

कक्षा - 4 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 4

कक्षा - 4 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 4

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

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

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

https://www.swayamprabha.gov.in/index.php/program/current_se/25.

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

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

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



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कक्षा - 4 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 4

जनवरी 2026

January 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बृहस्पतिवार, 01 जनवरी 2026 Thursday, 01 January 2026			
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:13 PM 08:15 PM 10:16 PM
कहानी	नानी कहें कहानी: नमक का व्यापारी और उसका गधा	Hindi	12:14 AM 02:16 AM 04:17 AM 06:19 AM 08:20 AM 10:22 AM 12:23 PM 02:25 PM 04:26 PM 06:28 PM 08:29 PM 10:31 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English/hindi	12:23 AM 02:24 AM 04:26 AM 06:27 AM 08:29 AM 10:30 AM 12:32 PM 02:33 PM 04:35 PM 06:36 PM 08:38 PM 10:39 PM
Animated series	A Nobel Inheritance	English/hindi	12:24 AM 02:26 AM 04:27 AM 06:29 AM 08:30 AM 10:32 AM 12:33 PM 02:35 PM 04:36 PM 06:38 PM 08:39 PM 10:41 PM
कहानी	ईदगाह	Hindi	12:36 AM 02:38 AM 04:39 AM 06:41 AM 08:42 AM 10:44 AM 12:45 PM 02:47 PM 04:48 PM 06:50 PM 08:51 PM 10:53 PM
General	Single Use Plastic	English/hindi	01:07 AM 03:09 AM 05:10 AM 07:12 AM 09:13 AM 11:15 AM 01:16 PM 03:18 PM 05:20 PM 07:21 PM 09:23 PM 11:24 PM
General	Energy Saving	English/hindi	01:09 AM 03:11 AM 05:12 AM 07:14 AM 09:15 AM 11:17 AM 01:18 PM 03:20 PM 05:21 PM 07:23 PM 09:24 PM 11:26 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	01:11 AM 03:12 AM 05:14 AM 07:15 AM 09:17 AM 11:18 AM 01:20 PM 03:21 PM 05:23 PM 07:24 PM 09:26 PM 11:27 PM



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Animated series	Lion and the Buffaloes	English/hindi	01:30 AM 03:31 AM 05:33 AM 07:34 AM 09:36 AM 11:37 AM 01:39 PM 03:40 PM 05:42 PM 07:44 PM 09:45 PM 11:47 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/hindi	01:35 AM 03:36 AM 05:38 AM 07:39 AM 09:41 AM 11:42 AM 01:44 PM 03:46 PM 05:47 PM 07:49 PM 09:50 PM 11:52 PM
शुक्रवार, 02 जनवरी 2026 Friday, 02 January 2026			
कहानी	राख की रस्सी	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
गणित	गुणा	Hindi	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:23 AM 10:23 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:27 PM
Animated series	Lion and the Buffaloes	English/hindi	12:31 AM 02:32 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:37 PM 08:37 PM 10:38 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/hindi	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:41 PM 04:42 PM 06:42 PM 08:43 PM 10:43 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:38 AM 02:39 AM 04:39 AM 06:40 AM 08:41 AM 10:41 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:44 PM 10:45 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	01:04 AM 03:05 AM 05:05 AM 07:06 AM 09:06 AM 11:07 AM 01:08 PM 03:08 PM 05:09 PM 07:09 PM 09:10 PM 11:11 PM
General	व्यक्तिगत सुरक्षा	English/hindi	01:05 AM 03:06 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
Animated series	The Crane and the Crab	English/hindi	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:30 PM
Animated series	A Nobel Inheritance	English/hindi	01:30 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:33 AM 01:34 PM 03:34 PM 05:35 PM 07:35 PM 09:36 PM 11:36 PM



शनिवार, 03 जनवरी 2026
Saturday, 03 January 2026

गणित	गुणा	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
कहानी	ईदगाह	Hindi	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:20 PM 04:21 PM 06:21 PM 08:21 PM 10:22 PM
Animated series	The Home	English/hindi	12:52 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:55 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English/hindi	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:01 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:01 AM 03:02 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General	Single Use Plastic	English/hindi	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:14 PM 07:14 PM 09:14 PM 11:15 PM
उर्दू	पाठ-1, हम्द	English/hindi	01:13 AM 03:13 AM 05:14 AM 07:14 AM 09:14 AM 11:15 AM 01:15 PM 03:15 PM 05:16 PM 07:16 PM 09:16 PM 11:17 PM
General	Growing up Healthy	English	01:26 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:29 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	English/hindi	01:30 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:33 PM
General	खेल खेल में	Hindi	01:31 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:32 AM 01:33 PM 03:33 PM 05:33 PM 07:34 PM 09:34 PM 11:34 PM
Disaster management	Earthquake - भूकंप के दौरान क्या करना चाहिए	English/hindi	01:37 AM 03:38 AM 05:38 AM 07:38 AM 09:39 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:40 PM 09:41 PM 11:41 PM
Animated series	The Umbrella	English/hindi	01:38 AM 03:38 AM 05:38 AM 07:39 AM 09:39 AM 11:39 AM 01:40 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:41 PM



