

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
उर्दू	उर्दू	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.



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

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

मार्च 2026
March 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 मार्च 2026 Sunday, 01 March 2026			
General Awareness	Gender Equality	English	12:00 AM 01:48 AM 03:37 AM 05:26 AM 07:14 AM 09:03 AM 10:52 AM 12:40 PM 02:29 PM 04:18 PM 06:07 PM 07:55 PM 09:44 PM 11:33 PM
कला और शिल्प	प्रिंट आर्ट (Print Art)	हिन्दी	12:15 AM 02:03 AM 03:52 AM 05:41 AM 07:30 AM 09:18 AM 11:07 AM 12:56 PM 02:44 PM 04:33 PM 06:22 PM 08:10 PM 09:59 PM 11:48 PM
शारीरिक शिक्षा	पोषण , स्वास्थ्य और स्वच्छता	हिन्दी	12:35 AM 02:24 AM 04:13 AM 06:02 AM 07:50 AM 09:39 AM 11:28 AM 01:16 PM 03:05 PM 04:54 PM 06:42 PM 08:31 PM 10:20 PM
सामान्य जागरूकता	मेंढक	हिन्दी	12:52 AM 02:41 AM 04:30 AM 06:19 AM 08:07 AM 09:56 AM 11:45 AM 01:33 PM 03:22 PM 05:11 PM 06:59 PM 08:48 PM 10:37 PM
Physical Education	Growth and Health	English	01:07 AM 02:56 AM 04:45 AM 06:34 AM 08:22 AM 10:11 AM 12:00 PM 01:48 PM 03:37 PM 05:26 PM 07:14 PM 09:03 PM 10:52 PM
Storytelling(Ani mated)	The Fox and the Crow	English	01:12 AM 03:00 AM 04:49 AM 06:38 AM 08:26 AM 10:15 AM 12:04 PM 01:53 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

			03:41 PM 05:30 PM 07:19 PM 09:07 PM 10:56 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:15 AM 03:04 AM 04:53 AM 06:41 AM 08:30 AM 10:19 AM 12:08 PM 01:56 PM 03:45 PM 05:34 PM 07:22 PM 09:11 PM 11:00 PM
General Awareness	Personal Safety	English	01:21 AM 03:10 AM 04:59 AM 06:47 AM 08:36 AM 10:25 AM 12:13 PM 02:02 PM 03:51 PM 05:40 PM 07:28 PM 09:17 PM 11:06 PM
Storytelling(Animated)	Lion and the Buffaloes	English	01:37 AM 03:26 AM 05:15 AM 07:03 AM 08:52 AM 10:41 AM 12:30 PM 02:18 PM 04:07 PM 05:56 PM 07:44 PM 09:33 PM 11:22 PM
सोमवार, 02 मार्च 2026 Monday, 02 March 2026			
Storytelling/Value Education	नटखट चूहा	हिन्दी	12:00 AM 01:55 AM 03:51 AM 05:47 AM 07:43 AM 09:39 AM 11:35 AM 01:31 PM 03:27 PM 05:23 PM 07:19 PM 09:15 PM 11:11 PM
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	12:21 AM 02:17 AM 04:13 AM 06:09 AM 08:05 AM 10:01 AM 11:57 AM 01:53 PM 03:49 PM 05:45 PM 07:41 PM 09:37 PM 11:33 PM
हिन्दी	हिन्दी, पाठ 3 - दोस्त के जूते	हिन्दी	12:24 AM 02:20 AM 04:16 AM 06:12 AM 08:08 AM 10:04 AM 12:00 PM 01:56 PM 03:52 PM 05:48 PM 07:44 PM 09:40 PM 11:36 PM
सामान्य जागरूकता	मेंढक	हिन्दी	12:31 AM 02:27 AM 04:23 AM 06:19 AM 08:15 AM 10:11 AM 12:07 PM 02:03 PM 03:59 PM 05:55 PM 07:51 PM 09:47 PM 11:43 PM



सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	12:46 AM 02:42 AM 04:38 AM 06:34 AM 08:30 AM 10:26 AM 12:22 PM 02:18 PM 04:14 PM 06:10 PM 08:06 PM 10:02 PM 11:58 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	12:51 AM 02:47 AM 04:43 AM 06:39 AM 08:35 AM 10:31 AM 12:27 PM 02:23 PM 04:19 PM 06:15 PM 08:11 PM 10:07 PM
EVS	EVS, Chapter 1: Family and Friends	English	12:57 AM 02:53 AM 04:49 AM 06:45 AM 08:41 AM 10:37 AM 12:33 PM 02:29 PM 04:25 PM 06:21 PM 08:17 PM 10:13 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	01:06 AM 03:02 AM 04:58 AM 06:54 AM 08:50 AM 10:46 AM 12:42 PM 02:38 PM 04:34 PM 06:30 PM 08:26 PM 10:22 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:16 AM 03:12 AM 05:08 AM 07:04 AM 09:00 AM 10:56 AM 12:52 PM 02:48 PM 04:44 PM 06:40 PM 08:36 PM 10:32 PM
Storytelling(Animated)	The Home	English	01:26 AM 03:22 AM 05:18 AM 07:14 AM 09:10 AM 11:06 AM 01:02 PM 02:58 PM 04:54 PM 06:50 PM 08:46 PM 10:42 PM
उर्दू	उर्दू, पाठ 2 - आम की गुठली	उर्दू	01:31 AM 03:27 AM 05:23 AM 07:19 AM 09:15 AM 11:11 AM 01:07 PM 03:03 PM 04:59 PM 06:54 PM 08:50 PM 10:46 PM
General Awareness	Prevention and Management of Substance Misuse	English	01:38 AM 03:34 AM 05:30 AM 07:26 AM 09:22 AM 11:18 AM 01:14 PM 03:10 PM 05:06 PM 07:02 PM 08:58 PM 10:54 PM
Storytelling(Animated)	Goose with Golden Egg	English	01:43 AM 03:39 AM 05:35 AM 07:31 AM 09:27 AM 11:23 AM 01:19 PM 03:15 PM 05:11 PM 07:07 PM 09:03 PM 10:59 PM
General Awareness	Value and responsible Citizenship	English	01:49 AM 03:45 AM 05:41 AM 07:37 AM 09:33 AM 11:29 AM 01:25 PM 03:21 PM 05:17 PM 07:13 PM 09:09 PM 11:05 PM



मंगलवार, 03 मार्च 2026
Tuesday, 03 March 2026

Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:52 AM 11:51 AM 01:49 PM 03:48 PM 05:47 PM 07:45 PM 09:44 PM 11:42 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:18 AM 02:16 AM 04:15 AM 06:13 AM 08:12 AM 10:11 AM 12:09 PM 02:08 PM 04:06 PM 06:05 PM 08:03 PM 10:02 PM
हिन्दी	हिन्दी, पाठ 12 - अपना-अपना काम	हिन्दी	12:24 AM 02:22 AM 04:21 AM 06:19 AM 08:18 AM 10:17 AM 12:15 PM 02:14 PM 04:12 PM 06:11 PM 08:09 PM 10:08 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	12:34 AM 02:32 AM 04:31 AM 06:29 AM 08:28 AM 10:27 AM 12:25 PM 02:24 PM 04:22 PM 06:21 PM 08:19 PM 10:18 PM
सामान्य	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	हिन्दी	12:34 AM 02:33 AM 04:31 AM 06:30 AM 08:28 AM 10:27 AM 12:26 PM 02:24 PM 04:23 PM 06:21 PM 08:20 PM 10:18 PM
EVS	EVS, Chapter 2: Going to the Mela	English	12:56 AM 02:54 AM 04:53 AM 06:51 AM 08:50 AM 10:48 AM 12:47 PM 02:46 PM 04:44 PM 06:43 PM 08:41 PM 10:40 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:04 AM 03:03 AM 05:01 AM 07:00 AM 08:58 AM 10:57 AM 12:56 PM 02:54 PM 04:53 PM 06:51 PM 08:50 PM 10:48 PM
Storytelling/Value Education	लकड़ी मकड़ी ककड़ी	हिन्दी	01:10 AM 03:09 AM 05:08 AM 07:06 AM 09:05 AM 11:03 AM 01:02 PM 03:00 PM 04:59 PM 06:57 PM 08:56 PM 10:55 PM
General Awareness	Gender Equality	English	01:14 AM 03:12 AM 05:11 AM 07:09 AM 09:08 AM 11:07 AM 01:05 PM 03:04 PM 05:02 PM 07:01 PM 08:59 PM 10:58 PM
सामान्य	आज़ादी की अमृत कहानियाँ (हर्षिणी)	हिन्दी	01:21 AM 03:19 AM 05:18 AM 07:17 AM 09:15 AM 11:14 AM 01:12 PM 03:11 PM 05:09 PM 07:08 PM 09:07 PM 11:05 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:23 AM 03:22 AM 05:20 AM 07:19 AM 09:17 AM 11:16 AM 01:15 PM 03:13 PM 05:12 PM 07:10 PM 09:09 PM 11:07 PM
उर्दू	उर्दू, पाठ 4 - भारत प्यारा	उर्दू	01:26 AM 03:25 AM 05:24 AM 07:22 AM 09:21 AM 11:19 AM 01:18 PM 03:16 PM 05:15 PM 07:13 PM 09:12 PM 11:11 PM
General Awareness	Personal Safety	English	01:33 AM 03:31 AM 05:30 AM 07:28 AM 09:27 AM 11:25 AM 01:24 PM 03:23 PM 05:21 PM 07:20 PM 09:18 PM 11:17 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:49 AM 03:47 AM 05:46 AM 07:44 AM 09:43 AM 11:42 AM 01:40 PM 03:39 PM 05:37 PM 07:36 PM 09:34 PM 11:33 PM
General Awareness	Value and responsible Citizenship	English	01:52 AM 03:51 AM 05:49 AM 07:48 AM 09:46 AM 11:45 AM 01:43 PM 03:42 PM 05:40 PM 07:39 PM 09:38 PM 11:36 PM

बुधवार, 04 मार्च 2026

Wednesday, 04 March 2026

General Awareness	Personal Safety	English	12:00 AM 02:02 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:13 PM 02:15 PM 04:17 PM 06:19 PM 08:21 PM 10:23 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:24 AM 02:26 AM 04:28 AM 06:30 AM 08:32 AM 10:35 AM 12:37 PM 02:39 PM 04:41 PM 06:43 PM 08:45 PM 10:48 PM
हिन्दी	हिन्दी, पाठ 14 - किसान की होशियारी	हिन्दी	12:25 AM 02:27 AM 04:29 AM 06:31 AM 08:33 AM 10:36 AM 12:38 PM 02:40 PM 04:42 PM 06:44 PM 08:46 PM 10:49 PM
Storytelling/Value Education	बन्दर और मगरमच्छ (शैडो पपेट)	हिन्दी	12:35 AM 02:37 AM 04:39 AM 06:41 AM 08:44 AM 10:46 AM 12:48 PM 02:50 PM 04:52 PM 06:54 PM 08:57 PM 10:59 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	12:43 AM 02:45 AM 04:47 AM 06:49 AM 08:52 AM 10:54 AM 12:56 PM 02:58 PM 05:00 PM 07:02 PM 09:05 PM 11:07 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Storytelling/Value Education	सुनीता की पहिया कुर्सी	हिन्दी	12:43 AM 02:46 AM 04:48 AM 06:50 AM 08:52 AM 10:54 AM 12:56 PM 02:59 PM 05:01 PM 07:03 PM 09:05 PM 11:07 PM
Mathematics	Mathematics, Chapter 2: Toy Joy	English	12:57 AM 03:00 AM 05:02 AM 07:04 AM 09:06 AM 11:08 AM 01:10 PM 03:13 PM 05:15 PM 07:17 PM 09:19 PM 11:21 PM
Storytelling(Animated)	The Umbrella	English	01:12 AM 03:14 AM 05:16 AM 07:18 AM 09:21 AM 11:23 AM 01:25 PM 03:27 PM 05:29 PM 07:31 PM 09:34 PM 11:36 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:19 AM 03:21 AM 05:24 AM 07:26 AM 09:28 AM 11:30 AM 01:32 PM 03:34 PM 05:37 PM 07:39 PM 09:41 PM 11:43 PM
कला और शिल्प	प्रिंट आर्ट (Print Art)	हिन्दी	01:20 AM 03:22 AM 05:25 AM 07:27 AM 09:29 AM 11:31 AM 01:33 PM 03:35 PM 05:38 PM 07:40 PM 09:42 PM 11:44 PM
English	English, Ch-1: Fun with Friends - Colours	English	01:41 AM 03:43 AM 05:45 AM 07:47 AM 09:50 AM 11:52 AM 01:54 PM 03:56 PM 05:58 PM 08:00 PM 10:03 PM
सामान्य जागरूकता	खरगोश	हिन्दी	01:50 AM 03:52 AM 05:54 AM 07:56 AM 09:58 AM 12:00 PM 02:03 PM 04:05 PM 06:07 PM 08:09 PM 10:11 PM
बृहस्पतिवार, 05 मार्च 2026			
Thursday, 05 March 2026			
General Awareness	Interpersonal Relationships	English	12:00 AM 02:02 AM 04:04 AM 06:07 AM 08:09 AM 10:12 AM 12:14 PM 02:17 PM 04:19 PM 06:22 PM 08:24 PM 10:27 PM
हिन्दी	हिन्दी, पाठ 5 - आम का पेड़	हिन्दी	12:12 AM 02:15 AM 04:17 AM 06:20 AM 08:22 AM 10:25 AM 12:27 PM 02:30 PM 04:32 PM 06:35 PM 08:37 PM 10:40 PM
सामान्य जागरूकता	खरगोश	हिन्दी	12:24 AM 02:26 AM 04:29 AM 06:31 AM 08:34 AM 10:36 AM 12:39 PM 02:41 PM 04:44 PM 06:46 PM 08:49 PM 10:51 PM



सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:35 AM 02:37 AM 04:40 AM 06:42 AM 08:45 AM 10:47 AM 12:50 PM 02:52 PM 04:55 PM 06:57 PM 09:00 PM 11:02 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:41 AM 02:43 AM 04:46 AM 06:48 AM 08:51 AM 10:53 AM 12:56 PM 02:58 PM 05:01 PM 07:03 PM 09:06 PM 11:08 PM
Mathematics	Mathematics, Chapter 5: Fun with Shapes	English	12:49 AM 02:52 AM 04:54 AM 06:57 AM 08:59 AM 11:02 AM 01:04 PM 03:07 PM 05:09 PM 07:12 PM 09:14 PM 11:17 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:00 AM 03:03 AM 05:05 AM 07:08 AM 09:10 AM 11:13 AM 01:15 PM 03:18 PM 05:20 PM 07:23 PM 09:25 PM 11:28 PM
Storytelling/Value Education	दोस्त की मदद (शैडो पपेट)	हिन्दी	01:01 AM 03:04 AM 05:06 AM 07:09 AM 09:11 AM 11:14 AM 01:16 PM 03:19 PM 05:21 PM 07:24 PM 09:26 PM 11:29 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:07 AM 03:10 AM 05:12 AM 07:15 AM 09:17 AM 11:20 AM 01:22 PM 03:25 PM 05:27 PM 07:30 PM 09:32 PM 11:35 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	01:08 AM 03:10 AM 05:13 AM 07:15 AM 09:18 AM 11:20 AM 01:23 PM 03:25 PM 05:28 PM 07:30 PM 09:33 PM 11:35 PM
English	English, Ch-3: Fun with Friends - Best Friends	English	01:26 AM 03:29 AM 05:31 AM 07:34 AM 09:36 AM 11:39 AM 01:41 PM 03:44 PM 05:46 PM 07:49 PM 09:51 PM 11:54 PM
Storytelling/Value Education	कोई लाके मुझे दे (CWSN)	हिन्दी	01:37 AM 03:40 AM 05:42 AM 07:45 AM 09:47 AM 11:50 AM 01:52 PM 03:55 PM 05:57 PM 08:00 PM 10:02 PM
सामान्य जागरूकता	मेंढक	हिन्दी	01:41 AM 03:44 AM 05:46 AM 07:49 AM 09:51 AM 11:54 AM 01:56 PM 03:59 PM 06:01 PM 08:03 PM 10:06 PM



शुक्रवार, 06 मार्च 2026

Friday, 06 March 2026

Storytelling(Animated)	The Miser	English	12:00 AM 02:05 AM 04:11 AM 06:17 AM 08:23 AM 10:29 AM 12:35 PM 02:40 PM 04:46 PM 06:52 PM 08:58 PM 11:04 PM
हिन्दी	हिन्दी,पाठ 5 -चतुर गीदड़	हिन्दी	12:18 AM 02:24 AM 04:29 AM 06:35 AM 08:41 AM 10:47 AM 12:53 PM 02:59 PM 05:04 PM 07:10 PM 09:16 PM 11:22 PM
General Awareness	Interpersonal Relationships	English	12:32 AM 02:38 AM 04:43 AM 06:49 AM 08:55 AM 11:01 AM 01:07 PM 03:13 PM 05:18 PM 07:24 PM 09:30 PM 11:36 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:36 AM 02:42 AM 04:48 AM 06:54 AM 09:00 AM 11:06 AM 01:11 PM 03:17 PM 05:23 PM 07:29 PM 09:35 PM 11:41 PM
Mathematics	Mathematics,Chapter 6:House of Hundreds -1	English	12:42 AM 02:48 AM 04:54 AM 06:59 AM 09:05 AM 11:11 AM 01:17 PM 03:23 PM 05:29 PM 07:34 PM 09:40 PM 11:46 PM
Storytelling(Animated)	Story of a Tinker	English	12:50 AM 02:56 AM 05:01 AM 07:07 AM 09:13 AM 11:19 AM 01:25 PM 03:31 PM 05:36 PM 07:42 PM 09:48 PM 11:54 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	12:58 AM 03:04 AM 05:10 AM 07:16 AM 09:21 AM 11:27 AM 01:33 PM 03:39 PM 05:45 PM 07:51 PM 09:56 PM
Storytelling/Value Education	सुनीता की पहिया कुर्सी	हिन्दी	01:04 AM 03:10 AM 05:16 AM 07:22 AM 09:27 AM 11:33 AM 01:39 PM 03:45 PM 05:51 PM 07:57 PM 10:02 PM
सामान्य जागरूकता	खरगोश	हिन्दी	01:16 AM 03:22 AM 05:28 AM 07:34 AM 09:40 AM 11:45 AM 01:51 PM 03:57 PM 06:03 PM 08:09 PM 10:15 PM
General	Penny Quin and Paula Bear	English	01:27 AM 03:33 AM 05:39 AM 07:45 AM 09:50 AM 11:56 AM 02:02 PM 04:08 PM 06:14 PM 08:20 PM 10:25 PM



Storytelling/Value Education	दान का हिसाब	हिन्दी	01:32 AM 03:38 AM 05:44 AM 07:50 AM 09:55 AM 12:01 PM 02:07 PM 04:13 PM 06:19 PM 08:25 PM 10:30 PM
English	English, Chapter 1: FUN WITH FRIENDS	English	01:49 AM 03:54 AM 06:00 AM 08:06 AM 10:12 AM 12:18 PM 02:24 PM 04:29 PM 06:35 PM 08:41 PM 10:47 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:53 AM 03:59 AM 06:05 AM 08:11 AM 10:17 AM 12:23 PM 02:28 PM 04:34 PM 06:40 PM 08:46 PM 10:52 PM
शनिवार, 07 मार्च 2026 Saturday, 07 March 2026			
Storytelling/Value Education	बन्दर और मगरमच्छ (शैडो पपेट)	हिन्दी	12:00 AM 01:51 AM 03:43 AM 05:35 AM 07:26 AM 09:18 AM 11:10 AM 01:02 PM 02:53 PM 04:45 PM 06:37 PM 08:28 PM 10:20 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	हिन्दी	12:16 AM 02:07 AM 03:59 AM 05:51 AM 07:43 AM 09:34 AM 11:26 AM 01:18 PM 03:09 PM 05:01 PM 06:53 PM 08:45 PM 10:36 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	12:21 AM 02:13 AM 04:05 AM 05:56 AM 07:48 AM 09:40 AM 11:32 AM 01:23 PM 03:15 PM 05:07 PM 06:59 PM 08:50 PM 10:42 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:26 AM 02:18 AM 04:10 AM 06:01 AM 07:53 AM 09:45 AM 11:37 AM 01:28 PM 03:20 PM 05:12 PM 07:03 PM 08:55 PM 10:47 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	12:33 AM 02:25 AM 04:17 AM 06:08 AM 08:00 AM 09:52 AM 11:44 AM 01:35 PM 03:27 PM 05:19 PM 07:10 PM 09:02 PM 10:54 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	12:52 AM 02:43 AM 04:35 AM 06:27 AM 08:19 AM 10:10 AM 12:02 PM 01:54 PM



			03:45 PM 05:37 PM 07:29 PM 09:21 PM 11:12 PM
Cold Wave	Cold Wave - Chilblains	Hindi	12:55 AM 02:47 AM 04:38 AM 06:30 AM 08:22 AM 10:13 AM 12:05 PM 01:57 PM 03:49 PM 05:40 PM 07:32 PM 09:24 PM 11:15 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	12:56 AM 02:48 AM 04:39 AM 06:31 AM 08:23 AM 10:15 AM 12:06 PM 01:58 PM 03:50 PM 05:41 PM 07:33 PM 09:25 PM 11:17 PM
Mathematics	Mathematics, Chapter 7: Raksha Bandhan	English	01:01 AM 02:53 AM 04:44 AM 06:36 AM 08:28 AM 10:19 AM 12:11 PM 02:03 PM 03:55 PM 05:46 PM 07:38 PM 09:30 PM 11:22 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	01:12 AM 03:04 AM 04:55 AM 06:47 AM 08:39 AM 10:30 AM 12:22 PM 02:14 PM 04:06 PM 05:57 PM 07:49 PM 09:41 PM 11:32 PM
Storytelling/Value Education	बन्दर और मगरमच्छ (शैडो पपेट)	हिन्दी	01:17 AM 03:09 AM 05:01 AM 06:53 AM 08:44 AM 10:36 AM 12:28 PM 02:19 PM 04:11 PM 06:03 PM 07:55 PM 09:46 PM 11:38 PM
Storytelling(Animated)	Lion and the Mouse	English	01:25 AM 03:17 AM 05:09 AM 07:01 AM 08:52 AM 10:44 AM 12:36 PM 02:27 PM 04:19 PM 06:11 PM 08:03 PM 09:54 PM 11:46 PM
Storytelling/Value Education	नाटक खेलना आसान है- बातें कहानी की	हिन्दी	01:31 AM 03:23 AM 05:14 AM 07:06 AM 08:58 AM 10:50 AM 12:41 PM 02:33 PM 04:25 PM 06:17 PM 08:08 PM 10:00 PM 11:52 PM



