

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

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

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

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

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

https://www.swayamprabha.gov.in/index.php/program/current_se/29.

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

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

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



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

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

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 English	General English, Episode 4 Meeting People: Pleased to meet you	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:04 PM
General Awareness	Focused on exploring three R's	English	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:16 AM 10:16 AM 12:16 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:38 AM 02:39 AM 04:39 AM 06:39 AM 08:40 AM 10:40 AM 12:40 PM 02:41 PM 04:41 PM 06:41 PM 08:42 PM 10:42 PM
Vocational	Personal hygiene and Health	English	12:46 AM 02:46 AM 04:46 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिंदी	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
सामान्य जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	हिंदी	01:02 AM 03:02 AM 05:03 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:05 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

General Awareness	Fake-Whatsapp-Messages	English	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
Storytelling/ Value Education	बस के नीचे बाग़	हिंदी	01:10 AM 03:11 AM 05:11 AM 07:11 AM 09:12 AM 11:12 AM 01:13 PM 03:13 PM 05:13 PM 07:14 PM 09:14 PM 11:14 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:16 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:18 PM 03:19 PM 05:19 PM 07:20 PM 09:20 PM 11:20 PM
General Awareness	Understanding how long things take to decompose	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
सोमवार, 02 मार्च 2026 Monday, 02 March 2026			
Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	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 11:52 PM
General Awareness	Social Networking	English	12:18 AM 02:17 AM 04:17 AM 06:16 AM 08:16 AM 10:15 AM 12:14 PM 02:14 PM 04:13 PM 06:13 PM 08:12 PM 10:11 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:22 AM 02:22 AM 04:21 AM 06:20 AM 08:20 AM 10:19 AM 12:19 PM 02:18 PM 04:17 PM 06:17 PM 08:16 PM 10:16 PM
General Awareness	e-waste management Block-5	English	12:40 AM 02:40 AM 04:39 AM 06:38 AM 08:38 AM 10:37 AM 12:37 PM 02:36 PM 04:35 PM 06:35 PM 08:34 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English/hindi	01:05 AM 03:04 AM 05:04 AM 07:03 AM 09:02 AM 11:02 AM 01:01 PM 03:01 PM 05:00 PM 06:59 PM 08:59 PM 10:58 PM



सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:12 AM 03:12 AM 05:11 AM 07:10 AM 09:10 AM 11:09 AM 01:09 PM 03:08 PM 05:07 PM 07:07 PM 09:06 PM 11:06 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:24 AM 05:24 AM 07:23 AM 09:22 AM 11:22 AM 01:21 PM 03:21 PM 05:20 PM 07:19 PM 09:19 PM 11:18 PM
मंगलवार, 03 मार्च 2026 Tuesday, 03 March 2026			
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
हिंदी	Class 7_Hindi_CH01_माँ कह एक कहानी	हिंदी	12:31 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Storytelling/ Value Education	सवाली राम जवाबो रानी	हिंदी	12:44 AM 02:44 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:45 PM 10:45 PM
Vocational	Personal hygiene and Health	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:00 PM 11:00 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	01:22 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:22 AM 01:22 PM 03:22 PM 05:22 PM 07:22 PM 09:23 PM 11:23 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
बुधवार, 04 मार्च 2026 Wednesday, 04 March 2026			
General Awareness	e-waste management Film 2	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM



General English	General English, Episode 7 Making Requests 1	English	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:23 PM 10:23 PM
संस्कृत	Class 7_संस्कृत_CH05_सेवा हि परमो धर्म	संस्कृत	12:28 AM 02:28 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:34 PM 10:34 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:38 AM 02:39 AM 04:40 AM 06:40 AM 08:41 AM 10:41 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM
General Awareness	e-waste & hazardous waste	English	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
General Awareness	e-waste management Block-3	English	01:08 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:11 AM 01:11 PM 03:12 PM 05:13 PM 07:13 PM 09:14 PM 11:14 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM
बृहस्पतिवार, 05 मार्च 2026 Thursday, 05 March 2026			
General Awareness	Introduction to waste segregation & dry and wet bins	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
General Awareness	Why Seasons Happen?	English	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:20 PM
General English	General English, Episode 4 Meeting People: Pleased to meet you	English	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:23 PM 10:23 PM



