

कक्षा - 5 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 5

कक्षा - 5 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 5

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
Mathematics	Mathematics	EVS	EVS	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/27.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday 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 - 5 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 5

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			
Mathematics	क्या तुम्हें पैटर्न दिखा?	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
Urban Floods	Urban Flood - During Urban Flood	English	12:35 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:40 PM 04:41 PM 06:41 PM 08:42 PM 10:43 PM
Flood	Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित	Hindi	12:36 AM 02:36 AM 04:37 AM 06:38 AM 08:39 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:42 PM 08:43 PM 10:44 PM
Landslide	Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02	Hindi	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	12:38 AM 02:39 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:44 PM 06:45 PM 08:46 PM 10:46 PM



Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:47 PM 10:48 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi	12:41 AM 02:41 AM 04:42 AM 06:43 AM 08:44 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:47 PM 08:48 PM 10:49 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:02 AM 03:03 AM 05:04 AM 07:04 AM 09:05 AM 11:06 AM 01:07 PM 03:07 PM 05:08 PM 07:09 PM 09:10 PM 11:11 PM
Mathematics	Can You See the Pattern	English	01:08 AM 03:09 AM 05:10 AM 07:11 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:17 PM
Urban Floods	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:31 AM 03:32 AM 05:32 AM 07:33 AM 09:34 AM 11:35 AM 01:35 PM 03:36 PM 05:37 PM 07:38 PM 09:39 PM 11:39 PM
Landslide	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi	01:32 AM 03:33 AM 05:34 AM 07:34 AM 09:35 AM 11:36 AM 01:37 PM 03:38 PM 05:38 PM 07:39 PM 09:40 PM 11:41 PM
General	Heatwave @ Dos and Dents When Outside During Heatwave	English	01:33 AM 03:34 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:40 PM 11:41 PM
English	Ice-Cream Man	English	01:39 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:43 AM 01:44 PM 03:45 PM 05:45 PM 07:46 PM 09:47 PM 11:48 PM



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बुधवार, 02 जुलाई 2025

Wednesday, 02 July 2025

EVS	पाठ - 5 बीज बीज बीज	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 06:11 PM 08:12 PM 10:13 PM
Hindi	एक दिन की बादशाहत भाग 2	Hindi	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 06:37 PM 08:38 PM 10:39 PM
General	Heatwave @ The Dos Dents For Travellers During Heatwave	English	12:52 AM 02:53 AM 04:54 AM 06:55 AM 08:57 AM 10:58 AM 12:59 PM 03:00 PM 05:01 PM 07:03 PM 09:04 PM 11:05 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:52 AM 02:54 AM 04:55 AM 06:56 AM 08:57 AM 10:59 AM 01:00 PM 03:01 PM 05:02 PM 07:04 PM 09:05 PM 11:06 PM
EVS	पाठ - 5 बीज बीज बीज	Hindi	01:06 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:13 AM 01:14 PM 03:15 PM 05:16 PM 07:18 PM 09:19 PM 11:20 PM
General	Ardha Chakrasana	English	01:31 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:44 PM 11:45 PM
English	Wonderful Waste	English	01:33 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:39 AM 01:41 PM 03:42 PM 05:43 PM 07:44 PM 09:46 PM 11:47 PM



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बृहस्पतिवार, 03 जुलाई 2025

Thursday, 03 July 2025

EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	12:00 AM 02:03 AM 04:07 AM 06:11 AM 08:15 AM 10:19 AM 12:22 PM 02:26 PM 04:30 PM 06:34 PM 08:38 PM 10:41 PM
Hindi	एक माँ की बेबसी	Hindi	12:26 AM 02:30 AM 04:34 AM 06:37 AM 08:41 AM 10:45 AM 12:49 PM 02:53 PM 04:57 PM 07:00 PM 09:04 PM 11:08 PM
EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	12:50 AM 02:54 AM 04:57 AM 07:01 AM 09:05 AM 11:09 AM 01:13 PM 03:17 PM 05:20 PM 07:24 PM 09:28 PM 11:32 PM
English	Ice Cream Man	English	01:40 AM 03:44 AM 05:48 AM 07:52 AM 09:55 AM 11:59 AM 02:03 PM 04:07 PM 06:11 PM 08:15 PM 10:18 PM

शुक्रवार, 04 जुलाई 2025

Friday, 04 July 2025

Mathematics	नक्शा	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:28 AM 02:28 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:35 PM
Hindi	एक माँ की बेबसी	Hindi	12:33 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM



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General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:01 AM 03:02 AM 05:03 AM 07:03 AM 09:04 AM 11:05 AM 01:06 PM 03:06 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
Urban Floods	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:08 AM 03:08 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:13 PM 07:14 PM 09:15 PM 11:15 PM
Mathematics	Mapping Your Way	English	01:09 AM 03:10 AM 05:10 AM 07:11 AM 09:12 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:17 PM
General	Heatwave @ Dos and Dents When Outside During Heatwave	English	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:39 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:44 PM
General	Heatwave @ Help Others Survive Heatwave	English	01:37 AM 03:38 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
English	Wonderful Waste	English	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:41 AM 11:42 AM 01:42 PM 03:43 PM 05:44 PM 07:44 PM 09:45 PM 11:46 PM
शनिवार, 05 जुलाई 2025			
Saturday, 05 July 2025			
Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	12:00 AM 01:58 AM 03:56 AM 05:54 AM 07:53 AM 09:51 AM 11:49 AM 01:48 PM 03:46 PM 05:44 PM 07:43 PM 09:41 PM 11:39 PM



