

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

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

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

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

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

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

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

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

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



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

मई 2025

May 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
बृहस्पतिवार, 01 मई 2025 Thursday, 01 May 2025			
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	12:00 AM 04:30 AM 09:01 AM 01:32 PM 06:03 PM 10:34 PM
General	Growing up Healthy	English	12:10 AM 04:41 AM 09:12 AM 01:43 PM 06:13 PM 10:44 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 04:45 AM 09:16 AM 01:47 PM 06:17 PM 10:48 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:20 AM 04:50 AM 09:21 AM 01:52 PM 06:23 PM 10:54 PM
General	जेंडर समानता	Hindi	12:38 AM 05:08 AM 09:39 AM 02:10 PM 06:41 PM 11:12 PM
General	Growing up Healthy	English	12:45 AM 05:16 AM 09:47 AM 02:17 PM 06:48 PM 11:19 PM
General	Nutrition_Health and Sanitation	English	12:49 AM 05:20 AM 09:51 AM 02:22 PM 06:52 PM 11:23 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:55 AM 05:26 AM 09:57 AM 02:28 PM 06:59 PM 11:29 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:02 AM 05:33 AM 10:04 AM 02:35 PM 07:05 PM 11:36 PM



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General	Prevention and Management of Substance Misuse	English	01:43 AM 06:14 AM 10:45 AM 03:15 PM 07:46 PM
General	Promotion of Healthy Lifestyle	English	01:48 AM 06:19 AM 10:50 AM 03:21 PM 07:52 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 06:25 AM 10:56 AM 03:27 PM 07:58 PM
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	02:00 AM 06:02 AM 10:04 AM 02:06 PM 06:08 PM 10:10 PM
General	Growing up Healthy	English	02:11 AM 06:13 AM 10:15 AM 02:17 PM 06:18 PM 10:20 PM
General	पारस्परिक संबंध	Hindi	02:15 AM 06:17 AM 10:19 AM 02:21 PM 06:23 PM 10:24 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	02:21 AM 06:22 AM 10:24 AM 02:26 PM 06:28 PM 10:30 PM
General	जेंडर समानता	Hindi	02:38 AM 06:40 AM 10:42 AM 02:44 PM 06:46 PM 10:48 PM
General	Growing up Healthy	English	02:46 AM 06:48 AM 10:50 AM 02:51 PM 06:53 PM 10:55 PM
General	Nutrition_Health and Sanitation	English	02:50 AM 06:52 AM 10:54 AM 02:56 PM 06:57 PM 10:59 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:56 AM 06:58 AM 11:00 AM 03:02 PM 07:04 PM 11:06 PM
Vocational Videos	IDENTIFICATION OF TREES	English	03:03 AM 07:05 AM 11:07 AM 03:09 PM 07:10 PM 11:12 PM
General	Prevention and Management of Substance Misuse	English	03:44 AM 07:46 AM 11:48 AM 03:49 PM 07:51 PM 11:53 PM



General	Promotion of Healthy Lifestyle	English	03:49 AM 07:51 AM 11:53 AM 03:55 PM 07:57 PM 11:58 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	03:55 AM 07:57 AM 11:59 AM 04:01 PM 08:03 PM
शुक्रवार, 02 मई 2025 Friday, 02 May 2025			
General	Emotional well being and mental health	English	12:00 AM 04:10 AM 08:20 AM 12:31 PM 04:41 PM 08:52 PM
General	Reproductive Health and HIV Prevention	English	12:06 AM 04:16 AM 08:26 AM 12:37 PM 04:47 PM 08:58 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 04:22 AM 08:32 AM 12:42 PM 04:53 PM 09:03 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	12:17 AM 04:27 AM 08:38 AM 12:48 PM 04:59 PM 09:09 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	12:23 AM 04:33 AM 08:44 AM 12:54 PM 05:05 PM 09:15 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:29 AM 04:40 AM 08:50 AM 01:00 PM 05:11 PM 09:21 PM
General	Safety and Security against Violence and Injuries	English	12:49 AM 04:59 AM 09:09 AM 01:20 PM 05:30 PM 09:41 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:03 AM 05:14 AM 09:24 AM 01:35 PM 05:45 PM 09:55 PM
General	निपुण भारत	Hindi	01:09 AM 05:20 AM 09:30 AM 01:40 PM 05:51 PM 10:01 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:18 AM 05:28 AM 09:39 AM 01:49 PM 05:59 PM 10:10 PM
General	Emotional well being and mental health	English	02:00 AM 06:31 AM 11:02 AM 03:33 PM 08:04 PM



