

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

### कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 7

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

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

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

[https://www.swayamprabha.gov.in/index.php/program/current\\_se/29](https://www.swayamprabha.gov.in/index.php/program/current_se/29).

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

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

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



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

**जुलाई 2026**

**July 2026**

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
<b>बुधवार, 01 जुलाई 2026</b> Wednesday, 01 July 2026			
संस्कृत	संस्कृत_चतुर्थः पाठः - न लभ्यते चेत्आम्लं द्राक्षाफलम्	संस्कृत	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
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	English	12:10 AM    02:09 AM    04:09 AM    06:09 AM    08:09 AM    10:09 AM    12:09 PM    02:09 PM    04:08 PM    06:08 PM    08:08 PM    10:08 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:18 AM    02:18 AM    04:18 AM    06:18 AM    08:17 AM    10:17 AM    12:17 PM    02:17 PM    04:17 PM    06:17 PM    08:17 PM    10:16 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 1)	English	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:41 AM    10:41 AM    12:41 PM    02:41 PM    04:41 PM    06:41 PM    08:41 PM    10:40 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:23 AM    03:23 AM    05:23 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:22 PM    11:21 PM
<b>बृहस्पतिवार, 02 जुलाई 2026</b> Thursday, 02 July 2026			
English	English_Unit 3: Dreams and Discoveries- My Brother's Great Invention	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
General Awareness	Growing up Healthy	English	12:13 AM    02:13 AM    04:13 AM    06:13 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



Science	Science_Chapter 2: Exploring Substances: Acidic, Basic, and Neutral	English	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    08:16 PM    10:16 PM
General Awareness	Personal Safety	English	12:28 AM    02:28 AM    04:28 AM    06:27 AM    08:27 AM    10:27 AM    12:27 PM    02:27 PM    04:27 PM    06:27 PM    08:27 PM    10:27 PM
General Awareness	e-waste management Block-5	English	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:41 PM    04:41 PM    06:41 PM    08:41 PM    10:41 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	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	घर पर बनाए हर्बल शैम्पू	हिंदी	01:18 AM    03:18 AM    05:17 AM    07:17 AM    09:17 AM    11:17 AM    01:17 PM    03:17 PM    05:17 PM    07:17 PM    09:17 PM    11:17 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:44 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
शुक्रवार, 03 जुलाई 2026 Friday, 03 July 2026			
हिंदी	हिंदी_पाठ-05: नहीं होना बीमार	हिंदी	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:03 AM    12:03 PM    02:04 PM    04:04 PM    06:05 PM    08:06 PM    10:06 PM
Social science	Social Science_Chapter 9: From the Rulers to the Ruled: Types of Governments (Part 1)	English	12:15 AM    02:16 AM    04:16 AM    06:17 AM    08:17 AM    10:18 AM    12:19 PM    02:19 PM    04:20 PM    06:21 PM    08:21 PM    10:22 PM
Vocational	Personal hygiene and Health	English	12:24 AM    02:25 AM    04:26 AM    06:26 AM    08:27 AM    10:27 AM    12:28 PM    02:29 PM    04:29 PM    06:30 PM    08:31 PM    10:31 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 1)	English	12:35 AM    02:35 AM    04:36 AM    06:36 AM    08:37 AM    10:38 AM    12:38 PM    02:39 PM    04:40 PM    06:40 PM    08:41 PM    10:41 PM
General Awareness	Introduction to plasto, our hero and marine pollution	English	12:57 AM    02:58 AM    04:59 AM    06:59 AM    09:00 AM    11:00 AM    01:01 PM    03:02 PM    05:02 PM    07:03 PM    09:03 PM    11:04 PM



General Awareness	e-waste management Block-5	English	01:05 AM    03:05 AM    05:06 AM    07:07 AM    09:07 AM    11:08 AM    01:08 PM    03:09 PM    05:10 PM    07:10 PM    09:11 PM    11:11 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:27 AM    05:27 AM    07:28 AM    09:29 AM    11:29 AM    01:30 PM    03:30 PM    05:31 PM    07:32 PM    09:32 PM    11:33 PM
शनिवार, 04 जुलाई 2026 Saturday, 04 July 2026			
संस्कृत	संस्कृत_चतुर्थः पाठः - न लभ्यते चेत्आम्लं द्राक्षाफलम्	संस्कृत	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
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	12:10 AM    02:11 AM    04:12 AM    06:12 AM    08:13 AM    10:14 AM    12:15 PM    02:15 PM    04:16 PM    06:17 PM    08:18 PM    10:18 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:25 AM    02:25 AM    04:26 AM    06:27 AM    08:28 AM    10:28 AM    12:29 PM    02:30 PM    04:31 PM    06:31 PM    08:32 PM    10:33 PM
Science	Science_Chapter 2: Exploring Substances: Acidic, Basic, and Neutral	English	12:44 AM    02:45 AM    04:46 AM    06:47 AM    08:47 AM    10:48 AM    12:49 PM    02:50 PM    04:50 PM    06:51 PM    08:52 PM    10:53 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:49 AM    02:50 AM    04:51 AM    06:51 AM    08:52 AM    10:53 AM    12:54 PM    02:54 PM    04:55 PM    06:56 PM    08:57 PM    10:57 PM
General Awareness	Understanding how long things take to decompose	English	01:20 AM    03:21 AM    05:22 AM    07:23 AM    09:23 AM    11:24 AM    01:25 PM    03:26 PM    05:26 PM    07:27 PM    09:28 PM    11:29 PM
रविवार, 05 जुलाई 2026 Sunday, 05 July 2026			
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	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
Storytelling/Value Education	दान का हिसाब	हिंदी	12:11 AM    02:12 AM    04:13 AM    06:13 AM    08:14 AM    10:15 AM    12:15 PM    02:16 PM    04:17 PM    06:17 PM    08:18 PM    10:19 PM
Storytelling/Value Education	खेल पिटारा	हिंदी	12:33 AM    02:34 AM    04:34 AM    06:35 AM    08:36 AM    10:36 AM    12:37 PM    02:38 PM    04:38 PM    06:39 PM    08:40 PM    10:40 PM