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Hindi	एक दिन की बादशाहत (कहानी)	Hindi	12:38 AM 02:36 AM 04:34 AM 06:33 AM 08:31 AM 10:29 AM 12:28 PM 02:26 PM 04:24 PM 06:23 PM 08:21 PM 10:19 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	Hindi	01:05 AM 03:03 AM 05:02 AM 07:00 AM 08:58 AM 10:57 AM 12:55 PM 02:53 PM 04:52 PM 06:50 PM 08:48 PM 10:47 PM
Mathematics	Can You See the Pattern	English	01:06 AM 03:04 AM 05:03 AM 07:01 AM 08:59 AM 10:58 AM 12:56 PM 02:54 PM 04:53 PM 06:51 PM 08:49 PM 10:48 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:29 AM 03:27 AM 05:25 AM 07:24 AM 09:22 AM 11:20 AM 01:19 PM 03:17 PM 05:15 PM 07:13 PM 09:12 PM 11:10 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:35 AM 03:33 AM 05:32 AM 07:30 AM 09:28 AM 11:26 AM 01:25 PM 03:23 PM 05:21 PM 07:20 PM 09:18 PM 11:16 PM
Storytelling	कार्टूनिस्ट सुधीर तैलंग	Hindi	01:41 AM 03:39 AM 05:38 AM 07:36 AM 09:34 AM 11:33 AM 01:31 PM 03:29 PM 05:28 PM 07:26 PM 09:24 PM 11:23 PM
रविवार, 06 जुलाई 2025 Sunday, 06 July 2025			
English	Crying	Hindi/english	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:07 PM 02:08 PM 04:10 PM 06:11 PM 08:12 PM 10:14 PM



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HEALTH EDUCATION	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:16 AM 02:17 AM 04:19 AM 06:20 AM 08:21 AM 10:23 AM 12:24 PM 02:25 PM 04:26 PM 06:28 PM 08:29 PM 10:30 PM
HEALTH EDUCATION	स्वस्थ बढना	Hindi	12:23 AM 02:24 AM 04:25 AM 06:27 AM 08:28 AM 10:29 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:36 PM 10:37 PM
Storytelling	गोद लिए दादाजी	Hindi	12:27 AM 02:28 AM 04:30 AM 06:31 AM 08:32 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:39 PM 08:40 PM 10:41 PM
Storytelling	लालच का फल	Hindi	12:46 AM 02:47 AM 04:48 AM 06:50 AM 08:51 AM 10:52 AM 12:54 PM 02:55 PM 04:56 PM 06:57 PM 08:59 PM 11:00 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:50 AM 02:51 AM 04:52 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:59 PM 05:00 PM 07:01 PM 09:03 PM 11:04 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:55 AM 02:57 AM 04:58 AM 06:59 AM 09:00 AM 11:02 AM 01:03 PM 03:04 PM 05:06 PM 07:07 PM 09:08 PM 11:09 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:07 AM 11:08 AM 01:09 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:16 PM
Flood	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	01:08 AM 03:09 AM 05:10 AM 07:12 AM 09:13 AM 11:14 AM 01:15 PM 03:17 PM 05:18 PM 07:19 PM 09:21 PM 11:22 PM



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General	Heatwave @ Protect Yourself From Heatwave In Hilly Regions	English	01:09 AM 03:10 AM 05:12 AM 07:13 AM 09:14 AM 11:16 AM 01:17 PM 03:18 PM 05:19 PM 07:21 PM 09:22 PM 11:23 PM
HEALTH EDUCATION	Growing Up Healthy	English	01:22 AM 03:23 AM 05:24 AM 07:26 AM 09:27 AM 11:28 AM 01:30 PM 03:31 PM 05:32 PM 07:33 PM 09:35 PM 11:36 PM
General	उष्मीय लहर (Heatwave)	Hindi	01:26 AM 03:27 AM 05:29 AM 07:30 AM 09:31 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:38 PM 09:39 PM 11:40 PM
Storytelling	छोटा कौन बड़ा कौन	Hindi	01:57 AM 03:58 AM 05:59 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:06 PM 06:07 PM 08:08 PM 10:10 PM
सोमवार, 07 जुलाई 2025 Monday, 07 July 2025			
Mathematics	नक्शा	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	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:33 AM 02:34 AM 04:34 AM 06:35 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:39 PM 10:40 PM



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Hindi	एक दिन की बादशाहत भाग 1	Hindi / english	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:42 AM 10:42 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:46 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	12:59 AM 03:00 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Mathematics	Mapping Your Way	English	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:08 AM 11:08 AM 01:09 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:12 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:33 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 09:38 PM 11:39 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:43 PM 07:43 PM 09:44 PM 11:45 PM
General	Bhujagasana	English	01:44 AM 03:45 AM 05:46 AM 07:46 AM 09:47 AM 11:47 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:51 PM
English	Who will be Ningthou?	Hindi/english	01:47 AM 03:48 AM 05:48 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:52 PM 07:52 PM 09:53 PM 11:53 PM



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मंगलवार, 08 जुलाई 2025

Tuesday, 08 July 2025

Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:13 AM 12:16 PM 02:19 PM 04:22 PM 06:24 PM 08:27 PM 10:30 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi	12:42 AM 02:45 AM 04:47 AM 06:50 AM 08:53 AM 10:56 AM 12:58 PM 03:01 PM 05:04 PM 07:07 PM 09:09 PM 11:12 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:04 AM 03:06 AM 05:09 AM 07:12 AM 09:15 AM 11:17 AM 01:20 PM 03:23 PM 05:26 PM 07:28 PM 09:31 PM 11:34 PM
Mathematics	Can You See the Pattern	English	01:09 AM 03:12 AM 05:15 AM 07:17 AM 09:20 AM 11:23 AM 01:26 PM 03:28 PM 05:31 PM 07:34 PM 09:37 PM 11:39 PM
English	Malu Bhalu	English	01:32 AM 03:34 AM 05:37 AM 07:40 AM 09:43 AM 11:45 AM 01:48 PM 03:51 PM 05:54 PM 07:56 PM 09:59 PM

बुधवार, 09 जुलाई 2025

Wednesday, 09 July 2025

EVS	पाठ - 5 बीज बीज बीज	Hindi	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:08 AM 12:09 PM 02:11 PM 04:12 PM 06:14 PM 08:16 PM 10:17 PM
Hindi	एक दिन की बादशाहत भाग 2	Hindi	12:30 AM 02:31 AM 04:33 AM 06:35 AM 08:36 AM 10:38 AM 12:39 PM 02:41 PM 04:43 PM 06:44 PM 08:46 PM 10:48 PM



