

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

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

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

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

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

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

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

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

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



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

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			
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	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
General	Growing up Healthy	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 10:19 PM
Science (Activities)	FIBRE TO FABRIC (Ch-3)	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:22 PM 10:23 PM
General	पारस्परिक संबंध	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:22 PM 04:23 PM 06:23 PM 08:24 PM 10:25 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
General	जेंडर समानता	Hindi	12:40 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM



General	Growing up Healthy	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
General	Nutrition_Health and Sanitation	English	12:51 AM 02:52 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:01 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Disaster management	शहरी बाढ़ - आपदा का सामना	Hindi	01:04 AM 03:05 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:33 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:39 PM 09:40 PM 11:41 PM
General	Prevention and Management of Substance Misuse	English	01:43 AM 03:44 AM 05:44 AM 07:45 AM 09:46 AM 11:47 AM 01:48 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:51 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 03:55 AM 05:56 AM 07:56 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:02 PM
रविवार, 02 मार्च 2025 Sunday, 02 March 2025			
General	Emotional well being and mental health	English	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
General	Reproductive Health and HIV Prevention	English	12:06 AM 02:06 AM 04:07 AM 06:08 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:13 PM 10:14 PM



General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:12 AM 04:13 AM 06:13 AM 08:14 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	12:17 AM 02:18 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
General	Safety and Security against Violence and Injuries	English	12:37 AM 02:38 AM 04:39 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
Science (Activities)	Sorting Materials into Groups (Ch-4:Part 2)	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:55 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:52 AM 02:53 AM 04:54 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:57 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM
General	निपुण भारत	Hindi	12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:06 AM 03:07 AM 05:08 AM 07:09 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
General	गुरु नानक प्रकाश पर्व	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:35 PM
General	Interpersonal Relationships	English	01:56 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:03 PM



सोमवार, 03 मार्च 2025
Monday, 03 March 2025

General Awareness	क्षेत्रफल	Hindi	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
Science (Activities)	Changes Around Us (ch-6: Part1)	English	12:26 AM 02:27 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:39 PM 10:40 PM
Disaster management	हिमस्खलन के संकेत	Hindi	12:28 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:35 AM 12:36 PM 02:37 PM 04:39 PM 06:40 PM 08:41 PM 10:42 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:30 AM 02:31 AM 04:33 AM 06:34 AM 08:35 AM 10:36 AM 12:38 PM 02:39 PM 04:40 PM 06:42 PM 08:43 PM 10:44 PM
General	अर्थ चक्रासन	Hindi	12:45 AM 02:46 AM 04:48 AM 06:49 AM 08:50 AM 10:51 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:58 PM 10:59 PM
General Awareness	बात पते की	Hindi	12:47 AM 02:48 AM 04:49 AM 06:51 AM 08:52 AM 10:53 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 09:00 PM 11:01 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:07 AM 11:08 AM 01:09 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:16 PM
Art & Craft	3DBuddhaPaperSculptorEn glish	English	01:12 AM 03:13 AM 05:15 AM 07:16 AM 09:17 AM 11:18 AM 01:20 PM 03:21 PM 05:22 PM 07:23 PM 09:25 PM 11:26 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:25 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:34 PM



Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:37 PM 07:38 PM 09:39 PM 11:40 PM
General	Bhadrasana	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:09 PM 08:10 PM 10:11 PM
मंगलवार, 04 मार्च 2025 Tuesday, 04 March 2025			
Art & Craft	3D Butterfly Realistic Butterfly English	English	12:00 AM 02:16 AM 04:32 AM 06:49 AM 09:05 AM 11:22 AM 01:38 PM 03:55 PM 06:11 PM 08:28 PM 10:44 PM
General	भद्रासन	Hindi	12:02 AM 02:19 AM 04:35 AM 06:52 AM 09:08 AM 11:25 AM 01:41 PM 03:57 PM 06:14 PM 08:30 PM 10:47 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:10 AM 02:26 AM 04:43 AM 06:59 AM 09:16 AM 11:32 AM 01:49 PM 04:05 PM 06:21 PM 08:38 PM 10:54 PM
General Awareness	Arpan-Personal safety	English	12:12 AM 02:29 AM 04:45 AM 07:02 AM 09:18 AM 11:35 AM 01:51 PM 04:08 PM 06:24 PM 08:41 PM 10:57 PM
General	Bhujagasana	English	12:35 AM 02:52 AM 05:08 AM 07:25 AM 09:41 AM 11:58 AM 02:14 PM 04:30 PM 06:47 PM 09:03 PM 11:20 PM
General	भुजंगासन	Hindi	12:38 AM 02:54 AM 05:11 AM 07:27 AM 09:44 AM 12:00 PM 02:16 PM 04:33 PM 06:49 PM 09:06 PM 11:22 PM
Vocational Videos	टूल बॉक्स	Hindi	01:03 AM 03:20 AM 05:36 AM 07:53 AM 10:09 AM 12:25 PM 02:42 PM 04:58 PM 07:15 PM 09:31 PM 11:48 PM



General	Dhyana	English	01:09 AM 03:25 AM 05:41 AM 07:58 AM 10:14 AM 12:31 PM 02:47 PM 05:04 PM 07:20 PM 09:37 PM 11:53 PM
General	Pawanmuktasana	English	01:13 AM 03:29 AM 05:46 AM 08:02 AM 10:18 AM 12:35 PM 02:51 PM 05:08 PM 07:24 PM 09:41 PM 11:57 PM
General Awareness	क्यों और कैसे	Hindi	01:31 AM 03:48 AM 06:04 AM 08:20 AM 10:37 AM 12:53 PM 03:10 PM 05:26 PM 07:43 PM 09:59 PM
बुधवार, 05 मार्च 2025 Wednesday, 05 March 2025			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:17 AM 04:34 AM 06:52 AM 09:09 AM 11:27 AM 01:44 PM 04:01 PM 06:19 PM 08:36 PM 10:54 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:27 AM 02:44 AM 05:02 AM 07:19 AM 09:37 AM 11:54 AM 02:11 PM 04:29 PM 06:46 PM 09:04 PM 11:21 PM
Science (Activities)	Amazing World of Changes (ch-6)	English	12:33 AM 02:50 AM 05:08 AM 07:25 AM 09:43 AM 12:00 PM 02:17 PM 04:35 PM 06:52 PM 09:10 PM 11:27 PM
General	पवनमुक्तासन	Hindi	12:56 AM 03:13 AM 05:31 AM 07:48 AM 10:05 AM 12:23 PM 02:40 PM 04:58 PM 07:15 PM 09:32 PM 11:50 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:59 AM 03:16 AM 05:34 AM 07:51 AM 10:08 AM 12:26 PM 02:43 PM 05:01 PM 07:18 PM 09:35 PM 11:53 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:14 AM 03:31 AM 05:48 AM 08:06 AM 10:23 AM 12:41 PM 02:58 PM 05:15 PM 07:33 PM 09:50 PM