रविवार, 08 मार्च 2026
Sunday, 08 March 2026

सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:00 AM 01:50 AM 03:40 AM 05:30 AM 07:20 AM 09:10 AM 11:00 AM 12:50 PM 02:40 PM 04:30 PM 06:20 PM 08:10 PM 10:00 PM 11:50 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	12:14 AM 02:04 AM 03:54 AM 05:44 AM 07:34 AM 09:24 AM 11:14 AM 01:04 PM 02:54 PM 04:44 PM 06:34 PM 08:24 PM 10:15 PM
शारीरिक शिक्षा	स्वास्थ्य बढ़ना	हिन्दी	12:34 AM 02:24 AM 04:14 AM 06:04 AM 07:54 AM 09:44 AM 11:34 AM 01:24 PM 03:14 PM 05:04 PM 06:54 PM 08:44 PM 10:35 PM
Storytelling(Animated)	The Miser	English	12:43 AM 02:33 AM 04:23 AM 06:13 AM 08:03 AM 09:53 AM 11:43 AM 01:33 PM 03:24 PM 05:14 PM 07:04 PM 08:54 PM 10:44 PM
कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	12:53 AM 02:43 AM 04:33 AM 06:23 AM 08:13 AM 10:03 AM 11:54 AM 01:44 PM 03:34 PM 05:24 PM 07:14 PM 09:04 PM 10:54 PM
Physical Education	Health & Sanitation	English	01:05 AM 02:55 AM 04:45 AM 06:35 AM 08:25 AM 10:15 AM 12:06 PM 01:56 PM 03:46 PM 05:36 PM 07:26 PM 09:16 PM 11:06 PM
Cold Wave	Clod Wave - Preparation	Hindi	01:11 AM 03:02 AM 04:52 AM 06:42 AM 08:32 AM 10:22 AM 12:12 PM 02:02 PM 03:52 PM 05:42 PM 07:32 PM 09:22 PM 11:12 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	01:13 AM 03:03 AM 04:53 AM 06:43 AM 08:33 AM 10:23 AM 12:13 PM 02:03 PM 03:53 PM 05:43 PM 07:33 PM 09:24 PM 11:14 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Storytelling(Animated)	The Crane and the Crab	English	01:37 AM 03:27 AM 05:17 AM 07:07 AM 08:57 AM 10:48 AM 12:38 PM 02:28 PM 04:18 PM 06:08 PM 07:58 PM 09:48 PM 11:38 PM
सोमवार, 09 मार्च 2026 Monday, 09 March 2026			
Storytelling(Animated)	Why the Donkey Won't Move	English	12:00 AM 01:55 AM 03:50 AM 05:46 AM 07:41 AM 09:36 AM 11:32 AM 01:27 PM 03:22 PM 05:18 PM 07:13 PM 09:09 PM 11:04 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	12:17 AM 02:13 AM 04:08 AM 06:03 AM 07:59 AM 09:54 AM 11:50 AM 01:45 PM 03:40 PM 05:36 PM 07:31 PM 09:26 PM 11:22 PM
हिन्दी	हिन्दी,पाठ 3 - दोस्त के जूते	हिन्दी	12:37 AM 02:32 AM 04:27 AM 06:23 AM 08:18 AM 10:13 AM 12:09 PM 02:04 PM 03:59 PM 05:55 PM 07:50 PM 09:46 PM 11:41 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	12:43 AM 02:39 AM 04:34 AM 06:30 AM 08:25 AM 10:20 AM 12:16 PM 02:11 PM 04:06 PM 06:02 PM 07:57 PM 09:52 PM 11:48 PM
Storytelling(Animated)	Rabbit and Turtle	English	12:49 AM 02:44 AM 04:39 AM 06:35 AM 08:30 AM 10:26 AM 12:21 PM 02:16 PM 04:12 PM 06:07 PM 08:02 PM 09:58 PM 11:53 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:58 AM 02:54 AM 04:49 AM 06:44 AM 08:40 AM 10:35 AM 12:30 PM 02:26 PM 04:21 PM 06:16 PM 08:12 PM 10:07 PM
EVS	EVS,Chapter 12: Taking Charge of Waste	English	01:04 AM 02:59 AM 04:55 AM 06:50 AM 08:46 AM 10:41 AM 12:36 PM 02:32 PM 04:27 PM 06:22 PM 08:18 PM 10:13 PM



Storytelling(Animated)	Lion and the Mouse	English	01:12 AM 03:07 AM 05:02 AM 06:58 AM 08:53 AM 10:49 AM 12:44 PM 02:39 PM 04:35 PM 06:30 PM 08:25 PM 10:21 PM
Art and Craft	ओरिगामी (कागज कला)-3	English/hindi	01:17 AM 03:13 AM 05:08 AM 07:03 AM 08:59 AM 10:54 AM 12:49 PM 02:45 PM 04:40 PM 06:36 PM 08:31 PM 10:26 PM
Storytelling(Animated)	The Race	English	01:35 AM 03:30 AM 05:25 AM 07:21 AM 09:16 AM 11:11 AM 01:07 PM 03:02 PM 04:57 PM 06:53 PM 08:48 PM 10:44 PM
उर्दू	उर्दू, पाठ 3 - ईद	उर्दू	01:42 AM 03:37 AM 05:33 AM 07:28 AM 09:23 AM 11:19 AM 01:14 PM 03:09 PM 05:05 PM 07:00 PM 08:55 PM 10:51 PM
मंगलवार, 10 मार्च 2026 Tuesday, 10 March 2026			
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:00 AM 02:05 AM 04:10 AM 06:15 AM 08:21 AM 10:26 AM 12:31 PM 02:36 PM 04:42 PM 06:47 PM 08:52 PM 10:57 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:14 AM 02:19 AM 04:24 AM 06:29 AM 08:35 AM 10:40 AM 12:45 PM 02:50 PM 04:56 PM 07:01 PM 09:06 PM 11:11 PM
हिन्दी	हिन्दी, पाठ 12 - अपना-अपना काम	हिन्दी	12:23 AM 02:29 AM 04:34 AM 06:39 AM 08:44 AM 10:50 AM 12:55 PM 03:00 PM 05:05 PM 07:11 PM 09:16 PM 11:21 PM
Storytelling(Animated)	The Umbrella	English	12:33 AM 02:38 AM 04:44 AM 06:49 AM 08:54 AM 11:00 AM 01:05 PM 03:10 PM 05:15 PM 07:21 PM 09:26 PM 11:31 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	12:40 AM 02:46 AM 04:51 AM 06:56 AM 09:01 AM 11:07 AM 01:12 PM 03:17 PM 05:23 PM 07:28 PM 09:33 PM 11:38 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	12:44 AM 02:49 AM 04:54 AM 06:59 AM 09:05 AM 11:10 AM 01:15 PM 03:20 PM 05:26 PM 07:31 PM 09:36 PM 11:42 PM



कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	01:02 AM 03:07 AM 05:13 AM 07:18 AM 09:23 AM 11:28 AM 01:34 PM 03:39 PM 05:44 PM 07:49 PM 09:55 PM
EVS	EVS, Chapter 7: Water a Precious Gift	English	01:14 AM 03:19 AM 05:25 AM 07:30 AM 09:35 AM 11:40 AM 01:46 PM 03:51 PM 05:56 PM 08:01 PM 10:07 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:23 AM 03:28 AM 05:33 AM 07:38 AM 09:44 AM 11:49 AM 01:54 PM 03:59 PM 06:05 PM 08:10 PM 10:15 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिन्दी	01:23 AM 03:29 AM 05:34 AM 07:39 AM 09:44 AM 11:50 AM 01:55 PM 04:00 PM 06:05 PM 08:11 PM 10:16 PM
Storytelling/Value Education	पहाड़ से ऊँचा आदमी	हिन्दी	01:24 AM 03:29 AM 05:34 AM 07:40 AM 09:45 AM 11:50 AM 01:55 PM 04:01 PM 06:06 PM 08:11 PM 10:17 PM
उर्दू	उर्दू, पाठ 7:बरसात	उर्दू	01:43 AM 03:48 AM 05:54 AM 07:59 AM 10:04 AM 12:09 PM 02:15 PM 04:20 PM 06:25 PM 08:30 PM 10:36 PM
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	01:56 AM 04:01 AM 06:06 AM 08:12 AM 10:17 AM 12:22 PM 02:28 PM 04:33 PM 06:38 PM 08:43 PM 10:49 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	01:59 AM 04:04 AM 06:09 AM 08:14 AM 10:20 AM 12:25 PM 02:30 PM 04:36 PM 06:41 PM 08:46 PM 10:51 PM
बुधवार, 11 मार्च 2026 Wednesday, 11 March 2026			
Storytelling(Ani mated)	Why the Donkey Won't Move	English	12:00 AM 02:06 AM 04:13 AM 06:20 AM 08:27 AM 10:33 AM 12:40 PM 02:47 PM 04:54 PM 07:00 PM 09:07 PM 11:14 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:17 AM 02:24 AM 04:31 AM 06:38 AM 08:44 AM 10:51 AM 12:58 PM 03:05 PM 05:12 PM 07:18 PM 09:25 PM 11:32 PM



General Awareness	Interpersonal Relationships	English	12:23 AM 02:30 AM 04:36 AM 06:43 AM 08:50 AM 10:57 AM 01:04 PM 03:10 PM 05:17 PM 07:24 PM 09:31 PM 11:37 PM
हिन्दी	हिन्दी, पाठ 14 - किसान की होशियारी	हिन्दी	12:28 AM 02:34 AM 04:41 AM 06:48 AM 08:55 AM 11:01 AM 01:08 PM 03:15 PM 05:22 PM 07:28 PM 09:35 PM 11:42 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:38 AM 02:44 AM 04:51 AM 06:58 AM 09:05 AM 11:12 AM 01:18 PM 03:25 PM 05:32 PM 07:39 PM 09:45 PM 11:52 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:44 AM 02:50 AM 04:57 AM 07:04 AM 09:11 AM 11:17 AM 01:24 PM 03:31 PM 05:38 PM 07:45 PM 09:51 PM 11:58 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:50 AM 02:57 AM 05:03 AM 07:10 AM 09:17 AM 11:24 AM 01:30 PM 03:37 PM 05:44 PM 07:51 PM 09:57 PM
Mathematics	Mathematics, Chapter 2: Toy Joy	English	12:57 AM 03:04 AM 05:11 AM 07:17 AM 09:24 AM 11:31 AM 01:38 PM 03:44 PM 05:51 PM 07:58 PM 10:05 PM
Storytelling(Animated)	Lion and the Buffaloes	English	01:12 AM 03:18 AM 05:25 AM 07:32 AM 09:39 AM 11:46 AM 01:52 PM 03:59 PM 06:06 PM 08:13 PM 10:19 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:17 AM 03:24 AM 05:30 AM 07:37 AM 09:44 AM 11:51 AM 01:57 PM 04:04 PM 06:11 PM 08:18 PM 10:24 PM
कला और शिल्प	कूड़े से खिलौने: बनी खरगोश (Toys from Trash: Bunny Rabbit)	हिन्दी	01:18 AM 03:24 AM 05:31 AM 07:38 AM 09:45 AM 11:51 AM 01:58 PM 04:05 PM 06:12 PM 08:18 PM 10:25 PM
Storytelling(Animated)	Rabit and Turtle	English	01:21 AM 03:28 AM 05:34 AM 07:41 AM 09:48 AM 11:55 AM 02:01 PM 04:08 PM 06:15 PM 08:22 PM 10:28 PM



General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:30 AM 03:37 AM 05:44 AM 07:51 AM 09:57 AM 12:04 PM 02:11 PM 04:18 PM 06:24 PM 08:31 PM 10:38 PM
English	English, Chapter 2: Badal and Moti	English	01:31 AM 03:38 AM 05:44 AM 07:51 AM 09:58 AM 12:05 PM 02:11 PM 04:18 PM 06:25 PM 08:32 PM 10:38 PM
Storytelling(Animated)	The Umbrella	English	01:45 AM 03:51 AM 05:58 AM 08:05 AM 10:12 AM 12:18 PM 02:25 PM 04:32 PM 06:39 PM 08:46 PM 10:52 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिंदी	01:52 AM 03:59 AM 06:05 AM 08:12 AM 10:19 AM 12:26 PM 02:32 PM 04:39 PM 06:46 PM 08:53 PM 11:00 PM
General Awareness	Gender Equality	English	01:58 AM 04:05 AM 06:12 AM 08:18 AM 10:25 AM 12:32 PM 02:39 PM 04:45 PM 06:52 PM 08:59 PM 11:06 PM