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General	Reproductive Health and HIV Prevention	English	02:07 AM 06:37 AM 11:08 AM 03:39 PM 08:10 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:12 AM 06:43 AM 11:14 AM 03:44 PM 08:15 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	02:18 AM 06:49 AM 11:19 AM 03:50 PM 08:21 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	02:24 AM 06:55 AM 11:25 AM 03:56 PM 08:27 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	02:30 AM 07:01 AM 11:32 AM 04:03 PM 08:33 PM
General	Safety and Security against Violence and Injuries	English	02:49 AM 07:20 AM 11:51 AM 04:22 PM 08:53 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	03:04 AM 07:35 AM 12:06 PM 04:37 PM 09:08 PM
General	निपुण भारत	Hindi	03:10 AM 07:41 AM 12:12 PM 04:42 PM 09:13 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	03:19 AM 07:49 AM 12:20 PM 04:51 PM 09:22 PM
शनिवार, 03 मई 2025 Saturday, 03 May 2025			
Disaster management	हिमस्खलन के संकेत	Hindi	12:00 AM 04:15 AM 08:30 AM 12:46 PM 05:01 PM 09:16 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:01 AM 04:17 AM 08:32 AM 12:47 PM 05:03 PM 09:18 PM
General	अर्ध चक्रासन	Hindi	12:16 AM 04:31 AM 08:47 AM 01:02 PM 05:18 PM 09:33 PM
Creative Activities: Art & Craft	Cubical Dance	English	12:49 AM 05:04 AM 09:19 AM 01:35 PM 05:50 PM 10:05 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	12:56 AM 05:12 AM 09:27 AM 01:42 PM 05:58 PM 10:13 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:03 AM 05:18 AM 09:34 AM 01:49 PM 06:05 PM 10:20 PM



General	Bhadrāsana	English	01:29 AM 05:44 AM 09:59 AM 02:15 PM 06:30 PM 10:45 PM
General Awareness	क्षेत्रफल	Hindi	02:01 AM 06:11 AM 10:21 AM 02:32 PM 06:42 PM 10:53 PM
Science (Activities)	Changes Around Us (ch-6: Part1)	English	02:27 AM 06:37 AM 10:48 AM 02:58 PM 07:09 PM 11:19 PM
Disaster management	हिमस्खलन के संकेत	Hindi	02:29 AM 06:40 AM 10:50 AM 03:01 PM 07:11 PM 11:21 PM
Art & Craft	A Sunrise at Ganga Sagar	English	02:31 AM 06:42 AM 10:52 AM 03:02 PM 07:13 PM 11:23 PM
General	अर्ध चक्रासन	Hindi	02:46 AM 06:56 AM 11:07 AM 03:17 PM 07:28 PM 11:38 PM
Creative Activities: Art & Craft	Cubical Dance	English	03:19 AM 07:29 AM 11:39 AM 03:50 PM 08:00 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	03:26 AM 07:37 AM 11:47 AM 03:57 PM 08:08 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	03:33 AM 07:43 AM 11:54 AM 04:04 PM 08:15 PM
General	Bhadrāsana	English	03:59 AM 08:09 AM 12:19 PM 04:30 PM 08:40 PM
General Awareness	क्षेत्रफल	Hindi	04:01 AM 08:32 AM 01:03 PM 05:34 PM 10:05 PM
Science (Activities)	Changes Around Us (ch-6: Part1)	English	04:28 AM 08:59 AM 01:30 PM 06:00 PM 10:31 PM
रविवार, 04 मई 2025 Sunday, 04 May 2025			
General	भद्रासन	Hindi	12:00 AM 03:53 AM 07:47 AM 11:40 AM 03:34 PM 07:27 PM 11:21 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	12:07 AM 04:01 AM 07:54 AM 11:48 AM 03:41 PM 07:35 PM 11:28 PM



