

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

कक्षा - 3 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 3

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

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

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

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

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

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

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



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

मार्च 2025
March 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 मार्च 2025 Saturday, 01 March 2025			
Yoga	Surya_Namaskar	English	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
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:19 PM
Art and Craft	ओरिगामी (कागज़ कला) -6	English/hindi	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:32 PM 10:33 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
Mathematics	Ch-3: Double Century	English	01:07 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM



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Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:34 AM 11:35 AM 01:35 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:33 AM 03:34 AM 05:34 AM 07:35 AM 09:35 AM 11:36 AM 01:36 PM 03:37 PM 05:37 PM 07:38 PM 09:38 PM 11:38 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:39 AM 03:39 AM 05:40 AM 07:40 AM 09:41 AM 11:41 AM 01:41 PM 03:42 PM 05:42 PM 07:43 PM 09:43 PM 11:44 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:44 AM 03:44 AM 05:45 AM 07:45 AM 09:46 AM 11:46 AM 01:47 PM 03:47 PM 05:48 PM 07:48 PM 09:49 PM 11:49 PM
रविवार, 02 मार्च 2025 Sunday, 02 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:07 AM 12:09 PM 02:10 PM 04:12 PM 06:13 PM 08:15 PM 10:16 PM
Cultural Heritage:Art,Music &Dance	Qutub Minar (कुतुब मीनार)	English/hindi	12:14 AM 02:16 AM 04:17 AM 06:19 AM 08:20 AM 10:22 AM 12:24 PM 02:25 PM 04:27 PM 06:28 PM 08:30 PM 10:31 PM
General Awareness	Personal Safety	English	12:23 AM 02:24 AM 04:26 AM 06:27 AM 08:29 AM 10:30 AM 12:32 PM 02:33 PM 04:35 PM 06:36 PM 08:38 PM 10:39 PM
सामान्य	आज़ादी की अमृत कहानियाँ (पूनम)	हिन्दी	12:39 AM 02:40 AM 04:42 AM 06:43 AM 08:45 AM 10:46 AM 12:48 PM 02:49 PM 04:51 PM 06:52 PM 08:54 PM 10:56 PM



सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:41 AM 02:43 AM 04:44 AM 06:46 AM 08:47 AM 10:49 AM 12:50 PM 02:52 PM 04:53 PM 06:55 PM 08:56 PM 10:58 PM
Storytelling/Value Education	नन्हा फ़नकार	हिन्दी	12:47 AM 02:49 AM 04:50 AM 06:52 AM 08:53 AM 10:55 AM 12:56 PM 02:58 PM 04:59 PM 07:01 PM 09:02 PM 11:04 PM
शारीरिक शिक्षा	योग गोमुखासन (Yoga Gomukhasan)	हिन्दी	01:01 AM 03:03 AM 05:04 AM 07:06 AM 09:07 AM 11:09 AM 01:10 PM 03:12 PM 05:14 PM 07:15 PM 09:17 PM 11:18 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	01:15 AM 03:17 AM 05:18 AM 07:20 AM 09:21 AM 11:23 AM 01:24 PM 03:26 PM 05:27 PM 07:29 PM 09:30 PM 11:32 PM
Physical Education	Health & Sanitation	English	01:40 AM 03:41 AM 05:43 AM 07:44 AM 09:46 AM 11:47 AM 01:49 PM 03:50 PM 05:52 PM 07:53 PM 09:55 PM 11:56 PM
Yoga	Dhyana	English	01:51 AM 03:53 AM 05:54 AM 07:56 AM 09:57 AM 11:59 AM 02:00 PM 04:02 PM 06:03 PM 08:05 PM 10:07 PM
सोमवार, 03 मार्च 2025 Monday, 03 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
Storytelling/Value Education	Meena - 2 Dividing the Mangoes	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:16 PM 08:17 PM 10:17 PM



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Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:27 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Mathematics	Ch-3: Double Century	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
EVS	Chapter 1: Family and Friends	English	12:52 AM 02:53 AM 04:53 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:55 PM
उर्दू	अध्याय -2 : आम की गुठली	हिन्दी	01:02 AM 03:02 AM 05:02 AM 07:02 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
हिन्दी	पाठ 1 - सीखो	हिन्दी	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:29 AM 11:29 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
Art Education	Kala Utsav - 2022 Dance - Classical (Boy) Tripura	English/hindi	01:39 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 07:42 PM 09:42 PM 11:42 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Andaman and Nicobar Islands	English/hindi	01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:46 AM 11:46 AM 01:46 PM 03:46 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
मंगलवार, 04 मार्च 2025 Tuesday, 04 March 2025			



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Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:14 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:15 PM
Mathematics	Ch-3: Double Century	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:26 PM 04:26 PM 06:26 PM 08:26 PM 10:26 PM
EVS	Chapter 1: Family and Friends	English	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
उर्दू	अध्याय -2 : आम की गुठली	हिन्दी	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	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
Earthquake	Earthquake - What to do when indoors during an earthquake	English	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
English	Ch-1: Fun with Friends - Colours	English	01:34 AM 03:34 AM 05:34 AM 07:34 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:34 PM 07:34 PM 09:34 PM 11:34 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:42 PM 11:43 PM



शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:44 PM
General	Azadi ki Amrit Kahaniyan (Poonam)	English	01:56 AM 03:56 AM 05:56 AM 07:56 AM 09:56 AM 11:56 AM 01:56 PM 03:56 PM 05:56 PM 07:56 PM 09:56 PM 11:56 PM
बुधवार, 05 मार्च 2025 Wednesday, 05 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
English	Ch-1: Fun with Friends - Colours	English	12:27 AM 02:27 AM 04:27 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
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Nagaland	English/hindi	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Madhya Pradesh	English/hindi	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	12:46 AM 02:46 AM 04:46 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:45 PM



