

कक्षा - 3 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 3

कक्षा - 3 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 3

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

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

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

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

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

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

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



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

जुलाई 2025
July 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
मंगलवार, 01 जुलाई 2025 Tuesday, 01 July 2025			
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
सामान्य	आज़ादी की अमृत कहानियाँ (बसंती)	हिन्दी	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Mathematics	Ch-1: What's in a Name?	English	12:17 AM 02:17 AM 04:17 AM 06:17 AM 08:18 AM 10:18 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:19 PM 10:19 PM
EVS	Chapter 1: Family and Friends	English	12:41 AM 02:41 AM 04:42 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:43 PM 10:43 PM
योग	नाड़ीशोधन प्राणायाम	हिन्दी	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
General Awareness	Personal Safety	English	12:54 AM 02:54 AM 04:54 AM 06:54 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:56 PM 10:56 PM



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उर्दू	पाठ 1 - हम्द	हिन्दी	01:10 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:12 PM
English	Ch-1: Fun with Friends - Colours	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
बुधवार, 02 जुलाई 2025 Wednesday, 02 July 2025			
Yoga	Surya_Namaskar	English	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
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:14 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 08:21 PM 10:21 PM
पर्यावरण अध्ययन	अध्याय -1 : डाल- डाल पर , ताल -ताल पर	हिन्दी	12:21 AM 02:22 AM 04:23 AM 06:23 AM 08:24 AM 10:25 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:28 PM 10:28 PM
Heat Wave	लू :तेज गर्मी के दौरान आप लोगों की कैसे सहायता कर सकते हैं	Hindi	12:49 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:56 PM
Heat Wave	बाहरी कामकाजी लोग लू गर्म हवा से कैसे बचें	Hindi	12:49 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:56 PM 10:56 PM
Heat Wave	पहाड़ी क्षेत्रों में रहने वाले लोग कैसे करें लू गर्महवा से अपना बचाव	Hindi	12:50 AM 02:51 AM 04:52 AM 06:52 AM 08:53 AM 10:53 AM 12:54 PM 02:55 PM 04:55 PM 06:56 PM 08:57 PM 10:57 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-3	English/hind i	12:51 AM 02:52 AM 04:52 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
English	Ch-1: Fun with Friends - Colours	English	01:08 AM 03:09 AM 05:10 AM 07:10 AM 09:11 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Heat Wave	गर्मी की तीव्रता के कारण	Hindi	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:20 AM 11:20 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
योग	नाडीशोधन प्राणायाम	हिन्दी	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 07:24 PM 09:24 PM 11:25 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:21 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM
Mathematics	Ch-1: What's in a Name?	English	01:31 AM 03:31 AM 05:32 AM 07:33 AM 09:33 AM 11:34 AM 01:34 PM 03:35 PM 05:36 PM 07:36 PM 09:37 PM 11:38 PM
Heat Wave	लू : शहर में रहने वाले लोग कैसे करें लू गर्म हवा से अपना बचाव	Hindi	01:56 AM 03:57 AM 05:57 AM 07:58 AM 09:59 AM 11:59 AM 02:00 PM 04:01 PM 06:01 PM 08:02 PM 10:03 PM
Heat Wave	लू गर्महवा के दौरान कैसे रखें घर को ठंडा	Hindi	01:57 AM 03:58 AM 05:58 AM 07:59 AM 10:00 AM 12:00 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Heat Wave	पशुओं को लू गर्म हवा से कैसे बचाएँ	Hindi	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:01 AM 12:01 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM



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बृहस्पतिवार, 03 जुलाई 2025

Thursday, 03 July 2025

Yoga	Surya_Namaskar	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 Awareness	Interpersonal Relationships	English	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Thunderstorm and Lighting	Lightning - बिजली गिरने के दौरान कैसे रहें सुरक्षित	Hindi	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 08:20 PM 10:20 PM
Art and Craft	Slithering Snake	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 08:21 PM 10:21 PM
Heat Wave	बुजुर्गी को लू गर्म हवा से कैसे रखें सुरक्षित	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:22 PM 08:22 PM 10:22 PM
पर्यावरण अध्ययन	अध्याय -1 : डाल- डाल पर , ताल -ताल पर	हिन्दी	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM
Heat Wave	लू गर्म हवा से बचने के उपाएँ	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
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
English	Ch-1: Fun with Friends - Colours	English	12:57 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:58 PM