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Science activity	Making a magnet using an iron nail Stroke method	English	12:10 AM 04:03 AM 07:57 AM 11:50 AM 03:44 PM 07:37 PM 11:31 PM
General	Bhujagasana	English	12:24 AM 04:18 AM 08:11 AM 12:05 PM 03:58 PM 07:52 PM 11:45 PM
General	भुजंगासन	Hindi	12:27 AM 04:20 AM 08:14 AM 12:07 PM 04:01 PM 07:54 PM 11:48 PM
Vocational Videos	टूल बॉक्स	Hindi	12:52 AM 04:46 AM 08:39 AM 12:33 PM 04:26 PM 08:20 PM
General	Dhyana	English	12:57 AM 04:51 AM 08:45 AM 12:38 PM 04:32 PM 08:25 PM
General	Pawanmuktasana	English	01:02 AM 04:55 AM 08:49 AM 12:42 PM 04:36 PM 08:29 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	01:20 AM 05:14 AM 09:07 AM 01:01 PM 04:54 PM 08:48 PM
Heat wave Filler	Cool Roof Technology: Green Net Shading Screen	English	01:26 AM 05:20 AM 09:13 AM 01:07 PM 05:00 PM 08:54 PM
General English	Episode 8 Making Requests 2	English	01:31 AM 05:46 AM 10:02 AM 02:17 PM 06:32 PM 10:48 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:31 AM 05:25 AM 09:19 AM 01:12 PM 05:06 PM 08:59 PM
General	भद्रासन	Hindi	01:40 AM 05:55 AM 10:11 AM 02:26 PM 06:41 PM 10:57 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	01:48 AM 06:03 AM 10:18 AM 02:34 PM 06:49 PM 11:04 PM
Science activity	Making a magnet using an iron nail Stroke method	English	01:50 AM 06:06 AM 10:21 AM 02:36 PM 06:52 PM 11:07 PM



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General	Bhujagrasana	English	02:05 AM 06:20 AM 10:35 AM 02:51 PM 07:06 PM 11:21 PM
General	भुजंगासन	Hindi	02:07 AM 06:23 AM 10:38 AM 02:53 PM 07:09 PM 11:24 PM
Vocational Videos	टूल बॉक्स	Hindi	02:33 AM 06:48 AM 11:03 AM 03:19 PM 07:34 PM 11:49 PM
General	Dhyana	English	02:38 AM 06:53 AM 11:09 AM 03:24 PM 07:39 PM 11:55 PM
General	Pawanmuktasana	English	02:42 AM 06:57 AM 11:13 AM 03:28 PM 07:43 PM 11:59 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	03:01 AM 07:16 AM 11:31 AM 03:47 PM 08:02 PM
Heat wave Filler	Cool Roof Technology: Green Net Shading Screen	English	03:07 AM 07:22 AM 11:37 AM 03:53 PM 08:08 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	03:12 AM 07:27 AM 11:43 AM 03:58 PM 08:13 PM
General English	Episode 8 Making Requests 2	English	04:01 AM 08:11 AM 12:22 PM 04:32 PM 08:42 PM
सोमवार, 05 मई 2025 Monday, 05 May 2025			
General	Setu Bandhasana	English	12:00 AM 03:20 AM 06:41 AM 10:02 AM 01:22 PM 04:43 PM 08:04 PM 11:24 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:00 AM 02:44 AM 05:29 AM 08:13 AM 10:58 AM 01:42 PM 04:27 PM 07:11 PM 09:56 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	12:02 AM 03:23 AM 06:43 AM 10:04 AM 01:25 PM 04:45 PM 08:06 PM 11:27 PM