Storytelling(A nimated)	Goose with Golden Egg	English	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:14 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM
Mathematics	Ch-3: Double Century	English	01:21 AM 03:21 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:20 PM
Storytelling/Value Education	आम की कहानी (शेडो पपेट)	हिन्दी	01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
सामान्य	आजादी की अमृत कहानियाँ (बसन्ती)	हिन्दी	01:51 AM 03:51 AM 05:51 AM 07:51 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:50 PM 07:50 PM 09:50 PM 11:50 PM
Earthquake	Earthquake - साकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	Hindi	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:52 PM 07:52 PM 09:52 PM 11:52 PM
बृहस्पतिवार, 06 मार्च 2025 Thursday, 06 March 2025			
सामान्य	आजादी की अमृत कहानियाँ (टेस्सी)	हिन्दी	12:00 AM 01:57 AM 03:54 AM 05:51 AM 07:48 AM 09:45 AM 11:42 AM 01:40 PM 03:37 PM 05:34 PM 07:31 PM 09:28 PM 11:25 PM
General	Azadi ki Amrit Kahaniyan (Tessy)	English	12:10 AM 02:07 AM 04:04 AM 06:01 AM 07:58 AM 09:56 AM 11:53 AM 01:50 PM 03:47 PM 05:44 PM 07:41 PM 09:39 PM 11:36 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:12 AM 02:09 AM 04:06 AM 06:04 AM 08:01 AM 09:58 AM 11:55 AM 01:52 PM 03:49 PM 05:47 PM 07:44 PM 09:41 PM 11:38 PM



General	Azadi ki Amrit Kahaniyan (Poonam)	English	12:24 AM 02:21 AM 04:18 AM 06:15 AM 08:13 AM 10:10 AM 12:07 PM 02:04 PM 04:01 PM 05:58 PM 07:55 PM 09:53 PM 11:50 PM
Yoga	Surya_Namaskar	English	12:26 AM 02:23 AM 04:21 AM 06:18 AM 08:15 AM 10:12 AM 12:09 PM 02:06 PM 04:03 PM 06:01 PM 07:58 PM 09:55 PM 11:52 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिन्दी	12:34 AM 02:31 AM 04:28 AM 06:26 AM 08:23 AM 10:20 AM 12:17 PM 02:14 PM 04:11 PM 06:08 PM 08:06 PM 10:03 PM
Mathematics	Ch-3: Double Century	English	01:05 AM 03:03 AM 05:00 AM 06:57 AM 08:54 AM 10:51 AM 12:48 PM 02:45 PM 04:43 PM 06:40 PM 08:37 PM 10:34 PM
English	Ch-1: Fun with Friends - Colours	English	01:30 AM 03:27 AM 05:25 AM 07:22 AM 09:19 AM 11:16 AM 01:13 PM 03:10 PM 05:07 PM 07:05 PM 09:02 PM 10:59 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	01:39 AM 03:36 AM 05:33 AM 07:30 AM 09:28 AM 11:25 AM 01:22 PM 03:19 PM 05:16 PM 07:13 PM 09:10 PM 11:08 PM
Yoga	Dhyana	English	01:47 AM 03:44 AM 05:41 AM 07:38 AM 09:35 AM 11:33 AM 01:30 PM 03:27 PM 05:24 PM 07:21 PM 09:18 PM 11:15 PM
शुक्रवार, 07 मार्च 2025 Friday, 07 March 2025			
Yoga	Surya_Namaskar	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 04:06 PM 06:07 PM 08:08 PM 10:09 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM



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			02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
English	Ch-1: Fun with Friends - Colours	English	12:26 AM 02:27 AM 04:28 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:32 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
Storytelling/Value Education	टर्म टू-4	हिन्दी	12:35 AM 02:36 AM 04:37 AM 06:37 AM 08:38 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:43 PM 08:43 PM 10:44 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Girls: Assam	English/hindi	12:59 AM 03:00 AM 05:01 AM 07:01 AM 09:02 AM 11:03 AM 01:04 PM 03:05 PM 05:06 PM 07:07 PM 09:08 PM 11:08 PM
Mathematics	Ch-3: Double Century	English	01:05 AM 03:05 AM 05:06 AM 07:07 AM 09:08 AM 11:09 AM 01:10 PM 03:11 PM 05:12 PM 07:12 PM 09:13 PM 11:14 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	01:29 AM 03:30 AM 05:31 AM 07:32 AM 09:33 AM 11:34 AM 01:35 PM 03:36 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
Art Education	Kala Utsav - 2022 -Dance Folk(Boy)Jharkhand	English/hindi	01:42 AM 03:43 AM 05:44 AM 07:45 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:52 PM
सामान्य	आज़ादी की अमृत कहानियाँ (आरोही)	हिन्दी	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:53 PM 03:54 PM 05:55 PM 07:56 PM 09:57 PM 11:58 PM
Yoga	Dhyana	English	01:51 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:55 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:59 PM