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General	Dhyana	English	12:56 AM 02:57 AM 04:59 AM 07:01 AM 09:02 AM 11:04 AM 01:05 PM 03:07 PM 05:09 PM 07:10 PM 09:12 PM 11:14 PM
General	ध्यान	Hindi	01:00 AM 03:01 AM 05:03 AM 07:05 AM 09:06 AM 11:08 AM 01:09 PM 03:11 PM 05:13 PM 07:14 PM 09:16 PM 11:18 PM
EVS	Chapter 6: Every drops count	English	01:04 AM 03:05 AM 05:07 AM 07:09 AM 09:10 AM 11:12 AM 01:14 PM 03:15 PM 05:17 PM 07:18 PM 09:20 PM 11:22 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	01:27 AM 03:28 AM 05:30 AM 07:31 AM 09:33 AM 11:35 AM 01:36 PM 03:38 PM 05:39 PM 07:41 PM 09:43 PM 11:44 PM
Urban Floods	Urban Flood - शहरी बाढ़ से पहले	Hindi	01:28 AM 03:30 AM 05:31 AM 07:33 AM 09:34 AM 11:36 AM 01:38 PM 03:39 PM 05:41 PM 07:43 PM 09:44 PM 11:46 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:29 AM 03:31 AM 05:32 AM 07:34 AM 09:35 AM 11:37 AM 01:39 PM 03:40 PM 05:42 PM 07:43 PM 09:45 PM 11:47 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:35 AM 03:36 AM 05:38 AM 07:39 AM 09:41 AM 11:43 AM 01:44 PM 03:46 PM 05:47 PM 07:49 PM 09:51 PM 11:52 PM
English	Who will be Ningthou? Part I	English	01:41 AM 03:42 AM 05:44 AM 07:46 AM 09:47 AM 11:49 AM 01:51 PM 03:52 PM 05:54 PM 07:55 PM 09:57 PM 11:59 PM



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बृहस्पतिवार, 10 जुलाई 2025

Thursday, 10 July 2025

EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:09 AM 12:11 PM 02:13 PM 04:15 PM 06:17 PM 08:19 PM 10:21 PM
Hindi	एक माँ की बेबसी	Hindi	12:26 AM 02:28 AM 04:30 AM 06:32 AM 08:34 AM 10:36 AM 12:38 PM 02:40 PM 04:42 PM 06:44 PM 08:46 PM 10:48 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:50 AM 02:52 AM 04:54 AM 06:56 AM 08:58 AM 11:00 AM 01:02 PM 03:04 PM 05:06 PM 07:08 PM 09:10 PM 11:12 PM
EVS	पाठ - 5 बीज बीज बीज	Hindi	12:56 AM 02:58 AM 05:00 AM 07:02 AM 09:04 AM 11:06 AM 01:08 PM 03:10 PM 05:12 PM 07:14 PM 09:16 PM 11:18 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:21 AM 03:23 AM 05:25 AM 07:27 AM 09:29 AM 11:31 AM 01:33 PM 03:35 PM 05:37 PM 07:39 PM 09:41 PM 11:43 PM
General	Heatwave @ Cool Roof Technology: Hollow Clay Tiles	English	01:27 AM 03:29 AM 05:31 AM 07:33 AM 09:35 AM 11:37 AM 01:39 PM 03:41 PM 05:43 PM 07:45 PM 09:47 PM 11:49 PM
General	Heatwave @ Cool Roof Technology: Green Net Shading Screen	English	01:33 AM 03:35 AM 05:37 AM 07:39 AM 09:41 AM 11:43 AM 01:45 PM 03:47 PM 05:49 PM 07:51 PM 09:53 PM 11:55 PM



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English	My Shadow	Hindi/english	01:38 AM 03:40 AM 05:42 AM 07:44 AM 09:46 AM 11:48 AM 01:50 PM 03:52 PM 05:54 PM 07:56 PM 09:58 PM
English	Wonderful Waste-I	Hindi/english	01:50 AM 03:52 AM 05:54 AM 07:56 AM 09:58 AM 12:00 PM 02:02 PM 04:04 PM 06:06 PM 08:08 PM 10:10 PM
शुक्रवार, 11 जुलाई 2025			
Friday, 11 July 2025			
Mathematics	नक्शा	Hindi	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 05:58 PM 07:57 PM 09:57 PM 11:57 PM
Hindi	एक माँ की बेबसी	Hindi	12:31 AM 02:31 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:28 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:57 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:54 PM 10:54 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:03 AM 03:03 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:09 AM 03:09 AM 05:09 AM 07:08 AM 09:08 AM 11:08 AM 01:08 PM 03:08 PM 05:07 PM 07:07 PM 09:07 PM 11:07 PM



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Mathematics	Mapping Your Way	English	01:15 AM 03:14 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:13 PM 03:13 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM
General	नाडीशोधन प्राणायाम	Hindi	01:42 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:39 PM
English	Wonderful Waste-II	Hindi/english	01:45 AM 03:45 AM 05:45 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:43 PM 07:43 PM 09:43 PM 11:43 PM
शनिवार, 12 जुलाई 2025 Saturday, 12 July 2025			
Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:08 PM
Hindi	एक दिन की बादशाहत (कहानी)	Hindi	12:35 AM 02:35 AM 04:36 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:40 PM 04:40 PM 06:41 PM 08:42 PM 10:43 PM
General Awareness	Safety and Security against Violence and Injuries	English	01:30 AM 03:31 AM 05:32 AM 07:32 AM 09:33 AM 11:34 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:37 PM 11:38 PM
Mathematics	Can You See the Pattern	English	01:36 AM 03:36 AM 05:37 AM 07:38 AM 09:39 AM 11:39 AM 01:40 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:44 PM