General Awareness	Growing up Healthy	English	12:31 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:34 AM 12:34 PM 02:34 PM 04:35 PM 06:35 PM 08:36 PM 10:36 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:35 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:39 PM 06:40 PM 08:40 PM 10:41 PM
सामान्य जागरूकता	असल जीवन की चुनौतियाँ और उसका क्या करना है	हिंदी	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:54 AM 12:54 PM 02:55 PM 04:55 PM 06:56 PM 08:56 PM 10:57 PM
General Awareness	e-waste management Block-3	English	01:01 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:04 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:22 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:24 PM 11:24 PM
General	General, Surya Namaskar	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM
शुक्रवार, 06 मार्च 2026 Friday, 06 March 2026			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General Awareness	Interpersonal Relationships	English	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:30 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:31 PM 08:31 PM 10:31 PM
हिंदी	Class 7_Hindi_CH01_माँ कह एक कहानी	हिंदी	12:35 AM 02:35 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM



General English	General English, Episode 12 Disagreeing 1	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:48 PM 06:48 PM 08:48 PM 10:48 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	01:02 AM 03:02 AM 05:02 AM 07:02 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 English	General English, Episode 13 Disagreeing 2	English	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	01:40 AM 03:40 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
शनिवार, 07 मार्च 2026 Saturday, 07 March 2026			
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	12:16 AM 02:16 AM 04:16 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General Awareness	e-waste management Block-5	English	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:33 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
संस्कृत	Class 7_संस्कृत_CH05_सेवा हि परमो धर्म	संस्कृत	12:53 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
General Awareness	Cyber Stalking	English	01:04 AM 03:04 AM 05:04 AM 07:04 AM 09:04 AM 11:05 AM 01:05 PM 03:05 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM



General Awareness	Personal Safety	English	01:05 AM 03:05 AM 05:05 AM 07:05 AM 09:05 AM 11:06 AM 01:06 PM 03:06 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	01:23 AM 03:23 AM 05:23 AM 07:23 AM 09:23 AM 11:24 AM 01:24 PM 03:24 PM 05:24 PM 07:24 PM 09:25 PM 11:25 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:37 PM 05:37 PM 07:37 PM 09:37 PM 11:37 PM
रविवार, 08 मार्च 2026 Sunday, 08 March 2026			
General Awareness	e-waste management Block-3	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General Awareness	e-waste management Block-5	English	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:19 PM 06:19 PM 08:19 PM 10:20 PM
Storytelling/ Value Education	छोटा कौन बड़ा कौन	हिंदी	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:44 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:45 PM 10:45 PM
Vocational	Personal hygiene and Health	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:02 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	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 09:13 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:26 PM 07:26 PM 09:26 PM 11:26 PM



सोमवार, 09 मार्च 2026

Monday, 09 March 2026

General Awareness	Personal Safety	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:35 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:50 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:54 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:07 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:37 AM 01:38 PM 03:38 PM 05:39 PM 07:39 PM 09:39 PM 11:40 PM

मंगलवार, 10 मार्च 2026

Tuesday, 10 March 2026

General Awareness	Safe Use of Internet_Gadgets and Media	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -१	हिंदी	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:07 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM
हिंदी	Class 7_Hindi_CH02_Teen Buddhimaan	हिंदी	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	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