शनिवार, 08 मार्च 2025

Saturday, 08 March 2025

Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:55 PM 03:54 PM 05:53 PM 07:53 PM 09:52 PM 11:51 PM
Art and Craft	ओरिगामी (कागज़ कला) -6	English/hindi	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:10 PM 02:09 PM 04:09 PM 06:08 PM 08:07 PM 10:07 PM
Storytelling/Value Education	टर्म टू-5	हिन्दी	12:30 AM 02:29 AM 04:29 AM 06:28 AM 08:27 AM 10:27 AM 12:26 PM 02:25 PM 04:25 PM 06:24 PM 08:23 PM 10:22 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	12:52 AM 02:52 AM 04:51 AM 06:50 AM 08:50 AM 10:49 AM 12:48 PM 02:48 PM 04:47 PM 06:46 PM 08:45 PM 10:45 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	01:05 AM 03:04 AM 05:03 AM 07:03 AM 09:02 AM 11:01 AM 01:01 PM 03:00 PM 04:59 PM 06:58 PM 08:58 PM 10:57 PM
सामान्य	आज़ादी की अमृत कहानियाँ (टेस्सी)	हिन्दी	01:17 AM 03:16 AM 05:15 AM 07:14 AM 09:14 AM 11:13 AM 01:12 PM 03:12 PM 05:11 PM 07:10 PM 09:10 PM 11:09 PM
Mathematics	Ch-3: Double Century	English	01:19 AM 03:18 AM 05:17 AM 07:17 AM 09:16 AM 11:15 AM 01:15 PM 03:14 PM 05:13 PM 07:13 PM 09:12 PM 11:11 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:44 AM 03:43 AM 05:42 AM 07:42 AM 09:41 AM 11:40 AM 01:39 PM 03:39 PM 05:38 PM 07:37 PM 09:37 PM 11:36 PM



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Yoga	Dhyana	English	01:49 AM 03:48 AM 05:48 AM 07:47 AM 09:46 AM 11:45 AM 01:45 PM 03:44 PM 05:43 PM 07:43 PM 09:42 PM 11:41 PM
रविवार, 09 मार्च 2025 Sunday, 09 March 2025			
Yoga	Surya_Namaskar	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 10:10 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:25 PM
General Awareness	Personal Safety	English	12:15 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:20 AM 12:21 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:31 AM 02:32 AM 04:33 AM 06:34 AM 08:35 AM 10:36 AM 12:37 PM 02:38 PM 04:39 PM 06:40 PM 08:41 PM 10:42 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:37 AM 02:38 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:46 PM 08:47 PM 10:48 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिन्दी	12:57 AM 02:58 AM 04:59 AM 06:59 AM 09:00 AM 11:01 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:06 PM 11:07 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	01:09 AM 03:10 AM 05:11 AM 07:12 AM 09:13 AM 11:14 AM 01:15 PM 03:15 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM



शारीरिक शिक्षा	योग गोमुखसन (Yoga Gomukhasan)	हिन्दी	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:43 PM 11:44 PM
General	Azadi ki Amrit Kahaniyan (Tessy)	English	01:52 AM 03:53 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:02 PM
सोमवार, 10 मार्च 2025 Monday, 10 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:17 PM
English	Ch-1: Fun with Friends - Colours	English	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:27 AM 10:27 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM
Mathematics	Ch-3: Double Century	English	12:35 AM 02:35 AM 04:35 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 10:38 PM
EVS	Chapter 1: Family and Friends	English	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
उर्दू	अध्याय -3 : ईद	हिन्दी	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM
Art Education	Kala Utsav - 2022 Dance - Classical (Boy) Tripura	English/hindi	01:37 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:38 AM 01:38 PM



			03:39 PM 05:39 PM 07:39 PM 09:39 PM 11:40 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	01:42 AM 03:42 AM 05:43 AM 07:43 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:44 PM 07:44 PM 09:45 PM 11:45 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:53 PM
मंगलवार, 11 मार्च 2025 Tuesday, 11 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:14 AM 02:15 AM 04:15 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 10:21 PM
Mathematics	Ch-3: Double Century	English	12:26 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:30 PM 02:30 PM 04:31 PM 06:31 PM 08:32 PM 10:32 PM
EVS	Chapter 1: Family and Friends	English	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
उर्दू	अध्याय -3 : ईद	हिन्दी	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	01:28 AM 03:29 AM 05:29 AM 07:30 AM 09:30 AM 11:31 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:34 PM



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English	Ch-1: Fun with Friends - Colours	English	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:40 PM
शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	01:42 AM 03:43 AM 05:43 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 11:49 PM
Yoga	Dhyana	English	01:55 AM 03:55 AM 05:56 AM 07:57 AM 09:57 AM 11:58 AM 01:58 PM 03:59 PM 05:59 PM 08:00 PM 10:01 PM
बुधवार, 12 मार्च 2025 Wednesday, 12 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिन्दी	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
Thunderstorm and Lighting	Lightning - Signs & Symptoms Of Lightning Injuries	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
Art Education	Kala Utsav - 2019 Dance Competition: Boys Kerala	English/hindi	12:57 AM 02:57 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:58 PM



Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	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
English	Ch-1: Fun with Friends - Colours	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
Thunderstorm and Lighting	Lightning - What To Do During Lightning & Thunderstorm	English	01:14 AM 03:14 AM 05:14 AM 07:14 AM 09:15 AM 11:15 AM 01:15 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:16 PM
Mathematics	Ch-3: Double Century	English	01:24 AM 03:24 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
बृहस्पतिवार, 13 मार्च 2025 Thursday, 13 March 2025			
Yoga	Surya_Namaskar	English	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 06:16 PM 08:18 PM 10:20 PM
General Awareness	Interpersonal Relationships	English	12:14 AM 02:16 AM 04:18 AM 06:20 AM 08:22 AM 10:24 AM 12:26 PM 02:28 PM 04:29 PM 06:31 PM 08:33 PM 10:35 PM
Thunderstorm and Lighting	Lightning - बिजली गिरने के दौरान कैसे रहें सुरक्षित	Hindi	12:19 AM 02:21 AM 04:23 AM 06:25 AM 08:27 AM 10:28 AM 12:30 PM 02:32 PM 04:34 PM 06:36 PM 08:38 PM 10:40 PM