बृहस्पतिवार, 12 मार्च 2026

Thursday, 12 March 2026

हिंदी	हिंदी, पाठ 5 - आम का पेड़	हिंदी	12:00 AM 02:01 AM 04:03 AM 06:05 AM 08:07 AM 10:09 AM 12:10 PM 02:12 PM 04:14 PM 06:16 PM 08:18 PM 10:19 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	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 08:37 PM 10:39 PM
Storytelling(Animated)	The Miser	English	12:25 AM 02:27 AM 04:29 AM 06:31 AM 08:33 AM 10:34 AM 12:36 PM 02:38 PM 04:40 PM 06:42 PM 08:43 PM 10:45 PM
कला और शिल्प	आर्ट और आर्टिस्ट (Art & Artist)	हिंदी	12:35 AM 02:37 AM 04:39 AM 06:41 AM 08:43 AM 10:44 AM 12:46 PM 02:48 PM 04:50 PM 06:52 PM 08:53 PM 10:55 PM
Storytelling(Animated)	The Race	English	01:04 AM 03:06 AM 05:08 AM 07:10 AM 09:11 AM 11:13 AM 01:15 PM 03:17 PM 05:19 PM 07:20 PM 09:22 PM 11:24 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Storytelling/Value Education	समुन्दर की कहानी (शैडो पपेट)	हिन्दी	01:13 AM 03:15 AM 05:17 AM 07:19 AM 09:20 AM 11:22 AM 01:24 PM 03:26 PM 05:28 PM 07:29 PM 09:31 PM 11:33 PM
Mathematics	Mathematics, Chapter 5: Fun with Shapes	English	01:16 AM 03:18 AM 05:19 AM 07:21 AM 09:23 AM 11:25 AM 01:27 PM 03:28 PM 05:30 PM 07:32 PM 09:34 PM 11:36 PM
Storytelling(Animated)	The Crane and the Crab	English	01:27 AM 03:29 AM 05:30 AM 07:32 AM 09:34 AM 11:36 AM 01:38 PM 03:39 PM 05:41 PM 07:43 PM 09:45 PM 11:47 PM
Storytelling(Animated)	Birbal Finds the Thief	English	01:33 AM 03:35 AM 05:37 AM 07:39 AM 09:40 AM 11:42 AM 01:44 PM 03:46 PM 05:48 PM 07:49 PM 09:51 PM 11:53 PM
English	English, Chapter 10: Night	English	01:40 AM 03:41 AM 05:43 AM 07:45 AM 09:47 AM 11:49 AM 01:50 PM 03:52 PM 05:54 PM 07:56 PM 09:58 PM 11:59 PM
Storytelling(Animated)	Lion and the Buffaloes	English	01:52 AM 03:53 AM 05:55 AM 07:57 AM 09:59 AM 12:01 PM 02:02 PM 04:04 PM 06:06 PM 08:08 PM 10:10 PM
शुक्रवार, 13 मार्च 2026 Friday, 13 March 2026			
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:00 AM 02:02 AM 04:04 AM 06:06 AM 08:08 AM 10:10 AM 12:12 PM 02:14 PM 04:16 PM 06:18 PM 08:21 PM 10:23 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:13 AM 02:15 AM 04:17 AM 06:19 AM 08:22 AM 10:24 AM 12:26 PM 02:28 PM 04:30 PM 06:32 PM 08:34 PM 10:36 PM
हिन्दी	हिन्दी, पाठ 5 - चतुर गीदड़	हिन्दी	12:19 AM 02:21 AM 04:23 AM 06:26 AM 08:28 AM 10:30 AM 12:32 PM 02:34 PM 04:36 PM 06:38 PM 08:40 PM 10:42 PM
Storytelling(Animated)	The Umbrella	English	12:33 AM 02:35 AM 04:38 AM 06:40 AM 08:42 AM 10:44 AM 12:46 PM 02:48 PM 04:50 PM 06:52 PM 08:54 PM 10:56 PM



Storytelling/Value Education	नाटक खेलना आसान है- बतों कहानी की	हिन्दी	12:41 AM 02:43 AM 04:45 AM 06:47 AM 08:49 AM 10:51 AM 12:53 PM 02:55 PM 04:57 PM 06:59 PM 09:02 PM 11:04 PM
Mathematics	Mathematics, Chapter 6: House of Hundreds -1	English	12:54 AM 02:56 AM 04:58 AM 07:00 AM 09:02 AM 11:04 AM 01:06 PM 03:08 PM 05:11 PM 07:13 PM 09:15 PM 11:17 PM
Storytelling (Animated)	Story of a Tinker	English	01:03 AM 03:05 AM 05:08 AM 07:10 AM 09:12 AM 11:14 AM 01:16 PM 03:18 PM 05:20 PM 07:22 PM 09:24 PM 11:26 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:12 AM 03:14 AM 05:16 AM 07:18 AM 09:20 AM 11:22 AM 01:24 PM 03:26 PM 05:28 PM 07:31 PM 09:33 PM 11:35 PM
English	English, Chapter 11: Chanda mama count the stars	English	01:13 AM 03:15 AM 05:17 AM 07:19 AM 09:21 AM 11:23 AM 01:25 PM 03:27 PM 05:29 PM 07:32 PM 09:34 PM 11:36 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:27 AM 03:29 AM 05:31 AM 07:33 AM 09:35 AM 11:37 AM 01:39 PM 03:41 PM 05:43 PM 07:46 PM 09:48 PM 11:50 PM
कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	01:33 AM 03:35 AM 05:37 AM 07:39 AM 09:41 AM 11:43 AM 01:45 PM 03:47 PM 05:49 PM 07:52 PM 09:54 PM 11:56 PM
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	01:50 AM 03:52 AM 05:54 AM 07:56 AM 09:58 AM 12:00 PM 02:02 PM 04:04 PM 06:06 PM 08:09 PM 10:11 PM
शनिवार, 14 मार्च 2026 Saturday, 14 March 2026			
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:00 AM 01:44 AM 03:28 AM 05:12 AM 06:56 AM 08:40 AM 10:24 AM 12:08 PM 01:52 PM 03:36 PM 05:20 PM 07:04 PM 08:49 PM 10:33 PM
Storytelling/Value Education	Meena - 6 too young to Marry	हिन्दी	12:13 AM 01:57 AM 03:41 AM 05:25 AM 07:09 AM 08:54 AM 10:38 AM 12:22 PM



			02:06 PM 03:50 PM 05:34 PM 07:18 PM 09:02 PM 10:46 PM
Storytelling/Value Education	नाटक खेलना आसान है- बातें कहानी की	हिन्दी	12:26 AM 02:11 AM 03:55 AM 05:39 AM 07:23 AM 09:07 AM 10:51 AM 12:35 PM 02:19 PM 04:03 PM 05:47 PM 07:31 PM 09:15 PM 11:00 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:40 AM 02:24 AM 04:08 AM 05:52 AM 07:36 AM 09:20 AM 11:04 AM 12:48 PM 02:32 PM 04:16 PM 06:01 PM 07:45 PM 09:29 PM 11:13 PM
Storytelling(Animated)	A Nobel Inheritance	English	12:47 AM 02:31 AM 04:15 AM 05:59 AM 07:43 AM 09:27 AM 11:11 AM 12:55 PM 02:39 PM 04:23 PM 06:08 PM 07:52 PM 09:36 PM 11:20 PM
Mathematics	Mathematics,Chapter 7:Raksha Bandhan	English	12:52 AM 02:36 AM 04:20 AM 06:04 AM 07:48 AM 09:32 AM 11:16 AM 01:00 PM 02:44 PM 04:28 PM 06:12 PM 07:57 PM 09:41 PM 11:25 PM
Storytelling/Value Education	नाटक खेलना आसान है- बातें कहानी की	हिन्दी	01:03 AM 02:47 AM 04:31 AM 06:15 AM 07:59 AM 09:43 AM 11:27 AM 01:11 PM 02:55 PM 04:39 PM 06:23 PM 08:08 PM 09:52 PM 11:36 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:16 AM 03:00 AM 04:44 AM 06:28 AM 08:12 AM 09:56 AM 11:40 AM 01:24 PM 03:08 PM 04:53 PM 06:37 PM 08:21 PM 10:05 PM 11:49 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	01:17 AM 03:01 AM 04:45 AM 06:29 AM 08:13 AM 09:57 AM 11:41 AM 01:25 PM 03:09 PM 04:54 PM 06:38 PM 08:22 PM 10:06 PM 11:50 PM
Storytelling(Animated)	The Miser	English	01:27 AM 03:11 AM 04:55 AM 06:39 AM 08:23 AM 10:07 AM 11:51 AM 01:35 PM 03:19 PM 05:03 PM 06:47 PM 08:31 PM 10:16 PM



रविवार, 15 मार्च 2026
Sunday, 15 March 2026

General Awareness	Gender Equality	English	12:00 AM 01:36 AM 03:12 AM 04:48 AM 06:25 AM 08:01 AM 09:37 AM 11:13 AM 12:50 PM 02:26 PM 04:02 PM 05:38 PM 07:15 PM 08:51 PM 10:27 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:15 AM 01:51 AM 03:27 AM 05:04 AM 06:40 AM 08:16 AM 09:52 AM 11:29 AM 01:05 PM 02:41 PM 04:17 PM 05:54 PM 07:30 PM 09:06 PM 10:42 PM
शारीरिक शिक्षा	योग गोमुखासन (Yoga Gomukhasan)	हिन्दी	12:21 AM 01:57 AM 03:33 AM 05:09 AM 06:46 AM 08:22 AM 09:58 AM 11:34 AM 01:11 PM 02:47 PM 04:23 PM 05:59 PM 07:36 PM 09:12 PM 10:48 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	12:34 AM 02:11 AM 03:47 AM 05:23 AM 06:59 AM 08:36 AM 10:12 AM 11:48 AM 01:24 PM 03:01 PM 04:37 PM 06:13 PM 07:49 PM 09:26 PM 11:02 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:45 AM 02:21 AM 03:57 AM 05:33 AM 07:10 AM 08:46 AM 10:22 AM 11:58 AM 01:35 PM 03:11 PM 04:47 PM 06:23 PM 08:00 PM 09:36 PM 11:12 PM
Physical Education	Emotional well being and mental health English	English	12:51 AM 02:27 AM 04:03 AM 05:39 AM 07:16 AM 08:52 AM 10:28 AM 12:04 PM 01:41 PM 03:17 PM 04:53 PM 06:29 PM 08:06 PM 09:42 PM 11:18 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:56 AM 02:32 AM 04:08 AM 05:44 AM 07:21 AM 08:57 AM 10:33 AM 12:09 PM 01:46 PM 03:22 PM 04:58 PM 06:34 PM 08:11 PM 09:47 PM 11:23 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	01:05 AM 02:42 AM 04:18 AM 05:54 AM 07:30 AM 09:07 AM 10:43 AM 12:19 PM 01:55 PM 03:32 PM 05:08 PM 06:44 PM 08:20 PM 09:57 PM 11:33 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Storytelling(Animated)	Two Friends and the Bear	English	01:11 AM 02:48 AM 04:24 AM 06:00 AM 07:36 AM 09:13 AM 10:49 AM 12:25 PM 02:01 PM 03:38 PM 05:14 PM 06:50 PM 08:26 PM 10:03 PM 11:39 PM
Storytelling(Animated)	Birbal Finds the Thief	English	01:18 AM 02:55 AM 04:31 AM 06:07 AM 07:43 AM 09:20 AM 10:56 AM 12:32 PM 02:08 PM 03:45 PM 05:21 PM 06:57 PM 08:33 PM 10:10 PM 11:46 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	01:25 AM 03:01 AM 04:37 AM 06:13 AM 07:50 AM 09:26 AM 11:02 AM 12:38 PM 02:15 PM 03:51 PM 05:27 PM 07:03 PM 08:40 PM 10:16 PM 11:52 PM
सोमवार, 16 मार्च 2026 Monday, 16 March 2026			
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	12:00 AM 01:55 AM 03:50 AM 05:46 AM 07:41 AM 09:36 AM 11:32 AM 01:27 PM 03:23 PM 05:18 PM 07:13 PM 09:09 PM 11:04 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:10 AM 02:06 AM 04:01 AM 05:56 AM 07:52 AM 09:47 AM 11:43 AM 01:38 PM 03:33 PM 05:29 PM 07:24 PM 09:20 PM 11:15 PM
हिन्दी	हिन्दी, पाठ 3 - दोस्त के जूते	हिन्दी	12:16 AM 02:12 AM 04:07 AM 06:03 AM 07:58 AM 09:53 AM 11:49 AM 01:44 PM 03:40 PM 05:35 PM 07:30 PM 09:26 PM 11:21 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:23 AM 02:19 AM 04:14 AM 06:10 AM 08:05 AM 10:00 AM 11:56 AM 01:51 PM 03:46 PM 05:42 PM 07:37 PM 09:33 PM 11:28 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	हिन्दी	12:33 AM 02:29 AM 04:24 AM 06:19 AM 08:15 AM 10:10 AM 12:05 PM 02:01 PM 03:56 PM 05:52 PM 07:47 PM 09:42 PM 11:38 PM



