

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

कक्षा - 6 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class-6

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

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

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

https://www.swayamprabha.gov.in/index.php/program/current_se/28.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Wednesday from 3.00 pm to 4.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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



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

जुलाई 2026

July 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बुधवार, 01 जुलाई 2026 Wednesday, 01 July 2026			
General	Emotional well being and mental health	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:58 PM 11:58 PM
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:13 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:11 PM
Social science	Chapter 9- Family and Community Part 1	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
Disaster management	Earthquake - are you safe	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:19 PM 07:19 PM 09:19 PM 11:19 PM
General Awareness	Arpan-Personal safety	English	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 07:35 PM 09:35 PM 11:35 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:50 AM 07:50 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



बृहस्पतिवार, 02 जुलाई 2026
Thursday, 02 July 2026

General	निपुण भारत	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:58 AM 09:58 AM 11:58 AM 01:58 PM 03:57 PM 05:57 PM 07:57 PM 09:57 PM 11:56 PM
General Awareness	क्षेत्रफल	Hindi	12:09 AM 02:09 AM 04:09 AM 06:09 AM 08:08 AM 10:08 AM 12:08 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:06 PM
Social science	Chapter 9- Family and Community Part 2	English	12:35 AM 02:34 AM 04:34 AM 06:34 AM 08:34 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:32 PM 08:32 PM 10:32 PM
English	Unit 4-Chapter 4.2-THE WINNER	English	12:53 AM 02:52 AM 04:52 AM 06:52 AM 08:51 AM 10:51 AM 12:51 PM 02:51 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
Science	Chapter 2-Diversity in the Living World Part 3	English	01:30 AM 03:30 AM 05:29 AM 07:29 AM 09:29 AM 11:29 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:27 PM 11:27 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:43 AM 11:43 AM 01:43 PM 03:43 PM 05:42 PM 07:42 PM 09:42 PM 11:41 PM
General	Growing up Healthy	English	01:46 AM 03:46 AM 05:46 AM 07:46 AM 09:45 AM 11:45 AM 01:45 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:43 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:50 AM 05:50 AM 07:50 AM 09:49 AM 11:49 AM 01:49 PM 03:49 PM 05:48 PM 07:48 PM 09:48 PM 11:48 PM

शुक्रवार, 03 जुलाई 2026
Friday, 03 July 2026

General	निपुण भारत	Hindi	12:00 AM 02:01 AM 04:02 AM 06:04 AM 08:05 AM 10:06 AM 12:08 PM 02:09 PM 04:10 PM 06:12 PM 08:13 PM 10:15 PM
Hindi	Chapter 13-पेड़ की बात	हिन्दी	12:15 AM 02:16 AM 04:17 AM 06:19 AM 08:20 AM 10:21 AM 12:23 PM 02:24 PM 04:26 PM 06:27 PM 08:28 PM 10:30 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:52 AM 02:53 AM 04:54 AM 06:56 AM 08:57 AM 10:58 AM 01:00 PM 03:01 PM 05:02 PM 07:04 PM 09:05 PM 11:07 PM



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सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	Hindi	01:01 AM 03:02 AM 05:04 AM 07:05 AM 09:06 AM 11:08 AM 01:09 PM 03:11 PM 05:12 PM 07:13 PM 09:15 PM 11:16 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:24 AM 03:25 AM 05:26 AM 07:28 AM 09:29 AM 11:30 AM 01:32 PM 03:33 PM 05:35 PM 07:36 PM 09:37 PM 11:39 PM
General	स्वस्थ बढ़ना	Hindi	01:34 AM 03:35 AM 05:37 AM 07:38 AM 09:39 AM 11:41 AM 01:42 PM 03:43 PM 05:45 PM 07:46 PM 09:48 PM 11:49 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:54 AM 05:55 AM 07:56 AM 09:58 AM 11:59 AM 02:00 PM 04:02 PM 06:03 PM 08:04 PM 10:06 PM
शनिवार, 04 जुलाई 2026 Saturday, 04 July 2026			
General	निपुण भारत	Hindi	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:25 AM 02:24 AM 04:24 AM 06:24 AM 08:23 AM 10:23 AM 12:23 PM 02:22 PM 04:22 PM 06:21 PM 08:21 PM 10:21 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	12:46 AM 02:46 AM 04:45 AM 06:45 AM 08:45 AM 10:44 AM 12:44 PM 02:44 PM 04:43 PM 06:43 PM 08:43 PM 10:42 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 1	English	01:16 AM 03:16 AM 05:15 AM 07:15 AM 09:15 AM 11:14 AM 01:14 PM 03:13 PM 05:13 PM 07:13 PM 09:12 PM 11:12 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:50 AM 05:50 AM 07:49 AM 09:49 AM 11:49 AM 01:48 PM 03:48 PM 05:48 PM 07:47 PM 09:47 PM 11:47 PM
रविवार, 05 जुलाई 2026 Sunday, 05 July 2026			
General	निपुण भारत	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
General	सूर्य नमस्कार	Hindi	12:09 AM 02:09 AM 04:09 AM 06:09 AM 08:08 AM 10:08 AM 12:08 PM 02:08 PM 04:08 PM 06:07 PM 08:07 PM 10:07 PM