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			02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-3	English/hindi	01:06 AM 03:06 AM 05:06 AM 07:06 AM 09:06 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
Mathematics	Ch-1: What's in a Name?	English	01:23 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/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
शुक्रवार, 04 जुलाई 2025 Friday, 04 July 2025			
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
Storytelling/Value Education	Meena – 3 Saving the life	हिन्दी	12:15 AM 02:14 AM 04:13 AM 06:12 AM 08:11 AM 10:10 AM 12:09 PM 02:08 PM 04:07 PM 06:06 PM 08:05 PM 10:04 PM
Heat Wave	पशुओं को लू गर्म हवा से कैसे बचाएँ?	Hindi	12:28 AM 02:27 AM 04:26 AM 06:25 AM 08:24 AM 10:23 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:18 PM 10:17 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-3	English/hindi	12:29 AM 02:28 AM 04:27 AM 06:26 AM 08:25 AM 10:24 AM 12:23 PM 02:22 PM 04:21 PM 06:20 PM 08:19 PM 10:18 PM
Art and Craft	Art Education	English	12:46 AM 02:45 AM 04:44 AM 06:43 AM 08:42 AM 10:41 AM 12:40 PM 02:39 PM 04:38 PM 06:37 PM 08:36 PM 10:35 PM



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Heat Wave	बच्चों को लू गर्म हवा से कैसे सुरक्षित रखें	Hindi	01:07 AM 03:06 AM 05:05 AM 07:04 AM 09:04 AM 11:03 AM 01:02 PM 03:01 PM 05:00 PM 06:59 PM 08:58 PM 10:57 PM
Heat Wave	लू : गर्म हवा से बचाव	Hindi	01:08 AM 03:07 AM 05:06 AM 07:05 AM 09:04 AM 11:03 AM 01:02 PM 03:01 PM 05:00 PM 06:59 PM 08:58 PM 10:57 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	हिन्दी	01:09 AM 03:08 AM 05:07 AM 07:06 AM 09:05 AM 11:04 AM 01:03 PM 03:02 PM 05:01 PM 07:00 PM 08:59 PM 10:58 PM
General	Azadi ki Amrit Kahaniyan (Tanvi)	English	01:21 AM 03:20 AM 05:19 AM 07:18 AM 09:17 AM 11:16 AM 01:15 PM 03:14 PM 05:13 PM 07:12 PM 09:11 PM 11:10 PM
Mathematics	Ch-1: What's in a Name?	English	01:23 AM 03:22 AM 05:21 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:15 PM 07:14 PM 09:13 PM 11:12 PM
English	Ch-1: Fun with Friends - Colours	English	01:48 AM 03:47 AM 05:46 AM 07:45 AM 09:44 AM 11:43 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:38 PM 11:37 PM
Thunderstorm and Lighting	Lightning - बिजली गिरने के दौरान कैसे रहें सुरक्षित	Hindi	01:56 AM 03:55 AM 05:54 AM 07:53 AM 09:52 AM 11:51 AM 01:50 PM 03:49 PM 05:49 PM 07:48 PM 09:47 PM 11:46 PM
शनिवार, 05 जुलाई 2025 Saturday, 05 July 2025			
Yoga	Surya_Namaskar	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 06:01 PM 08:02 PM 10:02 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM



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			PM 04:16 PM 06:16 PM 08:16 PM 10:17 PM
Heat Wave	लू: गर्म हवा के कारण	Hindi	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:30 PM 10:30 PM
Storytelling/Value Education	टर्म टू-5	हिन्दी	12:28 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:31 PM
Mathematics	Ch-1: What's in a Name?	English	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:52 AM 10:52 AM 12:52 PM 02:52 PM 04:52 PM 06:53 PM 08:53 PM 10:53 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	01:15 AM 03:15 AM 05:16 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 11:17 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:23 AM 11:23 AM 01:23 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
Storytelling/Value Education	Meena – 9 I love School	हिन्दी	01:27 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:29 PM 09:29 PM 11:30 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:44 PM 11:44 PM
Heat Wave	लू गर्म हवा के प्रभाव को कम करना	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 07:49 PM 09:49 PM 11:49 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM



			03:49 PM 05:49 PM 07:49 PM 09:50 PM 11:50 PM
Heat Wave	How To Keep Your House Cool During Summers	English	01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
Thunderstorm and Lighting	Lightning - बिजली से कैसे बचें	Hindi	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 10:00 PM
रविवार, 06 जुलाई 2025 Sunday, 06 July 2025			
Yoga	Surya_Namaskar	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 Awareness	Personal Safety	English	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	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
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	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
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिन्दी	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 07:00 PM 09:00 PM 11:00 PM



