

कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 8

कक्षा - 8 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 8

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

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

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

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

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

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

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



DD Free Dish Channel #30



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कक्षा - 8 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 8

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 Programme	Moon And The Artificial Satellite	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	Air pollution - II	English	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:20 PM 10:20 PM
General	Gender Equality	English	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
General	E-Waste Management: Block 5	English	12:54 AM 02:54 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
General English	Episode 11 Agreeing 3	English	01:16 AM 03:16 AM 05:16 AM 07:16 AM 09:17 AM 11:17 AM 01:17 PM 03:17 PM 05:18 PM 07:18 PM 09:18 PM 11:18 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:27 AM 11:27 AM 01:27 PM 03:27 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM



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सोमवार, 02 मार्च 2026
Monday, 02 March 2026

Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
Story Telling/ Value Education	बबलू की नाव	Hindi	12:35 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
General	What is Science?	English	12:56 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:57 AM 12:57 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:59 PM
General English	Episode 1 Greeting a Friend	English	01:15 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:17 PM 05:17 PM 07:17 PM 09:17 PM 11:18 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:26 PM
Creative Activities: Art/Craft	Aero Bird - An Elegant Flapping Bird Of Paradise	English	01:57 AM 03:57 AM 05:58 AM 07:58 AM 09:58 AM 11:58 AM 01:59 PM 03:59 PM 05:59 PM 07:59 PM 09:59 PM

मंगलवार, 03 मार्च 2026
Tuesday, 03 March 2026

Story Telling/ Value Education	Story Telling: Meena - 8 Meena's three withes	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:24 PM 10:24 PM
General	E-Waste Management: Block 2	English	12:40 AM 02:41 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:44 PM 04:44 PM 06:45 PM 08:45 PM 10:45 PM



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Vocational Video	Identification of trees	English/hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
Creative Activities: Art/Craft	Aero Bird - An Elegant Flapping Bird Of Paradise	English	01:05 AM 03:06 AM 05:06 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
General	E-Waste Management: Block 3	English	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 09:13 PM 11:13 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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
बुधवार, 04 मार्च 2026 Wednesday, 04 March 2026			
Physical Education	प्राणायाम और ध्यान	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
Creative Activities: Art/Craft	Mango Leaf Purse	English	12:31 AM 02:32 AM 04:33 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:38 PM 06:39 PM 08:40 PM 10:40 PM
General	Air pollution - II	English	12:34 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:41 PM 08:42 PM 10:43 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:58 AM 02:59 AM 05:00 AM 07:01 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:05 PM 07:06 PM 09:07 PM 11:07 PM



General Awareness	Reproductive Health and HIV Prevention	English	01:20 AM 03:21 AM 05:22 AM 07:22 AM 09:23 AM 11:24 AM 01:25 PM 03:26 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:34 PM 11:35 PM
बृहस्पतिवार, 05 मार्च 2026 Thursday, 05 March 2026			
General	What is Science?	English	12:00 AM 01:33 AM 03:06 AM 04:40 AM 06:13 AM 07:47 AM 09:20 AM 10:54 AM 12:27 PM 02:01 PM 03:34 PM 05:08 PM 06:41 PM 08:15 PM 09:48 PM 11:22 PM
General	Safe Use of Internet	Hindi	12:19 AM 01:52 AM 03:26 AM 04:59 AM 06:33 AM 08:06 AM 09:40 AM 11:13 AM 12:47 PM 02:20 PM 03:53 PM 05:27 PM 07:00 PM 08:34 PM 10:07 PM 11:41 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:25 AM 01:58 AM 03:32 AM 05:05 AM 06:39 AM 08:12 AM 09:46 AM 11:19 AM 12:53 PM 02:26 PM 04:00 PM 05:33 PM 07:07 PM 08:40 PM 10:13 PM 11:47 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:47 AM 02:21 AM 03:54 AM 05:28 AM 07:01 AM 08:34 AM 10:08 AM 11:41 AM 01:15 PM 02:48 PM 04:22 PM 05:55 PM 07:29 PM 09:02 PM 10:36 PM
General	Health and Sanitisation	Hindi	01:02 AM 02:35 AM 04:09 AM 05:42 AM 07:16 AM 08:49 AM 10:23 AM 11:56 AM 01:30 PM 03:03 PM 04:37 PM 06:10 PM 07:43 PM 09:17 PM 10:50 PM



Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:09 AM 02:42 AM 04:15 AM 05:49 AM 07:22 AM 08:56 AM 10:29 AM 12:03 PM 01:36 PM 03:10 PM 04:43 PM 06:17 PM 07:50 PM 09:24 PM 10:57 PM
शुक्रवार, 06 मार्च 2026 Friday, 06 March 2026			
Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
General	E-Waste Management: Block 1	English	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:21 PM 06:21 PM 08:22 PM 10:22 PM
General	E-Waste Management: Block 5	English	12:29 AM 02:29 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:34 PM 10:34 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	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 Programme	रौशनी और रंग	Hindi	01:06 AM 03:06 AM 05:07 AM 07:07 AM 09:08 AM 11:08 AM 01:09 PM 03:09 PM 05:10 PM 07:10 PM 09:11 PM 11:11 PM
General	Growing up Healthy	English	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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



शनिवार, 07 मार्च 2026
Saturday, 07 March 2026

General	Air pollution - I	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 06:01 PM 08:01 PM 10:01 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:26 AM 02:26 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:26 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:27 PM
General	Growing up Healthy	Hindi	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:41 AM 10:41 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:45 PM 02:45 PM 04:45 PM 06:46 PM 08:46 PM 10:46 PM
General	E-Waste Management: Film 2	English	01:01 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 07:03 PM 09:03 PM 11:03 PM
General	Values and Types of Wetlands Part -2	English	01:11 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
General	Safe Use of Internet	Hindi	01:19 AM 03:20 AM 05:20 AM 07:20 AM 09:20 AM 11:20 AM 01:20 PM 03:20 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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 07:27 PM 09:27 PM 11:27 PM

रविवार, 08 मार्च 2026
Sunday, 08 March 2026

General	Air pollution - II	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 06:07 PM 08:07 PM 10:08 PM
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General	E-Waste Management: Block 5	English	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
General	E-Waste Management: Film 4	English	12:47 AM 02:48 AM 04:49 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
General	Gender Equality	English	12:58 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:02 PM 03:03 PM 05:04 PM 07:05 PM 09:06 PM 11:06 PM
General	E-Waste Management: Block 5	English	01:05 AM 03:06 AM 05:06 AM 07:07 AM 09:08 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:12 PM 09:13 PM 11:13 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:29 AM 11:30 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM
सोमवार, 09 मार्च 2026 Monday, 09 March 2026			
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	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	I will work & work with courage	English	12:22 AM 02:23 AM 04:24 AM 06:24 AM 08:25 AM 10:26 AM 12:26 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:30 PM
Physical Education	प्राणायाम और ध्यान	Hindi	12:25 AM 02:26 AM 04:26 AM 06:27 AM 08:28 AM 10:28 AM 12:29 PM 02:30 PM 04:30 PM 06:31 PM 08:32 PM 10:32 PM
Vocational Video	Identification of trees	English/hindi	01:01 AM 03:01 AM 05:02 AM 07:03 AM 09:03 AM 11:04 AM 01:05 PM 03:05 PM 05:06 PM 07:07 PM 09:07 PM 11:08 PM



General English	Episode 4 Meeting People: Pleased to meet you	English	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:15 AM 11:15 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:19 PM 11:19 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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 09:33 PM 11:33 PM
मंगलवार, 10 मार्च 2026 Tuesday, 10 March 2026			
Vocational Video	Plumbing Tools	English/hindi	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 Programme	Moon And The Artificial Satellite	Hindi	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
General Awareness Programme	Migratory Birds	English	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
General	Parts of Flower	Hindi/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
Vocational Video	Identification of trees	English/hindi	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:40 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:40 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	12:50 AM 02:50 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:50 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	Health and Sanitisation	Hindi	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