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General Awareness	e-waste management Block-3	English	01:23 AM    03:23 AM    05:24 AM    07:25 AM    09:25 AM    11:26 AM    01:27 PM    03:27 PM    05:28 PM    07:29 PM    09:29 PM    11:30 PM
<b>सोमवार, 06 जुलाई 2026</b> <b>Monday, 06 July 2026</b>			
English	English_Unit 3: Dreams and Discoveries- My Brother's Great Invention	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
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 1)	English	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
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:32 AM    02:32 AM    04:32 AM    06:33 AM    08:33 AM    10:33 AM    12:33 PM    02:33 PM    04:33 PM    06:33 PM    08:33 PM    10:33 PM
General Awareness	Understanding how long things take to decompose	English	01:16 AM    03:16 AM    05:16 AM    07:16 AM    09:16 AM    11:16 AM    01:16 PM    03:16 PM    05:16 PM    07:17 PM    09:17 PM    11:17 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 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
<b>मंगलवार, 07 जुलाई 2026</b> <b>Tuesday, 07 July 2026</b>			
हिंदी	हिंदी_पाठ-05: नहीं होना बीमार	हिंदी	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
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	12:14 AM    02:14 AM    04:13 AM    06:12 AM    08:11 AM    10:10 AM    12:10 PM    02:09 PM    04:08 PM    06:07 PM    08:06 PM    10:06 PM
Science	Science_Chapter 2: Exploring Substances: Acidic, Basic, and Neutral	English	12:30 AM    02:30 AM    04:29 AM    06:28 AM    08:27 AM    10:26 AM    12:26 PM    02:25 PM    04:24 PM    06:23 PM    08:22 PM    10:22 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:08 AM    03:08 AM    05:07 AM    07:06 AM    09:05 AM    11:04 AM    01:04 PM    03:03 PM    05:02 PM    07:01 PM    09:00 PM    11:00 PM
Flood	Flood - What To Do During Floods	English	01:43 AM    03:43 AM    05:42 AM    07:41 AM    09:40 AM    11:39 AM    01:39 PM    03:38 PM    05:37 PM    07:36 PM    09:35 PM    11:35 PM



General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	01:45 AM    03:44 AM    05:43 AM    07:42 AM    09:42 AM    11:41 AM    01:40 PM    03:39 PM    05:38 PM    07:38 PM    09:37 PM    11:36 PM
<b>बुधवार, 08 जुलाई 2026</b> <b>Wednesday, 08 July 2026</b>			
संस्कृत	संस्कृत_चतुर्थः पाठः - न लभ्यते चेत्आम्लं द्राक्षाफलम्	संस्कृत	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
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:10 AM    02:09 AM    04:08 AM    06:07 AM    08:07 AM    10:06 AM    12:05 PM    02:04 PM    04:04 PM    06:03 PM    08:02 PM    10:01 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	English	12:17 AM    02:16 AM    04:16 AM    06:15 AM    08:14 AM    10:13 AM    12:13 PM    02:12 PM    04:11 PM    06:10 PM    08:10 PM    10:09 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 1)	English	12:26 AM    02:26 AM    04:25 AM    06:24 AM    08:23 AM    10:23 AM    12:22 PM    02:21 PM    04:20 PM    06:20 PM    08:19 PM    10:18 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:50 AM    02:49 AM    04:48 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    10:42 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	01:03 AM    03:02 AM    05:01 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
Vocational	Tools And Materials	English	01:46 AM    03:45 AM    05:45 AM    07:44 AM    09:43 AM    11:42 AM    01:42 PM    03:41 PM    05:40 PM    07:39 PM    09:39 PM    11:38 PM
<b>बृहस्पतिवार, 09 जुलाई 2026</b> <b>Thursday, 09 July 2026</b>			
English	English_Unit 3: Dreams and Discoveries- My Brother's Great Invention	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
Science	Science_Chapter 2: Exploring Substances: Acidic, Basic, and Neutral	English	12:16 AM    02:16 AM    04:16 AM    06:16 AM    08:16 AM    10:16 AM    12:16 PM    02:16 PM    04:16 PM    06:16 PM    08:16 PM    10:17 PM