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शारीरिक शिक्षा	कबड्डी	हिन्दी	01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
शारीरिक शिक्षा	योग गोमुखासन (Yoga Gomukhasan)	हिन्दी	01:36 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
योग	पवनमुक्तासन	हिन्दी	01:55 AM 03:55 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:55 PM
Thunderstorm and Lighting	Lightning - बिजली की चोटों के संकेत और लक्षण	Hindi	01:58 AM 03:58 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
सोमवार, 07 जुलाई 2025 Monday, 07 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:20 PM
Heat Wave	Heat Wave:How Nomads And Homeless Can Be Helped During A Heatwave	English	12:21 AM 02:22 AM 04:22 AM 06:23 AM 08:23 AM 10:24 AM 12:24 PM 02:25 PM 04:25 PM 06:26 PM 08:26 PM 10:27 PM
English	Ch-1: Fun with Friends - Colours	English	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:24 AM 10:25 AM 12:25 PM 02:26 PM 04:26 PM 06:27 PM 08:27 PM 10:28 PM
Storytelling/Value Education	Meena - 9 I love School	हिन्दी	12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM



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			02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM
Storytelling/Value Education	Meena – 8 Meena's three wishes	हिन्दी	12:45 AM 02:46 AM 04:46 AM 06:47 AM 08:47 AM 10:48 AM 12:48 PM 02:49 PM 04:49 PM 06:50 PM 08:50 PM 10:51 PM
Mathematics	Ch-1: What's in a Name?	English	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
EVS	Chapter 1: Family and Friends	English	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:33 PM
उर्दू	पाठ 1 - हम्द	हिन्दी	01:37 AM 03:37 AM 05:38 AM 07:38 AM 09:39 AM 11:39 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	01:46 AM 03:47 AM 05:47 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM 03:50 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM
Yoga	Dhyana	English	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
Thunderstorm and Lighting	Lightning - बिजली से एक पीड़ित के जीवन को कैसे बचाएं	Hindi	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM



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मंगलवार, 08 जुलाई 2025

Tuesday, 08 July 2025

Yoga	Surya_Namaskar	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
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM
शारीरिक शिक्षा	पोषण , स्वास्थ्य और स्वच्छता	हिन्दी	12:21 AM 02:21 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:22 PM 06:23 PM 08:23 PM 10:23 PM
Heat Wave	Heat Wave:How Can Outdoor Workers Labourers Protect Themselves	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
Storytelling/Value Education	टर्म टू-2	हिन्दी	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:38 AM 10:39 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
English	Ch-1: Fun with Friends - Colours	English	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:00 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
Mathematics	Ch-1: What's in a Name?	English	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
EVS	Chapter 1: Family and Friends	English	01:33 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM



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			03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:35 PM
उर्दू	पाठ 1 - हम्द	हिन्दी	01:42 AM 03:42 AM 05:43 AM 07:43 AM 09:43 AM 11:43 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:44 PM 11:44 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:51 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 07:53 PM 09:53 PM 11:53 PM
Heat Wave	Heat Wave: How To Protect Animals From The Heatwave	English	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
बुधवार, 09 जुलाई 2025 Wednesday, 09 July 2025			
Yoga	Surya_Namaskar	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
पर्यावरण अध्ययन	अध्याय -1 : डाल- डाल पर , ताल -ताल पर	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Heat Wave	Heat Wave: Food Drink Habits To Protect Yourself From Heatwave	English	12:42 AM 02:42 AM 04:42 AM 06:42 AM 08:42 AM 10:42 AM 12:42 PM 02:42 PM 04:42 PM 06:42 PM 08:42 PM 10:42 PM
Heat Wave	Heat Wave:How To Help Vendors Labourers During A Heatwave	English	12:42 AM 02:43 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
Storytelling/Value Education	Meena - 9 I love School	हिन्दी	12:43 AM 02:43 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:43 PM 02:44 PM 04:44 PM 06:44 PM 08:44 PM 10:44 PM