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Storytelling	अकल बड़ी या पूँछ	Hindi	01:58 AM 03:59 AM 06:00 AM 08:00 AM 10:01 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:05 PM 10:06 PM
रविवार, 13 जुलाई 2025 Sunday, 13 July 2025			
Art Education	Flying Fish	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
HEALTH EDUCATION	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:06 AM 10:06 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:08 PM 10:08 PM
General	उष्मीय लहर (Heatwave)	Hindi	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:13 PM 10:13 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:41 AM 02:41 AM 04:41 AM 06:41 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
General	Heatwave @ Cool Roof Technology: China Mosaic	English	12:47 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:48 AM 12:48 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM
Storytelling	पहाड़ से ऊँचा आदमी	Hindi	12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:56 PM 10:56 PM



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General	Setu Bandhasana	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:14 PM 07:14 PM 09:15 PM 11:15 PM
General	सेतुबंधासन	Hindi	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:17 PM 11:17 PM
HEALTH EDUCATION	Growth & Health	English	01:17 AM 03:17 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:19 PM 07:19 PM 09:20 PM 11:20 PM
General	उष्णीय लहर (Heatwave)	Hindi	01:21 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 07:24 PM 09:24 PM 11:24 PM
Storytelling	Chuskit goes to school	English	01:52 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:54 PM 05:54 PM 07:54 PM 09:54 PM 11:55 PM
सोमवार, 14 जुलाई 2025 Monday, 14 July 2025			
Mathematics	नक्शा	Hindi	12:00 AM 02:06 AM 04:12 AM 06:18 AM 08:25 AM 10:31 AM 12:37 PM 02:43 PM 04:50 PM 06:56 PM 09:02 PM 11:08 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi/en glish	12:28 AM 02:34 AM 04:40 AM 06:46 AM 08:53 AM 10:59 AM 01:05 PM 03:11 PM 05:18 PM 07:24 PM 09:30 PM 11:36 PM



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Mathematics	Mapping Your Way	English	12:47 AM 02:53 AM 05:00 AM 07:06 AM 09:12 AM 11:18 AM 01:25 PM 03:31 PM 05:37 PM 07:43 PM 09:50 PM 11:56 PM
General	उष्मीय लहर (Heatwave)	Hindi	01:14 AM 03:20 AM 05:27 AM 07:33 AM 09:39 AM 11:45 AM 01:52 PM 03:58 PM 06:04 PM 08:10 PM 10:17 PM
English	Ice-Cream Man	English	01:45 AM 03:51 AM 05:57 AM 08:03 AM 10:10 AM 12:16 PM 02:22 PM 04:28 PM 06:35 PM 08:41 PM 10:47 PM
मंगलवार, 15 जुलाई 2025 Tuesday, 15 July 2025			
Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	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
General	Heatwave @ How To Keep Workers Safe From Heatwave	English	12:40 AM 02:40 AM 04:40 AM 06:41 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:42 PM 08:42 PM 10:42 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi	12:41 AM 02:41 AM 04:41 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:42 PM 04:42 PM 06:42 PM 08:42 PM 10:43 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:02 AM 03:02 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM



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Mathematics	Can You See the Pattern	English	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:31 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:33 PM
English	Wonderful Waste	English	01:32 AM 03:32 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM
बुधवार, 16 जुलाई 2025 Wednesday, 16 July 2025			
EVS	पाठ - 5 बीज बीज बीज	Hindi	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:15 PM
Hindi	एक दिन की बादशाहत भाग 2	Hindi	12:29 AM 02:30 AM 04:32 AM 06:33 AM 08:35 AM 10:36 AM 12:38 PM 02:39 PM 04:40 PM 06:42 PM 08:43 PM 10:45 PM
EVS	Experiments with Water	English	12:55 AM 02:56 AM 04:58 AM 06:59 AM 09:01 AM 11:02 AM 01:03 PM 03:05 PM 05:06 PM 07:08 PM 09:09 PM 11:11 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:26 AM 03:28 AM 05:29 AM 07:31 AM 09:32 AM 11:33 AM 01:35 PM 03:36 PM 05:38 PM 07:39 PM 09:41 PM 11:42 PM



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General	Heatwave @ Cool Roof Technology: Hollow Clay Tiles	English	01:32 AM 03:33 AM 05:35 AM 07:36 AM 09:38 AM 11:39 AM 01:41 PM 03:42 PM 05:43 PM 07:45 PM 09:46 PM 11:48 PM
English	Ice Cream Man	English	01:38 AM 03:39 AM 05:41 AM 07:42 AM 09:44 AM 11:45 AM 01:47 PM 03:48 PM 05:49 PM 07:51 PM 09:52 PM 11:54 PM
बृहस्पतिवार, 17 जुलाई 2025 Thursday, 17 July 2025			
EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:10 AM 10:13 AM 12:16 PM 02:18 PM 04:21 PM 06:24 PM 08:27 PM 10:29 PM
General	शलभासन	Hindi	12:26 AM 02:29 AM 04:31 AM 06:34 AM 08:37 AM 10:40 AM 12:42 PM 02:45 PM 04:48 PM 06:50 PM 08:53 PM 10:56 PM
Hindi	एक माँ की बेबसी	Hindi	12:28 AM 02:31 AM 04:34 AM 06:36 AM 08:39 AM 10:42 AM 12:45 PM 02:47 PM 04:50 PM 06:53 PM 08:55 PM 10:58 PM
General Awareness	Safe use of internet	English	12:52 AM 02:55 AM 04:58 AM 07:00 AM 09:03 AM 11:06 AM 01:08 PM 03:11 PM 05:14 PM 07:17 PM 09:19 PM 11:22 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:58 AM 03:01 AM 05:04 AM 07:06 AM 09:09 AM 11:12 AM 01:14 PM 03:17 PM 05:20 PM 07:23 PM 09:25 PM 11:28 PM