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रविवार, 04 जनवरी 2026 Sunday, 04 January 2026			
शारीरिक शिक्षा	योग: त्रिकोणासन	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
कहानी	अकल बड़ी या पूछ	Hindi	12:24 AM 02:24 AM 04:25 AM 06:25 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/hindi	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
कहानी	ईदगाह	Hindi	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
General	Nutrition, Health & Sanitation	English	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
Animated series	The Fox and the Crow	English/hindi	01:29 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:40 PM
सोमवार, 05 जनवरी 2026 Monday, 05 January 2026			
कहानी	बस की यात्रा	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
Animated series	Birbal Finds the Thief	English/hindi	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	12:29 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
गणित	आओ सीखें 2 का पहाड़ा	Hindi	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM



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General	आओ सैर करें - सेवाग्राम	Hindi	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:46 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
Art Education	नाटक खेलना आसान है भाग 1	Hindi	12:52 AM 02:53 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
EVS	Chapter 1, Living Together	English/hindi	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:15 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:18 PM
कहानी	दान का हिसाब	Hindi	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 07:23 PM 09:24 PM 11:24 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM
मंगलवार, 06 जनवरी 2026 Tuesday, 06 January 2026			
कहानी	बस की यात्रा	Hindi	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
गणित	आओ सीखें 3 का पहाड़ा	Hindi	12:23 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:21 AM 12:21 PM 02:20 PM 04:20 PM 06:20 PM 08:19 PM 10:19 PM
कहानी	ईदगाह	Hindi	12:37 AM 02:36 AM 04:36 AM 06:36 AM 08:35 AM 10:35 AM 12:35 PM 02:34 PM 04:34 PM 06:33 PM 08:33 PM 10:33 PM
General	Meena - 6 too young to Marry	Hindi	01:10 AM 03:10 AM 05:09 AM 07:09 AM 09:09 AM 11:08 AM 01:08 PM 03:08 PM 05:07 PM 07:07 PM 09:07 PM 11:06 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:24 AM 03:23 AM 05:23 AM 07:22 AM 09:22 AM 11:22 AM 01:21 PM 03:21 PM 05:21 PM 07:20 PM 09:20 PM 11:20 PM
EVS	Chapter 2, Exploring Our Neighbourhood	English/hindi	01:33 AM 03:33 AM 05:33 AM 07:32 AM 09:32 AM 11:31 AM 01:31 PM 03:31 PM 05:30 PM 07:30 PM 09:30 PM 11:29 PM
General	आओ सैर करें - कुल्लू मनाली	Hindi	01:39 AM 03:38 AM 05:38 AM 07:38 AM 09:37 AM 11:37 AM 01:37 PM 03:36 PM 05:36 PM 07:36 PM 09:35 PM 11:35 PM



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बुधवार, 07 जनवरी 2026 Wednesday, 07 January 2026			
Animated series	Rabit and Turtle	English/hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:14 PM 08:15 PM 10:17 PM
कहानी	ईदगाह	Hindi	12:17 AM 02:19 AM 04:20 AM 06:22 AM 08:23 AM 10:25 AM 12:26 PM 02:28 PM 04:30 PM 06:31 PM 08:33 PM 10:34 PM
General	Meena - 6 too young to Marry	Hindi	12:48 AM 02:50 AM 04:51 AM 06:53 AM 08:54 AM 10:56 AM 12:58 PM 02:59 PM 05:01 PM 07:02 PM 09:04 PM 11:05 PM
Animated series	The Michievous Crow	English/hindi	01:02 AM 03:03 AM 05:05 AM 07:06 AM 09:08 AM 11:09 AM 01:11 PM 03:12 PM 05:14 PM 07:16 PM 09:17 PM 11:19 PM
Animated series	The Umbrella	English/hindi	01:07 AM 03:08 AM 05:10 AM 07:12 AM 09:13 AM 11:15 AM 01:16 PM 03:18 PM 05:19 PM 07:21 PM 09:23 PM 11:24 PM
कहानी	बस की यात्रा	Hindi	01:14 AM 03:16 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:24 PM 03:25 PM 05:27 PM 07:28 PM 09:30 PM 11:31 PM
कहानी	बस के नीचे बाघ	Hindi	01:32 AM 03:33 AM 05:35 AM 07:36 AM 09:38 AM 11:40 AM 01:41 PM 03:43 PM 05:44 PM 07:46 PM 09:47 PM 11:49 PM
Disaster managem ent	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	01:45 AM 03:46 AM 05:48 AM 07:50 AM 09:51 AM 11:53 AM 01:54 PM 03:56 PM 05:57 PM 07:59 PM 10:01 PM
बृहस्पतिवार, 08 जनवरी 2026 Thursday, 08 January 2026			
कहानी	ईदगाह	Hindi	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 06:10 PM 08:11 PM 10:12 PM
Animated series	The Miser	English/hindi	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:45 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
Disaster managem ent	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	English/hindi	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:56 PM 02:57 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM