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सामान्य जागरूकता	खरगोश	हिन्दी	12:57 AM 02:57 AM 04:57 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
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	01:08 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
English	Ch-1: Fun with Friends - Colours	English	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Mathematics	Ch-1: What's in a Name?	English	01:24 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:24 PM 11:25 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:48 AM 03:48 AM 05:48 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
Thunderstorm and Lighting	Lightning - बिजली से बचने के लिए क्या करें एवं क्या न करें	Hindi	01:58 AM 03:58 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
बृहस्पतिवार, 10 जुलाई 2025 Thursday, 10 July 2025			
Yoga	Surya_Namaskar	English	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 Awareness	Interpersonal Relationships	English	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:17 PM
Cultural Heritage: Art, Music & Dance	Qutub Minar (कुतुब मीनार)	English/hindi	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:21 PM



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			02:21 PM 04:21 PM 06:21 PM 08:22 PM 10:22 PM
Physical Education	योग त्रिकोणासन (Yoga Trikonaasan)	English/hindi	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:30 PM 10:30 PM
पर्यावरण अध्ययन	अध्याय -1 : डाल- डाल पर , ताल -ताल पर	हिन्दी	12:43 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:46 PM
Heat Wave	Heat Wave:How To Keep Workers Safe From Heatwave	English	01:11 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:13 PM 05:13 PM 07:13 PM 09:13 PM 11:14 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	01:11 AM 03:12 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
English	Ch-1: Fun with Friends - Colours	English	01:18 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:21 PM 09:21 PM 11:21 PM
Mathematics	Ch-1: What's in a Name?	English	01:27 AM 03:27 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:29 PM 07:29 PM 09:30 PM 11:30 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:51 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:54 PM
Urban Floods	Cyclone - Secure your house	English	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 06:00 PM 08:00 PM 10:00 PM



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शुक्रवार, 11 जुलाई 2025

Friday, 11 July 2025

हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	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
Storytelling/Value Education	Meena - 3 Saving the life	हिन्दी	12:15 AM 02:15 AM 04:16 AM 06:16 AM 08:17 AM 10:17 AM 12:18 PM 02:19 PM 04:19 PM 06:20 PM 08:20 PM 10:21 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Andhra Pradesh	English/hindi	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Art and Craft	ओरिगामी (कागज कला)-3	English/hindi	12:35 AM 02:35 AM 04:36 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:39 PM 06:40 PM 08:41 PM 10:41 PM
Heat Wave	Heat Wave: Help Others Survive Heatwave	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:56 PM 02:56 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
Storytelling/Value Education	दर्म दू-2	हिन्दी	12:53 AM 02:53 AM 04:54 AM 06:55 AM 08:55 AM 10:56 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:59 PM
Mathematics	Ch-1: What's in a Name?	English	01:15 AM 03:15 AM 05:16 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:19 PM 05:19 PM 07:20 PM 09:20 PM 11:21 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:39 AM 03:40 AM 05:40 AM 07:41 AM 09:41 AM 11:42 AM 01:43 PM 03:43 PM 05:44 PM 07:44 PM 09:45 PM 11:45 PM
English	Ch-1: Fun with Friends - Colours	English	01:42 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM



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			03:46 PM 05:47 PM 07:48 PM 09:48 PM 11:49 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिन्दी	01:51 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:54 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM
Urban Floods	Urban Flood - During Urban Flood	English	01:58 AM 03:59 AM 05:59 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:02 PM 06:03 PM 08:03 PM 10:04 PM
शनिवार, 12 जुलाई 2025 Saturday, 12 July 2025			
Yoga	Surya_Namaskar	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 06:01 PM 08:01 PM 10:01 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
Storytelling/Value Education	दर्म टू-1	हिन्दी	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Himachal Pradesh	English/hindi	12:51 AM 02:51 AM 04:51 AM 06:51 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:52 PM 06:52 PM 08:52 PM 10:52 PM
Storytelling/Value Education	दर्म टू-5	हिन्दी	12:57 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
Mathematics	Ch-1: What's in a Name?	English	01:19 AM 03:19 AM 05:19 AM 07:19 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM



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हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	01:43 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:45 PM
Heat Wave	How To Keep Animals Safe from Heatwave	English	01:50 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:52 PM
Heat Wave	Heat Wave: How To Stay Safe During Heatwave	English	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 07:52 PM 09:52 PM 11:52 PM
Heat Wave	Heat Wave: Symptoms Of Heat Stroke	English	01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
Heat Wave	Heat Wave: Factors Of Heatwave	English	01:52 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:54 PM
Yoga	Dhyana	English	01:53 AM 03:53 AM 05:53 AM 07:53 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
Urban Floods	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:57 AM 03:57 AM 05:57 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
रविवार, 13 जुलाई 2025 Sunday, 13 July 2025			
Yoga	Surya_Namaskar	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
Heat Wave	How To Keep Infants Safe From Heatwave	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