Art and Craft	Woodpecker	English	12:20 AM 02:22 AM 04:24 AM 06:26 AM 08:28 AM 10:29 AM 12:31 PM 02:33 PM 04:35 PM 06:37 PM 08:39 PM 10:41 PM
Art and Craft	Slithering Snake	English	12:22 AM 02:23 AM 04:25 AM 06:27 AM 08:29 AM 10:31 AM 12:33 PM 02:35 PM 04:37 PM 06:39 PM 08:40 PM 10:42 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिन्दी	12:24 AM 02:26 AM 04:28 AM 06:30 AM 08:32 AM 10:34 AM 12:36 PM 02:37 PM 04:39 PM 06:41 PM 08:43 PM 10:45 PM
योग	ध्यान	हिन्दी	12:54 AM 02:56 AM 04:58 AM 07:00 AM 09:02 AM 11:04 AM 01:06 PM 03:08 PM 05:09 PM 07:11 PM 09:13 PM 11:15 PM
Thunderstorm and Lighting	Lightning - बिजली की चोटों के संकेत और लक्षण	Hindi	12:58 AM 03:00 AM 05:02 AM 07:04 AM 09:06 AM 11:08 AM 01:10 PM 03:12 PM 05:13 PM 07:15 PM 09:17 PM 11:19 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:59 AM 03:01 AM 05:03 AM 07:05 AM 09:07 AM 11:09 AM 01:10 PM 03:12 PM 05:14 PM 07:16 PM 09:18 PM 11:20 PM
English	Ch-1: Fun with Friends - Colours	English	01:11 AM 03:13 AM 05:15 AM 07:17 AM 09:18 AM 11:20 AM 01:22 PM 03:24 PM 05:26 PM 07:28 PM 09:30 PM 11:32 PM
Storytelling(A nimated)	Lion and the Buffaloes	English	01:20 AM 03:21 AM 05:23 AM 07:25 AM 09:27 AM 11:29 AM 01:31 PM 03:33 PM 05:35 PM 07:37 PM 09:38 PM 11:40 PM
Mathematics	Ch-3: Double Century	English	01:25 AM 03:26 AM 05:28 AM 07:30 AM 09:32 AM 11:34 AM 01:36 PM 03:38 PM 05:40 PM 07:42 PM 09:43 PM 11:45 PM



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Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:49 AM 03:51 AM 05:53 AM 07:55 AM 09:57 AM 11:59 AM 02:01 PM 04:03 PM 06:05 PM 08:06 PM 10:08 PM
शुक्रवार, 14 मार्च 2025 Friday, 14 March 2025			
हिन्दी	पाठ 1 - सीखो	हिन्दी	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
Storytelling/Value Education	Meena - 3 Saving the life	हिन्दी	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:19 PM
Thunderstorm and Lighting	Lightning - बिजली से कैसे बचें	Hindi	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:33 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:32 PM 10:32 PM
Art and Craft	ओरिगामी (कागज़ कला)-3	English/hindi	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 08:33 PM 10:33 PM
Art and Craft	Art Education	English	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
Art and Craft	Wire lizard	English	01:13 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Art and Craft	Paper Lantern	English	01:15 AM 03:15 AM 05:15 AM 07:15 AM 09:15 AM 11:14 AM 01:14 PM 03:14 PM 05:14 PM 07:14 PM 09:14 PM 11:14 PM



General	Azadi ki Amrit Kahaniyan (Tanvi)	English	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:17 PM 11:17 PM
Mathematics	Ch-3: Double Century	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 05:20 PM 07:20 PM 09:20 PM 11:20 PM
English	Ch-1: Fun with Friends - Colours	English	01:45 AM 03:45 AM 05:45 AM 07:45 AM 09:45 AM 11:45 AM 01:45 PM 03:45 PM 05:45 PM 07:45 PM 09:45 PM 11:45 PM
शनिवार, 15 मार्च 2025 Saturday, 15 March 2025			
Yoga	Surya_Namaskar	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 10:10 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:19 AM 12:20 PM 02:21 PM 04:22 PM 06:23 PM 08:24 PM 10:25 PM
Thunderstorm and Lighting	Lightning - बिजली से एक पीड़ित के जीवन को कैसे बचाएं	Hindi	12:28 AM 02:29 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
Storytelling/Value Education	टर्म टू-5	हिन्दी	12:29 AM 02:30 AM 04:30 AM 06:31 AM 08:32 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:38 PM 10:39 PM
Mathematics	Ch-3: Double Century	English	12:51 AM 02:52 AM 04:53 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:58 PM 04:59 PM 07:00 PM 09:01 PM 11:02 PM



हिन्दी	पाठ 1 - सीखो	हिन्दी	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:24 PM 07:24 PM 09:25 PM 11:26 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Chhattisgarh	English/hindi	01:28 AM 03:29 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:33 AM 03:34 AM 05:35 AM 07:36 AM 09:37 AM 11:38 AM 01:39 PM 03:40 PM 05:41 PM 07:42 PM 09:42 PM 11:43 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:39 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:43 AM 01:44 PM 03:45 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM
Yoga	Dhyana	English	01:51 AM 03:52 AM 05:53 AM 07:54 AM 09:54 AM 11:55 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM
रविवार, 16 मार्च 2025 Sunday, 16 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General Awareness	Personal Safety	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:18 AM 10:18 AM 12:19 PM 02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:31 AM 02:31 AM 04:32 AM 06:33 AM 08:34 AM 10:35 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:39 PM



Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:37 AM 02:37 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:42 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
शारीरिक शिक्षा	योग चक्रासन (Yoga Chakraasan)	हिन्दी	12:56 AM 02:57 AM 04:57 AM 06:58 AM 08:59 AM 11:00 AM 01:01 PM 03:01 PM 05:02 PM 07:03 PM 09:04 PM 11:05 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	01:08 AM 03:09 AM 05:10 AM 07:10 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
शारीरिक शिक्षा	योग गोमुखासन (Yoga Gomukhasan)	हिन्दी	01:32 AM 03:33 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 09:41 PM 11:41 PM
योग	पवनमुक्तासन	हिन्दी	01:52 AM 03:52 AM 05:53 AM 07:54 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:58 PM 07:59 PM 10:00 PM
सोमवार, 17 मार्च 2025 Monday, 17 March 2025			
Yoga	Surya_Namaskar	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 10:13 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	12:14 AM 02:16 AM 04:17 AM 06:18 AM 08:19 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:26 PM 08:27 PM 10:28 PM
हिन्दी	पाठ 1 - सीखो	हिन्दी	12:20 AM 02:21 AM 04:22 AM 06:23 AM 08:25 AM 10:26 AM 12:27 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:34 PM



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Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:31 AM 02:33 AM 04:34 AM 06:35 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
English	Ch-1: Fun with Friends - Colours	English	12:32 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:39 AM 12:40 PM 02:41 PM 04:42 PM 06:44 PM 08:45 PM 10:46 PM
Mathematics	Ch-3: Double Century	English	12:41 AM 02:42 AM 04:44 AM 06:45 AM 08:46 AM 10:47 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:54 PM 10:55 PM
EVS	Chapter 1: Family and Friends	English	01:06 AM 03:07 AM 05:08 AM 07:10 AM 09:11 AM 11:12 AM 01:14 PM 03:15 PM 05:16 PM 07:17 PM 09:19 PM 11:20 PM
उर्दू	अध्याय -3 : ईद	हिन्दी	01:15 AM 03:16 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:23 PM 03:24 PM 05:25 PM 07:27 PM 09:28 PM 11:29 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	01:43 AM 03:44 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:51 PM 03:52 PM 05:53 PM 07:54 PM 09:56 PM 11:57 PM
Yoga	Dhyana	English	01:51 AM 03:52 AM 05:53 AM 07:55 AM 09:56 AM 11:57 AM 01:59 PM 04:00 PM 06:01 PM 08:02 PM 10:04 PM
मंगलवार, 18 मार्च 2025 Tuesday, 18 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM



सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:18 PM 02:18 PM 04:19 PM 06:19 PM 08:20 PM 10:20 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:20 AM 02:20 AM 04:21 AM 06:22 AM 08:22 AM 10:23 AM 12:23 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
English	Ch-3: Fun with Friends - Best Friends	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 10:39 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
EVS	Chapter 1: Family and Friends	English	01:14 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:19 PM 11:20 PM
उर्दू	अध्याय -3 : ईद	हिन्दी	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:25 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:28 PM 09:28 PM 11:29 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:51 AM 03:51 AM 05:52 AM 07:52 AM 09:53 AM 11:53 AM 01:54 PM 03:55 PM 05:55 PM 07:56 PM 09:56 PM 11:57 PM
योग	अर्ध चक्रासन	हिन्दी	01:57 AM 03:57 AM 05:58 AM 07:59 AM 09:59 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM



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बुधवार, 19 मार्च 2025
Wednesday, 19 March 2025

Yoga	Surya_Namaskar	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
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिन्दी	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
Avalanche	Avalanche – जानिए इस वीडियो द्वारा हिमस्खलन के संकेत	Hindi	12:44 AM 02:44 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 08:36 PM 10:36 PM
Cold Wave	Cold Wave - Chilblains	Hindi	12:46 AM 02:45 AM 04:45 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 10:37 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:47 AM 02:46 AM 04:46 AM 06:45 AM 08:44 AM 10:43 AM 12:42 PM 02:42 PM 04:41 PM 06:40 PM 08:39 PM 10:38 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:59 AM 02:58 AM 04:57 AM 06:56 AM 08:55 AM 10:55 AM 12:54 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	01:10 AM 03:09 AM 05:08 AM 07:07 AM 09:06 AM 11:06 AM 01:05 PM 03:04 PM 05:03 PM 07:02 PM 09:02 PM 11:01 PM
Cold Wave	Clod Wave - Preparation	Hindi	01:41 AM 03:41 AM 05:40 AM 07:39 AM 09:38 AM 11:37 AM 01:37 PM 03:36 PM 05:35 PM 07:34 PM 09:33 PM 11:33 PM