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कहानी	बस के नीचे बाघ	Hindi	12:50 AM 02:51 AM 04:52 AM 06:53 AM 08:55 AM 10:56 AM 12:57 PM 02:58 PM 04:59 PM 07:00 PM 09:01 PM 11:02 PM
General	आओ सैर करें - कश्मीर	Hindi	12:56 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:02 AM 01:03 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
Animated series	Rabit and Turtle	English/hindi	01:01 AM 03:02 AM 05:03 AM 07:04 AM 09:06 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
कहानी	बस की यात्रा	Hindi	01:11 AM 03:12 AM 05:13 AM 07:14 AM 09:15 AM 11:16 AM 01:17 PM 03:18 PM 05:20 PM 07:21 PM 09:22 PM 11:23 PM
Animated series	The Umbrella	English/hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM
General	आओ सैर करें - कन्याकुमारी	Hindi	01:47 AM 03:48 AM 05:49 AM 07:50 AM 09:51 AM 11:52 AM 01:53 PM 03:55 PM 05:56 PM 07:57 PM 09:58 PM 11:59 PM
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	01:53 AM 03:54 AM 05:55 AM 07:56 AM 09:57 AM 11:58 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:04 PM
शुक्रवार, 09 जनवरी 2026 Friday, 09 January 2026			
कहानी	बस की यात्रा	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
गणित	आओ सीखें 4 का पहाड़ा	Hindi	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
कहानी	ईदगाह	Hindi	12:36 AM 02:37 AM 04:37 AM 06:38 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
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English/hindi	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
General	आओ सैर करें - सेवाग्राम	Hindi	01:14 AM 03:15 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:19 PM 11:19 PM



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Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/hindi	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM
Animated series	Rabit and Turtle	English/hindi	01:24 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:28 PM 07:29 PM 09:29 PM 11:29 PM
Art Education	ऑरिगमी (कागज़ कला) 4	Hindi	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:37 PM 05:38 PM 07:38 PM 09:39 PM 11:39 PM
Animated series	The Race	English/hindi	01:51 AM 03:51 AM 05:52 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:55 PM 09:55 PM 11:56 PM
शनिवार, 10 जनवरी 2026 Saturday, 10 January 2026			
कहानी	बस की यात्रा	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
गणित	आओ सीखें 5 का पहाड़ा	Hindi	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:27 PM 02:27 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
कहानी	हुद-हुद	Hindi	12:35 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:41 PM 08:41 PM 10:42 PM
Disaster management	Cold Wave - Chilblains	English/hindi	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:53 PM 06:53 PM 08:54 PM 10:55 PM
Art Education	ऑरिगमी (कागज़ कला) 3	Hindi	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
कहानी	ईदगाह	Hindi	01:06 AM 03:07 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
Animated series	The Race	English/hindi	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:42 PM 03:42 PM 05:43 PM 07:44 PM 09:44 PM 11:45 PM
उर्दू	पाठ-1, हम्द	English/hindi	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:48 AM 11:48 AM 01:49 PM 03:50 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM



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रविवार, 11 जनवरी 2026

Sunday, 11 January 2026

शारीरिक शिक्षा	योग: सर्वांगसन	English/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 05:54 PM 07:54 PM 09:53 PM 11:53 PM
General	स्वस्थ बढ़ना	Hindi	12:20 AM 02:20 AM 04:19 AM 06:18 AM 08:18 AM 10:17 AM 12:17 PM 02:16 PM 04:16 PM 06:15 PM 08:14 PM 10:14 PM
General	India-Pavilion-at-COP27-Mission	English/hindi	12:24 AM 02:24 AM 04:23 AM 06:23 AM 08:22 AM 10:22 AM 12:21 PM 02:21 PM 04:20 PM 06:19 PM 08:19 PM 10:18 PM
कहानी	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	12:30 AM 02:30 AM 04:29 AM 06:29 AM 08:28 AM 10:27 AM 12:27 PM 02:26 PM 04:26 PM 06:25 PM 08:25 PM 10:24 PM
Disaster management	Clod Wave - Preparation	English/hindi	12:38 AM 02:37 AM 04:36 AM 06:36 AM 08:35 AM 10:35 AM 12:34 PM 02:34 PM 04:33 PM 06:32 PM 08:32 PM 10:31 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	12:42 AM 02:41 AM 04:40 AM 06:40 AM 08:39 AM 10:39 AM 12:38 PM 02:38 PM 04:37 PM 06:36 PM 08:36 PM 10:35 PM
Animated series	The Race	English/hindi	12:43 AM 02:42 AM 04:41 AM 06:41 AM 08:40 AM 10:40 AM 12:39 PM 02:39 PM 04:38 PM 06:37 PM 08:37 PM 10:36 PM
General	Nutrition, Health & Sanitation	English	12:50 AM 02:49 AM 04:49 AM 06:48 AM 08:48 AM 10:47 AM 12:46 PM 02:46 PM 04:45 PM 06:45 PM 08:44 PM 10:44 PM
Animated series	The Crane and the Crab	English/hindi	12:56 AM 02:56 AM 04:55 AM 06:54 AM 08:54 AM 10:53 AM 12:53 PM 02:52 PM 04:52 PM 06:51 PM 08:50 PM 10:50 PM
कहानी	ईदगाह	Hindi	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:00 AM 11:00 AM 12:59 PM 02:59 PM 04:58 PM 06:58 PM 08:57 PM 10:56 PM



