 07:41 AM 09:44 AM 11:47 AM 01:50 PM 03:52 PM 05:55 PM 07:58 PM 10:01 PM

बृहस्पतिवार, 30 जनवरी 2025
Thursday, 30 January 2025

गणित	गणित, पाठ-15: ठोस आकारों का चित्रण	हिंदी	12:00 AM 02:03 AM 04:07 AM 06:11 AM 08:15 AM 10:19 AM 12:22 PM 02:26 PM 04:30 PM 06:34 PM 08:38 PM 10:41 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:34 AM 02:38 AM 04:41 AM 06:45 AM 08:49 AM 10:53 AM 12:57 PM 03:00 PM 05:04 PM 07:08 PM 09:12 PM 11:16 PM
इतिहास	इतिहास, पाठ-10: अठारहवीं शताब्दी में नए राजनीतिक गठन	हिंदी	12:35 AM 02:39 AM 04:42 AM 06:46 AM 08:50 AM 10:54 AM 12:58 PM 03:01 PM 05:05 PM 07:09 PM 09:13 PM 11:17 PM
English	English, An Alien Hand, Ch-8: The Bear Story	English	01:10 AM 03:14 AM 05:18 AM 07:22 AM 09:25 AM 11:29 AM 01:33 PM 03:37 PM 05:41 PM 07:44 PM 09:48 PM 11:52 PM
Science	Science, Ch-17: Forests, Our lifeline Part-1	English	01:37 AM 03:41 AM 05:45 AM 07:48 AM 09:52 AM 11:56 AM 02:00 PM 04:04 PM 06:07 PM 08:11 PM 10:15 PM



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Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:51 AM 03:55 AM 05:59 AM 08:03 AM 10:07 AM 12:10 PM 02:14 PM 04:18 PM 06:22 PM 08:26 PM 10:29 PM
Vocational	Seed Germination	English	01:52 AM 03:56 AM 06:00 AM 08:04 AM 10:07 AM 12:11 PM 02:15 PM 04:19 PM 06:23 PM 08:26 PM 10:30 PM
शुक्रवार, 31 जनवरी 2025 Friday, 31 January 2025			
विज्ञान	विज्ञान, पाठ-17: वन हमारी जीवन रेखा (भाग-2)	हिंदी	12:00 AM 02:03 AM 04:06 AM 06:10 AM 08:13 AM 10:16 AM 12:20 PM 02:23 PM 04:26 PM 06:30 PM 08:33 PM 10:37 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	12:24 AM 02:27 AM 04:31 AM 06:34 AM 08:37 AM 10:41 AM 12:44 PM 02:47 PM 04:51 PM 06:54 PM 08:57 PM 11:01 PM
हिन्दी	हिन्दी, पाठ-17: वीर कुँवर सिंह भाग-2	हिंदी	12:27 AM 02:30 AM 04:33 AM 06:37 AM 08:40 AM 10:43 AM 12:47 PM 02:50 PM 04:53 PM 06:57 PM 09:00 PM 11:04 PM
General Awareness	Emotional well being and mental health	English	12:44 AM 02:47 AM 04:51 AM 06:54 AM 08:57 AM 11:01 AM 01:04 PM 03:07 PM 05:11 PM 07:14 PM 09:18 PM 11:21 PM
Political science	Political Science, Ch-6: Understanding media	English	12:49 AM 02:52 AM 04:56 AM 06:59 AM 09:02 AM 11:06 AM 01:09 PM 03:12 PM 05:16 PM 07:19 PM 09:22 PM 11:26 PM
Mathematics	Mathematics, Ch-15: Visualising Solid Shapes (Part-2)	English	01:23 AM 03:26 AM 05:30 AM 07:33 AM 09:37 AM 11:40 AM 01:43 PM 03:47 PM 05:50 PM 07:53 PM 09:57 PM
General Awareness	Safety and Security against Violence and Injuries	English	01:34 AM 03:37 AM 05:40 AM 07:44 AM 09:47 AM 11:51 AM 01:54 PM 03:57 PM 06:01 PM 08:04 PM 10:07 PM
Vocational	Hand Embroidery Part B	English	01:39 AM 03:43 AM 05:46 AM 07:49 AM 09:53 AM 11:56 AM 02:00 PM 04:03 PM 06:06 PM 08:10 PM 10:13 PM