Storytelling/Value Education	सुधीर तैलंग	हिंदी	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
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:09 AM    03:09 AM    05:09 AM    07:09 AM    09:09 AM    11:09 AM    01:09 PM    03:09 PM    05:09 PM    07:09 PM    09:09 PM    11:09 PM
शुक्रवार, 10 जुलाई 2026 Friday, 10 July 2026			
हिंदी	हिंदी_पाठ-05: नहीं होना बीमार	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
Social science	Social Science_Chapter 9: From the Rulers to the Ruled: Types of Governments (Part 1)	English	12:15 AM    02:16 AM    04:16 AM    06:17 AM    08:17 AM    10:18 AM    12:18 PM    02:19 PM    04:19 PM    06:20 PM    08:20 PM    10:21 PM
General Awareness	Why Seasons Happen?	English	12:27 AM    02:27 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
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 1)	English	12:30 AM    02:31 AM    04:31 AM    06:32 AM    08:32 AM    10:33 AM    12:33 PM    02:33 PM    04:34 PM    06:34 PM    08:35 PM    10:35 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:38 AM    02:38 AM    04:39 AM    06:39 AM    08:40 AM    10:40 AM    12:41 PM    02:41 PM    04:42 PM    06:42 PM    08:43 PM    10:43 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	01:02 AM    03:02 AM    05:03 AM    07:03 AM    09:04 AM    11:04 AM    01:05 PM    03:05 PM    05:06 PM    07:06 PM    09:07 PM    11:07 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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    09:20 PM    11:21 PM
General English	General English, Episode 11 Agreeing 3	English	01:50 AM    03:50 AM    05:51 AM    07:51 AM    09:52 AM    11:52 AM    01:53 PM    03:53 PM    05:54 PM    07:54 PM    09:55 PM    11:55 PM
शनिवार, 11 जुलाई 2026 Saturday, 11 July 2026			
संस्कृत	संस्कृत_चतुर्थः पाठः - न लभ्यते चेत् आम्लं द्राक्षाफलम्	संस्कृत	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:56 AM    09:55 AM    11:55 AM    01:54 PM



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			03:53 PM    05:52 PM    07:51 PM    09:50 PM    11:50 PM
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	12:18 AM    02:17 AM    04:16 AM    06:16 AM    08:15 AM    10:14 AM    12:13 PM    02:12 PM    04:11 PM    06:11 PM    08:10 PM    10:09 PM
Storytelling/Value Education	सुधीर तैलंग	हिंदी	12:33 AM    02:32 AM    04:31 AM    06:30 AM    08:29 AM    10:28 AM    12:28 PM    02:27 PM    04:26 PM    06:25 PM    08:24 PM    10:23 PM
Science	Science_Chapter 2: Exploring Substances: Acidic, Basic, and Neutral	English	12:49 AM    02:49 AM    04:48 AM    06:47 AM    08:46 AM    10:45 AM    12:44 PM    02:44 PM    04:43 PM    06:42 PM    08:41 PM    10:40 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:54 AM    02:53 AM    04:52 AM    06:52 AM    08:51 AM    10:50 AM    12:49 PM    02:48 PM    04:47 PM    06:47 PM    08:46 PM    10:45 PM
General Awareness	Real world challenge and what to do	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
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:21 AM    03:21 AM    05:20 AM    07:19 AM    09:18 AM    11:17 AM    01:16 PM    03:16 PM    05:15 PM    07:14 PM    09:13 PM    11:12 PM
General Awareness	e-waste management Block-5	English	01:37 AM    03:36 AM    05:36 AM    07:35 AM    09:34 AM    11:33 AM    01:32 PM    03:31 PM    05:31 PM    07:30 PM    09:29 PM    11:28 PM
रविवार, 12 जुलाई 2026 Sunday, 12 July 2026			
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	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    08:07 PM    10:07 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:24 AM    02:25 AM    04:26 AM    06:26 AM    08:27 AM    10:28 AM    12:28 PM    02:29 PM    04:30 PM    06:30 PM    08:31 PM    10:32 PM
General English	General English, Episode 12 Disagreeing 1	English	12:37 AM    02:38 AM    04:38 AM    06:39 AM    08:40 AM    10:40 AM    12:41 PM    02:42 PM    04:42 PM    06:43 PM    08:44 PM    10:45 PM
General Awareness	Value and responsible Citizenship	English	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    11:29 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:27 AM    05:28 AM    07:28 AM    09:29 AM    11:30 AM    01:30 PM    03:31 PM    05:32 PM    07:32 PM    09:33 PM    11:34 PM
<b>सोमवार, 13 जुलाई 2026</b> <b>Monday, 13 July 2026</b>			
English	English_Unit 3: Dreams and Discoveries- My Brother's Great Invention	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    09:52 PM    11:51 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 2)	English	12:23 AM    02:22 AM    04:21 AM    06:20 AM    08:20 AM    10:19 AM    12:18 PM    02:18 PM    04:17 PM    06:16 PM    08:15 PM    10:15 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:28 AM    02:27 AM    04:27 AM    06:26 AM    08:25 AM    10:24 AM    12:24 PM    02:23 PM    04:22 PM    06:22 PM    08:21 PM    10:20 PM
General Awareness	Exploring three R's	English	12:44 AM    02:43 AM    04:43 AM    06:42 AM    08:41 AM    10:40 AM    12:40 PM    02:39 PM    04:38 PM    06:37 PM    08:37 PM    10:36 PM
General Awareness	Personal Safety	English	01:23 AM    03:23 AM    05:22 AM    07:21 AM    09:20 AM    11:20 AM    01:19 PM    03:18 PM    05:18 PM    07:17 PM    09:16 PM    11:15 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM    03:38 AM    05:38 AM    07:37 AM    09:36 AM    11:36 AM    01:35 PM    03:34 PM    05:33 PM    07:33 PM    09:32 PM    11:31 PM
<b>मंगलवार, 14 जुलाई 2026</b> <b>Tuesday, 14 July 2026</b>			
हिंदी	हिंदी_पाठ-05: नहीं होना बीमार	हिंदी	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
Social science	Social Science_Chapter 3: Climates of India (Part 1)	English	12:19 AM    02:20 AM    04:20 AM    06:20 AM    08:21 AM    10:21 AM    12:21 PM    02:22 PM    04:22 PM    06:22 PM    08:23 PM    10:23 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:34 AM    02:34 AM    04:35 AM    06:35 AM    08:35 AM    10:36 AM    12:36 PM    02:36 PM    04:37 PM    06:37 PM    08:37 PM    10:38 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:58 AM    02:58 AM    04:58 AM    06:59 AM    08:59 AM    11:00 AM    01:00 PM    03:00 PM    05:01 PM    07:01 PM    09:01 PM    11:02 PM