General	Trikonasana	English	12:16 AM 02:16 AM 04:16 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:14 PM 06:14 PM 08:14 PM 10:14 PM
General	Waste Reduced	English	12:19 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:16 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	12:20 AM 02:20 AM 04:20 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:18 PM 06:18 PM 08:18 PM 10:18 PM
General Awareness	क्षेत्रफल	Hindi	12:21 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:18 PM 10:18 PM
General	त्रिकोणासन	Hindi	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:49 AM 01:49 PM 03:49 PM 05:49 PM 07:49 PM 09:48 PM 11:48 PM
सोमवार, 06 जुलाई 2026			
Monday, 06 July 2026			
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 2	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
General	Growing up Healthy	English	12:35 AM 02:35 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
English	Unit 4-Chapter 4.3-YOGA - A WAY OF LIFE	English	12:44 AM 02:44 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:46 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:12 AM 03:12 AM 05:13 AM 07:13 AM 09:13 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:51 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM



मंगलवार, 07 जुलाई 2026
Tuesday, 07 July 2026

Hindi	Chapter 4- हार की जीत	हिंदी	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
Social science	Chapter 9- Family and Community Part 1	English	01:15 AM 03:17 AM 05:18 AM 07:20 AM 09:21 AM 11:23 AM 01:24 PM 03:25 PM 05:27 PM 07:28 PM 09:30 PM 11:31 PM
General	Waste Reduced	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 05:33 PM 07:35 PM 09:36 PM 11:38 PM
सामान्य	Single Use Plastic	Hindi	01:28 AM 03:30 AM 05:31 AM 07:33 AM 09:34 AM 11:35 AM 01:37 PM 03:38 PM 05:40 PM 07:41 PM 09:43 PM 11:44 PM
General	स्वस्थ बढ़ना	Hindi	01:31 AM 03:32 AM 05:34 AM 07:35 AM 09:36 AM 11:38 AM 01:39 PM 03:41 PM 05:42 PM 07:44 PM 09:45 PM 11:47 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 2	English	01:37 AM 03:39 AM 05:40 AM 07:42 AM 09:43 AM 11:45 AM 01:46 PM 03:47 PM 05:49 PM 07:50 PM 09:52 PM 11:53 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:52 AM 03:53 AM 05:55 AM 07:56 AM 09:58 AM 11:59 AM 02:00 PM 04:02 PM 06:03 PM 08:05 PM 10:06 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:54 AM 05:55 AM 07:57 AM 09:58 AM 11:59 AM 02:01 PM 04:02 PM 06:04 PM 08:05 PM 10:07 PM

बुधवार, 08 जुलाई 2026
Wednesday, 08 July 2026

General	निपुण भारत	Hindi	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
General	Energy Saving	English	12:16 AM 02:15 AM 04:14 AM 06:13 AM 08:13 AM 10:12 AM 12:11 PM 02:10 PM 04:09 PM 06:08 PM 08:07 PM 10:07 PM
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:33 AM 02:32 AM 04:31 AM 06:30 AM 08:30 AM 10:29 AM 12:28 PM 02:27 PM 04:26 PM 06:25 PM 08:24 PM 10:24 PM