Storytelling/Value Education	आओ सीखें २ का पहाड़ा	हिन्दी	12:39 AM 02:34 AM 04:30 AM 06:25 AM 08:20 AM 10:16 AM 12:11 PM 02:07 PM 04:02 PM 05:57 PM 07:53 PM 09:48 PM 11:43 PM
सामान्य जागरूकता	खरगोश	हिन्दी	12:50 AM 02:45 AM 04:40 AM 06:36 AM 08:31 AM 10:26 AM 12:22 PM 02:17 PM 04:13 PM 06:08 PM 08:03 PM 09:59 PM 11:54 PM
EVS	EVS, Chapter 1: Family and Friends	English	01:00 AM 02:56 AM 04:51 AM 06:47 AM 08:42 AM 10:37 AM 12:33 PM 02:28 PM 04:24 PM 06:19 PM 08:14 PM 10:10 PM
General Awareness	Gender Equality	English	01:10 AM 03:05 AM 05:00 AM 06:56 AM 08:51 AM 10:47 AM 12:42 PM 02:37 PM 04:33 PM 06:28 PM 08:23 PM 10:19 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	01:17 AM 03:12 AM 05:08 AM 07:03 AM 08:58 AM 10:54 AM 12:49 PM 02:44 PM 04:40 PM 06:35 PM 08:31 PM 10:26 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:27 AM 03:22 AM 05:18 AM 07:13 AM 09:08 AM 11:04 AM 12:59 PM 02:55 PM 04:50 PM 06:45 PM 08:41 PM 10:36 PM
उर्दू	उर्दू, पाठ 4 - भारत प्यारा	उर्दू	01:27 AM 03:23 AM 05:18 AM 07:14 AM 09:09 AM 11:04 AM 01:00 PM 02:55 PM 04:50 PM 06:46 PM 08:41 PM 10:37 PM
Storytelling/Value Education	दोस्त की मदद (शैडो पपेट)	हिन्दी	01:34 AM 03:29 AM 05:24 AM 07:20 AM 09:15 AM 11:11 AM 01:06 PM 03:01 PM 04:57 PM 06:52 PM 08:47 PM 10:43 PM
Storytelling(Animated)	Rabbit and Turtle	English	01:40 AM 03:35 AM 05:30 AM 07:26 AM 09:21 AM 11:17 AM 01:12 PM 03:07 PM 05:03 PM 06:58 PM 08:53 PM 10:49 PM
मंगलवार, 17 मार्च 2026 Tuesday, 17 March 2026			
Storytelling(Animated)	Two Friends and the Bear	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM



			03:53 PM 05:52 PM 07:51 PM 09:50 PM 11:49 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:11 AM 10:10 AM 12:09 PM 02:08 PM 04:08 PM 06:07 PM 08:06 PM 10:05 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:24 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:20 AM 12:19 PM 02:18 PM 04:17 PM 06:16 PM 08:16 PM 10:15 PM
हिन्दी	हिन्दी, पाठ 12 - अपना-अपना काम	हिन्दी	12:32 AM 02:31 AM 04:30 AM 06:29 AM 08:28 AM 10:27 AM 12:26 PM 02:26 PM 04:25 PM 06:24 PM 08:23 PM 10:22 PM
Storytelling(Animated)	The Race	English	12:41 AM 02:41 AM 04:40 AM 06:39 AM 08:38 AM 10:37 AM 12:36 PM 02:35 PM 04:35 PM 06:34 PM 08:33 PM 10:32 PM
कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	12:49 AM 02:48 AM 04:47 AM 06:46 AM 08:45 AM 10:44 AM 12:43 PM 02:43 PM 04:42 PM 06:41 PM 08:40 PM 10:39 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	01:01 AM 03:00 AM 04:59 AM 06:58 AM 08:57 AM 10:56 AM 12:55 PM 02:55 PM 04:54 PM 06:53 PM 08:52 PM 10:51 PM
EVS	EVS, Chapter 2: Going to the Mela	English	01:19 AM 03:18 AM 05:17 AM 07:16 AM 09:16 AM 11:15 AM 01:14 PM 03:13 PM 05:12 PM 07:11 PM 09:10 PM 11:10 PM
Art and Craft	Paper Lantern	English	01:28 AM 03:27 AM 05:26 AM 07:25 AM 09:24 AM 11:23 AM 01:22 PM 03:22 PM 05:21 PM 07:20 PM 09:19 PM 11:18 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	01:31 AM 03:30 AM 05:29 AM 07:28 AM 09:27 AM 11:27 AM 01:26 PM 03:25 PM 05:24 PM 07:23 PM 09:22 PM 11:21 PM
उर्दू	उर्दू, पाठ 8: दोस्त की पहचान	उर्दू	01:36 AM 03:36 AM 05:35 AM 07:34 AM 09:33 AM 11:32 AM 01:31 PM 03:30 PM 05:29 PM 07:29 PM 09:28 PM 11:27 PM



कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	01:44 AM 03:43 AM 05:42 AM 07:41 AM 09:41 AM 11:40 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:35 PM 11:34 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	01:47 AM 03:46 AM 05:45 AM 07:44 AM 09:43 AM 11:42 AM 01:42 PM 03:41 PM 05:40 PM 07:39 PM 09:38 PM 11:37 PM
बुधवार, 18 मार्च 2026 Wednesday, 18 March 2026			
सामान्य	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	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
हिन्दी	हिन्दी, पाठ 14 - किसान की होशियारी	हिन्दी	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:28 PM 04:28 PM 06:28 PM 08:28 PM 10:28 PM
सामान्य जागरूकता	मेंढक	हिन्दी	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 06:38 PM 08:38 PM 10:38 PM
Storytelling (Animated)	Lion and the Buffaloes	English	12:54 AM 02:54 AM 04:54 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:53 PM 10:53 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:59 AM 02:59 AM 04:59 AM 06:59 AM 08:59 AM 10:59 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:58 PM 10:58 PM
Storytelling/Value Education	आम की टोकरी	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 06:59 PM 08:59 PM 10:59 PM
Mathematics	Mathematics, Chapter 2: Toy Joy	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
General Awareness	Personal Safety	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:16 PM



Storytelling(Animated)	Two Friends and the Bear	English	01:34 AM 03:33 AM 05:33 AM 07:33 AM 09:33 AM 11:33 AM 01:33 PM 03:33 PM 05:33 PM 07:33 PM 09:33 PM 11:33 PM
English	English, Ch-1: Fun with Friends - Colours	English	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 11:39 PM
सामान्य जागरूकता	पेड़ की कहानी-नीम और इमली	हिन्दी	01:49 AM 03:49 AM 05:49 AM 07:49 AM 09:49 AM 11:49 AM 01:49 PM 03:48 PM 05:48 PM 07:48 PM 09:48 PM 11:48 PM
सामान्य जागरूकता	पेड़ की कहानी-आम	हिन्दी	01:52 AM 03:52 AM 05:52 AM 07:52 AM 09:51 AM 11:51 AM 01:51 PM 03:51 PM 05:51 PM 07:51 PM 09:51 PM 11:51 PM
सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:52 PM 11:52 PM

बृहस्पतिवार, 19 मार्च 2026

Thursday, 19 March 2026

Storytelling(Animated)	Two Friends and the Bear	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:54 PM 03:54 PM 05:53 PM 07:52 PM 09:51 PM 11:51 PM
हिन्दी	हिन्दी, पाठ 5 - आम का पेड़	हिन्दी	12:14 AM 02:14 AM 04:13 AM 06:12 AM 08:11 AM 10:11 AM 12:10 PM 02:09 PM 04:08 PM 06:08 PM 08:07 PM 10:06 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिन्दी	12:26 AM 02:25 AM 04:25 AM 06:24 AM 08:23 AM 10:22 AM 12:22 PM 02:21 PM 04:20 PM 06:19 PM 08:19 PM 10:18 PM
Storytelling/Value Education	आओ सीखें 3 का पहाड़ा	हिन्दी	12:45 AM 02:44 AM 04:43 AM 06:42 AM 08:42 AM 10:41 AM 12:40 PM 02:39 PM 04:39 PM 06:38 PM 08:37 PM 10:36 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	12:58 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 06:52 PM 08:51 PM 10:50 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

Mathematics	Mathematics, Chapter 5: Fun with Shapes	English	12:59 AM 02:58 AM 04:57 AM 06:57 AM 08:56 AM 10:55 AM 12:54 PM 02:54 PM 04:53 PM 06:52 PM 08:51 PM 10:51 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:11 AM 03:10 AM 05:09 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:06 PM 05:05 PM 07:04 PM 09:03 PM 11:03 PM
Storytelling(Animated)	Lion and the Buffaloes	English	01:12 AM 03:11 AM 05:10 AM 07:10 AM 09:09 AM 11:08 AM 01:07 PM 03:07 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM
General Awareness	Value and responsible Citizenship	English	01:17 AM 03:16 AM 05:15 AM 07:15 AM 09:14 AM 11:13 AM 01:12 PM 03:12 PM 05:11 PM 07:10 PM 09:09 PM 11:09 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	01:22 AM 03:21 AM 05:20 AM 07:20 AM 09:19 AM 11:18 AM 01:17 PM 03:17 PM 05:16 PM 07:15 PM 09:14 PM 11:14 PM
English	English, Ch-3: Fun with Friends - Best Friends	English	01:27 AM 03:27 AM 05:26 AM 07:25 AM 09:24 AM 11:24 AM 01:23 PM 03:22 PM 05:21 PM 07:21 PM 09:20 PM 11:19 PM
Storytelling/Value Education	नाटक खेलना आसान है- बातें कहानी की	हिन्दी	01:38 AM 03:38 AM 05:37 AM 07:36 AM 09:35 AM 11:35 AM 01:34 PM 03:33 PM 05:32 PM 07:32 PM 09:31 PM 11:30 PM
Storytelling/Value Education	आम की टोकरी	हिन्दी	01:52 AM 03:51 AM 05:50 AM 07:49 AM 09:49 AM 11:48 AM 01:47 PM 03:46 PM 05:46 PM 07:45 PM 09:44 PM 11:43 PM
शुक्रवार, 20 मार्च 2026 Friday, 20 March 2026			
General Awareness	Gender Equality	English	12:00 AM 01:42 AM 03:25 AM 05:08 AM 06:51 AM 08:34 AM 10:17 AM 12:00 PM 01:43 PM 03:26 PM 05:09 PM 06:52 PM 08:35 PM 10:18 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	12:15 AM 01:58 AM 03:41 AM 05:24 AM 07:06 AM 08:49 AM 10:32 AM 12:15 PM



			01:58 PM 03:41 PM 05:24 PM 07:07 PM 08:50 PM 10:33 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:21 AM 02:04 AM 03:47 AM 05:30 AM 07:13 AM 08:56 AM 10:38 AM 12:21 PM 02:04 PM 03:47 PM 05:30 PM 07:13 PM 08:56 PM 10:39 PM
Storytelling/Value Education	आओ सीखें २ का पहाड़	हिन्दी	12:27 AM 02:10 AM 03:53 AM 05:36 AM 07:19 AM 09:02 AM 10:45 AM 12:28 PM 02:10 PM 03:53 PM 05:36 PM 07:19 PM 09:02 PM 10:45 PM
हिन्दी	हिन्दी, पाठ 5 - चतुर गीढ़	हिन्दी	12:38 AM 02:21 AM 04:04 AM 05:47 AM 07:29 AM 09:12 AM 10:55 AM 12:38 PM 02:21 PM 04:04 PM 05:47 PM 07:30 PM 09:13 PM 10:56 PM
Storytelling(Animated)	The Fox and the Crow	English	12:52 AM 02:35 AM 04:18 AM 06:01 AM 07:43 AM 09:26 AM 11:09 AM 12:52 PM 02:35 PM 04:18 PM 06:01 PM 07:44 PM 09:27 PM 11:10 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:55 AM 02:38 AM 04:21 AM 06:04 AM 07:47 AM 09:30 AM 11:13 AM 12:56 PM 02:39 PM 04:22 PM 06:05 PM 07:48 PM 09:31 PM 11:14 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:56 AM 02:39 AM 04:22 AM 06:05 AM 07:48 AM 09:31 AM 11:14 AM 12:57 PM 02:40 PM 04:23 PM 06:05 PM 07:48 PM 09:31 PM 11:14 PM
Mathematics	Mathematics, Chapter 6: House of Hundreds -1	English	01:02 AM 02:45 AM 04:28 AM 06:11 AM 07:53 AM 09:36 AM 11:19 AM 01:02 PM 02:45 PM 04:28 PM 06:11 PM 07:54 PM 09:37 PM 11:20 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिन्दी	01:10 AM 02:52 AM 04:35 AM 06:18 AM 08:01 AM 09:44 AM 11:27 AM 01:10 PM 02:53 PM 04:36 PM 06:19 PM 08:02 PM 09:45 PM 11:28 PM