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सोमवार, 12 जनवरी 2026

Monday, 12 January 2026

गणित	आओ सीखें 2 का पहाड़ा	Hindi	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:06 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:12 PM 10:13 PM
कहानी	ईदगाह	Hindi	12:34 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:40 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:46 PM 10:47 PM
कहानी	सुनीता की पहिया कुर्सी	Hindi	01:07 AM 03:08 AM 05:09 AM 07:11 AM 09:12 AM 11:13 AM 01:14 PM 03:15 PM 05:17 PM 07:18 PM 09:19 PM 11:20 PM
Disaster managem ent	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English/hindi	01:19 AM 03:20 AM 05:22 AM 07:23 AM 09:24 AM 11:25 AM 01:26 PM 03:28 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM
Animated series	Story of a Tinker	English/hindi	01:20 AM 03:21 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM
Animated series	The Umbrella	English/hindi	01:29 AM 03:30 AM 05:31 AM 07:33 AM 09:34 AM 11:35 AM 01:36 PM 03:37 PM 05:39 PM 07:40 PM 09:41 PM 11:42 PM
EVS	Chapter 1, Living Together	English/hindi	01:36 AM 03:37 AM 05:39 AM 07:40 AM 09:41 AM 11:42 AM 01:43 PM 03:45 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM
कहानी	बस की यात्रा	Hindi	01:42 AM 03:43 AM 05:44 AM 07:46 AM 09:47 AM 11:48 AM 01:49 PM 03:50 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
कहानी	लालू और पीलू	Hindi	01:57 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM

मंगलवार, 13 जनवरी 2026

Tuesday, 13 January 2026

कहानी	ईदगाह	Hindi	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 06:06 PM 08:07 PM 10:08 PM
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गणित	आओ सीखें 3 का पहाड़ा	Hindi	12:39 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:43 AM 12:43 PM 02:44 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM
Animated series	Rabit and Turtle	English/hindi	12:53 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:58 PM 04:59 PM 07:00 PM 09:00 PM 11:01 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English/hindi	01:04 AM 03:05 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:11 PM 09:12 PM 11:13 PM
Animated series	The Crane and the Crab	English/hindi	01:20 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:27 PM 11:28 PM
कहानी	बस की यात्रा	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM
कहानी	एक दिन की बादशाहत	Hindi	01:42 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:50 PM
EVS	Chapter 2, Exploring Our Neighbourhood	English/hindi	01:54 AM 03:54 AM 05:55 AM 07:56 AM 09:57 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:01 PM
बुधवार, 14 जनवरी 2026 Wednesday, 14 January 2026			
कहानी	पहाड़ से ऊँचा आदमी	Hindi	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
General	आओ सैर करें - नालंदा	Hindi	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:30 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
General	तरंग : सही जगह पर	Hindi	12:32 AM 02:33 AM 04:34 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:41 PM 10:41 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English/hindi	12:47 AM 02:47 AM 04:48 AM 06:49 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM



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Animated series	Two Friends and the Bear	English/hindi	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:07 PM 09:08 PM 11:09 PM
कहानी	बस की यात्रा	Hindi	01:08 AM 03:09 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:13 PM 05:14 PM 07:15 PM 09:16 PM 11:17 PM
Art Education	ऑरिगमी (कागज़ कला) 4	Hindi	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:32 PM
Art Education	नाटक खेलना आसान है भाग 1	Hindi	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM
बृहस्पतिवार, 15 जनवरी 2026 Thursday, 15 January 2026			
कहानी	हुद-हुद	Hindi	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
कहानी	दान का हिसाब	Hindi	12:17 AM 02:18 AM 04:19 AM 06:20 AM 08:21 AM 10:22 AM 12:23 PM 02:24 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:33 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
Animated series	Story of a Tinker	English/hindi	12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:44 AM 10:45 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English/hindi	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:52 AM 10:53 AM 12:54 PM 02:55 PM 04:56 PM 06:57 PM 08:59 PM 11:00 PM
General	आओ सैर करें - मणिपुर	Hindi	12:49 AM 02:50 AM 04:51 AM 06:52 AM 08:53 AM 10:54 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
Animated series	The Fox and the Crow	English/hindi	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM



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कहानी	बस की यात्रा	Hindi	01:12 AM 03:13 AM 05:14 AM 07:15 AM 09:16 AM 11:17 AM 01:18 PM 03:19 PM 05:20 PM 07:21 PM 09:22 PM 11:23 PM
General	व्यक्तिगत सुरक्षा	English/hindi	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
शुक्रवार, 16 जनवरी 2026 Friday, 16 January 2026			
कहानी	वो कुछ दिन	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:07 PM
गणित	आओ सीखें 4 का पहाड़ा	Hindi	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
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:28 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:35 PM 10:35 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:39 AM 02:39 AM 04:40 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:46 PM
Animated series	Why the Donkey Won't Move	English/hindi	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:00 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	English/hindi	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:15 PM
कहानी	बस की यात्रा	Hindi	01:09 AM 03:10 AM 05:11 AM 07:11 AM 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:16 PM 11:16 PM
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	01:26 AM 03:26 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:33 PM
कहानी	सुनीता की पहिया कुर्सी	Hindi	01:32 AM 03:33 AM 05:34 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:37 PM 05:37 PM 07:38 PM 09:39 PM 11:39 PM