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

General Awareness	e-waste management Block-5	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 11:04 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
बुधवार, 11 मार्च 2026 Wednesday, 11 March 2026			
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी -1	हिंदी	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
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -2	हिंदी	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:28 AM 10:28 AM 12:28 PM 02:28 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
संस्कृत	Class 7_संस्कृत_CH10_दशमः कः	संस्कृत	12:37 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	हिंदी	12:56 AM 02:56 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-2	हिंदी	12:58 AM 02:58 AM 04:57 AM 06:57 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:57 PM 10:57 PM
General Awareness	Understanding how long things take to decompose	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:15 AM 11:15 AM 01:15 PM 03:15 PM 05:15 PM 07:15 PM 09:15 PM 11:15 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:24 PM



बृहस्पतिवार, 12 मार्च 2026
Thursday, 12 March 2026

Vocational	Seed Germination	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
General	E-Waste	English	12:07 AM 02:08 AM 04:08 AM 06:08 AM 08:09 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:10 PM 08:10 PM 10:11 PM
General English	General English, Episode 6 Giving Advice 2	English	12:09 AM 02:09 AM 04:10 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:11 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:22 AM 02:22 AM 04:22 AM 06:23 AM 08:23 AM 10:23 AM 12:24 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:25 PM
General Awareness	Focused on E-waste and hazardous waste	English	12:46 AM 02:46 AM 04:46 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:48 PM 06:49 PM 08:49 PM 10:49 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:10 AM 03:10 AM 05:10 AM 07:11 AM 09:11 AM 11:11 AM 01:12 PM 03:12 PM 05:12 PM 07:13 PM 09:13 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:29 PM 11:29 PM

शुक्रवार, 13 मार्च 2026
Friday, 13 March 2026

सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-2	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:04 PM
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:31 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:33 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:34 PM 10:35 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

General	General, Surya Namaskar	English	12:43 AM 02:44 AM 04:44 AM 06:45 AM 08:45 AM 10:45 AM 12:46 PM 02:46 PM 04:46 PM 06:47 PM 08:47 PM 10:47 PM
General Awareness	e-waste management Block-1	English	12:50 AM 02:51 AM 04:51 AM 06:51 AM 08:52 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:53 PM 08:54 PM 10:54 PM
हिंदी	Class 7_Hindi_CH02_Teen Buddhimaan	हिंदी	01:03 AM 03:04 AM 05:04 AM 07:04 AM 09:05 AM 11:05 AM 01:05 PM 03:06 PM 05:06 PM 07:07 PM 09:07 PM 11:07 PM
General Awareness	e-waste management Block-5	English	01:19 AM 03:20 AM 05:20 AM 07:21 AM 09:21 AM 11:21 AM 01:22 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
Vocational	Tools And Materials	English	01:47 AM 03:48 AM 05:48 AM 07:48 AM 09:49 AM 11:49 AM 01:49 PM 03:50 PM 05:50 PM 07:50 PM 09:51 PM 11:51 PM
शनिवार, 14 मार्च 2026 Saturday, 14 March 2026			
General Awareness	Focused on exploring three R's	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:05 PM 06:05 PM 08:06 PM 10:06 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:25 AM 02:25 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:32 PM
संस्कृत	Class 7_संस्कृत_CH10_दशमः कः	संस्कृत	12:40 AM 02:40 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:44 PM 04:45 PM 06:45 PM 08:46 PM 10:47 PM
General Awareness	Understanding how long things take to decompose	English	12:59 AM 02:59 AM 05:00 AM 07:01 AM 09:01 AM 11:02 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:05 PM 11:06 PM



Cultural Heritage: Art, Music & Dance	Understanding Our Architectural Heritage	English	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:16 PM 05:17 PM 07:18 PM 09:18 PM 11:19 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:29 AM 11:29 AM 01:30 PM 03:31 PM 05:31 PM 07:32 PM 09:32 PM 11:33 PM
रविवार, 15 मार्च 2026 Sunday, 15 March 2026			
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:03 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:06 PM 10:06 PM
Storytelling/ Value Education	मियाँ गुमसुम और बत्तो रानी-3	हिंदी	12:25 AM 02:25 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
General Awareness	Introduction to waste segregation & dry and wet bins	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:51 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:06 AM 03:07 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:33 PM
सोमवार, 16 मार्च 2026 Monday, 16 March 2026			
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM



General Awareness	Personal Safety	English	12:47 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:50 PM 08:50 PM 10:50 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:09 AM 03:09 AM 05:09 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
General Awareness	e-waste management Block-5	English	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:26 AM 11:26 AM 01:26 PM 03:27 PM 05:27 PM 07:27 PM 09:28 PM 11:28 PM
Vocational	Hand Embroidery Part B	English	01:46 AM 03:46 AM 05:47 AM 07:47 AM 09:47 AM 11:47 AM 01:48 PM 03:48 PM 05:48 PM 07:49 PM 09:49 PM 11:49 PM
मंगलवार, 17 मार्च 2026 Tuesday, 17 March 2026			
General Awareness	Understanding how long things take to decompose	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
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:10 AM 02:11 AM 04:12 AM 06:13 AM 08:13 AM 10:14 AM 12:15 PM 02:16 PM 04:16 PM 06:17 PM 08:18 PM 10:19 PM
General English	General English, Episode 12 Disagreeing 1	English	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:27 PM 02:28 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
हिंदी	Class 7_Hindi_CH03_Phool aur Kante	हिंदी	12:37 AM 02:38 AM 04:38 AM 06:39 AM 08:40 AM 10:41 AM 12:41 PM 02:42 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	12:45 AM 02:46 AM 04:47 AM 06:47 AM 08:48 AM 10:49 AM 12:50 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:53 PM



सामान्य जागरूकता	वस्तुओं के विघटन समय की समझ (कचरा प्रबंधन क्यों आवश्यक है)	हिंदी	01:02 AM 03:03 AM 05:03 AM 07:04 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	Origami (Kaga3 Kala)-1	हिंदी	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
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:34 PM
बुधवार, 18 मार्च 2026 Wednesday, 18 March 2026			
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:49 PM
सामान्य जागरूकता	रौशनी और रंग	हिंदी	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 10:14 PM
General English	General English, Episode 10 Agreeing 2	English	12:40 AM 02:39 AM 04:38 AM 06:37 AM 08:36 AM 10:35 AM 12:34 PM 02:33 PM 04:32 PM 06:31 PM 08:30 PM 10:29 PM
Avalanche	Avalanche _ यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाए अपनाएँ	हिंदी	12:55 AM 02:54 AM 04:53 AM 06:53 AM 08:52 AM 10:51 AM 12:50 PM 02:49 PM 04:48 PM 06:47 PM 08:46 PM 10:45 PM
संस्कृत	Class 7_संस्कृत_CH11_द्वीपेषु रम्यः द्वीपोऽण्डमानः	संस्कृत	12:57 AM 02:56 AM 04:55 AM 06:54 AM 08:53 AM 10:53 AM 12:52 PM 02:51 PM 04:50 PM 06:49 PM 08:48 PM 10:47 PM
General	General, Surya Namaskar	English	01:12 AM 03:11 AM 05:10 AM 07:09 AM 09:08 AM 11:07 AM 01:06 PM 03:05 PM 05:04 PM 07:03 PM 09:02 PM 11:01 PM