General	Air pollution - II	English	01:10 AM 03:10 AM 05:10 AM 07:10 AM 09:10 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:35 AM 05:35 AM 07:35 AM 09:35 AM 11:35 AM 01:35 PM 03:35 PM 05:35 PM 07:35 PM 09:35 PM 11:35 PM
बुधवार, 11 मार्च 2026 Wednesday, 11 March 2026			
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	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 Management: Block 3	English	12:15 AM 02:16 AM 04:16 AM 06:16 AM 08:17 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:18 PM 08:18 PM 10:19 PM
General	I will work & work with courage	English	12:34 AM 02:34 AM 04:34 AM 06:34 AM 08:35 AM 10:35 AM 12:35 PM 02:36 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
Story Telling/ Value Education	Story Telling: Meena - 8 Meena's three withes	Hindi	12:36 AM 02:37 AM 04:37 AM 06:37 AM 08:38 AM 10:38 AM 12:38 PM 02:38 PM 04:39 PM 06:39 PM 08:39 PM 10:40 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	12:57 AM 02:57 AM 04:57 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General Awareness Programme	Petrol Pump	English	01:21 AM 03:21 AM 05:22 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:23 PM 05:24 PM 07:24 PM 09:24 PM 11:24 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:37 PM 03:37 PM 05:38 PM 07:38 PM 09:38 PM 11:39 PM



बृहस्पतिवार, 12 मार्च 2026
Thursday, 12 March 2026

Vocational Video	Plumbing Tools	English/hindi	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
General Awareness Programme	Moon And The Artificial Satellite	Hindi	12:15 AM 02:16 AM 04:16 AM 06:17 AM 08:17 AM 10:18 AM 12:19 PM 02:19 PM 04:20 PM 06:20 PM 08:21 PM 10:22 PM
Physical Education	प्राणायाम और ध्यान	Hindi	12:32 AM 02:33 AM 04:33 AM 06:34 AM 08:34 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:38 PM 10:39 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:03 AM 03:03 AM 05:04 AM 07:04 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:09 PM 11:09 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	01:24 AM 03:25 AM 05:25 AM 07:26 AM 09:27 AM 11:27 AM 01:28 PM 03:28 PM 05:29 PM 07:30 PM 09:30 PM 11:31 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	01:44 AM 03:44 AM 05:45 AM 07:46 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:49 PM 07:49 PM 09:50 PM 11:50 PM
General	I will work & work with courage	English	01:57 AM 03:58 AM 05:58 AM 07:59 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:02 PM 08:03 PM 10:03 PM

शुक्रवार, 13 मार्च 2026
Friday, 13 March 2026

General	What is Science?	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
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Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:19 AM 02:19 AM 04:20 AM 06:20 AM 08:20 AM 10:21 AM 12:21 PM 02:21 PM 04:22 PM 06:22 PM 08:22 PM 10:23 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	12:34 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:35 AM 12:36 PM 02:36 PM 04:36 PM 06:37 PM 08:37 PM 10:38 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	01:08 AM 03:08 AM 05:08 AM 07:09 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:11 PM 11:12 PM
Storytelling/Value Education	आज़ादी की कहानी-1	Hindi	01:22 AM 03:23 AM 05:23 AM 07:23 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:25 PM 07:26 PM 09:26 PM 11:26 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:25 AM 01:25 PM 03:26 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
General Awareness Programme	Personal Safety	English	01:29 AM 03:29 AM 05:29 AM 07:30 AM 09:30 AM 11:31 AM 01:31 PM 03:31 PM 05:32 PM 07:32 PM 09:32 PM 11:33 PM
General English	Episode 7 Making Requests 1	English	01:43 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:45 AM 01:45 PM 03:46 PM 05:46 PM 07:46 PM 09:47 PM 11:47 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:56 AM 11:56 AM 01:56 PM 03:57 PM 05:57 PM 07:57 PM 09:58 PM 11:58 PM
शनिवार, 14 मार्च 2026 Saturday, 14 March 2026			
General English	Episode 4 Meeting People: Pleased to meet you	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM



General	Values and Types of Wetlands Part -1	English	12:19 AM 02:20 AM 04:20 AM 06:20 AM 08:20 AM 10:20 AM 12:20 PM 02:20 PM 04:21 PM 06:21 PM 08:21 PM 10:21 PM
Vocational Video	Ten plants for home decoration	English/hindi	12:26 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:27 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:27 PM 10:28 PM
General	What is Science?	English	12:40 AM 02:40 AM 04:40 AM 06:40 AM 08:40 AM 10:40 AM 12:41 PM 02:41 PM 04:41 PM 06:41 PM 08:41 PM 10:41 PM
General	Pawanmuktasana	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General	Values and Types of Wetlands Part -2	English	01:01 AM 03:01 AM 05:01 AM 07:01 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:02 PM
General	Air pollution - II	English	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:10 AM 01:10 PM 03:10 PM 05:10 PM 07:10 PM 09:10 PM 11:10 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:37 PM 11:37 PM
रविवार, 15 मार्च 2026 Sunday, 15 March 2026			
General	Health and Sanitisation	Hindi	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
Creative Activities: Art/Craft	Folding Circle	English	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:12 AM 10:12 AM 12:13 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM



Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:17 PM 06:18 PM 08:18 PM 10:19 PM
General	Health and Sanitisation	Hindi	12:27 AM 02:27 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM
Physical Education	प्राणायाम और ध्यान	Hindi	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:36 AM 10:37 AM 12:37 PM 02:38 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
General	E-Waste Management: Block 5	English	01:06 AM 03:07 AM 05:07 AM 07:08 AM 09:08 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:12 PM 11:13 PM
Vocational Video	Seed Germination	English/hi ndi	01:29 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:32 AM 01:32 PM 03:33 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:36 AM 03:36 AM 05:37 AM 07:37 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM
सोमवार, 16 मार्च 2026 Monday, 16 March 2026			
General	I will work & work with courage	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:08 PM
General English	Episode 10 Agreeing 2	English	12:05 AM 02:06 AM 04:07 AM 06:08 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:14 PM



Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:21 AM 02:22 AM 04:23 AM 06:24 AM 08:24 AM 10:25 AM 12:26 PM 02:27 PM 04:28 PM 06:29 PM 08:29 PM 10:30 PM
General	What is Science?	English	12:36 AM 02:37 AM 04:38 AM 06:38 AM 08:39 AM 10:40 AM 12:41 PM 02:42 PM 04:42 PM 06:43 PM 08:44 PM 10:45 PM
General	Air pollution - II	English	12:55 AM 02:55 AM 04:56 AM 06:57 AM 08:58 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:02 PM 09:03 PM 11:04 PM
General	Values and Types of Wetlands Part -1	English	01:20 AM 03:20 AM 05:21 AM 07:22 AM 09:23 AM 11:24 AM 01:24 PM 03:25 PM 05:26 PM 07:27 PM 09:28 PM 11:29 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:28 AM 07:29 AM 09:30 AM 11:30 AM 01:31 PM 03:32 PM 05:33 PM 07:34 PM 09:34 PM 11:35 PM

मंगलवार, 17 मार्च 2026
Tuesday, 17 March 2026

Story Telling/ Value Education	Story Telling: Meena - 12 I am Meena	Hindi	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
Hindi	वसंत, पाठ-8: यह सबसे कठिन समय नहीं	Hindi	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:44 AM 02:45 AM 04:46 AM 06:47 AM 08:47 AM 10:48 AM 12:49 PM 02:50 PM 04:51 PM 06:52 PM 08:53 PM 10:54 PM
General	Air pollution - II	English	12:57 AM 02:58 AM 04:59 AM 07:00 AM 09:01 AM 11:02 AM 01:03 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:07 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	01:22 AM 03:23 AM 05:24 AM 07:25 AM 09:26 AM 11:27 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:31 PM 11:32 PM