Storytelling(Animated)	Story of a Tinker	English	01:10 AM 02:53 AM 04:36 AM 06:19 AM 08:02 AM 09:45 AM 11:28 AM 01:11 PM 02:54 PM 04:36 PM 06:19 PM 08:02 PM 09:45 PM 11:28 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:18 AM 03:01 AM 04:44 AM 06:27 AM 08:10 AM 09:53 AM 11:36 AM 01:19 PM 03:02 PM 04:45 PM 06:28 PM 08:11 PM 09:54 PM 11:36 PM
English	English,Chapter 1: FUN WITH FRIENDS	English	01:24 AM 03:07 AM 04:50 AM 06:33 AM 08:16 AM 09:59 AM 11:42 AM 01:25 PM 03:08 PM 04:51 PM 06:34 PM 08:17 PM 10:00 PM 11:42 PM
Storytelling(Animated)	The Race	English	01:29 AM 03:12 AM 04:55 AM 06:38 AM 08:21 AM 10:04 AM 11:47 AM 01:30 PM 03:13 PM 04:56 PM 06:38 PM 08:21 PM 10:04 PM 11:47 PM
शनिवार, 21 मार्च 2026 Saturday, 21 March 2026			
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:00 AM 01:48 AM 03:36 AM 05:24 AM 07:12 AM 09:01 AM 10:49 AM 12:37 PM 02:25 PM 04:13 PM 06:02 PM 07:50 PM 09:38 PM 11:26 PM
Storytelling/Value Education	बन्दर और मगरमच्छ (शैडो पपेट)	हिन्दी	12:14 AM 02:02 AM 03:50 AM 05:38 AM 07:26 AM 09:15 AM 11:03 AM 12:51 PM 02:39 PM 04:27 PM 06:16 PM 08:04 PM 09:52 PM 11:40 PM
सामान्य जागरूकता	खरगोश	हिन्दी	12:22 AM 02:10 AM 03:58 AM 05:46 AM 07:34 AM 09:23 AM 11:11 AM 12:59 PM 02:47 PM 04:36 PM 06:24 PM 08:12 PM 10:00 PM 11:48 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:32 AM 02:21 AM 04:09 AM 05:57 AM 07:45 AM 09:34 AM 11:22 AM 01:10 PM 02:58 PM 04:46 PM 06:35 PM 08:23 PM 10:11 PM 11:59 PM



सामान्य जागरूकता	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	हिन्दी	12:39 AM 02:28 AM 04:16 AM 06:04 AM 07:52 AM 09:41 AM 11:29 AM 01:17 PM 03:05 PM 04:53 PM 06:42 PM 08:30 PM 10:18 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:44 AM 02:33 AM 04:21 AM 06:09 AM 07:57 AM 09:46 AM 11:34 AM 01:22 PM 03:10 PM 04:58 PM 06:47 PM 08:35 PM 10:23 PM
General Awareness	Value and responsible Citizenship	English	12:45 AM 02:34 AM 04:22 AM 06:10 AM 07:58 AM 09:47 AM 11:35 AM 01:23 PM 03:11 PM 04:59 PM 06:48 PM 08:36 PM 10:24 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:50 AM 02:39 AM 04:27 AM 06:15 AM 08:03 AM 09:52 AM 11:40 AM 01:28 PM 03:16 PM 05:04 PM 06:53 PM 08:41 PM 10:29 PM
Mathematics	Mathematics, Chapter 7: Raksha Bandhan	English	01:00 AM 02:48 AM 04:37 AM 06:25 AM 08:13 AM 10:01 AM 11:49 AM 01:38 PM 03:26 PM 05:14 PM 07:02 PM 08:51 PM 10:39 PM
Storytelling/Value Education	आम की कहानी (शैडो पपेट)	हिन्दी	01:11 AM 02:59 AM 04:48 AM 06:36 AM 08:24 AM 10:12 AM 12:00 PM 01:49 PM 03:37 PM 05:25 PM 07:13 PM 09:02 PM 10:50 PM
Storytelling(Animated)	Rabit and Turtle	English	01:16 AM 03:05 AM 04:53 AM 06:41 AM 08:29 AM 10:18 AM 12:06 PM 01:54 PM 03:42 PM 05:30 PM 07:19 PM 09:07 PM 10:55 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	01:26 AM 03:14 AM 05:02 AM 06:51 AM 08:39 AM 10:27 AM 12:15 PM 02:03 PM 03:52 PM 05:40 PM 07:28 PM 09:16 PM 11:05 PM



Storytelling(Animated)	The Miser	English	01:36 AM 03:25 AM 05:13 AM 07:01 AM 08:49 AM 10:38 AM 12:26 PM 02:14 PM 04:02 PM 05:50 PM 07:39 PM 09:27 PM 11:15 PM
रविवार, 22 मार्च 2026 Sunday, 22 March 2026			
Storytelling(Animated)	Rabit and Turtle	English	12:00 AM 01:41 AM 03:23 AM 05:05 AM 06:47 AM 08:29 AM 10:11 AM 11:53 AM 01:35 PM 03:17 PM 04:59 PM 06:41 PM 08:23 PM 10:05 PM 11:47 PM
शारीरिक शिक्षा	Yoga Shalabhaasan (योग शलभासन)	हिन्दी	12:19 AM 02:01 AM 03:43 AM 05:25 AM 07:07 AM 08:49 AM 10:31 AM 12:12 PM 01:54 PM 03:36 PM 05:18 PM 07:00 PM 08:42 PM 10:24 PM
Storytelling(Animated)	Lion and the Mouse	English	12:31 AM 02:13 AM 03:55 AM 05:37 AM 07:19 AM 09:01 AM 10:43 AM 12:25 PM 02:07 PM 03:49 PM 05:31 PM 07:13 PM 08:55 PM 10:37 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:37 AM 02:19 AM 04:01 AM 05:42 AM 07:24 AM 09:06 AM 10:48 AM 12:30 PM 02:12 PM 03:54 PM 05:36 PM 07:18 PM 09:00 PM 10:42 PM
General Awareness	Personal Safety	English	12:43 AM 02:24 AM 04:06 AM 05:48 AM 07:30 AM 09:12 AM 10:54 AM 12:36 PM 02:18 PM 04:00 PM 05:42 PM 07:24 PM 09:06 PM 10:48 PM
Physical Education	Growth and Health	English	12:59 AM 02:41 AM 04:23 AM 06:05 AM 07:47 AM 09:28 AM 11:10 AM 12:52 PM 02:34 PM 04:16 PM 05:58 PM 07:40 PM 09:22 PM 11:04 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:03 AM 02:45 AM 04:27 AM 06:09 AM 07:51 AM 09:33 AM 11:15 AM 12:57 PM 02:39 PM 04:21 PM 06:03 PM 07:44 PM 09:26 PM 11:08 PM



Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:09 AM 02:51 AM 04:33 AM 06:15 AM 07:57 AM 09:39 AM 11:21 AM 01:03 PM 02:45 PM 04:26 PM 06:08 PM 07:50 PM 09:32 PM 11:14 PM
Storytelling(Animated)	The Miser	English	01:10 AM 02:52 AM 04:34 AM 06:16 AM 07:58 AM 09:40 AM 11:22 AM 01:04 PM 02:46 PM 04:27 PM 06:09 PM 07:51 PM 09:33 PM 11:15 PM
Storytelling(Animated)	The Michievous Crow	English	01:20 AM 03:02 AM 04:44 AM 06:26 AM 08:08 AM 09:50 AM 11:32 AM 01:14 PM 02:56 PM 04:38 PM 06:20 PM 08:02 PM 09:43 PM 11:25 PM
General Awareness	Reproductive Health and HIV Prevention	English	01:25 AM 03:07 AM 04:49 AM 06:31 AM 08:13 AM 09:55 AM 11:37 AM 01:19 PM 03:01 PM 04:43 PM 06:25 PM 08:07 PM 09:49 PM 11:31 PM
General	Penny Quin and Paula Bear	English	01:31 AM 03:13 AM 04:55 AM 06:37 AM 08:19 AM 10:01 AM 11:43 AM 01:24 PM 03:06 PM 04:48 PM 06:30 PM 08:12 PM 09:54 PM 11:36 PM
सोमवार, 23 मार्च 2026 Monday, 23 March 2026			
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:57 AM 11:56 AM 01:55 PM 03:55 PM 05:54 PM 07:54 PM 09:53 PM 11:53 PM
हिन्दी	हिन्दी, पाठ 3 - दोस्त के जूते	हिन्दी	12:10 AM 02:10 AM 04:09 AM 06:09 AM 08:08 AM 10:07 AM 12:07 PM 02:06 PM 04:06 PM 06:05 PM 08:05 PM 10:04 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:17 AM 02:17 AM 04:16 AM 06:16 AM 08:15 AM 10:14 AM 12:14 PM 02:13 PM 04:13 PM 06:12 PM 08:11 PM 10:11 PM



Storytelling(Animated)	Why the Donkey Won't Move	English	12:23 AM 02:23 AM 04:22 AM 06:22 AM 08:21 AM 10:20 AM 12:20 PM 02:19 PM 04:19 PM 06:18 PM 08:18 PM 10:17 PM
सामान्य जागरूकता	खरगोश	हिन्दी	12:33 AM 02:33 AM 04:32 AM 06:31 AM 08:31 AM 10:30 AM 12:30 PM 02:29 PM 04:28 PM 06:28 PM 08:27 PM 10:27 PM
Storytelling(Animated)	The Fox and the Crow	English	12:44 AM 02:43 AM 04:43 AM 06:42 AM 08:42 AM 10:41 AM 12:41 PM 02:40 PM 04:39 PM 06:39 PM 08:38 PM 10:38 PM
EVS	EVS,Chapter 12: Taking Charge of Waste	English	12:48 AM 02:47 AM 04:47 AM 06:46 AM 08:45 AM 10:45 AM 12:44 PM 02:44 PM 04:43 PM 06:42 PM 08:42 PM 10:41 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:55 AM 02:55 AM 04:54 AM 06:54 AM 08:53 AM 10:52 AM 12:52 PM 02:51 PM 04:51 PM 06:50 PM 08:49 PM 10:49 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:56 AM 02:56 AM 04:55 AM 06:54 AM 08:54 AM 10:53 AM 12:53 PM 02:52 PM 04:52 PM 06:51 PM 08:50 PM 10:50 PM
Storytelling/Value Education	आओ सीखें ३ का पहाड़ा	हिन्दी	01:14 AM 03:14 AM 05:13 AM 07:13 AM 09:12 AM 11:12 AM 01:11 PM 03:10 PM 05:10 PM 07:09 PM 09:09 PM 11:08 PM
उर्दू	उर्दू ,पाठ 7:बरसात	उर्दू	01:28 AM 03:28 AM 05:27 AM 07:27 AM 09:26 AM 11:25 AM 01:25 PM 03:24 PM 05:24 PM 07:23 PM 09:23 PM 11:22 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	01:41 AM 03:41 AM 05:40 AM 07:40 AM 09:39 AM 11:38 AM 01:38 PM 03:37 PM 05:37 PM 07:36 PM 09:35 PM 11:35 PM
मंगलवार, 24 मार्च 2026			
Tuesday, 24 March 2026			
Storytelling(Animated)	Two Friends and the Bear	English	12:00 AM 01:58 AM 03:57 AM 05:55 AM 07:54 AM 09:53 AM 11:51 AM 01:50 PM 03:48 PM 05:47 PM 07:46 PM 09:44 PM 11:43 PM



Storytelling(Animated)	Why the Donkey Won't Move	English	12:14 AM 02:13 AM 04:12 AM 06:10 AM 08:09 AM 10:07 AM 12:06 PM 02:05 PM 04:03 PM 06:02 PM 08:00 PM 09:59 PM 11:58 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:24 AM 02:23 AM 04:21 AM 06:20 AM 08:19 AM 10:17 AM 12:16 PM 02:14 PM 04:13 PM 06:12 PM 08:10 PM 10:09 PM
हिन्दी	हिन्दी, पाठ 12 - अपना-अपना काम	हिन्दी	12:32 AM 02:30 AM 04:29 AM 06:27 AM 08:26 AM 10:25 AM 12:23 PM 02:22 PM 04:20 PM 06:19 PM 08:18 PM 10:16 PM
Storytelling(Animated)	The Race	English	12:41 AM 02:40 AM 04:39 AM 06:37 AM 08:36 AM 10:34 AM 12:33 PM 02:32 PM 04:30 PM 06:29 PM 08:27 PM 10:26 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	12:49 AM 02:47 AM 04:46 AM 06:44 AM 08:43 AM 10:42 AM 12:40 PM 02:39 PM 04:37 PM 06:36 PM 08:35 PM 10:33 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:59 AM 02:57 AM 04:56 AM 06:55 AM 08:53 AM 10:52 AM 12:50 PM 02:49 PM 04:48 PM 06:46 PM 08:45 PM 10:43 PM
EVS	EVS, Chapter 7: Water a Precious Gift	English	01:05 AM 03:03 AM 05:02 AM 07:01 AM 08:59 AM 10:58 AM 12:56 PM 02:55 PM 04:54 PM 06:52 PM 08:51 PM 10:49 PM
Storytelling/Value Education	आओ सीखें २ का पहाड़	हिन्दी	01:13 AM 03:12 AM 05:11 AM 07:09 AM 09:08 AM 11:06 AM 01:05 PM 03:04 PM 05:02 PM 07:01 PM 08:59 PM 10:58 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिन्दी	01:24 AM 03:23 AM 05:21 AM 07:20 AM 09:19 AM 11:17 AM 01:16 PM 03:14 PM 05:13 PM 07:12 PM 09:10 PM 11:09 PM
General	Penny Quin and Paula Bear	English	01:25 AM 03:23 AM 05:22 AM 07:20 AM 09:19 AM 11:18 AM 01:16 PM 03:15 PM 05:13 PM 07:12 PM 09:11 PM 11:09 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	01:30 AM 03:28 AM 05:27 AM 07:25 AM 09:24 AM 11:23 AM 01:21 PM 03:20 PM 05:18 PM 07:17 PM 09:16 PM 11:14 PM