सामान्य जागरूकता	मछली साँस कैसे लेती है	हिंदी	01:18 AM 03:17 AM 05:16 AM 07:16 AM 09:15 AM 11:14 AM 01:13 PM 03:12 PM 05:11 PM 07:10 PM 09:09 PM 11:08 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:24 AM 03:23 AM 05:22 AM 07:21 AM 09:20 AM 11:19 AM 01:18 PM 03:17 PM 05:17 PM 07:16 PM 09:15 PM 11:14 PM
General Awareness	Personal Safety	English	01:30 AM 03:29 AM 05:28 AM 07:27 AM 09:26 AM 11:25 AM 01:24 PM 03:23 PM 05:23 PM 07:22 PM 09:21 PM 11:20 PM
सामान्य जागरूकता	RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में	हिंदी	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
Vocational	Hand Embroidery Part B	English	01:45 AM 03:44 AM 05:43 AM 07:42 AM 09:41 AM 11:40 AM 01:39 PM 03:38 PM 05:37 PM 07:36 PM 09:36 PM 11:35 PM
बृहस्पतिवार, 19 मार्च 2026 Thursday, 19 March 2026			
शारीरिक शिक्षा	शारीरिक शिक्षा, धनुरासन	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General Awareness	Nutrition_Health and Sanitation	English	12:13 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
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:19 AM 02:20 AM 04:21 AM 06:22 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	12:43 AM 02:44 AM 04:45 AM 06:46 AM 08:47 AM 10:48 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:54 PM



General Awareness	e-waste management Block-5	English	12:51 AM 02:52 AM 04:53 AM 06:54 AM 08:55 AM 10:56 AM 12:57 PM 02:58 PM 04:59 PM 07:00 PM 09:01 PM 11:02 PM
General Awareness	e-waste management Block-4.2	English	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
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:31 AM 01:32 PM 03:33 PM 05:34 PM 07:35 PM 09:36 PM 11:37 PM
शुक्रवार, 20 मार्च 2026 Friday, 20 March 2026			
सामान्य जागरूकता	किशोरावस्था की ओर	हिंदी	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:57 AM 09:56 AM 11:55 AM 01:55 PM 03:54 PM 05:53 PM 07:53 PM 09:52 PM 11:51 PM
General English	General English, Episode 13 Disagreeing 2	English	12:17 AM 02:16 AM 04:15 AM 06:15 AM 08:14 AM 10:13 AM 12:13 PM 02:12 PM 04:11 PM 06:10 PM 08:10 PM 10:09 PM
Storytelling/ Value Education	दान का हिसाब	हिंदी	12:31 AM 02:31 AM 04:30 AM 06:29 AM 08:29 AM 10:28 AM 12:27 PM 02:27 PM 04:26 PM 06:25 PM 08:25 PM 10:24 PM
सामान्य जागरूकता	वस्तुओं के विघटन समय की समझ (कचरा प्रबंधन क्यों आवश्यक है)	हिंदी	12:48 AM 02:47 AM 04:46 AM 06:46 AM 08:45 AM 10:44 AM 12:44 PM 02:43 PM 04:42 PM 06:42 PM 08:41 PM 10:40 PM
हिंदी	Class 7_Hindi_CH03_Phool aur Kante	हिंदी	12:58 AM 02:57 AM 04:57 AM 06:56 AM 08:55 AM 10:55 AM 12:54 PM 02:53 PM 04:53 PM 06:52 PM 08:51 PM 10:50 PM
General Awareness	Safety and Security against Violence and Injuries	English	01:06 AM 03:05 AM 05:04 AM 07:03 AM 09:03 AM 11:02 AM 01:01 PM 03:01 PM 05:00 PM 06:59 PM 08:59 PM 10:58 PM
General Awareness	e-waste & hazardous waste	English	01:11 AM 03:10 AM 05:10 AM 07:09 AM 09:08 AM 11:08 AM 01:07 PM 03:06 PM 05:06 PM 07:05 PM 09:04 PM 11:04 PM