DD Free Dish Channel #30



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2029

General Awareness	Reproductive Health and HIV Prevention	English	01:39 AM 03:40 AM 05:41 AM 07:42 AM 09:43 AM 11:44 AM 01:45 PM 03:46 PM 05:46 PM 07:47 PM 09:48 PM 11:49 PM
General English	Episode 11 Agreeing 3	English	01:45 AM 03:46 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
Vocational Video	Preparing ORS at Home	English/hindi	01:55 AM 03:56 AM 05:57 AM 07:57 AM 09:58 AM 11:59 AM 02:00 PM 04:01 PM 06:02 PM 08:03 PM 10:04 PM
बुधवार, 18 मार्च 2026 Wednesday, 18 March 2026			
General English	Episode 12 Disagreeing 1	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:01 AM 12:01 PM 02:01 PM 04:01 PM 06:02 PM 08:02 PM 10:02 PM
General	What is Science?	English	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:17 PM
Vocational Video	Hand tools	English/hindi	12:33 AM 02:33 AM 04:33 AM 06:33 AM 08:34 AM 10:34 AM 12:34 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:35 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	12:48 AM 02:48 AM 04:48 AM 06:48 AM 08:49 AM 10:49 AM 12:49 PM 02:49 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	Safe Use of Internet	Hindi	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:02 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:04 PM 11:04 PM
General	E-Waste Management: Block 5	English	01:07 AM 03:08 AM 05:08 AM 07:08 AM 09:08 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM
General	Emotional Well-Being and Mental Health	English	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:30 AM 11:30 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:31 PM 11:31 PM



Creative Activities: Art/Craft	Slithering Snake	English	01:34 AM 03:34 AM 05:34 AM 07:34 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
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:36 AM 11:36 AM 01:37 PM 03:37 PM 05:37 PM 07:37 PM 09:38 PM 11:38 PM
बृहस्पतिवार, 19 मार्च 2026 Thursday, 19 March 2026			
General	Safe Use of Internet	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General English	Episode 13 Disagreeing 2	English	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General	आओ सैर करें - नालंदा	Hindi	12:24 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	12:29 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:31 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM
General Awareness Programme	Life cycle of a Plant	Hindi	12:48 AM 02:49 AM 04:49 AM 06:49 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM
General	E-Waste Management: Block 5	English	01:05 AM 03:05 AM 05:05 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:07 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
Vocational Video	Identification of trees	English/hindi	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM



Creative Activities: Art/Craft	Pencil Drawdio	English	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:38 AM 01:39 PM 03:39 PM 05:40 PM 07:40 PM 09:40 PM 11:41 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	01:40 AM 03:41 AM 05:41 AM 07:41 AM 09:42 AM 11:42 AM 01:43 PM 03:43 PM 05:43 PM 07:44 PM 09:44 PM 11:45 PM
शुक्रवार, 20 मार्च 2026 Friday, 20 March 2026			
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-3	Hindi	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	What is Science?	English	12:18 AM 02:18 AM 04:18 AM 06:18 AM 08:18 AM 10:18 AM 12:18 PM 02:18 PM 04:18 PM 06:18 PM 08:18 PM 10:18 PM
Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:36 AM 10:36 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:36 PM 10:36 PM
General	Ardha Chakrasana	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:56 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:56 PM 10:56 PM
General English	Episode 12 Disagreeing 1	English	12:58 AM 02:58 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:58 PM
General English	Episode 13 Disagreeing 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
Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hindi	01:26 AM 03:26 AM 05:26 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM



General	E-Waste Management: Block 4.2	English	01:42 AM 03:42 AM 05:42 AM 07:42 AM 09:42 AM 11:42 AM 01:42 PM 03:42 PM 05:42 PM 07:42 PM 09:42 PM 11:42 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:54 AM 03:54 AM 05:54 AM 07:54 AM 09:54 AM 11:54 AM 01:54 PM 03:54 PM 05:54 PM 07:54 PM 09:54 PM 11:54 PM
शनिवार, 21 मार्च 2026 Saturday, 21 March 2026			
General Awareness Programme	रौशनी और रंग	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	Air pollution - II	English	12:17 AM 02:17 AM 04:17 AM 06:18 AM 08:18 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
General Awareness Programme	Petrol Pump	English	12:42 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
Physical Education	चक्रासन	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:57 PM 02:58 PM 04:58 PM 06:59 PM 08:59 PM 11:00 PM
General	What is Science?	English	01:07 AM 03:08 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:10 PM 07:11 PM 09:11 PM 11:12 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM
रविवार, 22 मार्च 2026 Sunday, 22 March 2026			
Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:02 PM