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सामान्य	India-Pavilion-at-COP27-Mission	Hindi	12:45 AM 02:44 AM 04:43 AM 06:43 AM 08:42 AM 10:41 AM 12:40 PM 02:39 PM 04:38 PM 06:38 PM 08:37 PM 10:36 PM
General	zoological-Survey-of-india	English	12:48 AM 02:47 AM 04:46 AM 06:46 AM 08:45 AM 10:44 AM 12:43 PM 02:42 PM 04:41 PM 06:40 PM 08:40 PM 10:39 PM
General (Wetland)	Values and Types of Wetlands Part -1	English	12:51 AM 02:50 AM 04:49 AM 06:48 AM 08:47 AM 10:46 AM 12:45 PM 02:45 PM 04:44 PM 06:43 PM 08:42 PM 10:41 PM
Social science	Chapter 9- Family and Community Part 2	English	12:57 AM 02:56 AM 04:56 AM 06:55 AM 08:54 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:50 PM 08:49 PM 10:48 PM
General	zoological-Survey-of-india	English	01:04 AM 03:03 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 08:55 PM 10:54 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	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 10:58 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:42 AM 03:41 AM 05:40 AM 07:39 AM 09:38 AM 11:38 AM 01:37 PM 03:36 PM 05:35 PM 07:34 PM 09:33 PM 11:33 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:49 AM 05:48 AM 07:47 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:42 PM 09:41 PM 11:41 PM
बृहस्पतिवार, 09 जुलाई 2026 Thursday, 09 July 2026			
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:58 AM 11:57 AM 01:57 PM 03:57 PM 05:56 PM 07:56 PM 09:56 PM 11:55 PM
General	Growing up Healthy	English	12:29 AM 02:29 AM 04:29 AM 06:28 AM 08:28 AM 10:28 AM 12:27 PM 02:27 PM 04:27 PM 06:26 PM 08:26 PM 10:26 PM
General	E-Waste	English	12:36 AM 02:36 AM 04:35 AM 06:35 AM 08:34 AM 10:34 AM 12:34 PM 02:33 PM 04:33 PM 06:33 PM 08:32 PM 10:32 PM
English	Unit 4-Chapter 4.2-THE WINNER	English	12:38 AM 02:37 AM 04:37 AM 06:36 AM 08:36 AM 10:36 AM 12:35 PM 02:35 PM 04:35 PM 06:34 PM 08:34 PM 10:34 PM



General (Wetland)	Values and Types of Wetlands Part -1	English	12:44 AM 02:44 AM 04:43 AM 06:43 AM 08:42 AM 10:42 AM 12:42 PM 02:41 PM 04:41 PM 06:41 PM 08:40 PM 10:40 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	12:51 AM 02:50 AM 04:50 AM 06:50 AM 08:49 AM 10:49 AM 12:48 PM 02:48 PM 04:48 PM 06:47 PM 08:47 PM 10:47 PM
Science	Chapter 2-Diversity in the Living World Part 3	English	12:59 AM 02:59 AM 04:59 AM 06:58 AM 08:58 AM 10:58 AM 12:57 PM 02:57 PM 04:57 PM 06:56 PM 08:56 PM 10:55 PM
General	zoological-Survey-of-india	English	01:14 AM 03:13 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:12 PM 03:11 PM 05:11 PM 07:11 PM 09:10 PM 11:10 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:50 AM 05:50 AM 07:49 AM 09:49 AM 11:49 AM 01:48 PM 03:48 PM 05:48 PM 07:47 PM 09:47 PM 11:47 PM
शुक्रवार, 10 जुलाई 2026 Friday, 10 July 2026			
General	Nutrition_Health and Sanitation	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:54 PM 03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
Hindi	Chapter 13-पेड़ की बात	हिन्दी	12:14 AM 02:13 AM 04:12 AM 06:11 AM 08:11 AM 10:10 AM 12:09 PM 02:08 PM 04:07 PM 06:06 PM 08:05 PM 10:05 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 2	English	12:57 AM 02:56 AM 04:55 AM 06:54 AM 08:53 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:49 PM 08:48 PM 10:47 PM
General	Introduction to MISSION LIFE	English	01:08 AM 03:07 AM 05:06 AM 07:05 AM 09:04 AM 11:03 AM 01:03 PM 03:02 PM 05:01 PM 07:00 PM 08:59 PM 10:58 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:19 AM 03:18 AM 05:17 AM 07:16 AM 09:15 AM 11:14 AM 01:14 PM 03:13 PM 05:12 PM 07:11 PM 09:10 PM 11:09 PM
General	Waste Reduced	English	01:29 AM 03:28 AM 05:27 AM 07:26 AM 09:26 AM 11:25 AM 01:24 PM 03:23 PM 05:22 PM 07:21 PM 09:20 PM 11:20 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	Hindi	01:30 AM 03:29 AM 05:29 AM 07:28 AM 09:27 AM 11:26 AM 01:25 PM 03:24 PM 05:24 PM 07:23 PM 09:22 PM 11:21 PM



Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:49 AM 05:48 AM 07:47 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:43 PM 07:42 PM 09:41 PM 11:41 PM
शनिवार, 11 जुलाई 2026 Saturday, 11 July 2026			
General	Promotion of Healthy Lifestyle	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	Reproductive Health and HIV Prevention	English	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
संस्कृत	Chapter 1- वर्णमालां पठामः	संस्कृत	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:21 AM 10:21 AM 12:21 PM 02:22 PM 04:22 PM 06:23 PM 08:23 PM 10:23 PM
General	Waste Reduced	English	12:34 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:38 PM 10:38 PM
General	Energy Saving	English	12:39 AM 02:40 AM 04:40 AM 06:41 AM 08:41 AM 10:41 AM 12:42 PM 02:42 PM 04:43 PM 06:43 PM 08:43 PM 10:44 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	12:41 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:43 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 1	English	01:18 AM 03:18 AM 05:18 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:22 PM
General	Introduction to MISSION LIFE	English	01:39 AM 03:40 AM 05:40 AM 07:40 AM 09:41 AM 11:41 AM 01:42 PM 03:42 PM 05:42 PM 07:43 PM 09:43 PM 11:44 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:47 AM 01:48 PM 03:48 PM 05:49 PM 07:49 PM 09:49 PM 11:50 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:52 AM 05:52 AM 07:52 AM 09:53 AM 11:53 AM 01:54 PM 03:54 PM 05:54 PM 07:55 PM 09:55 PM 11:56 PM



रविवार, 12 जुलाई 2026
Sunday, 12 July 2026

General	निपुण भारत	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General Awareness	बात पते की	Hindi	12:09 AM 02:09 AM 04:09 AM 06:09 AM 08:09 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
General (Wetland)	Values and Types of Wetlands Part -1	English	12:37 AM 02:37 AM 04:37 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:43 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
General	स्वस्थ जीवन शैली को बढ़ावा देना	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 04:51 PM 06:51 PM 08:51 PM 10:51 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
सोमवार, 13 जुलाई 2026			
Monday, 13 July 2026			
General (Wetland)	Values and Types of Wetlands Part -2	English	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
Social science	Chapter 9- Family and Community Part 1	English	12:16 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:25 PM
English	Unit 4-Chapter 4.3-YOGA - A WAY OF LIFE	English	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:19 PM 11:20 PM
Disaster management	Cyclone - घर के भीतर रह कर के चक्रवात से सुरक्षा	Hindi	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:33 AM 03:34 AM 05:34 AM 07:35 AM 09:36 AM 11:37 AM 01:38 PM 03:39 PM 05:39 PM 07:40 PM 09:41 PM 11:42 PM