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शनिवार, 17 जनवरी 2026 Saturday, 17 January 2026			
General	Sustainable Food Systems Adopted	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:57 PM 03:57 PM 05:57 PM 07:57 PM 09:56 PM 11:56 PM
गणित	आओ सीखें 5 का पहाड़ा	Hindi	12:08 AM 02:08 AM 04:08 AM 06:07 AM 08:07 AM 10:07 AM 12:06 PM 02:06 PM 04:06 PM 06:05 PM 08:05 PM 10:05 PM
कहानी	नटखट चूहा	Hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:36 AM 10:36 AM 12:36 PM 02:35 PM 04:35 PM 06:35 PM 08:34 PM 10:34 PM
कहानी	दान का हिसाब	Hindi	12:56 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:54 AM 12:54 PM 02:54 PM 04:53 PM 06:53 PM 08:53 PM 10:52 PM
Disaster management	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	01:12 AM 03:12 AM 05:12 AM 07:11 AM 09:11 AM 11:11 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:09 PM 11:09 PM
General	मैं सबसे छोटी होऊँ-सुमित्रा नंदन पन्त	Hindi	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:11 PM 07:11 PM 09:11 PM 11:10 PM
Animated series	The Crane and the Crab	English/hindi	01:15 AM 03:15 AM 05:15 AM 07:14 AM 09:14 AM 11:14 AM 01:13 PM 03:13 PM 05:13 PM 07:12 PM 09:12 PM 11:12 PM
उर्दू	पाठ-2, छुपा खजाना	English/hindi	01:22 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:20 AM 01:20 PM 03:20 PM 05:19 PM 07:19 PM 09:19 PM 11:18 PM
General	आओ सैर करें - लक्षद्वीप	Hindi	01:40 AM 03:39 AM 05:39 AM 07:39 AM 09:38 AM 11:38 AM 01:38 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:36 PM
रविवार, 18 जनवरी 2026 Sunday, 18 January 2026			
शारीरिक शिक्षा	योग: त्रिकोणासन	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	स्वस्थ बढ़ना	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 06:26 PM 08:27 PM 10:27 PM



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कहानी	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	12:29 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:32 PM
कहानी	नन्हा फनकार	Hindi	12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:40 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
कहानी	एक दिन की बादशाहत	Hindi	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:56 PM
Animated series	The Crane and the Crab	English/hindi	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:07 PM 09:07 PM 11:08 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
Animated series	Rabit and Turtle	English/hindi	01:15 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:18 PM
Animated series	Rabit and Turtle	English/hindi	01:24 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:27 PM 09:27 PM 11:27 PM
सोमवार, 19 जनवरी 2026 Monday, 19 January 2026			
गणित	आओ सीखें 2 का पहाड़ा	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
Animated series	The Crane and the Crab	English/hindi	12:42 AM 02:43 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM
General	Meena - 1 Count your Chicken	Hindi	01:03 AM 03:03 AM 05:03 AM 07:04 AM 09:04 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:06 PM 09:06 PM 11:07 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM
कहानी	आम की टोकरी	Hindi	01:27 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:29 AM 01:30 PM 03:30 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM



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General	आओ सैर करें - मणिपुर	Hindi	01:30 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:32 AM 01:33 PM 03:33 PM 05:34 PM 07:34 PM 09:34 PM 11:35 PM
EVS	Chapter 1, Living Together	English/hindi	01:37 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:39 PM 05:40 PM 07:40 PM 09:40 PM 11:41 PM
कहानी	बस की यात्रा	Hindi	01:42 AM 03:43 AM 05:43 AM 07:44 AM 09:44 AM 11:44 AM 01:45 PM 03:45 PM 05:45 PM 07:46 PM 09:46 PM 11:47 PM
मंगलवार, 20 जनवरी 2026 Tuesday, 20 January 2026			
Art Education	ऑरिगमी (कागज कला) 3	Hindi	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:56 PM 05:56 PM 07:56 PM 09:55 PM 11:55 PM
गणित	आओ सीखें 3 का पहाड़ा	Hindi	12:25 AM 02:25 AM 04:24 AM 06:24 AM 08:23 AM 10:23 AM 12:23 PM 02:22 PM 04:22 PM 06:21 PM 08:21 PM 10:21 PM
General	Meena - 3 Saving the life	Hindi	12:39 AM 02:38 AM 04:38 AM 06:38 AM 08:37 AM 10:37 AM 12:36 PM 02:36 PM 04:36 PM 06:35 PM 08:35 PM 10:34 PM
Animated series	Why the Donkey Won't Move	English/hindi	12:52 AM 02:52 AM 04:51 AM 06:51 AM 08:51 AM 10:50 AM 12:50 PM 02:49 PM 04:49 PM 06:49 PM 08:48 PM 10:48 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	English/hindi	01:04 AM 03:04 AM 05:04 AM 07:03 AM 09:03 AM 11:02 AM 01:02 PM 03:02 PM 05:01 PM 07:01 PM 09:00 PM 11:00 PM
General	Introduction to MISSION LIFE	English/hindi	01:20 AM 03:19 AM 05:19 AM 07:18 AM 09:18 AM 11:18 AM 01:17 PM 03:17 PM 05:16 PM 07:16 PM 09:16 PM 11:15 PM
EVS	Chapter 2, Exploring Our Neighbourhood	English/hindi	01:22 AM 03:22 AM 05:21 AM 07:21 AM 09:20 AM 11:20 AM 01:20 PM 03:19 PM 05:19 PM 07:18 PM 09:18 PM 11:18 PM
General	आओ सैर करें - कुल्लू मनाली	Hindi	01:28 AM 03:28 AM 05:28 AM 07:27 AM 09:27 AM 11:26 AM 01:26 PM 03:26 PM 05:25 PM 07:25 PM 09:24 PM 11:24 PM