Creative Activities: Art/Craft	Origami (Kagaz Kala)-2	Hindi	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:38 PM 10:38 PM
General	Pawanmuktasana	English	12:56 AM 02:56 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:57 PM 02:57 PM 04:57 PM 06:57 PM 08:58 PM 10:58 PM
General	What is Science?	English	12:59 AM 02:59 AM 04:59 AM 06:59 AM 09:00 AM 11:00 AM 01:00 PM 03:00 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
General	Safe Use of Internet	Hindi	01:17 AM 03:17 AM 05:17 AM 07:17 AM 09:18 AM 11:18 AM 01:18 PM 03:18 PM 05:18 PM 07:19 PM 09:19 PM 11:19 PM
General	I will work & work with courage	English	01:25 AM 03:25 AM 05:25 AM 07:26 AM 09:26 AM 11:26 AM 01:26 PM 03:26 PM 05:27 PM 07:27 PM 09:27 PM 11:27 PM
General	Health and Sanitisation	Hindi	01:29 AM 03:29 AM 05:29 AM 07:29 AM 09:29 AM 11:30 AM 01:30 PM 03:30 PM 05:30 PM 07:30 PM 09:30 PM 11:31 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	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
सोमवार, 23 मार्च 2026 Monday, 23 March 2026			
General	Air pollution - I	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 English	Episode 1 Greeting a Friend	English	12:26 AM 02:26 AM 04:27 AM 06:28 AM 08:29 AM 10:29 AM 12:30 PM 02:31 PM 04:31 PM 06:32 PM 08:33 PM 10:33 PM

Story Telling/ Value Education	A Sunrise at Ganga Sagar	English/hi ndi	12:34 AM 02:35 AM 04:35 AM 06:36 AM 08:37 AM 10:37 AM 12:38 PM 02:39 PM 04:39 PM 06:40 PM 08:41 PM 10:41 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-3	Hindi	12:49 AM 02:49 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:56 PM 10:56 PM
General	Parts of Flower	Hindi/ english	01:06 AM 03:07 AM 05:07 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:11 PM 05:12 PM 07:12 PM 09:13 PM 11:14 PM
Creative Activities: Art/Craft	Loops to Square	English	01:11 AM 03:12 AM 05:13 AM 07:13 AM 09:14 AM 11:15 AM 01:15 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:19 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:14 AM 03:15 AM 05:16 AM 07:16 AM 09:17 AM 11:18 AM 01:18 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:22 PM
Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:36 AM 03:36 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:40 PM 03:41 PM 05:41 PM 07:42 PM 09:43 PM 11:43 PM
मंगलवार, 24 मार्च 2026 Tuesday, 24 March 2026			
General	Air pollution - II	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
Story Telling/ Value Education	Story Telling: Meena - 9 I love School	Hindi	12:26 AM 02:26 AM 04:26 AM 06:27 AM 08:27 AM 10:28 AM 12:28 PM 02:29 PM 04:29 PM 06:29 PM 08:30 PM 10:30 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:44 PM 10:44 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-4	Hindi	12:55 AM 02:55 AM 04:55 AM 06:56 AM 08:56 AM 10:57 AM 12:57 PM 02:57 PM 04:58 PM 06:58 PM 08:59 PM 10:59 PM



General	E-Waste Management: Block 2	English	01:11 AM 03:12 AM 05:12 AM 07:13 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:15 PM 07:15 PM 09:16 PM 11:16 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:27 AM 07:27 AM 09:28 AM 11:28 AM 01:28 PM 03:29 PM 05:29 PM 07:30 PM 09:30 PM 11:30 PM
बुधवार, 25 मार्च 2026 Wednesday, 25 March 2026			
General	Air pollution - II	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 06:03 PM 08:04 PM 10:04 PM
General	Gender Equality	Hindi	12:26 AM 02:27 AM 04:27 AM 06:28 AM 08:28 AM 10:29 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Vocational Video	Ten plants for home decoration	English/hi ndi	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:38 PM 08:38 PM 10:39 PM
General	Pawanmuktasana	English	12:47 AM 02:48 AM 04:48 AM 06:49 AM 08:49 AM 10:50 AM 12:50 PM 02:50 PM 04:51 PM 06:51 PM 08:52 PM 10:52 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-5	Hindi	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:55 PM
General English	Episode 5 Giving Advice 1	English	01:00 AM 03:00 AM 05:01 AM 07:01 AM 09:02 AM 11:02 AM 01:02 PM 03:03 PM 05:03 PM 07:04 PM 09:04 PM 11:05 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:13 AM 03:14 AM 05:14 AM 07:15 AM 09:15 AM 11:16 AM 01:16 PM 03:16 PM 05:17 PM 07:17 PM 09:18 PM 11:18 PM