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Disaster management	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:43 AM 03:44 AM 05:45 AM 07:45 AM 09:46 AM 11:47 AM 01:48 PM 03:49 PM 05:50 PM 07:50 PM 09:51 PM 11:52 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:56 AM 01:57 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM
मंगलवार, 14 जुलाई 2026 Tuesday, 14 July 2026			
Hindi	Chapter 4- हार की जीत	हिंदी	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 06:07 PM 08:08 PM 10:09 PM
Social science	Chapter 9- Family and Community Part 2	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:57 PM
General Awareness	Air Pollution	English	01:07 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:13 PM 05:14 PM 07:15 PM 09:16 PM 11:16 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 2	English	01:34 AM 03:35 AM 05:36 AM 07:37 AM 09:38 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:43 PM 11:44 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:53 AM 05:53 AM 07:54 AM 09:55 AM 11:56 AM 01:57 PM 03:58 PM 05:59 PM 08:00 PM 10:00 PM
बुधवार, 15 जुलाई 2026 Wednesday, 15 July 2026			
General	MOTHER EARTH Prakriti English Subtitles	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:58 AM 01:58 PM 03:58 PM 05:58 PM 07:58 PM 09:57 PM 11:57 PM
संस्कृत	Chapter 1- वर्णमालां पठामः	संस्कृत	12:15 AM 02:15 AM 04:15 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
General	Energy Saving	English	12:27 AM 02:27 AM 04:27 AM 06:27 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:25 PM 10:25 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:46 AM 10:46 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:45 PM 10:45 PM



General	zoological-Survey-of-india	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 08:55 PM 10:55 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:15 PM 11:15 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:49 PM 03:49 PM 05:49 PM 07:49 PM 09:49 PM 11:49 PM
बृहस्पतिवार, 16 जुलाई 2026 Thursday, 16 July 2026			
General	Growing up Healthy	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 2	English	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
General	E-Waste	English	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
English	Unit 4-Chapter 4.2-THE WINNER	English	12:39 AM 02:38 AM 04:38 AM 06:38 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:38 PM 06:38 PM 08:38 PM 10:38 PM
सामान्य	Water Saved	Hindi	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
Science	Chapter 2-Diversity in the Living World Part 3	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:51 AM 07:50 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
शुक्रवार, 17 जुलाई 2026 Friday, 17 July 2026			
General	G20: Group of 20 Know all about G20 and India's Presidency	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



General	zoological-Survey-of-india	English	12:26 AM 02:27 AM 04:27 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:28 PM 04:29 PM 06:29 PM 08:29 PM 10:30 PM
Hindi	Chapter 13-पेड़ की बात	हिन्दी	12:29 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
Social science	Chapter 9- Family and Community Part 1	English	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:48 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 08:59 PM 11:00 PM
Mathematics	Chapter 2-Lines and Angles Part 1	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 07:05 PM 09:05 PM 11:05 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:52 AM 07:52 AM 09:52 AM 11:53 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:54 PM 11:55 PM
शनिवार, 18 जुलाई 2026 Saturday, 18 July 2026			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:33 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM
Disaster management	Lightning - बिजली गिरने के दौरान कैसे रहें सुरक्षित	Hindi	12:45 AM 02:45 AM 04:46 AM 06:46 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	12:49 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 10:52 PM
Disaster management	Flood - What To Do During Floods	English	01:02 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:05 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 1	English	01:08 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM



Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:51 AM 07:52 AM 09:52 AM 11:52 AM 01:52 PM 03:52 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
रविवार, 19 जुलाई 2026 Sunday, 19 July 2026			
Disaster management	आंधी तूफान	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 06:07 PM 08:07 PM 10:08 PM
General	Energy Saving	English	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:20 PM 05:21 PM 07:21 PM 09:22 PM 11:23 PM
General (Wetland)	Values and Types of Wetlands Part -1	English	01:24 AM 03:25 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:29 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:33 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:31 AM 03:32 AM 05:33 AM 07:33 AM 09:34 AM 11:35 AM 01:36 PM 03:36 PM 05:37 PM 07:38 PM 09:39 PM 11:40 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 09:59 PM
सोमवार, 20 जुलाई 2026 Monday, 20 July 2026			
Social science	Chapter 9- Family and Community Part 2	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:56 AM 11:55 AM 01:54 PM 03:53 PM 05:52 PM 07:52 PM 09:51 PM 11:50 PM
Disaster management	Urban Flood - शहरी बाढ़ के दौरान क्या करें और क्या न करें	Hindi	12:31 AM 02:31 AM 04:30 AM 06:29 AM 08:28 AM 10:27 AM 12:27 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:23 PM
English	Unit 4-Chapter 4.3-YOGA - A WAY OF LIFE	English	12:40 AM 02:39 AM 04:38 AM 06:37 AM 08:36 AM 10:36 AM 12:35 PM 02:34 PM 04:33 PM 06:32 PM 08:32 PM 10:31 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	12:59 AM 02:58 AM 04:58 AM 06:57 AM 08:56 AM 10:55 AM 12:54 PM 02:54 PM 04:53 PM 06:52 PM 08:51 PM 10:50 PM
General Awareness	Arpan-Personal safety	English	01:22 AM 03:21 AM 05:20 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:16 PM 05:16 PM 07:15 PM 09:14 PM 11:13 PM



Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:49 AM 05:48 AM 07:48 AM 09:47 AM 11:46 AM 01:45 PM 03:44 PM 05:44 PM 07:43 PM 09:42 PM 11:41 PM
मंगलवार, 21 जुलाई 2026 Tuesday, 21 July 2026			
Hindi	Chapter 4- हार की जीत	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
सामान्य	Single Use Plastic	Hindi	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
General	E-Waste	English	12:27 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:45 AM 10:45 AM 12:45 PM 02:46 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 2	English	01:16 AM 03:16 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:54 AM 01:54 PM 03:55 PM 05:55 PM 07:55 PM 09:56 PM 11:56 PM
बुधवार, 22 जुलाई 2026 Wednesday, 22 July 2026			
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	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
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 2	English	12:46 AM 02:46 AM 04:47 AM 06:47 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:50 PM 06:51 PM 08:51 PM 10:52 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	01:28 AM 03:28 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
General	zoological-Survey-of-india	English	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:48 AM 01:49 PM 03:49 PM 05:50 PM 07:50 PM 09:51 PM 11:51 PM



Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:52 AM 05:52 AM 07:53 AM 09:54 AM 11:54 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:58 PM
बृहस्पतिवार, 23 जुलाई 2026 Thursday, 23 July 2026			
Disaster management	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
Social science	Chapter 9- Family and Community Part 1	English	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
Disaster management	Urban Flood - शहरी बाढ़ को आने से कैसे रोक सकते हैं	Hindi	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:50 PM 02:50 PM 04:51 PM 06:51 PM 08:52 PM 10:52 PM
English	Unit 4-Chapter 4.2-THE WINNER	English	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 08:59 PM 11:00 PM
General	Vajrasana	English	01:01 AM 03:02 AM 05:02 AM 07:03 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
Science	Chapter 2-Diversity in the Living World Part 3	English	01:27 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:47 AM 01:48 PM 03:48 PM 05:49 PM 07:49 PM 09:50 PM 11:50 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:54 AM 01:54 PM 03:55 PM 05:55 PM 07:55 PM 09:56 PM 11:56 PM
शुक्रवार, 24 जुलाई 2026 Friday, 24 July 2026			
Hindi	Chapter 13-पेड़ की बात	हिन्दी	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:52 AM 11:51 AM 01:50 PM 03:48 PM 05:47 PM 07:45 PM 09:44 PM 11:43 PM
General	Growing up Healthy	English	12:36 AM 02:35 AM 04:33 AM 06:32 AM 08:30 AM 10:29 AM 12:28 PM 02:26 PM 04:25 PM 06:23 PM 08:22 PM 10:21 PM