Vocational Videos	Seed Germination	English	01:27 AM 03:45 AM 06:02 AM 08:19 AM 10:37 AM 12:54 PM 03:12 PM 05:29 PM 07:46 PM 10:04 PM
General	Setu Bandhasana	English	01:46 AM 04:03 AM 06:21 AM 08:38 AM 10:56 AM 01:13 PM 03:30 PM 05:48 PM 08:05 PM 10:23 PM
General	सेतुबंधासन	Hindi	01:54 AM 04:12 AM 06:29 AM 08:46 AM 11:04 AM 01:21 PM 03:39 PM 05:56 PM 08:13 PM 10:31 PM
General	Shalabhasana	English	01:57 AM 04:14 AM 06:31 AM 08:49 AM 11:06 AM 01:24 PM 03:41 PM 05:58 PM 08:16 PM 10:33 PM
General	शलभासन	Hindi	02:05 AM 04:23 AM 06:40 AM 08:58 AM 11:15 AM 01:32 PM 03:50 PM 06:07 PM 08:25 PM 10:42 PM
General	Shashankasana	English	02:15 AM 04:32 AM 06:49 AM 09:07 AM 11:24 AM 01:42 PM 03:59 PM 06:16 PM 08:34 PM 10:51 PM
बृहस्पतिवार, 06 मार्च 2025 Thursday, 06 March 2025			
Science (Activities)	Reversible And Irreversible Changes (ch-6)	English	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:14 AM 12:17 PM 02:19 PM 04:22 PM 06:25 PM 08:28 PM 10:31 PM
General	सूर्य नमस्कार	Hindi	12:06 AM 02:08 AM 04:11 AM 06:14 AM 08:17 AM 10:20 AM 12:23 PM 02:25 PM 04:28 PM 06:31 PM 08:34 PM 10:37 PM
General	ताड़ासन	Hindi	12:12 AM 02:15 AM 04:18 AM 06:21 AM 08:24 AM 10:26 AM 12:29 PM 02:32 PM 04:35 PM 06:38 PM 08:41 PM 10:43 PM



Art & Craft	3D Pop up Greeting Card English	English	12:15 AM 02:17 AM 04:20 AM 06:23 AM 08:26 AM 10:29 AM 12:32 PM 02:34 PM 04:37 PM 06:40 PM 08:43 PM 10:46 PM
General Awareness	क्षेत्रफल	Hindi	12:22 AM 02:25 AM 04:28 AM 06:30 AM 08:33 AM 10:36 AM 12:39 PM 02:42 PM 04:45 PM 06:47 PM 08:50 PM 10:53 PM
General	Trikonasana	English	12:51 AM 02:54 AM 04:57 AM 07:00 AM 09:03 AM 11:06 AM 01:08 PM 03:11 PM 05:14 PM 07:17 PM 09:20 PM 11:23 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:54 AM 02:57 AM 05:00 AM 07:03 AM 09:05 AM 11:08 AM 01:11 PM 03:14 PM 05:17 PM 07:20 PM 09:22 PM 11:25 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:00 AM 03:03 AM 05:06 AM 07:09 AM 09:12 AM 11:15 AM 01:17 PM 03:20 PM 05:23 PM 07:26 PM 09:29 PM 11:32 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	01:02 AM 03:05 AM 05:08 AM 07:11 AM 09:14 AM 11:16 AM 01:19 PM 03:22 PM 05:25 PM 07:28 PM 09:31 PM 11:33 PM
General	त्रिकोणासन	Hindi	01:09 AM 03:12 AM 05:15 AM 07:18 AM 09:21 AM 11:24 AM 01:26 PM 03:29 PM 05:32 PM 07:35 PM 09:38 PM 11:41 PM
Art & Craft	पानी का फव्वारा	Hindi	01:28 AM 03:30 AM 05:33 AM 07:36 AM 09:39 AM 11:42 AM 01:45 PM 03:47 PM 05:50 PM 07:53 PM 09:56 PM 11:59 PM
Science	Separation of Substances Part 2	English	01:46 AM 03:49 AM 05:51 AM 07:54 AM 09:57 AM 12:00 PM 02:03 PM 04:06 PM 06:08 PM 08:11 PM 10:14 PM



Vocational Videos	Seed Germination	English	01:56 AM 03:58 AM 06:01 AM 08:04 AM 10:07 AM 12:10 PM 02:13 PM 04:15 PM 06:18 PM 08:21 PM 10:24 PM
शुक्रवार, 07 मार्च 2025 Friday, 07 March 2025			
Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
Science (Activities)	Changes Around Us (ch-6: Part3)	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:18 PM 10:19 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:22 AM 02:23 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:26 PM 06:26 PM 08:27 PM 10:27 PM
General	Ustrasana	English	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General Awareness	बात पते की	Hindi	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:52 PM 08:53 PM 10:53 PM
General	उष्ट्रासन	Hindi	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM



Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 03:59 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
शनिवार, 08 मार्च 2025 Saturday, 08 March 2025			
Science (Activities)	Plant Parts as Food (Chapter-1)	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 10:03 PM
Art & Craft	3DPopupHouseAmazingPop upGreetingCardEnglish	English	12:03 AM 02:04 AM 04:04 AM 06:04 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:06 PM 06:06 PM 08:06 PM 10:07 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:10 PM 08:10 PM 10:10 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:28 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:48 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:50 AM 12:50 PM 02:50 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
General	Vajrasana	English	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:55 PM
General	वज्रासन	Hindi	12:55 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:57 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
General	Vakrasana	English	12:57 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM