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Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:43 AM 03:42 AM 05:41 AM 07:40 AM 09:39 AM 11:39 AM 01:38 PM 03:37 PM 05:36 PM 07:35 PM 09:35 PM 11:34 PM
बृहस्पतिवार, 20 मार्च 2025 Thursday, 20 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:05 AM 10:06 AM 12:07 PM 02:09 PM 04:10 PM 06:11 PM 08:13 PM 10:14 PM
General Awareness	Interpersonal Relationships	English	12:14 AM 02:16 AM 04:17 AM 06:18 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:25 PM 06:26 PM 08:27 PM 10:29 PM
Cultural Heritage: Art, Music & Dance	Qutub Minar (कुतुब मीनार)	English/Hindi	12:19 AM 02:20 AM 04:22 AM 06:23 AM 08:24 AM 10:26 AM 12:27 PM 02:28 PM 04:29 PM 06:31 PM 08:32 PM 10:33 PM
पर्यावरण अध्ययन	अध्याय -3 : पानी रे पानी	हिन्दी	12:27 AM 02:28 AM 04:30 AM 06:31 AM 08:32 AM 10:34 AM 12:35 PM 02:36 PM 04:38 PM 06:39 PM 08:40 PM 10:41 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:57 AM 02:59 AM 05:00 AM 07:01 AM 09:02 AM 11:04 AM 01:05 PM 03:06 PM 05:08 PM 07:09 PM 09:10 PM 11:12 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:09 AM 03:10 AM 05:11 AM 07:13 AM 09:14 AM 11:15 AM 01:16 PM 03:18 PM 05:19 PM 07:20 PM 09:22 PM 11:23 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	01:20 AM 03:21 AM 05:22 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:31 PM 09:33 PM 11:34 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:49 AM 03:50 AM 05:51 AM 07:53 AM 09:54 AM 11:55 AM 01:57 PM 03:58 PM 05:59 PM 08:01 PM 10:02 PM
शुक्रवार, 21 मार्च 2025 Friday, 21 March 2025			
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
Storytelling/Value Education	Meena – 3 Saving the life	हिन्दी	12:19 AM 02:18 AM 04:18 AM 06:17 AM 08:16 AM 10:16 AM 12:15 PM 02:14 PM 04:14 PM 06:13 PM 08:12 PM 10:12 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Andhra Pradesh	English/hindi	12:32 AM 02:32 AM 04:31 AM 06:30 AM 08:30 AM 10:29 AM 12:28 PM 02:28 PM 04:27 PM 06:26 PM 08:26 PM 10:25 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-3	English/hindi	12:39 AM 02:39 AM 04:38 AM 06:37 AM 08:37 AM 10:36 AM 12:35 PM 02:35 PM 04:34 PM 06:33 PM 08:33 PM 10:32 PM
Cold Wave	Coldwave – How labourers and field workers can protect themselves from a cold-wave	English	12:57 AM 02:56 AM 04:55 AM 06:55 AM 08:54 AM 10:53 AM 12:53 PM 02:52 PM 04:51 PM 06:51 PM 08:50 PM 10:49 PM
Yoga	Bhujangasana	English	12:57 AM 02:57 AM 04:56 AM 06:55 AM 08:55 AM 10:54 AM 12:53 PM 02:53 PM 04:52 PM 06:51 PM 08:51 PM 10:50 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	01:00 AM 02:59 AM 04:59 AM 06:58 AM 08:57 AM 10:57 AM 12:56 PM 02:55 PM 04:55 PM 06:54 PM 08:53 PM 10:53 PM



Storytelling/Value Education	दोस्त की मदद (शैडो पपेट)	हिन्दी	01:29 AM 03:28 AM 05:28 AM 07:27 AM 09:26 AM 11:26 AM 01:25 PM 03:24 PM 05:24 PM 07:23 PM 09:22 PM 11:22 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:35 AM 03:35 AM 05:34 AM 07:33 AM 09:33 AM 11:32 AM 01:31 PM 03:31 PM 05:30 PM 07:29 PM 09:29 PM 11:28 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिन्दी	01:46 AM 03:46 AM 05:45 AM 07:44 AM 09:44 AM 11:43 AM 01:42 PM 03:42 PM 05:41 PM 07:40 PM 09:40 PM 11:39 PM
शनिवार, 22 मार्च 2025 Saturday, 22 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Art Education	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Himachal Pradesh	English/hindi	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
Storytelling/Value Education	टर्म टू-5	हिन्दी	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
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:57 PM



हिन्दी	पाठ 2 - चींटी	हिन्दी	01:25 AM 03:25 AM 05:25 AM 07:25 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
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:37 AM 03:37 AM 05:37 AM 07:37 AM 09:37 AM 11:37 AM 01:37 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:37 PM
Storytelling/Value Education	आम की कहानी (शेडो पपेट)	हिन्दी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
Yoga	Dhyana	English	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
रविवार, 23 मार्च 2025 Sunday, 23 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
योग	अर्ध चक्रासन	हिन्दी	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:16 AM 02:16 AM 04:17 AM 06:17 AM 08:17 AM 10:17 AM 12:17 PM 02:17 PM 04:17 PM 06:18 PM 08:18 PM 10:18 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	12:35 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	12:52 AM 02:52 AM 04:52 AM 06:52 AM 08:52 AM 10:52 AM 12:53 PM



DD Free Dish Channel #25



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Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

			02:53 PM 04:53 PM 06:53 PM 08:53 PM 10:53 PM
Storytelling/Value Education	ईदगाह	हिन्दी	01:16 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
सोमवार, 24 मार्च 2025 Monday, 24 March 2025			
योग	नाड़ीशोधन प्राणायाम	हिन्दी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:01 PM 10:01 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:11 AM 02:11 AM 04:11 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
General Awareness	Interpersonal Relationships	English	12:22 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:23 AM 12:23 PM 02:23 PM 04:23 PM 06:23 PM 08:23 PM 10:24 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
EVS	Chapter 1: Family and Friends	English	01:08 AM 03:08 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