General Awareness	Personal Safety	English	01:25 AM 03:24 AM 05:23 AM 07:23 AM 09:22 AM 11:21 AM 01:21 PM 03:20 PM 05:19 PM 07:19 PM 09:18 PM 11:17 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:38 AM 05:38 AM 07:37 AM 09:36 AM 11:36 AM 01:35 PM 03:34 PM 05:34 PM 07:33 PM 09:32 PM 11:32 PM
शनिवार, 21 मार्च 2026 Saturday, 21 March 2026			
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
General English	General English, Episode 10 Agreeing 2	English	12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
General Awareness	e-waste management Block-5	English	12:46 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:51 PM 08:51 PM 10:52 PM
संस्कृत	Class 7_संस्कृत_CH11_द्वीपेषु रम्यः द्वीपोऽण्डमानः	संस्कृत	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:10 AM 01:11 PM 03:11 PM 05:12 PM 07:12 PM 09:12 PM 11:13 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:29 PM 03:29 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
रविवार, 22 मार्च 2026 Sunday, 22 March 2026			
General Awareness	Safety and Security against Violence and Injuries	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
General Awareness	Focused on E-waste and hazardous waste	English	12:06 AM 02:06 AM 04:06 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:07 PM



General Awareness	Focused on exploring three R's	English	12:30 AM 02:30 AM 04:30 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	Energy Saving	English	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:11 PM 07:11 PM 09:11 PM 11:11 PM
General English	General English, Episode 10 Agreeing 2	English	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
General Awareness	Empowerment: Hearing stories from student changemakers across the country	English	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
सोमवार, 23 मार्च 2026 Monday, 23 March 2026			
General Awareness	Tree Tale - Kadamba	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General Awareness	Focused on waste segregation into dry and wet garbage	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 06:11 PM 08:12 PM 10:13 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:27 AM 02:28 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:36 PM 10:37 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:42 AM 02:43 AM 04:44 AM 06:45 AM 08:46 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:50 PM 08:51 PM 10:52 PM



General English	General English, Episode 9 Agreeing 1	English	01:16 AM 03:17 AM 05:18 AM 07:19 AM 09:20 AM 11:21 AM 01:22 PM 03:23 PM 05:23 PM 07:24 PM 09:25 PM 11:26 PM
सामान्य जागरूकता	5 Internet Safety Tips for Children	हिंदी	01:27 AM 03:28 AM 05:29 AM 07:30 AM 09:31 AM 11:32 AM 01:33 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:37 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	01:29 AM 03:30 AM 05:31 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
सामान्य जागरूकता	रौशनी और रंग	हिंदी	01:45 AM 03:45 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
मंगलवार, 24 मार्च 2026 Tuesday, 24 March 2026			
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:02 PM 06:03 PM 08:03 PM 10:04 PM
General	General, Trikonasana	English	12:25 AM 02:25 AM 04:25 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:28 PM 10:29 PM
General Awareness	e-waste management Block-3	English	12:27 AM 02:27 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:30 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
सामान्य जागरूकता	RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में	हिंदी	12:45 AM 02:46 AM 04:46 AM 06:46 AM 08:47 AM 10:47 AM 12:47 PM 02:48 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM
हिंदी	Class 7_Hindi_CH04_Pani re pani	हिंदी	12:46 AM 02:46 AM 04:46 AM 06:47 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:49 PM 10:50 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:28 PM 05:29 PM 07:29 PM 09:29 PM 11:30 PM
बुधवार, 25 मार्च 2026 Wednesday, 25 March 2026			
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:00 AM 01:59 AM 03:58 AM 05:58 AM 07:57 AM 09:56 AM 11:56 AM 01:55 PM 03:54 PM 05:54 PM 07:53 PM 09:52 PM 11:52 PM
General English	General English, Episode 9 Agreeing 1	English	12:28 AM 02:27 AM 04:27 AM 06:26 AM 08:25 AM 10:25 AM 12:24 PM 02:23 PM 04:23 PM 06:22 PM 08:21 PM 10:21 PM
Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	12:39 AM 02:38 AM 04:38 AM 06:37 AM 08:36 AM 10:36 AM 12:35 PM 02:34 PM 04:34 PM 06:33 PM 08:33 PM 10:32 PM
संस्कृत	Class 7_संस्कृत_CH12_वीराङ्गना पन्नाधाय Part -01	संस्कृत	01:08 AM 03:08 AM 05:07 AM 07:06 AM 09:06 AM 11:05 AM 01:04 PM 03:04 PM 05:03 PM 07:03 PM 09:02 PM 11:01 PM
General Awareness	Safe Use of Internet_Gadgets and Media	English	01:17 AM 03:16 AM 05:15 AM 07:15 AM 09:14 AM 11:13 AM 01:13 PM 03:12 PM 05:11 PM 07:11 PM 09:10 PM 11:09 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	01:23 AM 03:22 AM 05:21 AM 07:21 AM 09:20 AM 11:19 AM 01:19 PM 03:18 PM 05:17 PM 07:17 PM 09:16 PM 11:15 PM
General Awareness	e-waste management Film 3	English	01:40 AM 03:39 AM 05:38 AM 07:38 AM 09:37 AM 11:36 AM 01:36 PM 03:35 PM 05:34 PM 07:34 PM 09:33 PM 11:32 PM
Vocational	Hand Embroidery Part B	English	01:45 AM 03:44 AM 05:44 AM 07:43 AM 09:42 AM 11:42 AM 01:41 PM 03:40 PM 05:40 PM 07:39 PM 09:38 PM 11:38 PM