उर्दू	उर्दू, पाठ 2 - आम की गुठली	उर्दू	01:35 AM 03:34 AM 05:32 AM 07:31 AM 09:30 AM 11:28 AM 01:27 PM 03:25 PM 05:24 PM 07:23 PM 09:21 PM 11:20 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	01:42 AM 03:41 AM 05:39 AM 07:38 AM 09:37 AM 11:35 AM 01:34 PM 03:32 PM 05:31 PM 07:30 PM 09:28 PM 11:27 PM
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	01:50 AM 03:48 AM 05:47 AM 07:45 AM 09:44 AM 11:43 AM 01:41 PM 03:40 PM 05:38 PM 07:37 PM 09:36 PM 11:34 PM
बुधवार, 25 मार्च 2026 Wednesday, 25 March 2026			
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:00 AM 02:04 AM 04:08 AM 06:12 AM 08:16 AM 10:20 AM 12:24 PM 02:28 PM 04:32 PM 06:36 PM 08:40 PM 10:44 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:14 AM 02:18 AM 04:22 AM 06:26 AM 08:30 AM 10:34 AM 12:38 PM 02:42 PM 04:46 PM 06:50 PM 08:54 PM 10:58 PM
हिन्दी	हिन्दी, पाठ 14 - किसान की होशियारी	हिन्दी	12:21 AM 02:25 AM 04:29 AM 06:33 AM 08:37 AM 10:41 AM 12:45 PM 02:49 PM 04:53 PM 06:57 PM 09:01 PM 11:05 PM
Art and Craft	ओरिगामी (काग़ज़ कला)-3	English/hindi	12:31 AM 02:35 AM 04:39 AM 06:43 AM 08:47 AM 10:51 AM 12:55 PM 02:59 PM 05:03 PM 07:07 PM 09:12 PM 11:16 PM
Storytelling(Animated)	Lion and the Buffaloes	English	12:51 AM 02:55 AM 04:59 AM 07:03 AM 09:07 AM 11:12 AM 01:16 PM 03:20 PM 05:24 PM 07:28 PM 09:32 PM 11:36 PM
Mathematics	Mathematics, Chapter 2: Toy Joy	English	12:56 AM 03:00 AM 05:04 AM 07:08 AM 09:12 AM 11:17 AM 01:21 PM 03:25 PM 05:29 PM 07:33 PM 09:37 PM 11:41 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:11 AM 03:15 AM 05:19 AM 07:23 AM 09:27 AM 11:31 AM 01:35 PM 03:39 PM 05:43 PM 07:47 PM 09:51 PM 11:56 PM



Storytelling(Animated)	The Fox and the Crow	English	01:12 AM 03:16 AM 05:20 AM 07:24 AM 09:28 AM 11:32 AM 01:36 PM 03:40 PM 05:44 PM 07:48 PM 09:52 PM 11:56 PM
कला और शिल्प	आओ सीखें मिथिला पेंटिंग	हिन्दी	01:17 AM 03:21 AM 05:25 AM 07:29 AM 09:33 AM 11:37 AM 01:41 PM 03:45 PM 05:49 PM 07:53 PM 09:57 PM
Storytelling(Animated)	Goose with Golden Egg	English	01:29 AM 03:33 AM 05:37 AM 07:41 AM 09:45 AM 11:49 AM 01:53 PM 03:57 PM 06:01 PM 08:05 PM 10:09 PM
English	English,Chapter 2: Badal and Moti	English	01:35 AM 03:39 AM 05:43 AM 07:47 AM 09:51 AM 11:55 AM 01:59 PM 04:03 PM 06:07 PM 08:11 PM 10:15 PM
Storytelling/Value Education	आओ सीखें ३ का पहाड़ा	हिन्दी	01:49 AM 03:53 AM 05:57 AM 08:01 AM 10:05 AM 12:09 PM 02:13 PM 04:17 PM 06:21 PM 08:25 PM 10:29 PM
बृहस्पतिवार, 26 मार्च 2026			
Thursday, 26 March 2026			
Storytelling(Animated)	Lion and the Mouse	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:07 PM 10:08 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिन्दी	12:13 AM 02:14 AM 04:15 AM 06:15 AM 08:16 AM 10:17 AM 12:18 PM 02:18 PM 04:19 PM 06:20 PM 08:21 PM 10:21 PM
Storytelling(Animated)	Two Friends and the Bear	English	12:19 AM 02:20 AM 04:21 AM 06:22 AM 08:22 AM 10:23 AM 12:24 PM 02:24 PM 04:25 PM 06:26 PM 08:27 PM 10:27 PM
हिन्दी	हिन्दी,पाठ 5 - आम का पेड़	हिन्दी	12:26 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:38 AM 02:39 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:46 PM



Storytelling/Value Education	आओ सीखें ३ का पहाड़ा	हिन्दी	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:47 AM 10:48 AM 12:48 PM 02:49 PM 04:50 PM 06:51 PM 08:51 PM 10:52 PM
General Awareness Video Program	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:00 AM 03:00 AM 05:01 AM 07:02 AM 09:02 AM 11:03 AM 01:04 PM 03:05 PM 05:05 PM 07:06 PM 09:07 PM 11:08 PM
Mathematics	Mathematics, Chapter 5: Fun with Shapes	English	01:00 AM 03:01 AM 05:01 AM 07:02 AM 09:03 AM 11:04 AM 01:04 PM 03:05 PM 05:06 PM 07:07 PM 09:07 PM 11:08 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:15 AM 11:16 AM 01:16 PM 03:17 PM 05:18 PM 07:19 PM 09:19 PM 11:20 PM
Storytelling(Animated)	The Crane and the Crab	English	01:14 AM 03:15 AM 05:16 AM 07:16 AM 09:17 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:21 PM 09:21 PM 11:22 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिन्दी	01:21 AM 03:21 AM 05:22 AM 07:23 AM 09:24 AM 11:24 AM 01:25 PM 03:26 PM 05:27 PM 07:27 PM 09:28 PM 11:29 PM
English	English, Chapter 10: Night	English	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
Storytelling/Value Education	नाटक खेलना आसान है- बातें कहानी की	हिन्दी	01:38 AM 03:39 AM 05:40 AM 07:40 AM 09:41 AM 11:42 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:45 PM 11:46 PM
Storytelling/Value Education	समुन्दर की कहानी (शैडो पपेट)	हिन्दी	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:59 PM 08:00 PM 10:00 PM
शुक्रवार, 27 मार्च 2026 Friday, 27 March 2026			
Storytelling/Value Education	इल्ली से तितली (शैडो पपेट)	हिन्दी	12:00 AM 02:07 AM 04:15 AM 06:23 AM 08:31 AM 10:39 AM 12:46 PM 02:54 PM 05:02 PM 07:10 PM 09:18 PM 11:25 PM



Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:14 AM 02:22 AM 04:29 AM 06:37 AM 08:45 AM 10:53 AM 01:01 PM 03:08 PM 05:16 PM 07:24 PM 09:32 PM 11:40 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	12:15 AM 02:23 AM 04:30 AM 06:38 AM 08:46 AM 10:54 AM 01:02 PM 03:09 PM 05:17 PM 07:25 PM 09:33 PM 11:41 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	12:20 AM 02:28 AM 04:36 AM 06:44 AM 08:52 AM 10:59 AM 01:07 PM 03:15 PM 05:23 PM 07:31 PM 09:38 PM 11:46 PM
हिन्दी	हिन्दी, पाठ 5 -चतुर गीदड़	हिन्दी	12:30 AM 02:38 AM 04:46 AM 06:54 AM 09:02 AM 11:09 AM 01:17 PM 03:25 PM 05:33 PM 07:41 PM 09:49 PM 11:56 PM
Storytelling(Animated)	Lion and the Mouse	English	12:44 AM 02:52 AM 05:00 AM 07:08 AM 09:16 AM 11:24 AM 01:31 PM 03:39 PM 05:47 PM 07:55 PM 10:03 PM
Storytelling(Animated)	Story of a Tinker	English	12:50 AM 02:58 AM 05:06 AM 07:13 AM 09:21 AM 11:29 AM 01:37 PM 03:45 PM 05:53 PM 08:00 PM 10:08 PM
Mathematics	Mathematics, Chapter 6: House of Hundreds -1	English	12:58 AM 03:06 AM 05:14 AM 07:22 AM 09:30 AM 11:37 AM 01:45 PM 03:53 PM 06:01 PM 08:09 PM 10:16 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:06 AM 03:14 AM 05:22 AM 07:30 AM 09:37 AM 11:45 AM 01:53 PM 04:01 PM 06:09 PM 08:16 PM 10:24 PM
Storytelling(Animated)	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English	01:12 AM 03:20 AM 05:28 AM 07:36 AM 09:43 AM 11:51 AM 01:59 PM 04:07 PM 06:15 PM 08:22 PM 10:30 PM
Storytelling/Value Education	आओ सीखें ३ का पहाड़	हिन्दी	01:17 AM 03:24 AM 05:32 AM 07:40 AM 09:48 AM 11:56 AM 02:03 PM 04:11 PM 06:19 PM 08:27 PM 10:35 PM
Storytelling(Animated)	The Race	English	01:30 AM 03:38 AM 05:46 AM 07:54 AM 10:02 AM 12:10 PM 02:17 PM 04:25 PM 06:33 PM 08:41 PM 10:49 PM



English	English, Chapter 11: Chanda mama count the stars	English	01:38 AM 03:46 AM 05:53 AM 08:01 AM 10:09 AM 12:17 PM 02:25 PM 04:32 PM 06:40 PM 08:48 PM 10:56 PM
Storytelling(Ani mated)	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	English	01:57 AM 04:05 AM 06:12 AM 08:20 AM 10:28 AM 12:36 PM 02:44 PM 04:51 PM 06:59 PM 09:07 PM 11:15 PM
General Awareness	Value and responsible Citizenship	English	02:01 AM 04:09 AM 06:17 AM 08:25 AM 10:32 AM 12:40 PM 02:48 PM 04:56 PM 07:04 PM 09:12 PM 11:19 PM
शनिवार, 28 मार्च 2026 Saturday, 28 March 2026			
Storytelling(Ani mated)	Two Friends and the Bear	English	12:00 AM 01:49 AM 03:39 AM 05:28 AM 07:18 AM 09:07 AM 10:57 AM 12:47 PM 02:36 PM 04:26 PM 06:15 PM 08:05 PM 09:55 PM 11:44 PM
Storytelling/Val ue Education	बन्दर और मगरमच्छ (शैडो पपेट)	हिन्दी	12:14 AM 02:04 AM 03:54 AM 05:43 AM 07:33 AM 09:22 AM 11:12 AM 01:02 PM 02:51 PM 04:41 PM 06:30 PM 08:20 PM 10:09 PM 11:59 PM
हिन्दी	अध्याय -4 : बया हमारी चिड़िया रानी	हिन्दी	12:22 AM 02:12 AM 04:02 AM 05:51 AM 07:41 AM 09:30 AM 11:20 AM 01:10 PM 02:59 PM 04:49 PM 06:38 PM 08:28 PM 10:17 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिन्दी	12:29 AM 02:19 AM 04:09 AM 05:58 AM 07:48 AM 09:37 AM 11:27 AM 01:17 PM 03:06 PM 04:56 PM 06:45 PM 08:35 PM 10:24 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:35 AM 02:25 AM 04:14 AM 06:04 AM 07:54 AM 09:43 AM 11:33 AM 01:22 PM 03:12 PM 05:02 PM 06:51 PM 08:41 PM 10:30 PM
Storytelling/Val ue Education	जादुई किताब	हिन्दी	12:36 AM 02:26 AM 04:15 AM 06:05 AM 07:55 AM 09:44 AM 11:34 AM 01:23 PM