Vocational Video	कक्षा 8 घर पर बनाए हर्बल शैम्पू	Hindi	01:36 AM 03:36 AM 05:36 AM 07:37 AM 09:37 AM 11:38 AM 01:38 PM 03:39 PM 05:39 PM 07:39 PM 09:40 PM 11:40 PM
बृहस्पतिवार, 26 मार्च 2026 Thursday, 26 March 2026			
General English	Episode 9 Agreeing 1	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 English	Episode 10 Agreeing 2	English	12:12 AM 02:13 AM 04:14 AM 06:15 AM 08:16 AM 10:16 AM 12:17 PM 02:18 PM 04:19 PM 06:20 PM 08:21 PM 10:22 PM
General	What is Science?	English	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:31 AM 10:32 AM 12:33 PM 02:34 PM 04:35 PM 06:36 PM 08:37 PM 10:38 PM
General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	12:46 AM 02:47 AM 04:48 AM 06:48 AM 08:49 AM 10:50 AM 12:51 PM 02:52 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:07 AM 03:08 AM 05:09 AM 07:10 AM 09:11 AM 11:12 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:16 PM 11:17 PM
Story Telling/ Value Education	संवयो हि दुर्जयः	Hindi	01:13 AM 03:14 AM 05:15 AM 07:16 AM 09:17 AM 11:17 AM 01:18 PM 03:19 PM 05:20 PM 07:21 PM 09:22 PM 11:23 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	01:21 AM 03:22 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:27 PM 05:28 PM 07:29 PM 09:30 PM 11:31 PM
Creative Activities: Art/Craft	Why Seasons Happen	English	01:37 AM 03:38 AM 05:39 AM 07:40 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:47 PM



Vocational Video	कक्षा 8 केश सौंदर्य उपकरणों का परिचय	Hindi	01:41 AM 03:42 AM 05:43 AM 07:43 AM 09:44 AM 11:45 AM 01:46 PM 03:47 PM 05:48 PM 07:49 PM 09:50 PM 11:51 PM
शुक्रवार, 27 मार्च 2026 Friday, 27 March 2026			
General Awareness Programme	विटामिन ए की कहानी	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	What is Science?	English	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:17 PM
Story Telling/ Value Education	बबलू की नाव	Hindi	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:34 PM 10:35 PM
General	Air pollution - II	English	12:51 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:53 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:56 PM
General	E-Waste Management: Block 2	English	01:16 AM 03:17 AM 05:17 AM 07:18 AM 09:18 AM 11:18 AM 01:19 PM 03:19 PM 05:20 PM 07:20 PM 09:20 PM 11:21 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala) -6	Hindi	01:31 AM 03:31 AM 05:32 AM 07:32 AM 09:32 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
General	Health and Sanitisation	Hindi	01:47 AM 03:47 AM 05:47 AM 07:48 AM 09:48 AM 11:49 AM 01:49 PM 03:49 PM 05:50 PM 07:50 PM 09:51 PM 11:51 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:54 AM 03:55 AM 05:55 AM 07:55 AM 09:56 AM 11:56 AM 01:57 PM 03:57 PM 05:57 PM 07:58 PM 09:58 PM 11:59 PM



शनिवार, 28 मार्च 2026
Saturday, 28 March 2026

Vocational Video	Changing tap washer	English/hindi	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 Programme	Personal Safety	English	12:08 AM 02:08 AM 04:08 AM 06:08 AM 08:08 AM 10:08 AM 12:08 PM 02:08 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
Creative Activities: Art/Craft	सुन्दर फूलों की कहानी - Book of Flowers	Hindi	12:22 AM 02:22 AM 04:22 AM 06:22 AM 08:22 AM 10:22 AM 12:22 PM 02:22 PM 04:23 PM 06:23 PM 08:23 PM 10:23 PM
Vocational Video	Identification of trees	English/hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:37 PM 06:37 PM 08:37 PM 10:37 PM
Creative Activities: Art/Craft	Origami (Kaga3 Kala)-2	Hindi	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	Emotional Well-Being and Mental Health	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:04 PM 07:04 PM 09:04 PM 11:04 PM
General Awareness Programme	Moon And The Artificial Satellite	Hindi	01:09 AM 03:09 AM 05:09 AM 07:09 AM 09:09 AM 11:09 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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