बृहस्पतिवार, 26 मार्च 2026
Thursday, 26 March 2026

शारीरिक शिक्षा	शारीरिक शिक्षा, धनुरासन	हिंदी	12:00 AM 01:59 AM 03:59 AM 05:59 AM 07:59 AM 09:59 AM 11:59 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM 11:59 PM
General English	General English, Episode 5 Giving Advice 1	English	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:17 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:17 PM 10:17 PM
Vocational	Important tips for good embroidery work (Part B)	English	12:31 AM 02:31 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
Maths/Science Activity	Maths/Science Activity, Maths activity-1: To explore the cubic algebraic activity	English	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:38 PM 10:38 PM
General Awareness	Focused on E-waste and hazardous waste	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:25 AM 03:25 AM 05:25 AM 07:25 AM 09:25 AM 11:25 AM 01:25 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM

शुक्रवार, 27 मार्च 2026
Friday, 27 March 2026

General Awareness	Levers Around Us	English	12:00 AM 01:59 AM 03:58 AM 05:57 AM 07:56 AM 09:55 AM 11:54 AM 01:53 PM 03:52 PM 05:51 PM 07:50 PM 09:49 PM 11:48 PM
General	Energy Saving	English	12:12 AM 02:11 AM 04:10 AM 06:09 AM 08:08 AM 10:07 AM 12:06 PM 02:05 PM 04:04 PM 06:03 PM 08:02 PM 10:01 PM



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Storytelling/ Value Education	आओ कहानी लिखना सीखें	हिंदी	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
हिंदी	Class 7_Hindi_CH04_Pani re pani	हिंदी	12:43 AM 02:42 AM 04:41 AM 06:40 AM 08:39 AM 10:38 AM 12:37 PM 02:36 PM 04:35 PM 06:34 PM 08:33 PM 10:32 PM
Earthquake	Earthquake - साकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	हिंदी	12:53 AM 02:52 AM 04:51 AM 06:50 AM 08:49 AM 10:48 AM 12:47 PM 02:46 PM 04:45 PM 06:44 PM 08:43 PM 10:42 PM
General Awareness	Understanding how long things take to decompose	English	01:00 AM 02:59 AM 04:58 AM 06:57 AM 08:56 AM 10:55 AM 12:54 PM 02:53 PM 04:52 PM 06:51 PM 08:50 PM 10:49 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	01:09 AM 03:08 AM 05:07 AM 07:06 AM 09:05 AM 11:04 AM 01:03 PM 03:02 PM 05:01 PM 07:00 PM 08:59 PM 10:58 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	01:39 AM 03:38 AM 05:37 AM 07:36 AM 09:35 AM 11:34 AM 01:33 PM 03:32 PM 05:31 PM 07:30 PM 09:29 PM 11:28 PM
शनिवार, 28 मार्च 2026 Saturday, 28 March 2026			
General Awareness	e-waste management Block-3	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खेलौने बनाएं	हिंदी	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
संस्कृत	Class 7_संस्कृत_CH12_वीराङ्गना पन्नाधायी Part -01	संस्कृत	12:41 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:47 PM