General Awareness	e-waste management Block-5	English	01:04 AM    03:05 AM    05:05 AM    07:05 AM    09:06 AM    11:06 AM    01:07 PM    03:07 PM    05:07 PM    07:08 PM    09:08 PM    11:08 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:26 AM    05:26 AM    07:27 AM    09:27 AM    11:28 AM    01:28 PM    03:28 PM    05:29 PM    07:29 PM    09:29 PM    11:30 PM

बुधवार, 15 जुलाई 2026  
Wednesday, 15 July 2026

संस्कृत	संस्कृत_षष्ठः पाठः - क्रीडाम वयं श्लोकाभ्याक्षरीम	संस्कृत	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    09:52 PM    11:51 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	English	12:23 AM    02:23 AM    04:22 AM    06:21 AM    08:20 AM    10:20 AM    12:19 PM    02:18 PM    04:18 PM    06:17 PM    08:16 PM    10:15 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 2)	English	12:40 AM    02:40 AM    04:39 AM    06:38 AM    08:37 AM    10:37 AM    12:36 PM    02:35 PM    04:35 PM    06:34 PM    08:33 PM    10:32 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:46 AM    02:45 AM    04:44 AM    06:44 AM    08:43 AM    10:42 AM    12:41 PM    02:41 PM    04:40 PM    06:39 PM    08:38 PM    10:38 PM
General English	General English, Episode 13 Disagreeing 2	English	12:59 AM    02:58 AM    04:57 AM    06:57 AM    08:56 AM    10:55 AM    12:55 PM    02:54 PM    04:53 PM    06:52 PM    08:52 PM    10:51 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM    03:38 AM    05:38 AM    07:37 AM    09:36 AM    11:36 AM    01:35 PM    03:34 PM    05:33 PM    07:33 PM    09:32 PM    11:31 PM

बृहस्पतिवार, 16 जुलाई 2026  
Thursday, 16 July 2026

English	English_Unit 3: Dreams and Discoveries - Paper Boats	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
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:19 AM    02:19 AM    04:19 AM    06:18 AM    08:18 AM    10:18 AM    12:18 PM    02:18 PM    04:17 PM    06:17 PM    08:17 PM    10:17 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:26 AM    02:26 AM    04:26 AM    06:26 AM    08:25 AM    10:25 AM    12:25 PM    02:25 PM    04:25 PM    06:24 PM    08:24 PM    10:24 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