General	Vrikshasana	English	01:00 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:03 PM 11:03 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:25 PM 09:25 PM 11:25 PM
General	Safe Use of Internet_Gadgets and Media	English	01:23 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:35 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:43 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:45 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:56 AM 03:56 AM 05:56 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
रविवार, 09 मार्च 2025 Sunday, 09 March 2025			
General	निपुण भारत	Hindi	12:00 AM 02:13 AM 04:26 AM 06:39 AM 08:52 AM 11:05 AM 01:18 PM 03:31 PM 05:44 PM 07:57 PM 10:11 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:07 AM 02:20 AM 04:33 AM 06:46 AM 08:59 AM 11:12 AM 01:25 PM 03:38 PM 05:52 PM 08:05 PM 10:18 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:10 AM 02:23 AM 04:36 AM 06:49 AM 09:02 AM 11:15 AM 01:28 PM 03:41 PM 05:54 PM 08:07 PM 10:21 PM



General	Energy Saving	English	12:12 AM 02:25 AM 04:38 AM 06:51 AM 09:04 AM 11:17 AM 01:30 PM 03:43 PM 05:56 PM 08:09 PM 10:23 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:28 AM 02:42 AM 04:55 AM 07:08 AM 09:21 AM 11:34 AM 01:47 PM 04:00 PM 06:13 PM 08:26 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:46 AM 04:59 AM 07:12 AM 09:25 AM 11:38 AM 01:51 PM 04:04 PM 06:17 PM 08:30 PM 10:44 PM
General	Waste Reduced	English	12:45 AM 02:58 AM 05:11 AM 07:25 AM 09:38 AM 11:51 AM 02:04 PM 04:17 PM 06:30 PM 08:43 PM 10:56 PM
General	Introduction to MISSION LIFE	English	12:47 AM 03:00 AM 05:13 AM 07:26 AM 09:39 AM 11:52 AM 02:05 PM 04:18 PM 06:31 PM 08:45 PM 10:58 PM
General	zoological-Survey-of-india	English	12:49 AM 03:02 AM 05:15 AM 07:28 AM 09:41 AM 11:55 AM 02:08 PM 04:21 PM 06:34 PM 08:47 PM 11:00 PM
Vocational Videos	Preparing ORS at Home	English	12:54 AM 03:07 AM 05:20 AM 07:33 AM 09:46 AM 11:59 AM 02:12 PM 04:26 PM 06:39 PM 08:52 PM 11:05 PM
General	Values and Types of Wetlands Part -2	English	01:28 AM 03:41 AM 05:55 AM 08:08 AM 10:21 AM 12:34 PM 02:47 PM 05:00 PM 07:13 PM 09:26 PM 11:39 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:54 AM 04:07 AM 06:20 AM 08:33 AM 10:46 AM 12:59 PM 03:12 PM 05:25 PM 07:38 PM 09:52 PM



सोमवार, 10 मार्च 2025
Monday, 10 March 2025

Storytelling/Value Education	दान का हिसाब	Hindi	12:00 AM 02:07 AM 04:14 AM 06:21 AM 08:28 AM 10:35 AM 12:42 PM 02:49 PM 04:56 PM 07:03 PM 09:10 PM 11:17 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:22 AM 02:29 AM 04:36 AM 06:43 AM 08:50 AM 10:57 AM 01:04 PM 03:11 PM 05:18 PM 07:25 PM 09:32 PM 11:39 PM
General	Growing up Healthy	English	12:40 AM 02:47 AM 04:54 AM 07:01 AM 09:08 AM 11:15 AM 01:22 PM 03:29 PM 05:36 PM 07:43 PM 09:50 PM 11:57 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:47 AM 02:54 AM 05:01 AM 07:08 AM 09:15 AM 11:22 AM 01:29 PM 03:36 PM 05:43 PM 07:50 PM 09:57 PM
General Awareness	Arpan-Personal safety	English	01:01 AM 03:08 AM 05:15 AM 07:22 AM 09:29 AM 11:36 AM 01:43 PM 03:50 PM 05:57 PM 08:04 PM 10:11 PM
General	Interpersonal Relationships	English	01:22 AM 03:29 AM 05:36 AM 07:43 AM 09:50 AM 11:57 AM 02:04 PM 04:11 PM 06:18 PM 08:25 PM 10:32 PM
General	पारस्परिक संबंध	Hindi	01:29 AM 03:36 AM 05:43 AM 07:50 AM 09:57 AM 12:04 PM 02:11 PM 04:18 PM 06:25 PM 08:32 PM 10:39 PM
General	जेंडर समानता	Hindi	01:34 AM 03:41 AM 05:48 AM 07:55 AM 10:02 AM 12:09 PM 02:16 PM 04:23 PM 06:30 PM 08:37 PM 10:44 PM
General English	Episode 8 Making Requests 2	English	01:46 AM 03:53 AM 06:00 AM 08:07 AM 10:14 AM 12:21 PM 02:28 PM 04:35 PM 06:42 PM 08:49 PM 10:56 PM



DD Free Dish Channel #28



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2027

Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	02:02 AM 04:09 AM 06:16 AM 08:23 AM 10:30 AM 12:37 PM 02:44 PM 04:51 PM 06:58 PM 09:05 PM 11:12 PM
मंगलवार, 11 मार्च 2025 Tuesday, 11 March 2025			
General	ध्यान	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:07 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:09 PM 08:09 PM 10:10 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:15 PM 10:16 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
Language (Hindi) Poem Recitation (Listening & Vocabulary)	लेखिका कृष्णा सोबती	Hindi	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:04 AM 03:04 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 11:09 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	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 05:53 PM 07:54 PM 09:54 PM 11:55 PM
General	Prevention and Management of Substance Misuse	English	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 09:59 PM 11:59 PM



बुधवार, 12 मार्च 2025
Wednesday, 12 March 2025

Disaster management	Clod Wave - Preparation	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:08 AM 02:08 AM 04:09 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:11 PM 10:12 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General	Reproductive Health and HIV Prevention	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
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:30 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:33 PM 10:34 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	01:14 AM 03:14 AM 05:14 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:17 PM 11:18 PM
General	Safety and Security against Violence and Injuries	English	01:19 AM 03:19 AM 05:20 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM



General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:45 AM 03:45 AM 05:45 AM 07:46 AM 09:46 AM 11:46 AM 01:47 PM 03:47 PM 05:48 PM 07:48 PM 09:48 PM 11:49 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	01:50 AM 03:51 AM 05:51 AM 07:51 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:54 PM
बृहस्पतिवार, 13 मार्च 2025 Thursday, 13 March 2025			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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
General	निपुण भारत	Hindi	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
General	Pawanmuktasana	English	12:32 AM 02:32 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
General Awareness	बात पते की	Hindi	12:35 AM 02:35 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
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
General	Values and Types of Wetlands Part -2	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:03 PM