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बुधवार, 21 जनवरी 2026

Wednesday, 21 January 2026

कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	आओ सैर करें - नालंदा	Hindi	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM
Animated series	The Race	English/hindi	12:34 AM 02:35 AM 04:35 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
कहानी	हुद-हुद	Hindi	12:42 AM 02:42 AM 04:43 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:46 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/hindi	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:55 PM 06:56 PM 08:56 PM 10:57 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English/hindi	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM
General	आओ सैर करें - राजघाट	Hindi	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
General	Water Saved	English/hindi	01:10 AM 03:10 AM 05:11 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:16 PM 11:16 PM
General (Wetland)	Jal-Bhoomi's story Part 2	English/hindi	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:14 AM 01:14 PM 03:15 PM 05:16 PM 07:16 PM 09:17 PM 11:17 PM
Art Education	ऑरिगमी (कागज़ कला) 4	Hindi	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:22 PM 05:23 PM 07:23 PM 09:24 PM 11:25 PM
बृहस्पतिवार, 22 जनवरी 2026			
Thursday, 22 January 2026			
Animated series	Why the Donkey Won't Move	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM



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कहानी	दान का हिसाब	Hindi	12:17 AM 02:18 AM 04:19 AM 06:20 AM 08:21 AM 10:22 AM 12:23 PM 02:24 PM 04:25 PM 06:26 PM 08:27 PM 10:28 PM
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:34 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:39 AM 12:39 PM 02:40 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/hindi	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 09:09 PM 11:10 PM
कहानी	बस की यात्रा	Hindi	01:02 AM 03:03 AM 05:04 AM 07:04 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
General	व्यक्तिगत सुरक्षा	English/hindi	01:17 AM 03:18 AM 05:19 AM 07:20 AM 09:21 AM 11:22 AM 01:23 PM 03:23 PM 05:24 PM 07:25 PM 09:26 PM 11:27 PM
शुक्रवार, 23 जनवरी 2026 Friday, 23 January 2026			
गणित	आओ सीखें 4 का पहाड़ा	Hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:13 PM 08:15 PM 10:16 PM
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:20 AM 02:22 AM 04:23 AM 06:25 AM 08:26 AM 10:28 AM 12:29 PM 02:31 PM 04:33 PM 06:34 PM 08:36 PM 10:37 PM
Animated series	Lion and the Buffaloes	English/hindi	12:28 AM 02:30 AM 04:31 AM 06:33 AM 08:35 AM 10:36 AM 12:38 PM 02:39 PM 04:41 PM 06:42 PM 08:44 PM 10:45 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	12:33 AM 02:35 AM 04:37 AM 06:38 AM 08:40 AM 10:41 AM 12:43 PM 02:44 PM 04:46 PM 06:47 PM 08:49 PM 10:50 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:35 AM 02:36 AM 04:38 AM 06:39 AM 08:41 AM 10:42 AM 12:44 PM 02:45 PM 04:47 PM 06:48 PM 08:50 PM 10:51 PM
कहानी	बस की यात्रा	Hindi	12:54 AM 02:55 AM 04:57 AM 06:58 AM 09:00 AM 11:01 AM 01:03 PM 03:04 PM 05:06 PM 07:07 PM 09:09 PM 11:10 PM
General	I have got ten little figures	English	01:09 AM 03:11 AM 05:12 AM 07:14 AM 09:15 AM 11:17 AM 01:18 PM 03:20 PM 05:21 PM 07:23 PM 09:24 PM 11:26 PM



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Art Education	ऑरिगमी (कागज कला) 4	Hindi	01:18 AM 03:20 AM 05:21 AM 07:23 AM 09:24 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:32 PM 09:33 PM 11:35 PM
शनिवार, 24 जनवरी 2026 Saturday, 24 January 2026			
General	Water Saved	English/hindi	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:50 PM
कहानी	ईदगाह	Hindi	12:10 AM 02:09 AM 04:08 AM 06:07 AM 08:06 AM 10:06 AM 12:05 PM 02:04 PM 04:03 PM 06:02 PM 08:02 PM 10:01 PM
गणित	आओ सीखें 5 का पहाड़ा	Hindi	12:41 AM 02:40 AM 04:39 AM 06:38 AM 08:38 AM 10:37 AM 12:36 PM 02:35 PM 04:34 PM 06:34 PM 08:33 PM 10:32 PM
कहानी	हुद-हुद	Hindi	12:54 AM 02:53 AM 04:52 AM 06:51 AM 08:51 AM 10:50 AM 12:49 PM 02:48 PM 04:47 PM 06:47 PM 08:46 PM 10:45 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	01:03 AM 03:02 AM 05:01 AM 07:00 AM 09:00 AM 10:59 AM 12:58 PM 02:57 PM 04:56 PM 06:56 PM 08:55 PM 10:54 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:05 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:01 AM 01:00 PM 02:59 PM 04:58 PM 06:57 PM 08:57 PM 10:56 PM
General	Single Use Plastic	English/hindi	01:14 AM 03:14 AM 05:13 AM 07:12 AM 09:11 AM 11:10 AM 01:10 PM 03:09 PM 05:08 PM 07:07 PM 09:06 PM 11:06 PM
उर्दू	पाठ-2, छुपा खजाना	English/hindi	01:19 AM 03:18 AM 05:17 AM 07:16 AM 09:15 AM 11:15 AM 01:14 PM 03:13 PM 05:12 PM 07:11 PM 09:11 PM 11:10 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English/hindi	01:28 AM 03:27 AM 05:27 AM 07:26 AM 09:25 AM 11:24 AM 01:23 PM 03:23 PM 05:22 PM 07:21 PM 09:20 PM 11:19 PM
General	Energy Saving	English/hindi	01:33 AM 03:32 AM 05:31 AM 07:30 AM 09:29 AM 11:29 AM 01:28 PM 03:27 PM 05:26 PM 07:25 PM 09:25 PM 11:24 PM
Art Education	ऑरिगमी (कागज कला) 4	Hindi	01:34 AM 03:33 AM 05:33 AM 07:32 AM 09:31 AM 11:30 AM 01:29 PM 03:29 PM 05:28 PM 07:27 PM 09:26 PM 11:25 PM