General Awareness	Focused on waste segregation into dry and wet garbage	English	12:56 AM    02:56 AM    04:56 AM    06:56 AM    08:55 AM    10:55 AM    12:55 PM    02:55 PM    04:55 PM    06:54 PM    08:54 PM    10:54 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:21 AM    03:20 AM    05:20 AM    07:20 AM    09:20 AM    11:20 AM    01:19 PM    03:19 PM    05:19 PM    07:19 PM    09:19 PM    11:18 PM
शुक्रवार, 17 जुलाई 2026 Friday, 17 July 2026			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	हिंदी	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:56 AM    09:55 AM    11:55 AM    01:54 PM    03:53 PM    05:52 PM    07:51 PM    09:51 PM    11:50 PM
Social science	Social Science_Chapter 9: From the Rulers to the Ruled: Types of Governments (Part 2)	English	12:20 AM    02:19 AM    04:18 AM    06:18 AM    08:17 AM    10:16 AM    12:15 PM    02:14 PM    04:14 PM    06:13 PM    08:12 PM    10:11 PM
General Awareness	Focused on exploring three R's	English	12:31 AM    02:30 AM    04:29 AM    06:29 AM    08:28 AM    10:27 AM    12:26 PM    02:25 PM    04:25 PM    06:24 PM    08:23 PM    10:22 PM
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 2)	English	12:55 AM    02:54 AM    04:53 AM    06:53 AM    08:52 AM    10:51 AM    12:50 PM    02:49 PM    04:49 PM    06:48 PM    08:47 PM    10:46 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:34 AM    03:33 AM    05:33 AM    07:32 AM    09:31 AM    11:30 AM    01:29 PM    03:29 PM    05:28 PM    07:27 PM    09:26 PM    11:25 PM
शनिवार, 18 जुलाई 2026 Saturday, 18 July 2026			
संस्कृत	संस्कृत_षष्ठः पाठः - क्रीडाम वयं श्लोकाभ्याक्षरीम	संस्कृत	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    10:13 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:14 AM    02:15 AM    04:16 AM    06:18 AM    08:19 AM    10:20 AM    12:21 PM    02:23 PM    04:24 PM    06:25 PM    08:26 PM    10:28 PM
Social science	Social Science_Chapter 3: Climates of India (Part 2)	English	12:27 AM    02:28 AM    04:29 AM    06:31 AM    08:32 AM    10:33 AM    12:34 PM    02:36 PM    04:37 PM    06:38 PM    08:39 PM    10:41 PM



General	General, Surya Namaskar	English	12:44 AM    02:46 AM    04:47 AM    06:48 AM    08:49 AM    10:51 AM    12:52 PM    02:53 PM    04:54 PM    06:56 PM    08:57 PM    10:58 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:51 AM    02:52 AM    04:54 AM    06:55 AM    08:56 AM    10:57 AM    12:59 PM    03:00 PM    05:01 PM    07:02 PM    09:04 PM    11:05 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:58 AM    02:59 AM    05:00 AM    07:01 AM    09:03 AM    11:04 AM    01:05 PM    03:06 PM    05:08 PM    07:09 PM    09:10 PM    11:11 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:27 AM    05:29 AM    07:30 AM    09:31 AM    11:32 AM    01:34 PM    03:35 PM    05:36 PM    07:37 PM    09:39 PM    11:40 PM
<b>रविवार, 19 जुलाई 2026</b> <b>Sunday, 19 July 2026</b>			
शारीरिक शिक्षा	शारीरिक शिक्षा, योग ओलम्पियाड	हिंदी	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	General, Ardha Chakrasana	English	12:34 AM    02:34 AM    04:34 AM    06:34 AM    08:34 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:34 PM    10:34 PM
सामान्य	सामान्य, सूर्य नमस्कार	हिंदी	12:36 AM    02:36 AM    04:36 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	General, Padahastasana	English	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	General, Surya Namaskar	English	12:45 AM    02:45 AM    04:45 AM    06:45 AM    08:45 AM    10:45 AM    12:45 PM    02:45 PM    04:45 PM    06:46 PM    08:46 PM    10:46 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	बोतल मकड़ी (Bottle spider)	हिंदी	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
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM    03:25 AM    05:25 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



सोमवार, 20 जुलाई 2026 Monday, 20 July 2026			
English	English_Unit 3: Dreams and Discoveries - Paper Boats	English	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
Maths	Mathematics_Chapter 5: Parallel and Intersecting Lines (Part 2)	English	12:22 AM    02:21 AM    04:20 AM    06:19 AM    08:18 AM    10:17 AM    12:17 PM    02:16 PM    04:15 PM    06:14 PM    08:13 PM    10:12 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:52 AM    02:51 AM    04:50 AM    06:49 AM    08:48 AM    10:47 AM    12:46 PM    02:45 PM    04:44 PM    06:43 PM    08:42 PM    10:41 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:11 AM    03:10 AM    05:09 AM    07:08 AM    09:08 AM    11:07 AM    01:06 PM    03:05 PM    05:04 PM    07:03 PM    09:02 PM    11:01 PM
General Awareness	Why Seasons Happen?	English	01:41 AM    03:40 AM    05:40 AM    07:39 AM    09:38 AM    11:37 AM    01:36 PM    03:35 PM    05:34 PM    07:33 PM    09:32 PM    11:31 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	01:45 AM    03:44 AM    05:43 AM    07:42 AM    09:41 AM    11:40 AM    01:39 PM    03:38 PM    05:37 PM    07:36 PM    09:35 PM    11:34 PM
मंगलवार, 21 जुलाई 2026 Tuesday, 21 July 2026			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	हिंदी	12:00 AM    01:58 AM    03:57 AM    05:56 AM    07:55 AM    09:54 AM    11:52 AM    01:51 PM    03:50 PM    05:49 PM    07:48 PM    09:46 PM    11:45 PM
Social science	Social Science_Chapter 3: Climates of India (Part 2)	English	12:21 AM    02:20 AM    04:19 AM    06:17 AM    08:16 AM    10:15 AM    12:14 PM    02:13 PM    04:12 PM    06:10 PM    08:09 PM    10:08 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:39 AM    02:38 AM    04:37 AM    06:35 AM    08:34 AM    10:33 AM    12:32 PM    02:31 PM    04:30 PM    06:28 PM    08:27 PM    10:26 PM