रविवार, 29 मार्च 2026
Sunday, 29 March 2026

Physical Education	सूक्ष्म यौगिक व्यायाम	Hindi	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:05 PM
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General	Air pollution – II	English	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:40 PM 08:41 PM 10:41 PM
Creative Activities: Art/Craft	Aero Bird - An Elegant Flapping Bird Of Paradise	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
General Awareness Programme	Life cycle of a Plant	Hindi	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
General Awareness Programme	रोज़ बदलता कैसे चाँद -2	Hindi	01:20 AM 03:20 AM 05:21 AM 07:21 AM 09:22 AM 11:22 AM 01:23 PM 03:23 PM 05:24 PM 07:24 PM 09:25 PM 11:25 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:26 AM 05:27 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:30 PM 07:31 PM 09:31 PM 11:32 PM
सोमवार, 30 मार्च 2026 Monday, 30 March 2026			
General Awareness Programme	Moon And The Artificial Satellite	Hindi	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	E-Waste Management: Block 4.2	English	12:18 AM 02:18 AM 04:19 AM 06:20 AM 08:20 AM 10:21 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:25 PM
General	What is Science?	English	12:31 AM 02:31 AM 04:32 AM 06:33 AM 08:33 AM 10:34 AM 12:35 PM 02:35 PM 04:36 PM 06:37 PM 08:37 PM 10:38 PM
General	Safe Use of Internet	Hindi	12:49 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:55 PM 08:56 PM 10:56 PM
Vocational Video	Plumbing Tools	English/hindi	12:56 AM 02:56 AM 04:57 AM 06:58 AM 08:58 AM 10:59 AM 01:00 PM 03:00 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM



Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	01:10 AM 03:11 AM 05:11 AM 07:12 AM 09:13 AM 11:13 AM 01:14 PM 03:15 PM 05:15 PM 07:16 PM 09:17 PM 11:17 PM
General	I will work & work with courage	English	01:23 AM 03:24 AM 05:25 AM 07:25 AM 09:26 AM 11:27 AM 01:27 PM 03:28 PM 05:29 PM 07:29 PM 09:30 PM 11:31 PM
Vocational Video	कक्षा 8 वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:26 AM 03:27 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:30 PM 03:31 PM 05:32 PM 07:32 PM 09:33 PM 11:34 PM
मंगलवार, 31 मार्च 2026 Tuesday, 31 March 2026			
Vocational Video	Plumbing Tools	English/hi ndi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	I will work & work with courage	English	12:15 AM 02:15 AM 04:16 AM 06:16 AM 08:16 AM 10:16 AM 12:17 PM 02:17 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General English	Episode 7 Making Requests 1	English	12:18 AM 02:18 AM 04:18 AM 06:19 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
Cultural Heritage: Art, Music, Dance	Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	Hindi/ english	12:31 AM 02:31 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:33 PM 06:33 PM 08:33 PM 10:34 PM
Story Telling/ Value Education	Story Telling: Meena - 3 Saving the life	Hindi	12:38 AM 02:38 AM 04:38 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM
General English	Episode 10 Agreeing 2	English	12:51 AM 02:51 AM 04:52 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:54 PM
General	Air pollution - II	English	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:09 PM 03:09 PM 05:09 PM 07:09 PM 09:10 PM 11:10 PM



General Awareness Programme	मेरी माँ के लिए एक उपहार (A gift for my mother (A line of symmetry))	Hindi	01:33 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM 03:34 PM 05:35 PM 07:35 PM 09:35 PM 11:36 PM
Vocational Video	Preparing ORS at Home	English/hindi	01:54 AM 03:54 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:56 PM 03:56 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM



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