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General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:04 AM 03:07 AM 05:10 AM 07:13 AM 09:15 AM 11:18 AM 01:21 PM 03:23 PM 05:26 PM 07:29 PM 09:31 PM 11:34 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:10 AM 03:13 AM 05:16 AM 07:18 AM 09:21 AM 11:24 AM 01:26 PM 03:29 PM 05:32 PM 07:34 PM 09:37 PM 11:40 PM
EVS	Chapter 6: Every drops count	English	01:16 AM 03:19 AM 05:22 AM 07:24 AM 09:27 AM 11:30 AM 01:32 PM 03:35 PM 05:38 PM 07:41 PM 09:43 PM 11:46 PM
English	Wonderful Waste	English	01:39 AM 03:42 AM 05:44 AM 07:47 AM 09:50 AM 11:52 AM 01:55 PM 03:58 PM 06:01 PM 08:03 PM 10:06 PM
Urban Floods	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	Hindi	02:01 AM 04:04 AM 06:07 AM 08:09 AM 10:12 AM 12:15 PM 02:17 PM 04:20 PM 06:23 PM 08:25 PM 10:28 PM
शुक्रवार, 18 जुलाई 2025 Friday, 18 July 2025			
Mathematics	नक्शा	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
Hindi	एक माँ की बेबसी	Hindi	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:40 PM 10:41 PM



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Mathematics	Mapping Your Way	English	12:55 AM 02:56 AM 04:58 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:22 AM 03:23 AM 05:25 AM 07:26 AM 09:27 AM 11:28 AM 01:29 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:33 AM 11:34 AM 01:35 PM 03:36 PM 05:37 PM 07:39 PM 09:40 PM 11:41 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:39 AM 11:40 AM 01:41 PM 03:42 PM 05:43 PM 07:45 PM 09:46 PM 11:47 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:40 AM 03:41 AM 05:42 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:50 PM 07:51 PM 09:52 PM 11:53 PM
Flood	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	01:46 AM 03:47 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
English	Who will be Ningthou?	Hindi/en glish	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 10:00 PM



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शनिवार, 19 जुलाई 2025

Saturday, 19 July 2025

Mathematics	क्या तुम्हें पैटर्न दिखा?	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
General	अर्ध चक्रासन	Hindi	12:38 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:43 AM 12:44 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:48 PM
Hindi	एक दिन की बादशाहत (कहानी)	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 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	Bhadrāsana	English	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:15 PM 07:16 PM 09:17 PM 11:18 PM
General	शशकासन	Hindi	01:09 AM 03:10 AM 05:11 AM 07:12 AM 09:13 AM 11:14 AM 01:15 PM 03:16 PM 05:17 PM 07:18 PM 09:19 PM 11:20 PM
General	Heatwave @ Dos and Dents for Outdoor Workers	English	01:12 AM 03:13 AM 05:14 AM 07:14 AM 09:15 AM 11:16 AM 01:17 PM 03:18 PM 05:19 PM 07:20 PM 09:21 PM 11:22 PM
Mathematics	Can You See the Pattern	English	01:13 AM 03:14 AM 05:15 AM 07:16 AM 09:17 AM 11:18 AM 01:19 PM 03:20 PM 05:21 PM 07:22 PM 09:23 PM 11:24 PM



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General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:35 AM 03:36 AM 05:37 AM 07:38 AM 09:39 AM 11:40 AM 01:41 PM 03:42 PM 05:43 PM 07:44 PM 09:45 PM 11:46 PM
Creative Activities Art and Craft	Rotate Propelor spin Doll	English	01:42 AM 03:43 AM 05:44 AM 07:45 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
Storytelling	Birthday Party	English	01:46 AM 03:47 AM 05:48 AM 07:49 AM 09:50 AM 11:51 AM 01:52 PM 03:53 PM 05:54 PM 07:55 PM 09:56 PM 11:57 PM
रविवार, 20 जुलाई 2025 Sunday, 20 July 2025			
Creative Activities/Art and Craft	Annealing in action	English	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 10:02 PM
HEALTH EDUCATION	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
HEALTH EDUCATION	स्वास्थ्य बढ़ना	Hindi	12:13 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:14 PM 08:15 PM 10:15 PM
HEALTH EDUCATION	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM



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General	Surya Namaskar	English	12:22 AM 02:22 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:24 PM 06:24 PM 08:24 PM 10:24 PM
Storytelling	नटखट चूहा	Hindi	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:30 PM 06:31 PM 08:31 PM 10:31 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:43 AM 02:43 AM 04:43 AM 06:43 AM 08:43 AM 10:43 AM 12:44 PM 02:44 PM 04:44 PM 06:44 PM 08:44 PM 10:45 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	12:49 AM 02:49 AM 04:49 AM 06:49 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
HEALTH EDUCATION	Emotional Well-being and Mental Health	English	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
HEALTH EDUCATION	Growing Up Healthy	English	01:02 AM 03:02 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
HEALTH EDUCATION	Growth & Health	English	01:06 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:08 PM 07:08 PM 09:08 PM 11:08 PM
HEALTH EDUCATION	Emotional Well-being and Mental Health	English	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 11:13 PM



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General	Heatwave @ How To Stay Safe During Heatwave	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:18 PM
Flood	Urban Flood - How To Deal With The Aftermath Of Urban Floods	English	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
General	Heatwave @ Cool Roof Technology: Hollow Clay Tiles	English	01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:47 AM 11:47 AM 01:47 PM 03:47 PM 05:47 PM 07:47 PM 09:48 PM 11:48 PM
Storytelling	Chuskit goes to school	English	01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:54 PM 11:54 PM
सोमवार, 21 जुलाई 2025			
Monday, 21 July 2025			
Mathematics	नक्शा	Hindi	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:14 AM 12:16 PM 02:19 PM 04:22 PM 06:25 PM 08:28 PM 10:30 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi/english	12:28 AM 02:30 AM 04:33 AM 06:36 AM 08:39 AM 10:42 AM 12:44 PM 02:47 PM 04:50 PM 06:53 PM 08:56 PM 10:58 PM
Mathematics	Mapping Your Way	English	12:47 AM 02:50 AM 04:53 AM 06:55 AM 08:58 AM 11:01 AM 01:04 PM 03:07 PM 05:09 PM 07:12 PM 09:15 PM 11:18 PM