General Awareness	Real life situations- garbage burning and what to do	English	12:46 AM    02:44 AM    04:43 AM    06:42 AM    08:41 AM    10:40 AM    12:39 PM    02:37 PM    04:36 PM    06:35 PM    08:34 PM    10:33 PM
General Awareness	Why Seasons Happen?	English	12:57 AM    02:56 AM    04:55 AM    06:53 AM    08:52 AM    10:51 AM    12:50 PM    02:49 PM    04:48 PM    06:46 PM    08:45 PM    10:44 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:00 AM    02:59 AM    04:58 AM    06:57 AM    08:56 AM    10:54 AM    12:53 PM    02:52 PM    04:51 PM    06:50 PM    08:48 PM    10:47 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:24 AM    03:23 AM    05:22 AM    07:21 AM    09:20 AM    11:18 AM    01:17 PM    03:16 PM    05:15 PM    07:14 PM    09:12 PM    11:11 PM
<b>बुधवार, 22 जुलाई 2026</b> <b>Wednesday, 22 July 2026</b>			
संस्कृत	संस्कृत_षष्ठः पाठः - क्रीडाम वयं श्लोकाभ्याश्चरीम	संस्कृत	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
General	Energy Saving	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    08:18 PM    10:19 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	English	12:19 AM    02:19 AM    04:19 AM    06:19 AM    08:19 AM    10:19 AM    12:19 PM    02:20 PM    04:20 PM    06:20 PM    08:20 PM    10:20 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:27 AM    02:27 AM    04:27 AM    06:27 AM    08:28 AM    10:28 AM    12:28 PM    02:28 PM    04:28 PM    06:28 PM    08:28 PM    10:29 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	12:41 AM    02:41 AM    04:41 AM    06:41 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:42 PM    06:42 PM    08:42 PM    10:43 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	01:10 AM    03:11 AM    05:11 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
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM    03:40 AM    05:40 AM    07:40 AM    09:40 AM    11:41 AM    01:41 PM    03:41 PM    05:41 PM    07:41 PM    09:41 PM    11:41 PM



<b>बृहस्पतिवार, 23 जुलाई 2026</b> <b>Thursday, 23 July 2026</b>			
English	English_Unit 3: Dreams and Discoveries - Paper Boats	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
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:27 AM    02:28 AM    04:28 AM    06:29 AM    08:29 AM    10:30 AM    12:30 PM    02:31 PM    04:31 PM    06:32 PM    08:32 PM    10:33 PM
General English	General English, Episode 9 Agreeing 1	English	12:34 AM    02:35 AM    04:35 AM    06:36 AM    08:36 AM    10:37 AM    12:37 PM    02:38 PM    04:38 PM    06:39 PM    08:39 PM    10:40 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	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
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:40 AM    03:41 AM    05:41 AM    07:42 AM    09:42 AM    11:43 AM    01:43 PM    03:44 PM    05:44 PM    07:45 PM    09:45 PM    11:46 PM
Vocational	The evolution of communication	English	01:56 AM    03:57 AM    05:57 AM    07:58 AM    09:58 AM    11:59 AM    01:59 PM    04:00 PM    06:00 PM    08:01 PM    10:01 PM
<b>शुक्रवार, 24 जुलाई 2026</b> <b>Friday, 24 July 2026</b>			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	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    04:06 PM    06:07 PM    08:08 PM    10:09 PM
General Awareness	Why Seasons Happen?	English	12:12 AM    02:12 AM    04:13 AM    06:14 AM    08:15 AM    10:16 AM    12:17 PM    02:18 PM    04:18 PM    06:19 PM    08:20 PM    10:21 PM
Social science	Social Science_Chapter 9: From the Rulers to the Ruled: Types of Governments (Part 2)	English	12:15 AM    02:16 AM    04:17 AM    06:17 AM    08:18 AM    10:19 AM    12:20 PM    02:21 PM    04:22 PM    06:23 PM    08:23 PM    10:24 PM
General	Bharatiya Nyaya Sanhita (Ep. 2 Nyaya Ka Pitara)	Hindi	12:26 AM    02:27 AM    04:28 AM    06:28 AM    08:29 AM    10:30 AM    12:31 PM    02:32 PM    04:33 PM    06:34 PM    08:34 PM    10:35 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:39 AM    02:40 AM    04:41 AM    06:41 AM    08:42 AM    10:43 AM    12:44 PM    02:45 PM    04:46 PM    06:47 PM    08:48 PM    10:48 PM