			03:13 PM 05:03 PM 06:52 PM 08:42 PM 10:31 PM
General Awareness	Value and responsible Citizenship	English	12:52 AM 02:42 AM 04:31 AM 06:21 AM 08:11 AM 10:00 AM 11:50 AM 01:39 PM 03:29 PM 05:18 PM 07:08 PM 08:58 PM 10:47 PM
Mathematics	Mathematics, Chapter 7: Raksha Bandhan	English	12:57 AM 02:47 AM 04:36 AM 06:26 AM 08:16 AM 10:05 AM 11:55 AM 01:44 PM 03:34 PM 05:23 PM 07:13 PM 09:03 PM 10:52 PM
Storytelling/Value Education	नाटक खेलना आसान है- बतें कहानी की	हिन्दी	01:08 AM 02:58 AM 04:47 AM 06:37 AM 08:27 AM 10:16 AM 12:06 PM 01:55 PM 03:45 PM 05:34 PM 07:24 PM 09:14 PM 11:03 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	01:26 AM 03:16 AM 05:06 AM 06:55 AM 08:45 AM 10:34 AM 12:24 PM 02:13 PM 04:03 PM 05:53 PM 07:42 PM 09:32 PM 11:21 PM
General Awareness	Gender Equality	English	01:36 AM 03:26 AM 05:15 AM 07:05 AM 08:54 AM 10:44 AM 12:34 PM 02:23 PM 04:13 PM 06:02 PM 07:52 PM 09:42 PM 11:31 PM
रविवार, 29 मार्च 2026 Sunday, 29 March 2026			
Storytelling(Animated)	Rabit and Turtle	English	12:00 AM 01:45 AM 03:31 AM 05:17 AM 07:02 AM 08:48 AM 10:34 AM 12:20 PM 02:05 PM 03:51 PM 05:37 PM 07:23 PM 09:08 PM 10:54 PM
शारीरिक शिक्षा	योग पद्मासन (Yoga Padmaasan)	हिन्दी	12:19 AM 02:04 AM 03:50 AM 05:36 AM 07:22 AM 09:07 AM 10:53 AM 12:39 PM 02:25 PM 04:10 PM 05:56 PM 07:42 PM 09:28 PM 11:13 PM



Storytelling(Animated)	Lion and the Mouse	English	12:35 AM 02:21 AM 04:06 AM 05:52 AM 07:38 AM 09:24 AM 11:09 AM 12:55 PM 02:41 PM 04:27 PM 06:12 PM 07:58 PM 09:44 PM 11:30 PM
सामान्य जागरूकता	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	हिन्दी	12:41 AM 02:26 AM 04:12 AM 05:58 AM 07:43 AM 09:29 AM 11:15 AM 01:01 PM 02:46 PM 04:32 PM 06:18 PM 08:04 PM 09:49 PM 11:35 PM
General Awareness	Personal Safety	English	12:46 AM 02:32 AM 04:18 AM 06:04 AM 07:49 AM 09:35 AM 11:21 AM 01:07 PM 02:52 PM 04:38 PM 06:24 PM 08:10 PM 09:55 PM 11:41 PM
Physical Education	Emotional well being and mental health English	English	01:03 AM 02:48 AM 04:34 AM 06:20 AM 08:06 AM 09:51 AM 11:37 AM 01:23 PM 03:08 PM 04:54 PM 06:40 PM 08:26 PM 10:11 PM 11:57 PM
General Awareness	Promotion of Healthy Lifestyle	English	01:08 AM 02:53 AM 04:39 AM 06:25 AM 08:11 AM 09:56 AM 11:42 AM 01:28 PM 03:13 PM 04:59 PM 06:45 PM 08:31 PM 10:16 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:14 AM 02:59 AM 04:45 AM 06:31 AM 08:16 AM 10:02 AM 11:48 AM 01:34 PM 03:19 PM 05:05 PM 06:51 PM 08:37 PM 10:22 PM
Storytelling(Animated)	The Miser	English	01:15 AM 03:00 AM 04:46 AM 06:32 AM 08:17 AM 10:03 AM 11:49 AM 01:35 PM 03:20 PM 05:06 PM 06:52 PM 08:38 PM 10:23 PM
Storytelling(Animated)	The Home	English	01:25 AM 03:10 AM 04:56 AM 06:42 AM 08:28 AM 10:13 AM 11:59 AM 01:45 PM 03:30 PM 05:16 PM 07:02 PM 08:48 PM 10:33 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

General Awareness	Reproductive Health and HIV Prevention	English	01:29 AM 03:15 AM 05:00 AM 06:46 AM 08:32 AM 10:18 AM 12:03 PM 01:49 PM 03:35 PM 05:21 PM 07:06 PM 08:52 PM 10:38 PM
General	Penny Quin and Paula Bear	English	01:34 AM 03:20 AM 05:06 AM 06:52 AM 08:37 AM 10:23 AM 12:09 PM 01:55 PM 03:40 PM 05:26 PM 07:12 PM 08:58 PM 10:43 PM
सोमवार, 30 मार्च 2026 Monday, 30 March 2026			
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	12:00 AM 01:55 AM 03:51 AM 05:47 AM 07:42 AM 09:38 AM 11:34 AM 01:30 PM 03:25 PM 05:21 PM 07:17 PM 09:12 PM 11:08 PM
हिन्दी	हिन्दी, पाठ 3 - दोस्त के जूते	हिन्दी	12:10 AM 02:06 AM 04:02 AM 05:57 AM 07:53 AM 09:49 AM 11:45 AM 01:40 PM 03:36 PM 05:32 PM 07:28 PM 09:23 PM 11:19 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:17 AM 02:13 AM 04:09 AM 06:04 AM 08:00 AM 09:56 AM 11:52 AM 01:47 PM 03:43 PM 05:39 PM 07:34 PM 09:30 PM 11:26 PM
Storytelling (Animated)	Why the Donkey Won't Move	English	12:23 AM 02:19 AM 04:15 AM 06:11 AM 08:06 AM 10:02 AM 11:58 AM 01:53 PM 03:49 PM 05:45 PM 07:41 PM 09:36 PM 11:32 PM
सामान्य जागरूकता	खरगोश	हिन्दी	12:33 AM 02:29 AM 04:25 AM 06:20 AM 08:16 AM 10:12 AM 12:07 PM 02:03 PM 03:59 PM 05:55 PM 07:50 PM 09:46 PM 11:42 PM
Storytelling (Animated)	The Fox and the Crow	English	12:44 AM 02:40 AM 04:35 AM 06:31 AM 08:27 AM 10:23 AM 12:18 PM 02:14 PM 04:10 PM 06:05 PM 08:01 PM 09:57 PM 11:53 PM



DD Free Dish Channel #25



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2024

EVS	EVS, Chapter 1: Family and Friends	English	12:48 AM 02:43 AM 04:39 AM 06:35 AM 08:31 AM 10:26 AM 12:22 PM 02:18 PM 04:13 PM 06:09 PM 08:05 PM 10:01 PM 11:56 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:57 AM 02:53 AM 04:48 AM 06:44 AM 08:40 AM 10:35 AM 12:31 PM 02:27 PM 04:23 PM 06:18 PM 08:14 PM 10:10 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:58 AM 02:54 AM 04:49 AM 06:45 AM 08:41 AM 10:36 AM 12:32 PM 02:28 PM 04:24 PM 06:19 PM 08:15 PM 10:11 PM
Storytelling/Value Education	आओ सीखें ३ का पहाड़ा	हिन्दी	01:16 AM 03:12 AM 05:08 AM 07:03 AM 08:59 AM 10:55 AM 12:50 PM 02:46 PM 04:42 PM 06:38 PM 08:33 PM 10:29 PM
उर्दू	उर्दू, पाठ 8: दोस्त की पहचान	उर्दू	01:30 AM 03:26 AM 05:21 AM 07:17 AM 09:13 AM 11:09 AM 01:04 PM 03:00 PM 04:56 PM 06:51 PM 08:47 PM 10:43 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	01:38 AM 03:33 AM 05:29 AM 07:25 AM 09:20 AM 11:16 AM 01:12 PM 03:08 PM 05:03 PM 06:59 PM 08:55 PM 10:51 PM
मंगलवार, 31 मार्च 2026			
Tuesday, 31 March 2026			
Storytelling(Animated)	Two Friends and the Bear	English	12:00 AM 01:58 AM 03:57 AM 05:56 AM 07:55 AM 09:54 AM 11:53 AM 01:52 PM 03:51 PM 05:50 PM 07:49 PM 09:48 PM 11:47 PM
Storytelling(Animated)	Why the Donkey Won't Move	English	12:14 AM 02:13 AM 04:12 AM 06:11 AM 08:10 AM 10:09 AM 12:08 PM 02:07 PM 04:06 PM 06:05 PM 08:04 PM 10:03 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	12:24 AM 02:23 AM 04:22 AM 06:21 AM 08:20 AM 10:19 AM 12:18 PM 02:17 PM 04:16 PM 06:15 PM 08:14 PM 10:12 PM



हिन्दी	हिन्दी, पाठ 12 - अपना-अपना काम	हिन्दी	12:32 AM 02:31 AM 04:29 AM 06:28 AM 08:27 AM 10:26 AM 12:25 PM 02:24 PM 04:23 PM 06:22 PM 08:21 PM 10:20 PM
Storytelling(Animated)	The Race	English	12:41 AM 02:40 AM 04:39 AM 06:38 AM 08:37 AM 10:36 AM 12:35 PM 02:34 PM 04:33 PM 06:32 PM 08:31 PM 10:30 PM
Storytelling/Value Education	बन्दर और चिड़िया (शैडो पपेट)	हिन्दी	12:49 AM 02:48 AM 04:47 AM 06:45 AM 08:44 AM 10:43 AM 12:42 PM 02:41 PM 04:40 PM 06:39 PM 08:38 PM 10:37 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिन्दी	12:59 AM 02:58 AM 04:57 AM 06:56 AM 08:54 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:49 PM 08:48 PM 10:47 PM
EVS	EVS, Chapter 2: Going to the Mela	English	01:05 AM 03:04 AM 05:03 AM 07:02 AM 09:01 AM 11:00 AM 12:58 PM 02:57 PM 04:56 PM 06:55 PM 08:54 PM 10:53 PM
Storytelling/Value Education	आओ सीखें २ का पहाड़	हिन्दी	01:13 AM 03:12 AM 05:11 AM 07:10 AM 09:09 AM 11:08 AM 01:07 PM 03:06 PM 05:05 PM 07:04 PM 09:03 PM 11:02 PM
General	Penny Quin and Paula Bear	English	01:25 AM 03:24 AM 05:23 AM 07:22 AM 09:20 AM 11:19 AM 01:18 PM 03:17 PM 05:16 PM 07:15 PM 09:14 PM 11:13 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिन्दी	01:30 AM 03:29 AM 05:28 AM 07:26 AM 09:25 AM 11:24 AM 01:23 PM 03:22 PM 05:21 PM 07:20 PM 09:19 PM 11:18 PM
उर्दू	उर्दू, पाठ 3 - ईद	उर्दू	01:35 AM 03:34 AM 05:33 AM 07:32 AM 09:31 AM 11:30 AM 01:29 PM 03:28 PM 05:27 PM 07:26 PM 09:25 PM 11:24 PM
सामान्य जागरूकता	जेंडर समानता	हिन्दी	01:43 AM 03:41 AM 05:40 AM 07:39 AM 09:38 AM 11:37 AM 01:36 PM 03:35 PM 05:34 PM 07:33 PM 09:32 PM 11:31 PM
कला और शिल्प	बोलता मेंढक (Talking Frog)	हिन्दी	01:50 AM 03:49 AM 05:48 AM 07:47 AM 09:46 AM 11:45 AM 01:44 PM 03:42 PM 05:41 PM 07:40 PM 09:39 PM 11:38 PM