उर्दू	अध्याय -2 : आम की गुठली	हिन्दी	01:18 AM 03:18 AM 05:18 AM 07:18 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:18 PM 09:19 PM 11:19 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:44 AM 03:44 AM 05:44 AM 07:44 AM 09:44 AM 11:44 AM 01:44 PM 03:44 PM 05:44 PM 07:45 PM 09:45 PM 11:45 PM
Yoga	Dhyana	English	01:50 AM 03:50 AM 05:50 AM 07:50 AM 09:50 AM 11:50 AM 01:50 PM 03:50 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
मंगलवार, 25 मार्च 2025 Tuesday, 25 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:53 PM 11:52 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:12 AM 10:11 AM 12:11 PM 02:10 PM 04:09 PM 06:09 PM 08:08 PM 10:07 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:26 AM 02:25 AM 04:24 AM 06:24 AM 08:23 AM 10:23 AM 12:22 PM 02:21 PM 04:21 PM 06:20 PM 08:19 PM 10:19 PM
EVS	Chapter 1: Family and Friends	English	12:55 AM 02:54 AM 04:54 AM 06:53 AM 08:52 AM 10:52 AM 12:51 PM 02:51 PM 04:50 PM 06:49 PM 08:49 PM 10:48 PM
उर्दू	अध्याय -2 : आम की गुठली	हिन्दी	01:04 AM 03:04 AM 05:03 AM 07:02 AM 09:02 AM 11:01 AM 01:00 PM 03:00 PM 04:59 PM 06:58 PM 08:58 PM 10:57 PM



General Awareness	Value and responsible Citizenship	English	01:30 AM 03:30 AM 05:29 AM 07:28 AM 09:28 AM 11:27 AM 01:26 PM 03:26 PM 05:25 PM 07:25 PM 09:24 PM 11:23 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:35 AM 03:35 AM 05:34 AM 07:33 AM 09:33 AM 11:32 AM 01:31 PM 03:31 PM 05:30 PM 07:30 PM 09:29 PM 11:28 PM
Storytelling/Value Education	हाथी हल्लम चल्लम (CWSN)	हिन्दी	01:46 AM 03:46 AM 05:45 AM 07:44 AM 09:44 AM 11:43 AM 01:42 PM 03:42 PM 05:41 PM 07:41 PM 09:40 PM 11:39 PM
बुधवार, 26 मार्च 2025 Wednesday, 26 March 2025			
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:09 PM 06:10 PM 08:11 PM 10:12 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:36 AM 02:37 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:47 PM 08:48 PM 10:49 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:52 AM 10:53 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:59 AM 03:00 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:10 PM 11:11 PM
Storytelling (Animated)	The Umbrella	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 07:38 PM 09:39 PM 11:40 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	01:35 AM 03:36 AM 05:38 AM 07:39 AM 09:40 AM 11:41 AM 01:42 PM



			03:43 PM 05:44 PM 07:45 PM 09:47 PM 11:48 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Girls: Madhya Pradesh	English/hindi	01:48 AM 03:49 AM 05:50 AM 07:51 AM 09:52 AM 11:53 AM 01:54 PM 03:55 PM 05:57 PM 07:58 PM 09:59 PM
Storytelling/Value Education	आम की कहानी (शेडो पपेट)	हिन्दी	01:54 AM 03:55 AM 05:56 AM 07:57 AM 09:58 AM 11:59 AM 02:01 PM 04:02 PM 06:03 PM 08:04 PM 10:05 PM
बृहस्पतिवार, 27 मार्च 2025 Thursday, 27 March 2025			
Yoga	Surya_Namaskar	English	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 10:04 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:16 AM 10:16 AM 12:17 PM 02:17 PM 04:17 PM 06:18 PM 08:18 PM 10:18 PM
पर्यावरण अध्ययन	अध्याय -2 : पौधों की परी	हिन्दी	12:26 AM 02:26 AM 04:26 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
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	12:54 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:56 AM 12:57 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:58 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:00 AM 03:00 AM 05:01 AM 07:01 AM 09:01 AM 11:02 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:03 PM 11:04 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	01:11 AM 03:11 AM 05:12 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:13 PM 05:14 PM 07:14 PM 09:14 PM 11:15 PM



Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:40 AM 03:40 AM 05:41 AM 07:41 AM 09:42 AM 11:42 AM 01:42 PM 03:43 PM 05:43 PM 07:43 PM 09:44 PM 11:44 PM
Storytelling/Value Education	Chuskit goes to school (CWSN)	English	01:46 AM 03:47 AM 05:47 AM 07:47 AM 09:48 AM 11:48 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM
शुक्रवार, 28 मार्च 2025 Friday, 28 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:01 AM 04:03 AM 06:04 AM 08:06 AM 10:08 AM 12:09 PM 02:11 PM 04:13 PM 06:14 PM 08:16 PM 10:17 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:14 AM 02:16 AM 04:18 AM 06:19 AM 08:21 AM 10:23 AM 12:24 PM 02:26 PM 04:27 PM 06:29 PM 08:31 PM 10:32 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:20 AM 02:22 AM 04:23 AM 06:25 AM 08:26 AM 10:28 AM 12:30 PM 02:31 PM 04:33 PM 06:35 PM 08:36 PM 10:38 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:31 AM 02:33 AM 04:35 AM 06:36 AM 08:38 AM 10:39 AM 12:41 PM 02:43 PM 04:44 PM 06:46 PM 08:48 PM 10:49 PM
Storytelling(Animated)	Story of a Tinker	English	01:01 AM 03:02 AM 05:04 AM 07:05 AM 09:07 AM 11:09 AM 01:10 PM 03:12 PM 05:14 PM 07:15 PM 09:17 PM 11:18 PM
English	Ch-3: Fun with Friends - Best Friends	English	01:09 AM 03:10 AM 05:12 AM 07:14 AM 09:15 AM 11:17 AM 01:19 PM 03:20 PM 05:22 PM 07:24 PM 09:25 PM 11:27 PM