General Awareness	Focused on exploring three R's	English	12:52 AM    02:53 AM    04:54 AM    06:55 AM    08:56 AM    10:57 AM    12:57 PM    02:58 PM    04:59 PM    07:00 PM    09:01 PM    11:02 PM
General English	General English, Episode 10 Agreeing 2	English	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
Vocational	The evolution of communication	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    09:41 PM    11:42 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:36 AM    03:37 AM    05:38 AM    07:39 AM    09:39 AM    11:40 AM    01:41 PM    03:42 PM    05:43 PM    07:44 PM    09:45 PM    11:45 PM
<b>शनिवार, 25 जुलाई 2026</b> <b>Saturday, 25 July 2026</b>			
संस्कृत	संस्कृत_षष्ठः पाठः - क्रीडाम वयं श्लोकाभ्याक्षरीम	संस्कृत	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:58 AM    09:58 AM    11:58 AM    01:57 PM    03:57 PM    05:57 PM    07:57 PM    09:56 PM    11:56 PM
Vocational	The evolution of communication	English	12:14 AM    02:14 AM    04:13 AM    06:13 AM    08:13 AM    10:12 AM    12:12 PM    02:12 PM    04:11 PM    06:11 PM    08:11 PM    10:11 PM
Social science	Social Science_Chapter 3: Climates of India (Part 2)	English	12:18 AM    02:18 AM    04:17 AM    06:17 AM    08:17 AM    10:16 AM    12:16 PM    02:16 PM    04:15 PM    06:15 PM    08:15 PM    10:15 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:35 AM    02:35 AM    04:35 AM    06:34 AM    08:34 AM    10:34 AM    12:33 PM    02:33 PM    04:33 PM    06:32 PM    08:32 PM    10:32 PM
General	Bharatiya Nyaya Sanhita (EP. 01 - Nyaya Ki Nayi Raahein)	Hindi	12:42 AM    02:41 AM    04:41 AM    06:41 AM    08:41 AM    10:40 AM    12:40 PM    02:40 PM    04:39 PM    06:39 PM    08:39 PM    10:38 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:56 AM    02:56 AM    04:56 AM    06:55 AM    08:55 AM    10:55 AM    12:54 PM    02:54 PM    04:54 PM    06:53 PM    08:53 PM    10:53 PM
General English	General English, Episode 9 Agreeing 1	English	01:47 AM    03:46 AM    05:46 AM    07:46 AM    09:45 AM    11:45 AM    01:45 PM    03:45 PM    05:44 PM    07:44 PM    09:44 PM    11:43 PM



रविवार, 26 जुलाई 2026 Sunday, 26 July 2026			
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	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
General Awareness	e-waste management Block-3	English	01:41 AM    03:41 AM    05:42 AM    07:42 AM    09:42 AM    11:42 AM    01:43 PM    03:43 PM    05:43 PM    07:43 PM    09:44 PM    11:44 PM
सोमवार, 27 जुलाई 2026 Monday, 27 July 2026			
English	English_Unit 3: Dreams and Discoveries - Paper Boats	English	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    11:49 PM
General Awareness	Why Seasons Happen?	English	12:22 AM    02:21 AM    04:20 AM    06:19 AM    08:18 AM    10:18 AM    12:17 PM    02:16 PM    04:15 PM    06:14 PM    08:13 PM    10:12 PM
Maths	Mathematics_Chapter 6: Number Play	English	12:25 AM    02:25 AM    04:24 AM    06:23 AM    08:22 AM    10:21 AM    12:20 PM    02:19 PM    04:18 PM    06:17 PM    08:16 PM    10:15 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:39 AM    02:38 AM    04:37 AM    06:36 AM    08:35 AM    10:34 AM    12:33 PM    02:32 PM    04:31 PM    06:31 PM    08:30 PM    10:29 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:03 AM    03:02 AM    05:01 AM    07:00 AM    08:59 AM    10:58 AM    12:57 PM    02:56 PM    04:55 PM    06:54 PM    08:54 PM    10:53 PM
Storytelling/Value Education	आओ कहानी लिखना सीखें	हिंदी	01:22 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
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:53 AM    03:52 AM    05:51 AM    07:50 AM    09:49 AM    11:48 AM    01:47 PM    03:46 PM    05:45 PM    07:44 PM    09:43 PM    11:43 PM
मंगलवार, 28 जुलाई 2026 Tuesday, 28 July 2026			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	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