General (Wetland)	Values and Types of Wetlands Part -1	English	12:58 AM 02:57 AM 04:56 AM 06:54 AM 08:53 AM 10:51 AM 12:50 PM 02:49 PM 04:47 PM 06:46 PM 08:44 PM 10:43 PM
Social science	Chapter 9- Family and Community Part 2	English	01:05 AM 03:04 AM 05:02 AM 07:01 AM 09:00 AM 10:58 AM 12:57 PM 02:55 PM 04:54 PM 06:52 PM 08:51 PM 10:50 PM
General	Introduction to MISSION LIFE	English	01:11 AM 03:09 AM 05:08 AM 07:06 AM 09:05 AM 11:03 AM 01:02 PM 03:01 PM 04:59 PM 06:58 PM 08:56 PM 10:55 PM
सामान्य	Sustainable Food Systems Adopted	Hindi	01:13 AM 03:12 AM 05:10 AM 07:09 AM 09:07 AM 11:06 AM 01:04 PM 03:03 PM 05:02 PM 07:00 PM 08:59 PM 10:57 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:15 AM 03:14 AM 05:12 AM 07:11 AM 09:09 AM 11:08 AM 01:07 PM 03:05 PM 05:04 PM 07:02 PM 09:01 PM 11:00 PM
General	Energy Saving	English	01:47 AM 03:45 AM 05:44 AM 07:42 AM 09:41 AM 11:40 AM 01:38 PM 03:37 PM 05:35 PM 07:34 PM 09:32 PM 11:31 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:49 AM 03:48 AM 05:47 AM 07:45 AM 09:44 AM 11:42 AM 01:41 PM 03:39 PM 05:38 PM 07:37 PM 09:35 PM 11:34 PM
शनिवार, 25 जुलाई 2026 Saturday, 25 July 2026			
General	ध्यान	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
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:12 AM 02:12 AM 04:12 AM 06:12 AM 08:12 AM 10:13 AM 12:13 PM 02:13 PM 04:13 PM 06:13 PM 08:13 PM 10:14 PM
General	Nutrition_Health and Sanitation	English	12:24 AM 02:24 AM 04:24 AM 06:24 AM 08:25 AM 10:25 AM 12:25 PM 02:25 PM 04:25 PM 06:25 PM 08:26 PM 10:26 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	12:33 AM 02:33 AM 04:34 AM 06:34 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:21 PM 03:21 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM



Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 1	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:27 AM 01:27 PM 03:27 PM 05:27 PM 07:27 PM 09:27 PM 11:28 PM
General	E-Waste	English	01:49 AM 03:49 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	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 09:53 PM 11:53 PM
रविवार, 26 जुलाई 2026 Sunday, 26 July 2026			
General	Waste Reduced	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	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	12:48 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	Hindi	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
Disaster management	Flood - How To Be Prepared For Floods	English	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
General	Waste Reduced	English	01:07 AM 03:07 AM 05:07 AM 07:07 AM 09:07 AM 11:07 AM 01:07 PM 03:07 PM 05:07 PM 07:07 PM 09:07 PM 11:07 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:25 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	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
सोमवार, 27 जुलाई 2026 Monday, 27 July 2026			
General	Promotion of Healthy Lifestyle	English	12:00 AM 01:59 AM 03:59 AM 05:58 AM 07:58 AM 09:57 AM 11:57 AM 01:56 PM 03:56 PM 05:56 PM 07:55 PM 09:55 PM 11:54 PM



Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:14 AM 02:13 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:11 PM 04:10 PM 06:10 PM 08:09 PM 10:09 PM
General	Gender Equality	English	12:43 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:41 AM 12:41 PM 02:40 PM 04:40 PM 06:40 PM 08:39 PM 10:39 PM
English	Unit 4-Chapter 4.3-YOGA - A WAY OF LIFE	English	12:51 AM 02:51 AM 04:50 AM 06:50 AM 08:49 AM 10:49 AM 12:48 PM 02:48 PM 04:48 PM 06:47 PM 08:47 PM 10:46 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:23 AM 03:22 AM 05:22 AM 07:22 AM 09:21 AM 11:21 AM 01:20 PM 03:20 PM 05:19 PM 07:19 PM 09:19 PM 11:18 PM
Disaster management	Floods - बाढ़ के दौरान क्या किया जाना चाहिए	Hindi	01:49 AM 03:49 AM 05:48 AM 07:48 AM 09:48 AM 11:47 AM 01:47 PM 03:46 PM 05:46 PM 07:45 PM 09:45 PM 11:45 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:50 AM 03:50 AM 05:49 AM 07:49 AM 09:49 AM 11:48 AM 01:48 PM 03:47 PM 05:47 PM 07:46 PM 09:46 PM 11:46 PM
मंगलवार, 28 जुलाई 2026 Tuesday, 28 July 2026			
General	निपुण भारत	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General	Pawanmuktasana	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:16 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:16 PM 08:16 PM 10:16 PM
Hindi	Chapter 4- हार की जीत	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
General Awareness	बात पते की	Hindi	12:30 AM 02:30 AM 04:30 AM 06:30 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
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:58 AM 02:58 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
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 2	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:05 PM 11:05 PM