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General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:14 AM 03:17 AM 05:20 AM 07:23 AM 09:25 AM 11:28 AM 01:31 PM 03:34 PM 05:37 PM 07:39 PM 09:42 PM 11:45 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	01:20 AM 03:23 AM 05:25 AM 07:28 AM 09:31 AM 11:34 AM 01:37 PM 03:39 PM 05:42 PM 07:45 PM 09:48 PM 11:51 PM
General	Heatwave @ Cool Roof Technology: Hollow Clay Tiles	English	01:26 AM 03:29 AM 05:31 AM 07:34 AM 09:37 AM 11:40 AM 01:43 PM 03:45 PM 05:48 PM 07:51 PM 09:54 PM 11:57 PM
English	Malu Bhalu	English	01:32 AM 03:34 AM 05:37 AM 07:40 AM 09:43 AM 11:46 AM 01:48 PM 03:51 PM 05:54 PM 07:57 PM 10:00 PM
मंगलवार, 22 जुलाई 2025			
Tuesday, 22 July 2025			
Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:09 AM 12:11 PM 02:13 PM 04:14 PM 06:16 PM 08:18 PM 10:20 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi	12:35 AM 02:36 AM 04:38 AM 06:40 AM 08:42 AM 10:44 AM 12:46 PM 02:48 PM 04:50 PM 06:51 PM 08:53 PM 10:55 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:56 AM 02:58 AM 05:00 AM 07:02 AM 09:04 AM 11:05 AM 01:07 PM 03:09 PM 05:11 PM 07:13 PM 09:15 PM 11:17 PM



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General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:02 AM 03:04 AM 05:06 AM 07:08 AM 09:10 AM 11:12 AM 01:14 PM 03:15 PM 05:17 PM 07:19 PM 09:21 PM 11:23 PM
Mathematics	Can You See the Pattern	English	01:09 AM 03:11 AM 05:13 AM 07:15 AM 09:17 AM 11:19 AM 01:20 PM 03:22 PM 05:24 PM 07:26 PM 09:28 PM 11:30 PM
General	Ustrasana	English	01:34 AM 03:36 AM 05:38 AM 07:40 AM 09:42 AM 11:43 AM 01:45 PM 03:47 PM 05:49 PM 07:51 PM 09:53 PM 11:55 PM
General	Heatwave @ Dos and Dents for Outdoor Workers	English	01:37 AM 03:39 AM 05:41 AM 07:43 AM 09:44 AM 11:46 AM 01:48 PM 03:50 PM 05:52 PM 07:54 PM 09:56 PM 11:58 PM
General	Heatwave @ Dos and Dents When Outside During Heatwave	English	01:38 AM 03:40 AM 05:42 AM 07:44 AM 09:46 AM 11:48 AM 01:50 PM 03:51 PM 05:53 PM 07:55 PM 09:57 PM 11:59 PM
Urban Floods	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:40 AM 03:42 AM 05:43 AM 07:45 AM 09:47 AM 11:49 AM 01:51 PM 03:53 PM 05:55 PM 07:57 PM 09:58 PM
English	Who will be Ningthou? Part I	English	01:41 AM 03:43 AM 05:45 AM 07:47 AM 09:49 AM 11:50 AM 01:52 PM 03:54 PM 05:56 PM 07:58 PM 10:00 PM



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Dish TV Channel #2026

बुधवार, 23 जुलाई 2025

Wednesday, 23 July 2025

EVS	पाठ - 5 बीज बीज बीज	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Hindi	एक दिन की बादशाहत भाग 2	Hindi	12:35 AM 02:35 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:06 AM 03:07 AM 05:07 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:12 PM
EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	01:13 AM 03:13 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM
General Awareness	Gender Equality	English	01:35 AM 03:35 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:40 PM 11:40 PM



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General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:42 AM 03:42 AM 05:43 AM 07:43 AM 09:44 AM 11:44 AM 01:45 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:47 PM
General	Heatwave @ Help Others Survive Heatwave	English	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:54 PM
English	Wonderful Waste-I	Hindi / english	01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:51 AM 11:51 AM 01:52 PM 03:52 PM 05:53 PM 07:53 PM 09:54 PM 11:54 PM
बृहस्पतिवार, 24 जुलाई 2025 Thursday, 24 July 2025			
EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	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 06:18 PM 08:20 PM 10:22 PM
General	उष्ट्रासन	Hindi	12:26 AM 02:28 AM 04:30 AM 06:32 AM 08:34 AM 10:36 AM 12:38 PM 02:40 PM 04:43 PM 06:45 PM 08:47 PM 10:49 PM
Hindi	एक माँ की बेबसी	Hindi	12:29 AM 02:31 AM 04:33 AM 06:35 AM 08:37 AM 10:39 AM 12:41 PM 02:43 PM 04:45 PM 06:48 PM 08:50 PM 10:52 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	12:53 AM 02:55 AM 04:57 AM 06:59 AM 09:01 AM 11:03 AM 01:05 PM 03:07 PM 05:09 PM 07:11 PM 09:13 PM 11:16 PM



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General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:59 AM 03:01 AM 05:03 AM 07:05 AM 09:07 AM 11:09 AM 01:11 PM 03:13 PM 05:15 PM 07:17 PM 09:19 PM 11:21 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	01:04 AM 03:06 AM 05:09 AM 07:11 AM 09:13 AM 11:15 AM 01:17 PM 03:19 PM 05:21 PM 07:23 PM 09:25 PM 11:27 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:10 AM 03:12 AM 05:14 AM 07:17 AM 09:19 AM 11:21 AM 01:23 PM 03:25 PM 05:27 PM 07:29 PM 09:31 PM 11:33 PM
EVS	Experiments with Water	English	01:16 AM 03:18 AM 05:20 AM 07:22 AM 09:24 AM 11:26 AM 01:28 PM 03:30 PM 05:33 PM 07:35 PM 09:37 PM 11:39 PM
English	Wonderful Waste-II	Hindi / english	01:47 AM 03:49 AM 05:52 AM 07:54 AM 09:56 AM 11:58 AM 02:00 PM 04:02 PM 06:04 PM 08:06 PM 10:08 PM
शुक्रवार, 25 जुलाई 2025 Friday, 25 July 2025			
General	Vajrasana	English	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
Mathematics	नक्शा	Hindi	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM



Flood	Flood - बाढ़ के बाद क्या करें और क्या न करें	Hindi	12:33 AM 02:34 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:35 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:37 PM
Hindi	एक माँ की बेबसी	Hindi	12:34 AM 02:35 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:38 PM
Urban Floods	Urban Flood - शहरी बाढ़ के दौरान यदि पलायन करना पड़े तो	Hindi	01:00 AM 03:01 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:03 PM 11:04 PM
Mathematics	Mapping Your Way	English	01:02 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:29 AM 03:29 AM 05:29 AM 07:30 AM 09:30 AM 11:30 AM 01:31 PM 03:31 PM 05:31 PM 07:32 PM 09:32 PM 11:32 PM
General	Heatwave @ Dos and Dents for Outdoor Workers	English	01:34 AM 03:35 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:36 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:38 PM
General	Heatwave @ Dos and Dents When Outside During Heatwave	English	01:36 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:38 PM 07:38 PM 09:39 PM 11:39 PM
General	Heatwave @ The Dos Dents For Travellers During Heatwave	English	01:37 AM 03:38 AM 05:38 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



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General	Heatwave @ Factors of Heatwave	English	01:38 AM 03:38 AM 05:39 AM 07:39 AM 09:39 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:41 PM
English	Ice-Cream Man	English	01:39 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:42 PM 11:42 PM
शनिवार, 26 जुलाई 2025 Saturday, 26 July 2025			
Mathematics	क्या तुम्हें पैटर्न दिखा?	Hindi	12:00 AM 02:03 AM 04:06 AM 06:10 AM 08:13 AM 10:17 AM 12:20 PM 02:23 PM 04:27 PM 06:30 PM 08:34 PM 10:37 PM
Hindi	एक दिन की बादशाहत (कहानी)	Hindi	12:35 AM 02:38 AM 04:41 AM 06:45 AM 08:48 AM 10:52 AM 12:55 PM 02:58 PM 05:02 PM 07:05 PM 09:09 PM 11:12 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:02 AM 03:05 AM 05:09 AM 07:12 AM 09:15 AM 11:19 AM 01:22 PM 03:26 PM 05:29 PM 07:33 PM 09:36 PM 11:39 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:07 AM 03:11 AM 05:14 AM 07:18 AM 09:21 AM 11:25 AM 01:28 PM 03:31 PM 05:35 PM 07:38 PM 09:42 PM 11:45 PM
Mathematics	Can You See the Pattern	English	01:14 AM 03:17 AM 05:21 AM 07:24 AM 09:27 AM 11:31 AM 01:34 PM 03:38 PM 05:41 PM 07:44 PM 09:48 PM 11:51 PM



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General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:36 AM 03:40 AM 05:43 AM 07:46 AM 09:50 AM 11:53 AM 01:57 PM 04:00 PM 06:04 PM 08:07 PM 10:10 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	01:42 AM 03:46 AM 05:49 AM 07:53 AM 09:56 AM 11:59 AM 02:03 PM 04:06 PM 06:10 PM 08:13 PM 10:17 PM
Storytelling	उस जंगल में एक दिन	Hindi	01:48 AM 03:52 AM 05:55 AM 07:59 AM 10:02 AM 12:05 PM 02:09 PM 04:12 PM 06:16 PM 08:19 PM 10:22 PM
रविवार, 27 जुलाई 2025			
Sunday, 27 July 2025			
General	Heatwave @ Dos and Donts for Outdoor Workers	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	Heatwave @ Dos and Donts When Outside During Heatwave	English	12:05 AM 02:06 AM 04:07 AM 06:07 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:11 PM 06:11 PM 08:12 PM 10:13 PM
HEALTH EDUCATION	स्वस्थ बढना	Hindi	12:07 AM 02:07 AM 04:08 AM 06:09 AM 08:09 AM 10:10 AM 12:11 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:14 PM
HEALTH EDUCATION	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:11 AM 02:12 AM 04:12 AM 06:13 AM 08:14 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM



HEALTH EDUCATION	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:16 AM 02:17 AM 04:17 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
HEALTH EDUCATION	स्वस्थ बढना	Hindi	12:23 AM 02:23 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 08:30 PM 10:30 PM
HEALTH EDUCATION	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
Storytelling	दान का हिसाब	Hindi	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
Storytelling	गोद लिए दादाजी	Hindi	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
Storytelling	लालच का फल	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
HEALTH EDUCATION	Growing Up Healthy	English	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:14 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM



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HEALTH EDUCATION	Growth & Health	English	01:15 AM 03:16 AM 05:17 AM 07:17 AM 09:18 AM 11:19 AM 01:19 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:23 PM
HEALTH EDUCATION	Emotional Well-being and Mental Health	English	01:19 AM 03:20 AM 05:21 AM 07:21 AM 09:22 AM 11:23 AM 01:24 PM 03:24 PM 05:25 PM 07:26 PM 09:26 PM 11:27 PM
HEALTH EDUCATION	Growing Up Healthy	English	01:24 AM 03:25 AM 05:26 AM 07:26 AM 09:27 AM 11:28 AM 01:28 PM 03:29 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
Storytelling	बहादुर बिट्टू	Hindi	01:29 AM 03:29 AM 05:30 AM 07:31 AM 09:31 AM 11:32 AM 01:33 PM 03:33 PM 05:34 PM 07:35 PM 09:35 PM 11:36 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:38 AM 03:38 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:43 PM 07:44 PM 09:45 PM 11:45 PM
Storytelling	कार्टूनिस्ट सुधीर तैलंग	Hindi	01:43 AM 03:44 AM 05:45 AM 07:45 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:50 PM 11:51 PM
सोमवार, 28 जुलाई 2025 Monday, 28 July 2025			
Mathematics	नक्शा	Hindi	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:07 AM 12:08 PM 02:10 PM 04:11 PM 06:13 PM 08:14 PM 10:15 PM