शारीरिक शिक्षा	योग पश्चिमोत्तानासन (Yoga Pashchimottanasan)	हिन्दी	01:20 AM 03:21 AM 05:23 AM 07:25 AM 09:26 AM 11:28 AM 01:30 PM 03:31 PM 05:33 PM 07:35 PM 09:36 PM 11:38 PM
Art Education	Navras: Dance Emotions	English/hindi	01:32 AM 03:34 AM 05:36 AM 07:37 AM 09:39 AM 11:41 AM 01:42 PM 03:44 PM 05:45 PM 07:47 PM 09:49 PM 11:50 PM
Art Education	Kala Utsav - 2022 -Dance Folk(Boy)Jharkhand	English/hindi	01:36 AM 03:38 AM 05:39 AM 07:41 AM 09:43 AM 11:44 AM 01:46 PM 03:48 PM 05:49 PM 07:51 PM 09:53 PM 11:54 PM
योग	सूर्य नमस्कार	हिन्दी	01:42 AM 03:44 AM 05:46 AM 07:47 AM 09:49 AM 11:51 AM 01:52 PM 03:54 PM 05:56 PM 07:57 PM 09:59 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:49 AM 03:51 AM 05:52 AM 07:54 AM 09:56 AM 11:57 AM 01:59 PM 04:01 PM 06:02 PM 08:04 PM 10:06 PM
शनिवार, 29 मार्च 2025 Saturday, 29 March 2025			
Yoga	Surya_Namaskar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:14 AM 02:14 AM 04:14 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM



Storytelling/Value Education	टर्म टू-5	हिन्दी	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	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
हिन्दी	पाठ 2 - चींटी	हिन्दी	01:20 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:32 AM 11:32 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:32 PM 11:32 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM
Storytelling/Value Education	बहादुर बित्तो (CWSN)	हिन्दी	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
Yoga	Dhyana	English	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
रविवार, 30 मार्च 2025 Sunday, 30 March 2025			
Yoga	Surya_Namaskar	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



कला और शिल्प	आर्ट और आर्टिस्ट (Art & Artist)	हिन्दी	12:14 AM 02:15 AM 04:16 AM 06:16 AM 08:17 AM 10:18 AM 12:18 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:22 PM
योग	अर्ध चक्रासन	हिन्दी	12:43 AM 02:44 AM 04:45 AM 06:45 AM 08:46 AM 10:47 AM 12:47 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:51 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:45 AM 02:46 AM 04:47 AM 06:47 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:51 PM 06:51 PM 08:52 PM 10:53 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	01:04 AM 03:05 AM 05:06 AM 07:06 AM 09:07 AM 11:08 AM 01:08 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:12 PM
शारीरिक शिक्षा	कबड्डी	हिन्दी	01:21 AM 03:21 AM 05:22 AM 07:23 AM 09:23 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:27 PM 09:27 PM 11:28 PM
Yoga	Dhyana	English	01:50 AM 03:51 AM 05:52 AM 07:52 AM 09:53 AM 11:54 AM 01:54 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:58 PM
सोमवार, 31 मार्च 2025 Monday, 31 March 2025			
योग	नाड़ीशोधन प्राणायाम	हिन्दी	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:07 PM 02:08 PM 04:09 PM 06:10 PM 08:11 PM 10:13 PM
हिन्दी	पाठ 2 - चींटी	हिन्दी	12:11 AM 02:12 AM 04:13 AM 06:15 AM 08:16 AM 10:17 AM 12:18 PM 02:19 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

General Awareness	Interpersonal Relationships	English	12:22 AM 02:24 AM 04:25 AM 06:26 AM 08:27 AM 10:28 AM 12:30 PM 02:31 PM 04:32 PM 06:33 PM 08:34 PM 10:35 PM
English	Ch-3: Fun with Friends - Best Friends	English	12:29 AM 02:30 AM 04:32 AM 06:33 AM 08:34 AM 10:35 AM 12:36 PM 02:37 PM 04:39 PM 06:40 PM 08:41 PM 10:42 PM
Mathematics	Ch-4: Vacation with My Nani Maa	English	12:40 AM 02:41 AM 04:43 AM 06:44 AM 08:45 AM 10:46 AM 12:47 PM 02:48 PM 04:50 PM 06:51 PM 08:52 PM 10:53 PM
EVS	Chapter 1: Family and Friends	English	01:09 AM 03:11 AM 05:12 AM 07:13 AM 09:14 AM 11:15 AM 01:17 PM 03:18 PM 05:19 PM 07:20 PM 09:21 PM 11:22 PM
उर्दू	अध्याय -2 : आम की गुठली	हिन्दी	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:25 AM 01:26 PM 03:27 PM 05:28 PM 07:29 PM 09:31 PM 11:32 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Arunachal Pradesh	English/hindi	01:45 AM 03:46 AM 05:47 AM 07:48 AM 09:49 AM 11:51 AM 01:52 PM 03:53 PM 05:54 PM 07:55 PM 09:57 PM 11:58 PM
Yoga	Dhyana	English	01:51 AM 03:52 AM 05:53 AM 07:54 AM 09:56 AM 11:57 AM 01:58 PM 03:59 PM 06:00 PM 08:01 PM 10:03 PM