General (Wetland)	Values and Types of Wetlands Part -1	English	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
Science	Chapter 3-Mindful Eating: A Path to a Healthy Body Part 2	English	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM
Disaster management	Urban Flood - शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	01:50 AM 03:50 AM 05:50 AM 07:50 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
Vocational Education	Part1-Project 1:School Kitchen Garden	English	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
बुधवार, 29 जुलाई 2026 Wednesday, 29 July 2026			
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	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
संस्कृत	Chapter 1- वर्णमाला पठामः	संस्कृत	12:25 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 06:27 PM 08:27 PM 10:27 PM
Disaster management	Earthquake - Drop, Cover, Hold technique	English	12:53 AM 02:54 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:55 PM
Social science	Chapter 9- Family and Community Part 1	English	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM
General Awareness	Air Pollution	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:03 PM
General	E-Waste	English	01:33 AM 03:33 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:35 PM
Mathematics	Chapter 1-PATTERNS IN MATHEMATICS Part 1	English	01:35 AM 03:35 AM 05:35 AM 07:35 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
Disaster management	Urban Flood - शहरी बाढ़ के दौरान क्या करें और क्या न करें	Hindi	01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:46 PM 03:46 PM 05:46 PM 07:46 PM 09:46 PM 11:46 PM



General	Introduction to MISSION LIFE	English	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 09:48 PM 11:48 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
बृहस्पतिवार, 30 जुलाई 2026 Thursday, 30 July 2026			
Social science	Chapter 9- Family and Community Part 2	English	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 10:09 PM
General	पारस्परिक संबंध	Hindi	12:41 AM 02:42 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:48 PM 04:49 PM 06:50 PM 08:50 PM 10:51 PM
Disaster management	Cyclone - यदि आप चक्रवात के दौरान बाहर फस गए हैं	Hindi	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:53 PM 04:54 PM 06:55 PM 08:56 PM 10:57 PM
English	Unit 4-Chapter 4.2-THE WINNER	English	12:56 AM 02:56 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:02 PM 05:03 PM 07:04 PM 09:05 PM 11:05 PM
सामान्य	Water Saved	Hindi	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:15 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:06 AM 03:07 AM 05:08 AM 07:09 AM 09:10 AM 11:11 AM 01:12 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
Science	Chapter 2-Diversity in the Living World Part 3	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 09:16 PM 11:17 PM
Disaster management	Flood - What Should Be Done After Floods	English	01:50 AM 03:50 AM 05:51 AM 07:52 AM 09:53 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM 11:59 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	01:52 AM 03:53 AM 05:53 AM 07:54 AM 09:55 AM 11:56 AM 01:57 PM 03:58 PM 05:59 PM 08:00 PM 10:01 PM



शुक्रवार, 31 जुलाई 2026

Friday, 31 July 2026

General	Emotional well being and mental health	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
Hindi	Chapter 13-पेड़ की बात	हिन्दी	12:13 AM 02:13 AM 04:14 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
Disaster management	Cyclone - घर के भीतर रह कर के चक्रवात से सुरक्षा	Hindi	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:39 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:42 PM 08:42 PM 10:43 PM
Social science	Chapter 10 - Grassroots Democracy - Governance - Part 1	English	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:01 PM 09:02 PM 11:02 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM
General	निपुण भारत	Hindi	01:28 AM 03:29 AM 05:29 AM 07:30 AM 09:30 AM 11:31 AM 01:32 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:34 PM
Mathematics	Chapter 2-Lines and Angles Part 1	English	01:30 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:35 PM 09:35 PM 11:36 PM
Disaster management	Flood - बाढ़ के दौरान क्या करें और क्या न करें	Hindi	01:40 AM 03:41 AM 05:41 AM 07:42 AM 09:42 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:46 PM
General	E-Waste	English	01:42 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:48 PM 11:48 PM
General	Gender Equality	English	01:44 AM 03:45 AM 05:45 AM 07:46 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:48 PM 07:49 PM 09:49 PM 11:50 PM
Vocational Education	Part1-Project 1:School Kitchen Garden	English	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