General English	General English, Episode 10 Agreeing 2	English	12:49 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:55 PM 10:55 PM
General Awareness	e-waste management Block-5	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:07 AM 11:07 AM 01:08 PM 03:09 PM 05:09 PM 07:10 PM 09:10 PM 11:11 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM
रविवार, 29 मार्च 2026 Sunday, 29 March 2026			
General Awareness	Safety and Security against Violence and Injuries	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
उर्दू	उर्दू, ईदगाह	हिंदी	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:07 PM
General Awareness	Focused on exploring three R's	English	12:35 AM 02:35 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:35 PM 02:35 PM 04:35 PM 06:35 PM 08:35 PM 10:35 PM
General	General, Trikonasana	English	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 08:59 PM 10:59 PM
General English	General English, Episode 10 Agreeing 2	English	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:17 AM 11:17 AM 01:17 PM 03:18 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
General Awareness	Fake-Whatsapp-Messages	English	01:33 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 11:34 PM



Vocational	घर पर बनाए हर्बल शैम्पू	हिंदी	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:36 PM
सोमवार, 30 मार्च 2026 Monday, 30 March 2026			
Vocational	The evolution of communication	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General Awareness	Focused on waste segregation into dry and wet garbage	English	12:05 AM 02:05 AM 04:06 AM 06:07 AM 08:07 AM 10:08 AM 12:09 PM 02:09 PM 04:10 PM 06:11 PM 08:11 PM 10:12 PM
Storytelling/ Value Education	खेल पिटारा	हिंदी	12:29 AM 02:29 AM 04:30 AM 06:31 AM 08:31 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	12:44 AM 02:44 AM 04:45 AM 06:46 AM 08:46 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:50 PM 08:50 PM 10:51 PM
General English	General English, Episode 9 Agreeing 1	English	01:18 AM 03:18 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:22 PM 03:22 PM 05:23 PM 07:24 PM 09:24 PM 11:25 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	आओ खिलौने बनाएं	हिंदी	01:29 AM 03:29 AM 05:30 AM 07:31 AM 09:31 AM 11:32 AM 01:33 PM 03:33 PM 05:34 PM 07:35 PM 09:35 PM 11:36 PM
Storytelling/ Value Education	सवाली राम जवाबो रानी	हिंदी	01:45 AM 03:45 AM 05:46 AM 07:47 AM 09:47 AM 11:48 AM 01:49 PM 03:49 PM 05:50 PM 07:51 PM 09:51 PM 11:52 PM



मंगलवार, 31 मार्च 2026
Tuesday, 31 March 2026

Storytelling/ Value Education	सवाली राम जवाबो रानी	हिंदी	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General Awareness	e-waste management Block-3	English	12:16 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:22 PM 06:22 PM 08:23 PM 10:24 PM
General English	General English, Episode 9 Agreeing 1	English	12:34 AM 02:35 AM 04:36 AM 06:36 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:42 PM
General English	General English, Episode 5 Giving Advice 1	English	12:45 AM 02:46 AM 04:47 AM 06:47 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM
हिंदी	Class 7_Hindi_CH04_Pani re pani	हिंदी	12:59 AM 03:00 AM 05:00 AM 07:01 AM 09:02 AM 11:02 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:06 PM 11:06 PM
Storytelling/ Value Education	सुधीर तैलंग	हिंदी	01:40 AM 03:40 AM 05:41 AM 07:42 AM 09:42 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:46 PM 09:47 PM 11:47 PM



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