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Animated series	The Crane and the Crab	English/hindi	01:51 AM 03:50 AM 05:49 AM 07:49 AM 09:48 AM 11:47 AM 01:46 PM 03:45 PM 05:45 PM 07:44 PM 09:43 PM 11:42 PM
रविवार, 25 जनवरी 2026 Sunday, 25 January 2026			
शारीरिक शिक्षा	योग: सर्वांगासन	English/hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:57 PM 11:57 PM
General	स्वस्थ बढ़ना	Hindi	12:20 AM 02:20 AM 04:20 AM 06:20 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:18 PM 08:18 PM 10:18 PM
कहानी	लकड़ी मकड़ी ककड़ी	Hindi	12:25 AM 02:25 AM 04:25 AM 06:25 AM 08:25 AM 10:24 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:23 PM 10:23 PM
General	Nutrition, Health & Sanitation	English	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:31 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:29 PM 10:29 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	English/hindi	12:38 AM 02:38 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
Animated series	Two Friends and the Bear	English/hindi	12:39 AM 02:39 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
कहानी	राख की रस्सी	Hindi	12:46 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:44 PM 02:44 PM 04:44 PM 06:44 PM 08:44 PM 10:43 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	12:59 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:56 PM
कहानी	ईदगाह	Hindi	01:00 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:57 PM
General	Water Saved	English/hindi	01:33 AM 03:33 AM 05:33 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM



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सोमवार, 26 जनवरी 2026

Monday, 26 January 2026

गणित	आओ सीखें 2 का पहाड़ा	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
Animated series	The Crane and the Crab	English/hindi	12:42 AM 02:42 AM 04:42 AM 06:42 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
कहानी	सोने का अंडा देने वाली मुर्गी	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
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	English/hindi	01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Animated series	Rabit and Turtle	English/hindi	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:13 PM
कहानी	तुम्हारी कहानियाँ : डोमी की चप्पलें भाग 1	Hindi	01:22 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:23 PM 11:23 PM
EVS	Chapter 1, Living Together	English/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 09:36 PM 11:36 PM

मंगलवार, 27 जनवरी 2026

Tuesday, 27 January 2026

कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
गणित	आओ सीखें 3 का पहाड़ा	Hindi	12:16 AM 02:16 AM 04:17 AM 06:17 AM 08:18 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:22 PM 10:22 PM
General	Meena - 3 Saving the life	Hindi	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:36 PM 10:36 PM
Animated series	Why the Donkey Won't Move	English/hindi	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:48 PM 08:49 PM 10:50 PM



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Disaster management	Cold Wave - Chilblains	English/hindi	12:53 AM 02:53 AM 04:54 AM 06:55 AM 08:55 AM 10:56 AM 12:56 PM 02:57 PM 04:58 PM 06:58 PM 08:59 PM 10:59 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:54 AM 02:54 AM 04:55 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
EVS	Chapter 2, Exploring Our Neighbourhood	English/hindi	01:13 AM 03:14 AM 05:14 AM 07:15 AM 09:15 AM 11:16 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:19 PM 11:20 PM
कहानी	नन्हा फनकार	Hindi	01:18 AM 03:19 AM 05:20 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
बुधवार, 28 जनवरी 2026 Wednesday, 28 January 2026			
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:00 AM 02:02 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:12 PM 02:14 PM 04:16 PM 06:19 PM 08:21 PM 10:23 PM
General	आओ सैर करें - नालंदा	Hindi	12:27 AM 02:29 AM 04:31 AM 06:33 AM 08:35 AM 10:37 AM 12:39 PM 02:42 PM 04:44 PM 06:46 PM 08:48 PM 10:50 PM
Animated series	The Race	English/hindi	12:32 AM 02:34 AM 04:36 AM 06:38 AM 08:40 AM 10:43 AM 12:45 PM 02:47 PM 04:49 PM 06:51 PM 08:53 PM 10:55 PM
General	Samvidhan Diwas	English/hindi	12:39 AM 02:41 AM 04:43 AM 06:46 AM 08:48 AM 10:50 AM 12:52 PM 02:54 PM 04:56 PM 06:58 PM 09:00 PM 11:02 PM
Disaster management	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English/hindi	12:50 AM 02:52 AM 04:54 AM 06:57 AM 08:59 AM 11:01 AM 01:03 PM 03:05 PM 05:07 PM 07:09 PM 09:11 PM 11:13 PM
General	आओ सैर करें - राजघाट	Hindi	12:52 AM 02:54 AM 04:56 AM 06:58 AM 09:00 AM 11:02 AM 01:05 PM 03:07 PM 05:09 PM 07:11 PM 09:13 PM 11:15 PM
General	आओ सैर करें - मिस्र	Hindi	12:57 AM 02:59 AM 05:02 AM 07:04 AM 09:06 AM 11:08 AM 01:10 PM 03:12 PM 05:14 PM 07:16 PM 09:18 PM 11:21 PM
General	Water Saved	English/hindi	01:01 AM 03:03 AM 05:05 AM 07:07 AM 09:09 AM 11:12 AM 01:14 PM 03:16 PM 05:18 PM 07:20 PM 09:22 PM 11:24 PM