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Dish TV Channel #2027

Science (Activities)	Amazing World of Changes (ch-6)	English	12:06 AM 02:50 AM 05:35 AM 08:19 AM 11:04 AM 01:48 PM 04:33 PM 07:17 PM 10:02 PM
General	सेतुबंधासन	Hindi	12:08 AM 03:29 AM 06:49 AM 10:10 AM 01:31 PM 04:51 PM 08:12 PM 11:33 PM
General	Shalabhasana	English	12:10 AM 03:31 AM 06:52 AM 10:12 AM 01:33 PM 04:54 PM 08:14 PM 11:35 PM
General	शलभासन	Hindi	12:19 AM 03:40 AM 07:00 AM 10:21 AM 01:42 PM 05:03 PM 08:23 PM 11:44 PM
General	पवनमुक्तासन	Hindi	12:28 AM 03:12 AM 05:57 AM 08:41 AM 11:26 AM 02:10 PM 04:55 PM 07:39 PM 10:24 PM
General	Shashankasana	English	12:28 AM 03:49 AM 07:10 AM 10:30 AM 01:51 PM 05:12 PM 08:32 PM 11:53 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:31 AM 03:15 AM 06:00 AM 08:44 AM 11:29 AM 02:13 PM 04:58 PM 07:42 PM 10:27 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	12:46 AM 03:30 AM 06:15 AM 08:59 AM 11:44 AM 02:28 PM 05:13 PM 07:57 PM 10:42 PM
Vocational Videos	Seed Germination	English	12:59 AM 03:44 AM 06:28 AM 09:13 AM 11:57 AM 02:42 PM 05:26 PM 08:11 PM 10:55 PM



General	Setu Bandhasana	English	01:18 AM 04:03 AM 06:47 AM 09:32 AM 12:16 PM 03:01 PM 05:45 PM 08:30 PM 11:14 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	01:21 AM 04:05 AM 06:50 AM 09:34 AM 12:19 PM 03:03 PM 05:48 PM 08:32 PM 11:17 PM
General	सेतुबन्धासन	Hindi	01:27 AM 04:11 AM 06:56 AM 09:40 AM 12:25 PM 03:09 PM 05:54 PM 08:38 PM 11:23 PM
General	Shalabhasana	English	01:29 AM 04:14 AM 06:58 AM 09:43 AM 12:27 PM 03:12 PM 05:56 PM 08:41 PM 11:25 PM
General	शलभासन	Hindi	01:38 AM 04:22 AM 07:07 AM 09:51 AM 12:36 PM 03:20 PM 06:05 PM 08:49 PM 11:34 PM
General	Shashankasana	English	01:47 AM 04:32 AM 07:16 AM 10:01 AM 12:45 PM 03:30 PM 06:14 PM 08:59 PM 11:43 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	02:07 AM 06:00 AM 09:54 AM 01:48 PM 05:41 PM 09:35 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	02:34 AM 06:28 AM 10:21 AM 02:15 PM 06:09 PM 10:02 PM
Science (Activities)	Amazing World of Changes (ch-6)	English	02:40 AM 06:34 AM 10:27 AM 02:21 PM 06:15 PM 10:08 PM
General	पवनमुक्तासन	Hindi	03:03 AM 06:56 AM 10:50 AM 02:43 PM 06:37 PM 10:31 PM



Art & Craft	A Sunrise at Ganga Sagar	English	03:06 AM 06:59 AM 10:53 AM 02:46 PM 06:40 PM 10:34 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	03:21 AM 07:14 AM 11:08 AM 03:01 PM 06:55 PM 10:48 PM
Vocational Videos	Seed Germination	English	03:34 AM 07:28 AM 11:21 AM 03:15 PM 07:08 PM 11:02 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	03:47 AM 08:03 AM 12:18 PM 04:33 PM 08:49 PM
मंगलवार, 06 मई 2025 Tuesday, 06 May 2025			
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:00 AM 04:04 AM 08:09 AM 12:14 PM 04:19 PM 08:24 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:06 AM 04:11 AM 08:16 AM 12:20 PM 04:25 PM 08:30 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:08 AM 04:13 AM 08:17 AM 12:22 PM 04:27 PM 08:32 PM
General	त्रिकोणासन	Hindi	12:15 AM 04:20 AM 08:25 AM 12:29 PM 04:34 PM 08:39 PM
English (Honeysuckle)	Beauty	English	12:31 AM 03:51 AM 07:12 AM 10:33 AM 01:53 PM 05:14 PM 08:35 PM 11:55 PM
Art & Craft	पानी का फव्वारा	Hindi	12:33 AM 04:38 AM 08:43 AM 12:47 PM 04:52 PM 08:57 PM
General	सूर्य नमस्कार	Hindi	12:37 AM 03:57 AM 07:18 AM 10:39 AM 02:00 PM 05:20 PM 08:41 PM
General	ताड़ासन	Hindi	12:44 AM 04:04 AM 07:25 AM 10:46 AM 02:06 PM 05:27 PM 08:48 PM