Vocational Videos	प्लंबिंग टूल	Hindi	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Language(English)Reading, writing & Vocabulary	Communicative English 04 (ch-1)	English	01:31 AM 03:31 AM 05:31 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
शुक्रवार, 14 मार्च 2025 Friday, 14 March 2025			
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Art & Craft	विटामिन ए की कहानी	Hindi	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:15 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:15 AM 02:16 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:25 PM 08:26 PM 10:27 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:24 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
Art & Craft	3D Butterfly Realistic Butterfly English	English	12:38 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:43 AM 12:44 PM 02:45 PM 04:46 PM 06:47 PM 08:48 PM 10:49 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:44 AM 10:45 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
Language (English) Reading skills	Communicative English 01	English	12:47 AM 02:48 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:58 PM



General	गुरु नानक प्रकाश पर्व	Hindi	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:19 AM 01:20 PM 03:21 PM 05:22 PM 07:23 PM 09:24 PM 11:25 PM
General	Ardha Chakrasana	English	01:25 AM 03:26 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
General	अर्ध चक्रासन	Hindi	01:27 AM 03:28 AM 05:29 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
General	Bhadrasana	English	01:55 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:02 PM 06:03 PM 08:04 PM 10:05 PM
General	भद्रासन	Hindi	01:58 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
शनिवार, 15 मार्च 2025 Saturday, 15 March 2025			
General	Bhujagasana	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Creative Activities: Art & Craft	Paper Glider	English	12:03 AM 02:04 AM 04:05 AM 06:06 AM 08:07 AM 10:08 AM 12:09 PM 02:10 PM 04:11 PM 06:12 PM 08:13 PM 10:14 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:06 AM 02:07 AM 04:08 AM 06:09 AM 08:10 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:17 PM
Art & Craft	3DPopupHouseAmazingPop upGreetingCardEnglish	English	12:09 AM 02:10 AM 04:11 AM 06:12 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM



Creative Activities: Art & Craft	Pals Climb Peaks	English	12:12 AM 02:14 AM 04:15 AM 06:16 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:18 AM 02:19 AM 04:20 AM 06:21 AM 08:22 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Kerala	English	12:22 AM 02:23 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:33 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:29 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
General Awareness	Air Pollution	English	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	भुजंगासन	Hindi	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:08 AM 03:09 AM 05:10 AM 07:11 AM 09:12 AM 11:13 AM 01:14 PM 03:15 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM
General	Dhyana	English	01:15 AM 03:16 AM 05:17 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
General	Pawanmuktasana	English	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:28 PM 09:29 PM 11:30 PM



General	Trikonasana	English	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:36 PM 05:37 PM 07:38 PM 09:39 PM 11:40 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:53 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	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
रविवार, 16 मार्च 2025 Sunday, 16 March 2025			
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	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
General	Growing up Healthy	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 10:19 PM
Science (Activities)	FIBRE TO FABRIC (Ch-3)	English	12:14 AM 02:15 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:20 PM 06:21 PM 08:22 PM 10:23 PM
General	पारस्परिक संबंध	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:22 PM 04:23 PM 06:23 PM 08:24 PM 10:25 PM



Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:22 AM 02:23 AM 04:23 AM 06:24 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
General	जेंडर समानता	Hindi	12:40 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:46 PM 06:47 PM 08:47 PM 10:48 PM
General	Growing up Healthy	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
General	Nutrition_Health and Sanitation	English	12:51 AM 02:52 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:56 PM 02:57 PM 04:57 PM 06:58 PM 08:59 PM 11:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:01 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Disaster management	शहरी बाढ़ - आपदा का सामना	Hindi	01:04 AM 03:05 AM 05:06 AM 07:07 AM 09:07 AM 11:08 AM 01:09 PM 03:10 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:33 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:39 PM 09:40 PM 11:41 PM
General	Prevention and Management of Substance Misuse	English	01:43 AM 03:44 AM 05:44 AM 07:45 AM 09:46 AM 11:47 AM 01:48 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:51 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 03:55 AM 05:56 AM 07:56 AM 09:57 AM 11:58 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:02 PM



सोमवार, 17 मार्च 2025
Monday, 17 March 2025

General	Emotional well being and mental health	English	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
General	Reproductive Health and HIV Prevention	English	12:06 AM 02:06 AM 04:07 AM 06:08 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:13 PM 10:14 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:12 AM 04:13 AM 06:13 AM 08:14 AM 10:15 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM
Vocational Videos	वृक्षों की पहचान एवं महत्व	Hindi	12:17 AM 02:18 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
General	Safety and Security against Violence and Injuries	English	12:37 AM 02:38 AM 04:39 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:45 PM 10:46 PM
Science (Activities)	Sorting Materials into Groups (Ch-4:Part 2)	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:55 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:52 AM 02:53 AM 04:54 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:57 PM 04:58 PM 06:59 PM 09:00 PM 11:01 PM
General	निपुण भारत	Hindi	12:58 AM 02:59 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:05 PM 11:06 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:06 AM 03:07 AM 05:08 AM 07:09 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



General	गुरु नानक प्रकाश पर्व	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:33 PM 09:34 PM 11:35 PM
General	Interpersonal Relationships	English	01:56 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:03 PM
मंगलवार, 18 मार्च 2025 Tuesday, 18 March 2025			
General Awareness	क्षेत्रफल	Hindi	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
Science (Activities)	Changes Around Us (ch-6: Part1)	English	12:26 AM 02:27 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:34 PM 02:35 PM 04:36 PM 06:37 PM 08:39 PM 10:40 PM
Disaster management	हिमस्खलन के सकेत	Hindi	12:28 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:35 AM 12:36 PM 02:37 PM 04:39 PM 06:40 PM 08:41 PM 10:42 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:30 AM 02:31 AM 04:33 AM 06:34 AM 08:35 AM 10:36 AM 12:38 PM 02:39 PM 04:40 PM 06:42 PM 08:43 PM 10:44 PM
General	अर्ध चक्रासन	Hindi	12:45 AM 02:46 AM 04:48 AM 06:49 AM 08:50 AM 10:51 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:58 PM 10:59 PM
General Awareness	बात पते की	Hindi	12:47 AM 02:48 AM 04:49 AM 06:51 AM 08:52 AM 10:53 AM 12:55 PM 02:56 PM 04:57 PM 06:58 PM 09:00 PM 11:01 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:07 AM 11:08 AM 01:09 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:16 PM