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Hindi	एक दिन की बादशाहत भाग 1	Hindi / english	12:31 AM 02:32 AM 04:34 AM 06:35 AM 08:37 AM 10:38 AM 12:39 PM 02:41 PM 04:42 PM 06:44 PM 08:45 PM 10:47 PM
General	Vakrasana	English	12:50 AM 02:52 AM 04:53 AM 06:55 AM 08:56 AM 10:58 AM 12:59 PM 03:00 PM 05:02 PM 07:03 PM 09:05 PM 11:06 PM
Mathematics	Mapping Your Way	English	12:53 AM 02:54 AM 04:56 AM 06:57 AM 08:59 AM 11:00 AM 01:02 PM 03:03 PM 05:04 PM 07:06 PM 09:07 PM 11:09 PM
General	Heatwave @ पहाड़ी क्षेत्रों में रहने वाले लोग कैसे करें लू गर्महवा से अपना बचाव	Hindi	01:20 AM 03:21 AM 05:23 AM 07:24 AM 09:26 AM 11:27 AM 01:29 PM 03:30 PM 05:31 PM 07:33 PM 09:34 PM 11:36 PM
General	Heatwave @ Cool Roof Technology: Cellulose Fibre	English	01:22 AM 03:23 AM 05:25 AM 07:26 AM 09:28 AM 11:29 AM 01:31 PM 03:32 PM 05:34 PM 07:35 PM 09:36 PM 11:38 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:28 AM 03:29 AM 05:31 AM 07:32 AM 09:34 AM 11:35 AM 01:37 PM 03:38 PM 05:40 PM 07:41 PM 09:42 PM 11:44 PM
English	Wonderful Waste	English	01:34 AM 03:35 AM 05:36 AM 07:38 AM 09:39 AM 11:41 AM 01:42 PM 03:44 PM 05:45 PM 07:47 PM 09:48 PM 11:49 PM



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मंगलवार, 29 जुलाई 2025

Tuesday, 29 July 2025

Mathematics	क्या तुम्हें पैटर्न दिखा?	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
General	Heatwave @ Cool Roof Technology: China Mosaic	English	12:35 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:36 AM 12:37 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:38 PM
Hindi	एक दिन की बादशाहत भाग 1	Hindi	12:41 AM 02:41 AM 04:41 AM 06:42 AM 08:42 AM 10:42 AM 12:43 PM 02:43 PM 04:43 PM 06:44 PM 08:44 PM 10:44 PM
General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	01:02 AM 03:03 AM 05:03 AM 07:03 AM 09:04 AM 11:04 AM 01:04 PM 03:05 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
Mathematics	Can You See the Pattern	English	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:11 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:12 PM
General	Heatwave @ Protect Animals During Heatwave	English	01:31 AM 03:31 AM 05:32 AM 07:32 AM 09:32 AM 11:33 AM 01:33 PM 03:33 PM 05:34 PM 07:34 PM 09:34 PM 11:35 PM
General	Heatwave @ Dos and Dents When Outside During Heatwave	English	01:32 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM 03:35 PM 05:35 PM 07:35 PM 09:36 PM 11:36 PM



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Flood	Flood - बाढ़ से पहले क्या तैयारी रखें	Hindi	01:34 AM 03:34 AM 05:34 AM 07:35 AM 09:35 AM 11:35 AM 01:36 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM
General	Heatwave @ Protect yourself from Heatwave	English	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:37 PM 03:38 PM 05:38 PM 07:38 PM 09:39 PM 11:39 PM
English	Ice Cream Man	English	01:37 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:38 AM 01:39 PM 03:39 PM 05:39 PM 07:40 PM 09:40 PM 11:40 PM
बुधवार, 30 जुलाई 2025			
Wednesday, 30 July 2025			
EVS	पाठ - 5 बीज बीज बीज	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 04:01 PM 06:01 PM 08:01 PM 10:01 PM
Hindi	एक दिन की बादशाहत भाग 2	Hindi	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
Flood	Flood - What To Do During Floods	English	12:52 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	12:53 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:54 PM 10:54 PM



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General	Heatwave @ Cool Roof Technology: Inverted Earthen Pots	English	12:58 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General	Heatwave @ Cool Roof Technology: China Mosaic	English	01:04 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:06 PM 07:06 PM 09:06 PM 11:06 PM
EVS	पाठ - 5 बीज बीज बीज	Hindi	01:11 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
General	Ardha Chakrasana	English	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:37 PM 07:37 PM 09:37 PM 11:37 PM
English	Wonderful Waste	English	01:37 AM 03:38 AM 05:38 AM 07:38 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
बृहस्पतिवार, 31 जुलाई 2025 Thursday, 31 July 2025			
EVS	पाठ - 6 बूढ़-बूढ़ दरिया-दरिया	Hindi	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
Hindi	एक माँ की बेबसी	Hindi	12:26 AM 02:28 AM 04:30 AM 06:31 AM 08:33 AM 10:35 AM 12:37 PM 02:38 PM 04:40 PM 06:42 PM 08:44 PM 10:45 PM



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EVS	पाठ - 6 बूंद-बूंद दरिया-दरिया	Hindi	12:50 AM 02:52 AM 04:53 AM 06:55 AM 08:57 AM 10:59 AM 01:00 PM 03:02 PM 05:04 PM 07:06 PM 09:07 PM 11:09 PM
General	उष्मीय लहर (Heatwave)	Hindi	01:12 AM 03:14 AM 05:15 AM 07:17 AM 09:19 AM 11:21 AM 01:22 PM 03:24 PM 05:26 PM 07:28 PM 09:29 PM 11:31 PM
General	Heatwave @ Cool Roof Technology: Surkhi Concrete	English	01:42 AM 03:44 AM 05:46 AM 07:48 AM 09:49 AM 11:51 AM 01:53 PM 03:55 PM 05:56 PM 07:58 PM 10:00 PM
English	Who will be Ningthou?	Hindi/en glish	01:48 AM 03:50 AM 05:52 AM 07:53 AM 09:55 AM 11:57 AM 01:59 PM 04:00 PM 06:02 PM 08:04 PM 10:06 PM



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