General	Vrikshasana	English	12:45 AM 04:50 AM 08:54 AM 12:59 PM 05:04 PM 09:09 PM
Art & Craft	3D Popup House Amazing Popup Greeting Card English	English	12:46 AM 04:06 AM 07:27 AM 10:48 AM 02:09 PM 05:29 PM 08:50 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	12:52 AM 04:57 AM 09:02 AM 01:07 PM 05:11 PM 09:16 PM
General Awareness	क्षेत्रफल	Hindi	12:53 AM 04:14 AM 07:35 AM 10:55 AM 02:16 PM 05:37 PM 08:57 PM
Vocational Videos	Seed Germination	English	12:59 AM 05:04 AM 09:09 AM 01:14 PM 05:18 PM 09:23 PM
General	Trikonasana	English	01:23 AM 04:43 AM 08:04 AM 11:25 AM 02:45 PM 06:06 PM 09:27 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	01:25 AM 04:46 AM 08:07 AM 11:27 AM 02:48 PM 06:09 PM 09:29 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:32 AM 04:52 AM 08:13 AM 11:34 AM 02:54 PM 06:15 PM 09:36 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	01:34 AM 04:54 AM 08:15 AM 11:36 AM 02:56 PM 06:17 PM 09:38 PM
General	त्रिकोणासन	Hindi	01:41 AM 05:01 AM 08:22 AM 11:43 AM 03:03 PM 06:24 PM 09:45 PM
English (Honeysuckle)	Beauty	English	01:49 AM 04:34 AM 07:18 AM 10:03 AM 12:47 PM 03:32 PM 06:16 PM 09:01 PM 11:45 PM



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General	सूर्य नमस्कार	Hindi	01:55 AM 04:40 AM 07:24 AM 10:09 AM 12:53 PM 03:38 PM 06:22 PM 09:07 PM 11:51 PM
Art & Craft	पानी का फव्वारा	Hindi	01:59 AM 05:19 AM 08:40 AM 12:01 PM 03:22 PM 06:42 PM 10:03 PM
General	ताड़ासन	Hindi	02:02 AM 04:47 AM 07:31 AM 10:16 AM 01:00 PM 03:45 PM 06:29 PM 09:14 PM 11:58 PM
Art & Craft	3D Popup House Amazing Popup Greeting Card English	English	02:05 AM 04:49 AM 07:34 AM 10:18 AM 01:03 PM 03:47 PM 06:32 PM 09:16 PM
General	Vrikshasana	English	02:11 AM 05:31 AM 08:52 AM 12:13 PM 03:33 PM 06:54 PM 10:15 PM
General Awareness	क्षेत्रफल	Hindi	02:12 AM 04:56 AM 07:41 AM 10:25 AM 01:10 PM 03:54 PM 06:39 PM 09:23 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	02:18 AM 05:39 AM 08:59 AM 12:20 PM 03:41 PM 07:01 PM 10:22 PM
Vocational Videos	Seed Germination	English	02:25 AM 05:46 AM 09:06 AM 12:27 PM 03:48 PM 07:08 PM 10:29 PM
General	Trikonasana	English	02:41 AM 05:26 AM 08:10 AM 10:55 AM 01:39 PM 04:24 PM 07:08 PM 09:53 PM
बुधवार, 07 मई 2025 Wednesday, 07 May 2025			
Vocational Videos	IDENTIFICATION OF TREES	English	12:00 AM 03:59 AM 07:59 AM 11:58 AM 03:58 PM 07:58 PM 11:57 PM
General	उष्ट्रासन	Hindi	12:27 AM 04:27 AM 08:26 AM 12:26 PM 04:26 PM 08:25 PM