Art & Craft	3DBuddhaPaperSculptorEnglish	English	01:12 AM 03:13 AM 05:15 AM 07:16 AM 09:17 AM 11:18 AM 01:20 PM 03:21 PM 05:22 PM 07:23 PM 09:25 PM 11:26 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	01:20 AM 03:21 AM 05:22 AM 07:23 AM 09:25 AM 11:26 AM 01:27 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:34 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:37 PM 07:38 PM 09:39 PM 11:40 PM
General	Bhadrasana	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:09 PM 08:10 PM 10:11 PM
बुधवार, 19 मार्च 2025 Wednesday, 19 March 2025			
Art & Craft	3DButterflyRealisticButterflyEnglish	English	12:00 AM 02:16 AM 04:32 AM 06:49 AM 09:05 AM 11:22 AM 01:38 PM 03:55 PM 06:11 PM 08:28 PM 10:44 PM
General	भद्रासन	Hindi	12:02 AM 02:19 AM 04:35 AM 06:52 AM 09:08 AM 11:25 AM 01:41 PM 03:57 PM 06:14 PM 08:30 PM 10:47 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:10 AM 02:26 AM 04:43 AM 06:59 AM 09:16 AM 11:32 AM 01:49 PM 04:05 PM 06:21 PM 08:38 PM 10:54 PM
General Awareness	Arpan-Personal safety	English	12:12 AM 02:29 AM 04:45 AM 07:02 AM 09:18 AM 11:35 AM 01:51 PM 04:08 PM 06:24 PM 08:41 PM 10:57 PM
General	Bhujagasana	English	12:35 AM 02:52 AM 05:08 AM 07:25 AM 09:41 AM 11:58 AM 02:14 PM 04:30 PM 06:47 PM 09:03 PM 11:20 PM



General	भुजंगासन	Hindi	12:38 AM 02:54 AM 05:11 AM 07:27 AM 09:44 AM 12:00 PM 02:16 PM 04:33 PM 06:49 PM 09:06 PM 11:22 PM
Vocational Videos	टूल बॉक्स	Hindi	01:03 AM 03:20 AM 05:36 AM 07:53 AM 10:09 AM 12:25 PM 02:42 PM 04:58 PM 07:15 PM 09:31 PM 11:48 PM
General	Dhyana	English	01:09 AM 03:25 AM 05:41 AM 07:58 AM 10:14 AM 12:31 PM 02:47 PM 05:04 PM 07:20 PM 09:37 PM 11:53 PM
General	Pawanmuktasana	English	01:13 AM 03:29 AM 05:46 AM 08:02 AM 10:18 AM 12:35 PM 02:51 PM 05:08 PM 07:24 PM 09:41 PM 11:57 PM
General Awareness	क्यों और कैसे	Hindi	01:31 AM 03:48 AM 06:04 AM 08:20 AM 10:37 AM 12:53 PM 03:10 PM 05:26 PM 07:43 PM 09:59 PM
बृहस्पतिवार, 20 मार्च 2025 Thursday, 20 March 2025			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:17 AM 04:34 AM 06:52 AM 09:09 AM 11:27 AM 01:44 PM 04:01 PM 06:19 PM 08:36 PM 10:54 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:27 AM 02:44 AM 05:02 AM 07:19 AM 09:37 AM 11:54 AM 02:11 PM 04:29 PM 06:46 PM 09:04 PM 11:21 PM
Science (Activities)	Amazing World of Changes (ch-6)	English	12:33 AM 02:50 AM 05:08 AM 07:25 AM 09:43 AM 12:00 PM 02:17 PM 04:35 PM 06:52 PM 09:10 PM 11:27 PM
General	पवनमुक्तासन	Hindi	12:56 AM 03:13 AM 05:31 AM 07:48 AM 10:05 AM 12:23 PM 02:40 PM 04:58 PM 07:15 PM 09:32 PM 11:50 PM



Art & Craft	A Sunrise at Ganga Sagar	English	12:59 AM 03:16 AM 05:34 AM 07:51 AM 10:08 AM 12:26 PM 02:43 PM 05:01 PM 07:18 PM 09:35 PM 11:53 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:14 AM 03:31 AM 05:48 AM 08:06 AM 10:23 AM 12:41 PM 02:58 PM 05:15 PM 07:33 PM 09:50 PM
Vocational Videos	Seed Germination	English	01:27 AM 03:45 AM 06:02 AM 08:19 AM 10:37 AM 12:54 PM 03:12 PM 05:29 PM 07:46 PM 10:04 PM
General	Setu Bandhasana	English	01:46 AM 04:03 AM 06:21 AM 08:38 AM 10:56 AM 01:13 PM 03:30 PM 05:48 PM 08:05 PM 10:23 PM
General	सेतुबंधासन	Hindi	01:54 AM 04:12 AM 06:29 AM 08:46 AM 11:04 AM 01:21 PM 03:39 PM 05:56 PM 08:13 PM 10:31 PM
General	Shalabhasana	English	01:57 AM 04:14 AM 06:31 AM 08:49 AM 11:06 AM 01:24 PM 03:41 PM 05:58 PM 08:16 PM 10:33 PM
General	शलभासन	Hindi	02:05 AM 04:23 AM 06:40 AM 08:58 AM 11:15 AM 01:32 PM 03:50 PM 06:07 PM 08:25 PM 10:42 PM
General	Shashankasana	English	02:15 AM 04:32 AM 06:49 AM 09:07 AM 11:24 AM 01:42 PM 03:59 PM 06:16 PM 08:34 PM 10:51 PM
शुक्रवार, 21 मार्च 2025 Friday, 21 March 2025			
Science (Activities)	Reversible And Irreversible Changes (ch-6)	English	12:00 AM 02:02 AM 04:05 AM 06:08 AM 08:11 AM 10:14 AM 12:17 PM 02:19 PM 04:22 PM 06:25 PM 08:28 PM 10:31 PM