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			PM 04:14 PM 06:15 PM 08:15 PM 10:15 PM
Storytelling/Value Education	लालू और पीलू	हिन्दी	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:17 AM 02:17 AM 04:17 AM 06:17 AM 08:17 AM 10:17 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:17 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
Yoga	Dhyana	English	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
Urban Floods	Urban Flood - शहरी बाढ़ के दौरान क्या करें और क्या न करें	Hindi	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
सोमवार, 14 जुलाई 2025 Monday, 14 July 2025			
योग	नाडीशोधन प्राणायाम	हिन्दी	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:11 AM 02:11 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:14 PM



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General Awareness	Interpersonal Relationships	English	12:23 AM 02:23 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:24 PM 02:24 PM 04:25 PM 06:25 PM 08:25 PM 10:25 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:27 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
Mathematics	Ch-2: Toy Joy	English	12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:41 PM 08:41 PM 10:41 PM
EVS	Chapter 1: Family and Friends	English	01:37 AM 03:37 AM 05:37 AM 07:37 AM 09:38 AM 11:38 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	01:46 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:47 AM 01:47 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:49 PM
Yoga	Dhyana	English	01:53 AM 03:53 AM 05:54 AM 07:54 AM 09:54 AM 11:54 AM 01:54 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:56 PM
Urban Floods	Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो	Hindi	01:57 AM 03:57 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM
मंगलवार, 15 जुलाई 2025 Tuesday, 15 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:10 PM 02:10



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			PM 04:09 PM 06:09 PM 08:08 PM 10:07 PM
Mathematics	Ch-2: Toy Joy	English	12:26 AM 02:25 AM 04:25 AM 06:24 AM 08:23 AM 10:23 AM 12:22 PM 02:22 PM 04:21 PM 06:20 PM 08:20 PM 10:19 PM
EVS	Chapter 1: Family and Friends	English	12:54 AM 02:53 AM 04:53 AM 06:52 AM 08:51 AM 10:51 AM 12:50 PM 02:49 PM 04:49 PM 06:48 PM 08:47 PM 10:47 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	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 06:57 PM 08:57 PM 10:56 PM
General Awareness	Value and responsible Citizenship	English	01:41 AM 03:40 AM 05:39 AM 07:39 AM 09:38 AM 11:37 AM 01:37 PM 03:36 PM 05:36 PM 07:35 PM 09:34 PM 11:34 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:46 AM 03:45 AM 05:44 AM 07:44 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:40 PM 09:39 PM 11:39 PM
Urban Floods	Urban Flood - शहरी बाढ़ के समय बिजली के झटके से बचें	Hindi	01:57 AM 03:56 AM 05:55 AM 07:55 AM 09:54 AM 11:53 AM 01:53 PM 03:52 PM 05:52 PM 07:51 PM 09:50 PM 11:50 PM
बुधवार, 16 जुलाई 2025 Wednesday, 16 July 2025			
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:36 AM 02:36 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



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English	Ch-3: Fun with Friends - Best Friends	English	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
Mathematics	Ch-2: Toy Joy	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	01:27 AM 03:27 AM 05:27 AM 07:27 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Odisha	English/hindi	01:39 AM 03:39 AM 05:39 AM 07:39 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
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Madhya Pradesh	English/hindi	01:46 AM 03:46 AM 05:46 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
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
Heat Wave	How To Keep Elders Safe From Heatwave	English	01:58 AM 03:58 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:59 PM 09:59 PM 11:59 PM
बृहस्पतिवार, 17 जुलाई 2025 Thursday, 17 July 2025			
Yoga	Surya_Namaskar	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM



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			PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	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
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	हिन्दी	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
English	Ch-3: Fun with Friends - Best Friends	English	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 07:12 PM 09:12 PM 11:12 PM
Mathematics	Ch-2: Toy Joy	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 05:23 PM 07:23 PM 09:23 PM 11:23 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:51 AM 03:51 AM 05:51 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
Urban Floods	Urban Flood – शहरी बाढ़ को आने से कैसे रोक सकते हैं	Hindi	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
शुक्रवार, 18 जुलाई 2025 Friday, 18 July 2025			
Yoga	Surya_Namaskar	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 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM



सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	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 06:19 PM 08:19 PM 10:18 PM
Mathematics	Ch-2: Toy Joy	English	12:32 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 06:30 PM 08:30 PM 10:30 PM
Storytelling(Ani mated)	Story of a Tinker	English	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
English	Ch-3: Fun with Friends - Best Friends	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 05:07 PM 07:06 PM 09:06 PM 11:06 PM
Storytelling/Val ue Education	बहादुर बित्तो (CWSN)	हिन्दी	01:19 AM 03:19 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:17 PM 11:17 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	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
Art Education	Navras: Dance Emotions	English/hind i	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:39 PM
योग	सूर्य नमस्कार	हिन्दी	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:43 PM 03:43 PM 05:43 PM 07:43 PM 09:43 PM 11:43 PM



Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
Urban Floods	Urban Flood - शहरी बाढ़ क्यों आती है	Hindi	01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:56 AM 01:56 PM 03:56 PM 05:56 PM 07:56 PM 09:56 PM 11:56 PM
शनिवार, 19 जुलाई 2025 Saturday, 19 July 2025			
Yoga	Surya_Namaskar	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
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	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 06:15 PM 08:15 PM 10:15 PM
Storytelling/Value Education	टर्म टू-5	हिन्दी	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
Mathematics	Ch-2: Toy Joy	English	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:33 AM 03:33 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM



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			03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:33 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:38 AM 03:38 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 09:38 PM 11:38 PM
Heat Wave	HeatWave Protect animals during heat wave	English	01:43 AM 03:43 AM 05:43 AM 07:43 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
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:45 AM 03:45 AM 05:45 AM 07:45 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
रविवार, 20 जुलाई 2025 Sunday, 20 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
कला और शिल्प	आर्ट और आर्टिस्ट (Art & Artist)	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Heat Wave	HeatWave: Dos and donts when outside during heat wave	English	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:45 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM



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शारीरिक शिक्षा	कबड्डी	हिन्दी	01:20 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
सोमवार, 21 जुलाई 2025 Monday, 21 July 2025			
योग	नाडीशोधन प्राणायाम	हिन्दी	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:08 AM 12:10 PM 02:12 PM 04:14 PM 06:15 PM 08:17 PM 10:19 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:11 AM 02:13 AM 04:15 AM 06:16 AM 08:18 AM 10:20 AM 12:22 PM 02:23 PM 04:25 PM 06:27 PM 08:29 PM 10:30 PM
Urban Floods	Urban Flood - शहरी बाढ़ से पहले	Hindi	12:23 AM 02:25 AM 04:26 AM 06:28 AM 08:30 AM 10:32 AM 12:33 PM 02:35 PM 04:37 PM 06:39 PM 08:40 PM 10:42 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:54 AM 02:56 AM 04:58 AM 07:00 AM 09:01 AM 11:03 AM 01:05 PM 03:07 PM 05:08 PM 07:10 PM 09:12 PM 11:14 PM
Mathematics	Ch-2: Toy Joy	English	01:05 AM 03:07 AM 05:09 AM 07:11 AM 09:12 AM 11:14 AM 01:16 PM 03:18 PM 05:19 PM 07:21 PM 09:23 PM 11:25 PM
EVS	Chapter 1: Family and Friends	English	01:33 AM 03:35 AM 05:37 AM 07:38 AM 09:40 AM 11:42 AM 01:44 PM 03:45 PM 05:47 PM 07:49 PM 09:51 PM 11:52 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	01:42 AM 03:44 AM 05:46 AM 07:48 AM 09:49 AM 11:51 AM 01:53 PM



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Dish TV Channel #2024

			03:55 PM 05:56 PM 07:58 PM 10:00 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:49 AM 03:51 AM 05:53 AM 07:55 AM 09:56 AM 11:58 AM 02:00 PM 04:02 PM 06:03 PM 08:05 PM 10:07 PM
मंगलवार, 22 जुलाई 2025 Tuesday, 22 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:11 AM 10:11 AM 12:10 PM 02:09 PM 04:08 PM 06:08 PM 08:07 PM 10:06 PM
Mathematics	Ch-2: Toy Joy	English	12:26 AM 02:25 AM 04:25 AM 06:24 AM 08:23 AM 10:22 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:19 PM 10:18 PM
EVS	Chapter 1: Family and Friends	English	12:54 AM 02:53 AM 04:52 AM 06:52 AM 08:51 AM 10:50 AM 12:49 PM 02:49 PM 04:48 PM 06:47 PM 08:46 PM 10:46 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	01:03 AM 03:02 AM 05:02 AM 07:01 AM 09:00 AM 10:59 AM 12:59 PM 02:58 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
General Awareness	Value and responsible Citizenship	English	01:41 AM 03:40 AM 05:39 AM 07:38 AM 09:38 AM 11:37 AM 01:36 PM 03:35 PM 05:35 PM 07:34 PM 09:33 PM 11:32 PM
English	Ch-3: Fun with Friends – Best Friends	English	01:46 AM 03:45 AM 05:44 AM 07:43 AM 09:43 AM 11:42 AM 01:41 PM 03:40 PM 05:40 PM 07:39 PM 09:38 PM 11:37 PM



Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	01:57 AM 03:56 AM 05:55 AM 07:54 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
बुधवार, 23 जुलाई 2025 Wednesday, 23 July 2025			
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:36 AM 02:37 AM 04:37 AM 06:37 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
Heat Wave	HeatWave: Dos and donts	English	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:49 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:51 PM 08:51 PM 10:51 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:49 AM 02:50 AM 04:50 AM 06:50 AM 08:51 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:52 PM 08:52 PM 10:53 PM
Mathematics	Ch-2: Toy Joy	English	01:00 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:04 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:28 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:32 PM
Storytelling(Animated)	The Umbrella	English	01:31 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:35 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	01:39 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM



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			03:41 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	01:51 AM 03:51 AM 05:52 AM 07:52 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:54 PM
Heat Wave	HeatWave: Protect yourself from heat wave	English	01:57 AM 03:57 AM 05:58 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 03:59 PM 06:00 PM 08:00 PM 10:00 PM
बृहस्पतिवार, 24 जुलाई 2025 Thursday, 24 July 2025			
Yoga	Surya_Namaskar	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 05:55 PM 07:55 PM 09:54 PM 11:54 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:14 AM 04:13 AM 06:13 AM 08:12 AM 10:12 AM 12:12 PM 02:11 PM 04:11 PM 06:10 PM 08:10 PM 10:09 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	12:26 AM 02:26 AM 04:25 AM 06:25 AM 08:24 AM 10:24 AM 12:23 PM 02:23 PM 04:22 PM 06:22 PM 08:21 PM 10:21 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	12:55 AM 02:54 AM 04:54 AM 06:53 AM 08:53 AM 10:52 AM 12:52 PM 02:52 PM 04:51 PM 06:51 PM 08:50 PM 10:50 PM
Art Education	Kala Utsav 2022Vocal Music-Classical(Girl)Maharashtra	English/hindi	01:00 AM 03:00 AM 04:59 AM 06:59 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:56 PM 06:56 PM 08:55 PM 10:55 PM
English	Ch-3: Fun with Friends – Best Friends	English	01:08 AM 03:08 AM 05:07 AM 07:07 AM 09:06 AM 11:06 AM 01:06 PM 03:05 PM 05:05 PM 07:04 PM 09:04 PM 11:03 PM



Mathematics	Ch-2: Toy Joy	English	01:19 AM 03:19 AM 05:18 AM 07:18 AM 09:17 AM 11:17 AM 01:17 PM 03:16 PM 05:16 PM 07:15 PM 09:15 PM 11:14 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:47 AM 03:47 AM 05:46 AM 07:46 AM 09:45 AM 11:45 AM 01:44 PM 03:44 PM 05:43 PM 07:43 PM 09:42 PM 11:42 PM
शुक्रवार, 25 जुलाई 2025 Friday, 25 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:58 AM 11:58 AM 01:58 PM 03:58 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:13 AM 10:13 AM 12:13 PM 02:13 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:20 AM 02:20 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:17 PM 10:17 PM
Mathematics	Ch-2: Toy Joy	English	12:32 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 06:29 PM 08:29 PM 10:29 PM
Storytelling(Animated)	Story of a Tinker	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
English	Ch-3: Fun with Friends – Best Friends	English	01:08 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:05 PM 09:05 PM 11:05 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:19 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:17 AM 01:17 PM 03:17 PM



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			PM 05:17 PM 07:16 PM 09:16 PM 11:16 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	01:25 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:22 PM 09:22 PM 11:22 PM
Art Education	Navras: Dance Emotions	English/hindi	01:37 AM 03:37 AM 05:37 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:34 PM
Art Education	Kala Utsav - 2022 - Dance Folk(Boy)Jharkhand	English/hindi	01:41 AM 03:41 AM 05:41 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:38 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:47 AM 03:47 AM 05:47 AM 07:47 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
शनिवार, 26 जुलाई 2025 Saturday, 26 July 2025			
Yoga	Surya_Namaskar	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
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	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
Storytelling/Value Education	टर्म टू-5	हिन्दी	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
Mathematics	Ch-2: Toy Joy	English	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



हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
Heat Wave	Cool Roof Technology: Green Net Shading Screen	English	01:30 AM 03:30 AM 05:30 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	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
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:38 AM 03:38 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 09:38 PM 11:38 PM
Heat Wave	HeatWave Protect animals during heat wave	English	01:43 AM 03:43 AM 05:43 AM 07:43 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
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:45 AM 03:45 AM 05:45 AM 07:45 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
रविवार, 27 जुलाई 2025 Sunday, 27 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
कला और शिल्प	आर्ट और आर्टिस्ट (Art & Artist)	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Heat Wave	HeatWave: Dos and donts when outside during heat wave	English	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM



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			02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:45 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	01:20 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
सोमवार, 28 जुलाई 2025 Monday, 28 July 2025			
योग	नाडीशोधन प्राणायाम	हिन्दी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:11 AM 02:12 AM 04:13 AM 06:14 AM 08:14 AM 10:15 AM 12:16 PM 02:17 PM 04:18 PM 06:19 PM 08:19 PM 10:20 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:31 PM 10:32 PM
Mathematics	Ch-2: Toy Joy	English	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:40 PM 06:41 PM 08:42 PM 10:43 PM



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EVS	Chapter 1: Family and Friends	English	01:32 AM 03:33 AM 05:34 AM 07:35 AM 09:35 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:50 PM 11:51 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:55 PM 07:56 PM 09:57 PM 11:58 PM
मंगलवार, 29 जुलाई 2025 Tuesday, 29 July 2025			
Yoga	Surya_Namaskar	English	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
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:22 PM 06:24 PM 08:25 PM 10:26 PM
Mathematics	Ch-2: Toy Joy	English	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 10:37 PM
EVS	Chapter 1: Family and Friends	English	12:54 AM 02:55 AM 04:56 AM 06:57 AM 08:58 AM 10:59 AM 01:00 PM 03:01 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
उर्दू	पाठ 2 - आम की गुठली	हिन्दी	01:03 AM 03:04 AM 05:05 AM 07:06 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:11 PM 07:12 PM 09:13 PM 11:14 PM



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Yoga	Pawanmuktasana	English	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
English	Ch-3: Fun with Friends - Best Friends	English	01:44 AM 03:45 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
बुधवार, 30 जुलाई 2025 Wednesday, 30 July 2025			
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	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 06:01 PM 08:01 PM 10:01 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:36 AM 02:36 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 08:38 PM 10:38 PM
Heat Wave	HeatWave: Dos and donts	English	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:49 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 08:51 PM 10:51 PM
Mathematics	Ch-2: Toy Joy	English	01:00 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:02 PM
Storytelling(Animated)	The Umbrella	English	01:28 AM 03:28 AM 05:28 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 11:30 PM



शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM
Yoga	Pawanmuktasana	English	01:48 AM 03:48 AM 05:48 AM 07:48 AM 09:48 AM 11:48 AM 01:48 PM 03:49 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
Heat Wave	HeatWave: Protect yourself from heat wave	English	01:57 AM 03:57 AM 05:57 AM 07:57 AM 09:57 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:58 PM 11:58 PM
बृहस्पतिवार, 31 जुलाई 2025 Thursday, 31 July 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
हिन्दी	पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:15 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:21 PM 02:22 PM 04:23 PM 06:25 PM 08:26 PM 10:27 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:39 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	12:55 AM 02:56 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:00 AM 03:01 AM 05:02 AM 07:04 AM 09:05 AM 11:06 AM 01:07 PM



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			03:08 PM 05:09 PM 07:10 PM 09:11 PM 11:13 PM
Mathematics	Ch-2: Toy Joy	English	01:11 AM 03:12 AM 05:13 AM 07:15 AM 09:16 AM 11:17 AM 01:18 PM 05:20 PM 07:21 PM 09:23 PM 11:24 PM 03:19 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	07:49 PM 11:51 PM 09:50 PM 05:48 PM 03:47 PM 01:46 PM 09:43 AM 07:42 AM 05:41 AM 03:40 AM 01:39 AM 11:45 AM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	10:00 PM 07:59 PM 05:58 PM 03:57 PM 01:56 PM 11:54 AM 09:53 AM 07:52 AM 05:51 AM 03:50 AM 01:49 AM



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