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Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	12:51 AM 04:51 AM 08:50 AM 12:50 PM 04:49 PM 08:49 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:57 AM 04:57 AM 08:56 AM 12:56 PM 04:56 PM 08:55 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	01:06 AM 05:11 AM 09:16 AM 01:20 PM 05:25 PM 09:30 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:10 AM 05:10 AM 09:10 AM 01:09 PM 05:09 PM 09:09 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	01:28 AM 05:33 AM 09:38 AM 01:43 PM 05:47 PM 09:52 PM
General	Ustrasana	English	01:32 AM 05:37 AM 09:41 AM 01:46 PM 05:51 PM 09:56 PM
General Awareness	बात पते की	Hindi	01:40 AM 05:44 AM 09:49 AM 01:54 PM 05:59 PM 10:04 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:54 AM 05:59 AM 10:04 AM 02:09 PM 06:14 PM 10:18 PM
General	उष्ट्रासन	Hindi	02:22 AM 06:27 AM 10:32 AM 02:37 PM 06:41 PM 10:46 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	02:32 AM 05:52 AM 09:13 AM 12:34 PM 03:54 PM 07:15 PM 10:36 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	02:46 AM 06:51 AM 10:55 AM 03:00 PM 07:05 PM 11:10 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	02:52 AM 06:57 AM 11:02 AM 03:07 PM 07:11 PM 11:16 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	02:54 AM 06:15 AM 09:35 AM 12:56 PM 04:17 PM 07:37 PM 10:58 PM



General	Ustrasana	English	02:58 AM 06:18 AM 09:39 AM 01:00 PM 04:20 PM 07:41 PM 11:02 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	03:05 AM 07:10 AM 11:15 AM 03:20 PM 07:25 PM 11:29 PM
General Awareness	बात पते की	Hindi	03:05 AM 06:26 AM 09:47 AM 01:08 PM 04:28 PM 07:49 PM 11:10 PM
बृहस्पतिवार, 08 मई 2025 Thursday, 08 May 2025			
General	Vakrasana	English	12:00 AM 04:48 AM 09:37 AM 02:26 PM 07:15 PM
General	Vrikshasana	English	12:02 AM 04:51 AM 09:40 AM 02:29 PM 07:18 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	12:24 AM 05:13 AM 10:02 AM 02:51 PM 07:40 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	12:25 AM 05:14 AM 10:03 AM 02:52 PM 07:41 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	12:37 AM 05:26 AM 10:14 AM 03:03 PM 07:52 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	12:44 AM 05:33 AM 10:22 AM 03:11 PM 08:00 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	12:58 AM 05:47 AM 10:36 AM 03:25 PM 08:14 PM
Science (Activities)	Plant Parts as Food (Chapter-1)	English	01:12 AM 05:11 AM 09:11 AM 01:11 PM 05:10 PM 09:10 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	01:16 AM 05:15 AM 09:15 AM 01:14 PM 05:14 PM 09:14 PM
Vocational Videos	प्लबिंग टूल	Hindi	01:19 AM 05:19 AM 09:19 AM 01:18 PM 05:18 PM 09:17 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	01:40 AM 05:40 AM 09:39 AM 01:39 PM 05:39 PM 09:38 PM



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Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	02:00 AM 06:00 AM 10:00 AM 01:59 PM 05:59 PM 09:59 PM
General	Vajrasana	English	02:04 AM 06:04 AM 10:03 AM 02:03 PM 06:03 PM 10:02 PM
General	वज्रासन	Hindi	02:07 AM 06:06 AM 10:06 AM 02:06 PM 06:05 PM 10:05 PM
General	Vakrasana	English	02:09 AM 06:09 AM 10:09 AM 02:08 PM 06:08 PM 10:08 PM
General	Vrikshasana	English	02:12 AM 06:12 AM 10:11 AM 02:11 PM 06:11 PM 10:10 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	02:34 AM 06:34 AM 10:33 AM 02:33 PM 06:33 PM 10:32 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	02:35 AM 06:35 AM 10:35 AM 02:34 PM 06:34 PM 10:34 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	02:46 AM 06:46 AM 10:46 AM 02:45 PM 06:45 PM 10:45 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	02:54 AM 06:53 AM 10:53 AM 02:53 PM 06:52 PM 10:52 PM
Science (Activities)	Plant Parts as Food (Chapter-1)	English	03:07 AM 07:11 AM 11:16 AM 03:21 PM 07:26 PM 11:31 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	03:08 AM 07:08 AM 11:07 AM 03:07 PM 07:07 PM 11:06 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	03:10 AM 07:15 AM 11:20 AM 03:25 PM 07:30 PM 11:35 PM