General	सूर्य नमस्कार	Hindi	12:06 AM 02:08 AM 04:11 AM 06:14 AM 08:17 AM 10:20 AM 12:23 PM 02:25 PM 04:28 PM 06:31 PM 08:34 PM 10:37 PM
General	ताड़ासन	Hindi	12:12 AM 02:15 AM 04:18 AM 06:21 AM 08:24 AM 10:26 AM 12:29 PM 02:32 PM 04:35 PM 06:38 PM 08:41 PM 10:43 PM
Art & Craft	3D Popup House Amazing Pop up Greeting Card English	English	12:15 AM 02:17 AM 04:20 AM 06:23 AM 08:26 AM 10:29 AM 12:32 PM 02:34 PM 04:37 PM 06:40 PM 08:43 PM 10:46 PM
General Awareness	क्षेत्रफल	Hindi	12:22 AM 02:25 AM 04:28 AM 06:30 AM 08:33 AM 10:36 AM 12:39 PM 02:42 PM 04:45 PM 06:47 PM 08:50 PM 10:53 PM
General	Trikonasana	English	12:51 AM 02:54 AM 04:57 AM 07:00 AM 09:03 AM 11:06 AM 01:08 PM 03:11 PM 05:14 PM 07:17 PM 09:20 PM 11:23 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:54 AM 02:57 AM 05:00 AM 07:03 AM 09:05 AM 11:08 AM 01:11 PM 03:14 PM 05:17 PM 07:20 PM 09:22 PM 11:25 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:00 AM 03:03 AM 05:06 AM 07:09 AM 09:12 AM 11:15 AM 01:17 PM 03:20 PM 05:23 PM 07:26 PM 09:29 PM 11:32 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	01:02 AM 03:05 AM 05:08 AM 07:11 AM 09:14 AM 11:16 AM 01:19 PM 03:22 PM 05:25 PM 07:28 PM 09:31 PM 11:33 PM
General	त्रिकोणासन	Hindi	01:09 AM 03:12 AM 05:15 AM 07:18 AM 09:21 AM 11:24 AM 01:26 PM 03:29 PM 05:32 PM 07:35 PM 09:38 PM 11:41 PM



Art & Craft	पानी का फव्वारा	Hindi	01:28 AM 03:30 AM 05:33 AM 07:36 AM 09:39 AM 11:42 AM 01:45 PM 03:47 PM 05:50 PM 07:53 PM 09:56 PM 11:59 PM
Science	Separation of Substances Part 2	English	01:46 AM 03:49 AM 05:51 AM 07:54 AM 09:57 AM 12:00 PM 02:03 PM 04:06 PM 06:08 PM 08:11 PM 10:14 PM
Vocational Videos	Seed Germination	English	01:56 AM 03:58 AM 06:01 AM 08:04 AM 10:07 AM 12:10 PM 02:13 PM 04:15 PM 06:18 PM 08:21 PM 10:24 PM
शनिवार, 22 मार्च 2025 Saturday, 22 March 2025			
Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM
Science (Activities)	Changes Around Us (ch-6: Part3)	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:18 PM 08:18 PM 10:19 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:22 AM 02:23 AM 04:23 AM 06:23 AM 08:24 AM 10:24 AM 12:25 PM 02:25 PM 04:26 PM 06:26 PM 08:27 PM 10:27 PM
General	Ustrasana	English	12:26 AM 02:26 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General Awareness	बात पते की	Hindi	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:35 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:52 PM 08:53 PM 10:53 PM



General	उष्द्रासन	Hindi	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:48 AM 01:48 PM 03:49 PM 05:49 PM 07:50 PM 09:50 PM 11:50 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 03:59 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
रविवार, 23 मार्च 2025 Sunday, 23 March 2025			
Science (Activities)	Plant Parts as Food (Chapter-1)	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 10:03 PM
Art & Craft	3DPopupHouseAmazingPop upGreetingCardEnglish	English	12:03 AM 02:04 AM 04:04 AM 06:04 AM 08:05 AM 10:05 AM 12:05 PM 02:05 PM 04:06 PM 06:06 PM 08:06 PM 10:07 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:09 PM 06:10 PM 08:10 PM 10:10 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:28 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:29 AM 12:30 PM 02:30 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:48 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:50 AM 12:50 PM 02:50 PM 04:51 PM 06:51 PM 08:51 PM 10:51 PM
General	Vajrasana	English	12:52 AM 02:52 AM 04:53 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:55 PM



General	वज्रासन	Hindi	12:55 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:57 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
General	Vakrasana	English	12:57 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
General	Vrikshasana	English	01:00 AM 03:00 AM 05:00 AM 07:01 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:03 PM 11:03 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:25 PM 09:25 PM 11:25 PM
General	Safe Use of Internet_Gadgets and Media	English	01:23 AM 03:24 AM 05:24 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:34 AM 03:34 AM 05:35 AM 07:35 AM 09:35 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:37 PM 09:37 PM 11:37 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:43 AM 11:43 AM 01:43 PM 03:44 PM 05:44 PM 07:44 PM 09:44 PM 11:45 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:56 AM 03:56 AM 05:56 AM 07:57 AM 09:57 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:58 PM 09:59 PM 11:59 PM
सोमवार, 24 मार्च 2025 Monday, 24 March 2025			
General	निपुण भारत	Hindi	12:00 AM 02:13 AM 04:26 AM 06:39 AM 08:52 AM 11:05 AM 01:18 PM 03:31 PM 05:44 PM 07:57 PM 10:11 PM



Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:07 AM 02:20 AM 04:33 AM 06:46 AM 08:59 AM 11:12 AM 01:25 PM 03:38 PM 05:52 PM 08:05 PM 10:18 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:10 AM 02:23 AM 04:36 AM 06:49 AM 09:02 AM 11:15 AM 01:28 PM 03:41 PM 05:54 PM 08:07 PM 10:21 PM
General	Energy Saving	English	12:12 AM 02:25 AM 04:38 AM 06:51 AM 09:04 AM 11:17 AM 01:30 PM 03:43 PM 05:56 PM 08:09 PM 10:23 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:28 AM 02:42 AM 04:55 AM 07:08 AM 09:21 AM 11:34 AM 01:47 PM 04:00 PM 06:13 PM 08:26 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:46 AM 04:59 AM 07:12 AM 09:25 AM 11:38 AM 01:51 PM 04:04 PM 06:17 PM 08:30 PM 10:44 PM
General	Waste Reduced	English	12:45 AM 02:58 AM 05:11 AM 07:25 AM 09:38 AM 11:51 AM 02:04 PM 04:17 PM 06:30 PM 08:43 PM 10:56 PM
General	Introduction to MISSION LIFE	English	12:47 AM 03:00 AM 05:13 AM 07:26 AM 09:39 AM 11:52 AM 02:05 PM 04:18 PM 06:31 PM 08:45 PM 10:58 PM
General	zoological-Survey-of-india	English	12:49 AM 03:02 AM 05:15 AM 07:28 AM 09:41 AM 11:55 AM 02:08 PM 04:21 PM 06:34 PM 08:47 PM 11:00 PM
Vocational Videos	Preparing ORS at Home	English	12:54 AM 03:07 AM 05:20 AM 07:33 AM 09:46 AM 11:59 AM 02:12 PM 04:26 PM 06:39 PM 08:52 PM 11:05 PM