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कहानी	बस की यात्रा	Hindi	01:02 AM 03:04 AM 05:06 AM 07:08 AM 09:11 AM 11:13 AM 01:15 PM 03:17 PM 05:19 PM 07:21 PM 09:23 PM 11:25 PM
Art Education	ऑरिगमी (कागज़ कला) 4	Hindi	01:20 AM 03:22 AM 05:24 AM 07:26 AM 09:28 AM 11:30 AM 01:32 PM 03:35 PM 05:37 PM 07:39 PM 09:41 PM 11:43 PM
बृहस्पतिवार, 29 जनवरी 2026 Thursday, 29 January 2026			
Animated series	Why the Donkey Won't Move	English/hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
कहानी	दान का हिसाब	Hindi	12:17 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:20 PM 04:21 PM 06:21 PM 08:22 PM 10:22 PM
General	व्यक्तिगत सुरक्षा	English/hindi	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Animated series	Two Friends and the Bear	English/hindi	01:04 AM 03:05 AM 05:05 AM 07:05 AM 09:06 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English/hindi	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM
कहानी	बस की यात्रा	Hindi	01:13 AM 03:13 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:17 PM 11:18 PM
General	पोषण, स्वास्थ्य और स्वच्छता	Hindi	01:28 AM 03:29 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:32 PM 11:33 PM
शुक्रवार, 30 जनवरी 2026 Friday, 30 January 2026			
गणित	आओ सीखें 4 का पहाड़ा	Hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:13 PM 08:15 PM 10:16 PM
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:20 AM 02:22 AM 04:23 AM 06:25 AM 08:26 AM 10:28 AM 12:29 PM 02:31 PM 04:33 PM 06:34 PM 08:36 PM 10:37 PM



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Animated series	Lion and the Buffaloes	English/hindi	12:28 AM 02:30 AM 04:31 AM 06:33 AM 08:35 AM 10:36 AM 12:38 PM 02:39 PM 04:41 PM 06:42 PM 08:44 PM 10:45 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	English/hindi	12:33 AM 02:35 AM 04:37 AM 06:38 AM 08:40 AM 10:41 AM 12:43 PM 02:44 PM 04:46 PM 06:47 PM 08:49 PM 10:50 PM
कहानी	पहाड़ से ऊँचा आदमी	Hindi	12:35 AM 02:36 AM 04:38 AM 06:39 AM 08:41 AM 10:42 AM 12:44 PM 02:45 PM 04:47 PM 06:48 PM 08:50 PM 10:51 PM
कहानी	बस की यात्रा	Hindi	12:54 AM 02:55 AM 04:57 AM 06:58 AM 09:00 AM 11:01 AM 01:03 PM 03:04 PM 05:06 PM 07:07 PM 09:09 PM 11:10 PM
General	I have got ten little fingers	English	01:09 AM 03:11 AM 05:12 AM 07:14 AM 09:15 AM 11:17 AM 01:18 PM 03:20 PM 05:21 PM 07:23 PM 09:24 PM 11:26 PM
Art Education	ऑरिगमी (कागज कला) 4	Hindi	01:18 AM 03:20 AM 05:21 AM 07:23 AM 09:24 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:32 PM 09:33 PM 11:35 PM

शनिवार, 31 जनवरी 2026
Saturday, 31 January 2026

कहानी	ईदगाह	Hindi	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 06:06 PM 08:07 PM 10:08 PM
गणित	आओ सीखें 5 का पहाड़	Hindi	12:40 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:43 AM 12:44 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:48 PM
कहानी	हुद-हुद	Hindi	12:53 AM 02:53 AM 04:54 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:01 PM
Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	English/hindi	01:02 AM 03:02 AM 05:03 AM 07:04 AM 09:05 AM 11:05 AM 01:06 PM 03:07 PM 05:08 PM 07:08 PM 09:09 PM 11:10 PM
Animated series	Why the Donkey Won't Move	English/hindi	01:04 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
General	Single Use Plastic	English/hindi	01:13 AM 03:14 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:18 PM 03:19 PM 05:19 PM 07:20 PM 09:21 PM 11:22 PM



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उर्दू	पाठ-3, खानदानी शिजरा	English/hindi	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:49 PM 11:50 PM
General	Energy Saving	English/hindi	01:53 AM 03:54 AM 05:55 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:58 PM 05:59 PM 08:00 PM 10:01 PM



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