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Vocational Videos	प्लबिंग टूल	Hindi	03:14 AM 07:19 AM 11:24 AM 03:29 PM 07:33 PM 11:38 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	03:35 AM 07:40 AM 11:45 AM 03:49 PM 07:54 PM 11:59 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	03:55 AM 08:00 AM 12:05 PM 04:10 PM 08:15 PM
General	Vajrasana	English	03:59 AM 08:04 AM 12:09 PM 04:14 PM 08:18 PM
General	वज्रासन	Hindi	04:02 AM 08:07 AM 12:11 PM 04:16 PM 08:21 PM
शुक्रवार, 09 मई 2025 Friday, 09 May 2025			
General	Introduction to MISSION LIFE	English	12:00 AM 05:50 AM 11:40 AM 05:31 PM 11:21 PM
General	zoological-Survey-of-india	English	12:02 AM 05:52 AM 11:43 AM 05:33 PM 11:24 PM
Heat wave Filler	लू : शहर में रहने वाले लोग कैसे करें लू गर्म हवा से अपना बचाव	Hindi	12:04 AM 05:55 AM 11:45 AM 05:36 PM 11:26 PM
Vocational Videos	Preparing ORS at Home	English	12:07 AM 05:57 AM 11:47 AM 05:38 PM 11:28 PM
General	Values and Types of Wetlands Part -2	English	12:39 AM 06:30 AM 12:20 PM 06:10 PM
General	निपुण भारत	Hindi	01:02 AM 05:51 AM 10:40 AM 03:29 PM 08:18 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:05 AM 06:55 AM 12:45 PM 06:36 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	01:09 AM 05:58 AM 10:47 AM 03:36 PM 08:25 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:12 AM 06:01 AM 10:50 AM 03:39 PM 08:28 PM
General	Energy Saving	English	01:14 AM 06:03 AM 10:52 AM 03:41 PM 08:30 PM
Art & Craft	छोटा है या बड़ा	Hindi	01:31 AM 06:20 AM 11:09 AM 03:58 PM 08:47 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:35 AM 06:24 AM 11:13 AM 04:02 PM 08:51 PM
General	Waste Reduced	English	01:48 AM 06:37 AM 11:26 AM 04:15 PM 09:04 PM
General	Introduction to MISSION LIFE	English	01:49 AM 06:38 AM 11:27 AM 04:16 PM 09:05 PM
General	zoological-Survey-of-india	English	01:52 AM 06:41 AM 11:30 AM 04:19 PM 09:08 PM
Heat wave Filler	लू : शहर में रहने वाले लोग कैसे करें लू गर्म हवा से अपना बचाव	Hindi	01:54 AM 06:43 AM 11:32 AM 04:21 PM 09:10 PM
Vocational Videos	Preparing ORS at Home	English	01:56 AM 06:45 AM 11:34 AM 04:23 PM 09:12 PM
General	Values and Types of Wetlands Part -2	English	02:29 AM 07:18 AM 12:07 PM 04:56 PM 09:45 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	02:54 AM 07:43 AM 12:32 PM 05:21 PM 10:10 PM
General	निपुण भारत	Hindi	03:12 AM 07:12 AM 11:11 AM 03:11 PM 07:11 PM 11:10 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	03:19 AM 07:19 AM 11:19 AM 03:18 PM 07:18 PM 11:17 PM
General	MOTHER EARTH Prakriti English Subtitles	English	03:22 AM 07:22 AM 11:21 AM 03:21 PM 07:21 PM 11:20 PM
General	Energy Saving	English	03:24 AM 07:24 AM 11:23 AM 03:23 PM 07:23 PM 11:22 PM
Art & Craft	छोटा है या बड़ा	Hindi	03:41 AM 07:41 AM 11:40 AM 03:40 PM 07:40 PM 11:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	03:45 AM 07:45 AM 11:44 AM 03:44 PM 07:44 PM 11:43 PM
General	Waste Reduced	English	03:58 AM 07:57 AM 11:57 AM 03:57 PM 07:56 PM 11:56 PM