General	Values and Types of Wetlands Part -2	English	01:28 AM 03:41 AM 05:55 AM 08:08 AM 10:21 AM 12:34 PM 02:47 PM 05:00 PM 07:13 PM 09:26 PM 11:39 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:54 AM 04:07 AM 06:20 AM 08:33 AM 10:46 AM 12:59 PM 03:12 PM 05:25 PM 07:38 PM 09:52 PM
मंगलवार, 25 मार्च 2025 Tuesday, 25 March 2025			
Storytelling/Value Education	दान का हिसाब	Hindi	12:00 AM 02:07 AM 04:14 AM 06:21 AM 08:28 AM 10:35 AM 12:42 PM 02:49 PM 04:56 PM 07:03 PM 09:10 PM 11:17 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:22 AM 02:29 AM 04:36 AM 06:43 AM 08:50 AM 10:57 AM 01:04 PM 03:11 PM 05:18 PM 07:25 PM 09:32 PM 11:39 PM
General	Growing up Healthy	English	12:40 AM 02:47 AM 04:54 AM 07:01 AM 09:08 AM 11:15 AM 01:22 PM 03:29 PM 05:36 PM 07:43 PM 09:50 PM 11:57 PM
Art & Craft	Meena - 4 Who is afraid of Bully	English	12:47 AM 02:54 AM 05:01 AM 07:08 AM 09:15 AM 11:22 AM 01:29 PM 03:36 PM 05:43 PM 07:50 PM 09:57 PM
General Awareness	Arpan-Personal safety	English	01:01 AM 03:08 AM 05:15 AM 07:22 AM 09:29 AM 11:36 AM 01:43 PM 03:50 PM 05:57 PM 08:04 PM 10:11 PM
General	Interpersonal Relationships	English	01:22 AM 03:29 AM 05:36 AM 07:43 AM 09:50 AM 11:57 AM 02:04 PM 04:11 PM 06:18 PM 08:25 PM 10:32 PM
General	पारस्परिक संबंध	Hindi	01:29 AM 03:36 AM 05:43 AM 07:50 AM 09:57 AM 12:04 PM 02:11 PM 04:18 PM 06:25 PM 08:32 PM 10:39 PM



General	जेंडर समानता	Hindi	01:34 AM 03:41 AM 05:48 AM 07:55 AM 10:02 AM 12:09 PM 02:16 PM 04:23 PM 06:30 PM 08:37 PM 10:44 PM
General English	Episode 8 Making Requests 2	English	01:46 AM 03:53 AM 06:00 AM 08:07 AM 10:14 AM 12:21 PM 02:28 PM 04:35 PM 06:42 PM 08:49 PM 10:56 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	02:02 AM 04:09 AM 06:16 AM 08:23 AM 10:30 AM 12:37 PM 02:44 PM 04:51 PM 06:58 PM 09:05 PM 11:12 PM
बुधवार, 26 मार्च 2025 Wednesday, 26 March 2025			
General	ध्यान	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:07 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:09 PM 08:09 PM 10:10 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:15 PM 10:16 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
Language (Hindi) Poem Recitation (Listening & Vocabulary)	लेखिका कृष्णा सोबती	Hindi	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:04 AM 03:04 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 11:09 PM



Science (Activities)	Activity 6- Evaporation (ch-6)	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 05:53 PM 07:54 PM 09:54 PM 11:55 PM
General	Prevention and Management of Substance Misuse	English	01:55 AM 03:55 AM 05:56 AM 07:56 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 09:59 PM 11:59 PM
बृहस्पतिवार, 27 मार्च 2025 Thursday, 27 March 2025			
Disaster management	Clod Wave - Preparation	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:03 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:08 AM 02:08 AM 04:09 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:11 PM 10:12 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:14 AM 02:14 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General	Reproductive Health and HIV Prevention	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
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:30 AM 02:30 AM 04:30 AM 06:31 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:33 PM 10:34 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:46 PM 02:47 PM 04:47 PM 06:47 PM 08:48 PM 10:48 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM



Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	01:14 AM 03:14 AM 05:14 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:17 PM 11:18 PM
General	Safety and Security against Violence and Injuries	English	01:19 AM 03:19 AM 05:20 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:45 AM 03:45 AM 05:45 AM 07:46 AM 09:46 AM 11:46 AM 01:47 PM 03:47 PM 05:48 PM 07:48 PM 09:48 PM 11:49 PM
Art & Craft	3DBuddhaPaperSculptorEnglish	English	01:50 AM 03:51 AM 05:51 AM 07:51 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:53 PM 07:54 PM 09:54 PM 11:54 PM
शुक्रवार, 28 मार्च 2025 Friday, 28 March 2025			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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
General	निपुण भारत	Hindi	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:30 PM 04:29 PM 06:29 PM 08:29 PM 10:29 PM
General	Pawanmuktasana	English	12:32 AM 02:32 AM 04:31 AM 06:31 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
General Awareness	बात पते की	Hindi	12:35 AM 02:35 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



Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:49 AM 02:49 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:49 PM 10:49 PM
General	Values and Types of Wetlands Part -2	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:04 AM 01:04 PM 03:04 PM 05:04 PM 07:04 PM 09:04 PM 11:03 PM
Vocational Videos	प्लंबिंग टूल	Hindi	01:12 AM 03:12 AM 05:12 AM 07:12 AM 09:12 AM 11:12 AM 01:12 PM 03:12 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
Language(English)Reading, writing & Vocabulary	Communicative English 04 (ch-1)	English	01:31 AM 03:31 AM 05:31 AM 07:30 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:30 PM
शनिवार, 29 मार्च 2025 Saturday, 29 March 2025			
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Art & Craft	विटामिन ए की कहानी	Hindi	12:04 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:15 PM
Language(Sanskrit)Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:15 AM 02:16 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:24 PM 06:25 PM 08:26 PM 10:27 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:24 AM 02:25 AM 04:26 AM 06:27 AM 08:28 AM 10:29 AM 12:30 PM 02:31 PM 04:33 PM 06:34 PM 08:35 PM 10:36 PM
Art & Craft	3DButterflyRealisticButterflyEnglish	English	12:38 AM 02:39 AM 04:40 AM 06:41 AM 08:42 AM 10:43 AM 12:44 PM 02:45 PM 04:46 PM 06:47 PM 08:48 PM 10:49 PM



Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:40 AM 02:41 AM 04:42 AM 06:43 AM 08:44 AM 10:45 AM 12:46 PM 02:47 PM 04:48 PM 06:49 PM 08:50 PM 10:51 PM
Language (English) Reading skills	Communicative English 01	English	12:47 AM 02:48 AM 04:49 AM 06:50 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:58 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:19 AM 01:20 PM 03:21 PM 05:22 PM 07:23 PM 09:24 PM 11:25 PM
General	Ardha Chakrasana	English	01:25 AM 03:26 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
General	अर्ध चक्रासन	Hindi	01:27 AM 03:28 AM 05:29 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
General	Bhadrasana	English	01:55 AM 03:56 AM 05:57 AM 07:58 AM 09:59 AM 12:00 PM 02:01 PM 04:02 PM 06:03 PM 08:04 PM 10:05 PM
General	भद्रासन	Hindi	01:58 AM 03:59 AM 06:00 AM 08:01 AM 10:02 AM 12:03 PM 02:04 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
रविवार, 30 मार्च 2025 Sunday, 30 March 2025			
General	Bhujagasana	English	12:00 AM 02:01 AM 04:02 AM 06:03 AM 08:04 AM 10:05 AM 12:06 PM 02:07 PM 04:08 PM 06:09 PM 08:10 PM 10:11 PM
Creative Activities: Art & Craft	Paper Glider	English	12:03 AM 02:04 AM 04:05 AM 06:06 AM 08:07 AM 10:08 AM 12:09 PM 02:10 PM 04:11 PM 06:12 PM 08:13 PM 10:14 PM



Storytelling/Value Education	आम की टोकरी	Hindi	12:06 AM 02:07 AM 04:08 AM 06:09 AM 08:10 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:17 PM
Art & Craft	3DPopupHouseAmazingPop upGreetingCardEnglish	English	12:09 AM 02:10 AM 04:11 AM 06:12 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:17 PM 06:18 PM 08:19 PM 10:20 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:12 AM 02:14 AM 04:15 AM 06:16 AM 08:17 AM 10:18 AM 12:19 PM 02:20 PM 04:21 PM 06:22 PM 08:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:18 AM 02:19 AM 04:20 AM 06:21 AM 08:22 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:22 AM 02:23 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:33 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:29 AM 02:30 AM 04:31 AM 06:32 AM 08:33 AM 10:34 AM 12:35 PM 02:36 PM 04:37 PM 06:38 PM 08:39 PM 10:40 PM
General Awareness	Air Pollution	English	12:39 AM 02:40 AM 04:41 AM 06:42 AM 08:43 AM 10:44 AM 12:45 PM 02:46 PM 04:47 PM 06:48 PM 08:49 PM 10:50 PM
General	भुजंगासन	Hindi	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:12 PM 05:13 PM 07:14 PM 09:15 PM 11:16 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:08 AM 03:09 AM 05:10 AM 07:11 AM 09:12 AM 11:13 AM 01:14 PM 03:15 PM 05:16 PM 07:17 PM 09:18 PM 11:19 PM



General	Dhyana	English	01:15 AM 03:16 AM 05:17 AM 07:18 AM 09:19 AM 11:20 AM 01:21 PM 03:22 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
General	Pawanmuktasana	English	01:19 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:28 PM 09:29 PM 11:30 PM
General	Trikonasana	English	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:30 PM 07:31 PM 09:32 PM 11:33 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:25 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:35 PM 11:36 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:36 PM 05:37 PM 07:38 PM 09:39 PM 11:40 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:41 AM 03:42 AM 05:43 AM 07:44 AM 09:45 AM 11:46 AM 01:47 PM 03:48 PM 05:49 PM 07:50 PM 09:51 PM 11:53 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	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, 31 मार्च 2025 Monday, 31 March 2025			
General	निपुण भारत	Hindi	12:00 AM 02:13 AM 04:26 AM 06:39 AM 08:52 AM 11:05 AM 01:18 PM 03:31 PM 05:44 PM 07:57 PM 10:11 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:07 AM 02:20 AM 04:33 AM 06:46 AM 08:59 AM 11:12 AM 01:25 PM 03:38 PM 05:52 PM 08:05 PM 10:18 PM



General	MOTHER EARTH Prakriti English Subtitles	English	12:10 AM 02:23 AM 04:36 AM 06:49 AM 09:02 AM 11:15 AM 01:28 PM 03:41 PM 05:54 PM 08:07 PM 10:21 PM
General	Energy Saving	English	12:12 AM 02:25 AM 04:38 AM 06:51 AM 09:04 AM 11:17 AM 01:30 PM 03:43 PM 05:56 PM 08:09 PM 10:23 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:28 AM 02:42 AM 04:55 AM 07:08 AM 09:21 AM 11:34 AM 01:47 PM 04:00 PM 06:13 PM 08:26 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:46 AM 04:59 AM 07:12 AM 09:25 AM 11:38 AM 01:51 PM 04:04 PM 06:17 PM 08:30 PM 10:44 PM
General	Waste Reduced	English	12:45 AM 02:58 AM 05:11 AM 07:25 AM 09:38 AM 11:51 AM 02:04 PM 04:17 PM 06:30 PM 08:43 PM 10:56 PM
General	Introduction to MISSION LIFE	English	12:47 AM 03:00 AM 05:13 AM 07:26 AM 09:39 AM 11:52 AM 02:05 PM 04:18 PM 06:31 PM 08:45 PM 10:58 PM
General	zoological-Survey-of-india	English	12:49 AM 03:02 AM 05:15 AM 07:28 AM 09:41 AM 11:55 AM 02:08 PM 04:21 PM 06:34 PM 08:47 PM 11:00 PM
Vocational Videos	Preparing ORS at Home	English	12:54 AM 03:07 AM 05:20 AM 07:33 AM 09:46 AM 11:59 AM 02:12 PM 04:26 PM 06:39 PM 08:52 PM 11:05 PM
General	Values and Types of Wetlands Part -2	English	01:28 AM 03:41 AM 05:55 AM 08:08 AM 10:21 AM 12:34 PM 02:47 PM 05:00 PM 07:13 PM 09:26 PM 11:39 PM



Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:54 AM 04:07 AM 06:20 AM 08:33 AM 10:46 AM 12:59 PM 03:12 PM 05:25 PM 07:38 PM 09:52 PM
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Dish TV Channel #2027