General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:15 AM    02:15 AM    04:16 AM    06:16 AM    08:17 AM    10:17 AM    12:18 PM    02:18 PM    04:19 PM    06:19 PM    08:20 PM    10:20 PM
Social science	Social Science_Chapter 3: Climates of India (Part 2)	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    06:26 PM    08:27 PM    10:27 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	01:10 AM    03:11 AM    05:11 AM    07:11 AM    09:12 AM    11:12 AM    01:13 PM    03:13 PM    05:14 PM    07:14 PM    09:15 PM    11:15 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:26 AM    05:27 AM    07:27 AM    09:28 AM    11:28 AM    01:29 PM    03:29 PM    05:30 PM    07:30 PM    09:31 PM    11:31 PM
<b>बुधवार, 29 जुलाई 2026</b> <b>Wednesday, 29 July 2026</b>			
संस्कृत	संस्कृत_षष्ठः पाठः - क्रीडाम वयं श्लोकाभ्याक्षरीम	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    06:04 PM    08:05 PM    10:06 PM
Social science	Social Science_Chapter 4: New Beginnings: Cities and States	English	12:15 AM    02:16 AM    04:16 AM    06:17 AM    08:18 AM    10:18 AM    12:19 PM    02:19 PM    04:20 PM    06:20 PM    08:21 PM    10:21 PM
General Awareness	e-waste management Block-5	English	12:24 AM    02:24 AM    04:25 AM    06:25 AM    08:26 AM    10:26 AM    12:27 PM    02:28 PM    04:28 PM    06:29 PM    08:29 PM    10:30 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:45 AM    02:46 AM    04:46 AM    06:47 AM    08:47 AM    10:48 AM    12:48 PM    02:49 PM    04:50 PM    06:50 PM    08:51 PM    10:51 PM
Maths	Mathematics_Chapter 6: Number Play	English	01:09 AM    03:10 AM    05:10 AM    07:11 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
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:22 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



<b>बृहस्पतिवार, 30 जुलाई 2026</b> <b>Thursday, 30 July 2026</b>			
English	English_Unit 3: Dreams and Discoveries - Paper Boats	English	12:00 AM    02:15 AM    04:31 AM    06:46 AM    09:02 AM    11:17 AM    01:33 PM    03:48 PM    06:04 PM    08:19 PM    10:35 PM
General Awareness	Growing up Healthy	English	12:19 AM    02:34 AM    04:50 AM    07:06 AM    09:21 AM    11:37 AM    01:52 PM    04:08 PM    06:23 PM    08:39 PM    10:54 PM
Science	Science_Chapter 3: Electricity: Circuits and their Components	English	12:23 AM    02:39 AM    04:54 AM    07:10 AM    09:25 AM    11:41 AM    01:56 PM    04:12 PM    06:27 PM    08:43 PM    10:58 PM
General Awareness	Personal Safety	English	12:30 AM    02:45 AM    05:01 AM    07:16 AM    09:32 AM    11:47 AM    02:03 PM    04:18 PM    06:34 PM    08:49 PM    11:05 PM
Storytelling/Value Education	दान का हिसाब	हिंदी	12:44 AM    03:00 AM    05:15 AM    07:31 AM    09:46 AM    12:02 PM    02:17 PM    04:33 PM    06:48 PM    09:04 PM    11:19 PM
General Awareness	e-waste management Block-5	English	01:01 AM    03:16 AM    05:32 AM    07:47 AM    10:03 AM    12:18 PM    02:34 PM    04:49 PM    07:05 PM    09:20 PM    11:36 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:22 AM    03:37 AM    05:53 AM    08:09 AM    10:24 AM    12:40 PM    02:55 PM    05:11 PM    07:26 PM    09:42 PM    11:57 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM    03:50 AM    06:06 AM    08:21 AM    10:37 AM    12:52 PM    03:08 PM    05:23 PM    07:39 PM    09:54 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:59 AM    04:15 AM    06:30 AM    08:46 AM    11:01 AM    01:17 PM    03:32 PM    05:48 PM    08:03 PM    10:19 PM
<b>शुक्रवार, 31 जुलाई 2026</b> <b>Friday, 31 July 2026</b>			
हिंदी	हिंदी _पाठ-06: गिरिधर कविराय की कुंडलिया (कविता)	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    06:08 PM    08:09 PM    10:10 PM
Social science	Social Science_Chapter 9: From the Rulers to the Ruled: Types of Governments (Part 2)	English	12:12 AM    02:13 AM    04:14 AM    06:15 AM    08:16 AM    10:17 AM    12:18 PM    02:19 PM    04:20 PM    06:21 PM    08:22 PM    10:23 PM



Vocational	Personal hygiene and Health	English	12:23 AM    02:24 AM    04:25 AM    06:26 AM    08:27 AM    10:28 AM    12:29 PM    02:30 PM    04:31 PM    06:32 PM    08:33 PM    10:34 PM
Maths	Mathematics_Chapter 6: Number Play	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    04:41 PM    06:42 PM    08:43 PM    10:44 PM
General Awareness	e-waste management Block-5	English	01:05 AM    03:06 AM    05:07 AM    07:08 AM    09:09 AM    11:10 AM    01:11 PM    03:12 PM    05:12 PM    07:13 PM    09:14 PM    11:15 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM    03:27 AM    05:28 AM    07:29 AM    09:30 AM    11:31 AM    01:32 PM    03:33 PM    05:34 PM    07:35 PM    09:36 PM    11:37 PM



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