शनिवार, 10 मई 2025

Saturday, 10 May 2025

General	जेंडर समानता	Hindi	12:00 AM 04:55 AM 09:51 AM 02:47 PM 07:43 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	12:20 AM 05:16 AM 10:11 AM 03:07 PM 08:03 PM
Art & Craft	A Sunrise at Ganga Sagar	English	01:23 AM 07:14 AM 01:04 PM 06:55 PM
General	Growing up Healthy	English	01:47 AM 07:38 AM 01:28 PM 07:18 PM
General	Values and Types of Wetlands Part -2	English	01:55 AM 07:45 AM 01:36 PM 07:26 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	02:33 AM 08:24 AM 02:14 PM 08:05 PM
General	Interpersonal Relationships	English	02:46 AM 08:37 AM 02:27 PM 08:18 PM
General	पारस्परिक संबंध	Hindi	02:53 AM 08:44 AM 02:34 PM 08:25 PM
General	जेंडर समानता	Hindi	02:59 AM 08:49 AM 02:40 PM 08:30 PM
Art & Craft	A Sunrise at Ganga Sagar	English	03:13 AM 08:02 AM 12:51 PM 05:40 PM 10:29 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	03:19 AM 09:09 AM 03:00 PM 08:50 PM
General	Growing up Healthy	English	03:37 AM 08:26 AM 01:15 PM 06:04 PM 10:53 PM
General	Values and Types of Wetlands Part -2	English	03:45 AM 08:34 AM 01:23 PM 06:11 PM 11:00 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	04:23 AM 09:12 AM 02:01 PM 06:50 PM 11:39 PM
General	Interpersonal Relationships	English	04:36 AM 09:25 AM 02:14 PM 07:03 PM 11:52 PM
General	पारस्परिक संबंध	Hindi	04:43 AM 09:32 AM 02:21 PM 07:10 PM 11:59 PM



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रविवार, 11 मई 2025
Sunday, 11 May 2025

General	ध्यान	Hindi	12:24 AM 05:20 AM 10:16 AM 03:12 PM 08:07 PM
General	Nutrition_Health and Sanitation	English	12:29 AM 05:25 AM 10:21 AM 03:17 PM 08:13 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:36 AM 05:32 AM 10:27 AM 03:23 PM 08:19 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:42 AM 05:38 AM 10:34 AM 03:30 PM 08:26 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	12:57 AM 05:53 AM 10:48 AM 03:44 PM 08:40 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	01:03 AM 05:59 AM 10:54 AM 03:50 PM 08:46 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	01:09 AM 06:05 AM 11:01 AM 03:57 PM 08:52 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:31 AM 06:27 AM 11:22 AM 04:18 PM 09:14 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	02:17 AM 07:12 AM 12:08 PM 05:04 PM 10:00 PM
General	Prevention and Management of Substance Misuse	English	02:21 AM 07:17 AM 12:13 PM 05:09 PM 10:05 PM
General	ध्यान	Hindi	03:23 AM 09:14 AM 03:04 PM 08:54 PM
General	Nutrition_Health and Sanitation	English	03:29 AM 09:19 AM 03:09 PM 09:00 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	03:35 AM 09:25 AM 03:16 PM 09:06 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	03:42 AM 09:32 AM 03:22 PM 09:13 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	03:56 AM 09:46 AM 03:37 PM 09:27 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	04:02 AM 09:52 AM 03:43 PM 09:33 PM



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संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	04:08 AM 09:59 AM 03:49 PM 09:39 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	04:30 AM 10:20 AM 04:11 PM 10:01 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	05:16 AM 11:06 AM 04:57 PM 10:47 PM
General	Prevention and Management of Substance Misuse	English	05:21 AM 11:11 AM 05:01 PM 10:52 PM
सोमवार, 12 मई 2025 Monday, 12 May 2025			
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:00 AM 03:16 AM 06:33 AM 09:49 AM 01:06 PM 04:23 PM 07:39 PM 10:56 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:45 AM 04:01 AM 07:18 AM 10:34 AM 01:51 PM 05:08 PM 08:24 PM 11:41 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	12:50 AM 04:07 AM 07:24 AM 10:40 AM 01:57 PM 05:13 PM 08:30 PM 11:47 PM
General	Safety and Security against Violence and Injuries	English	12:56 AM 04:12 AM 07:29 AM 10:46 AM 02:02 PM 05:19 PM 08:35 PM 11:52 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:21 AM 04:38 AM 07:55 AM 11:11 AM 02:28 PM 05:44 PM 09:01 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:27 AM 04:44 AM 08:00 AM 11:17 AM 02:33 PM 05:50 PM 09:07 PM
General	Promotion of Healthy Lifestyle	English	02:27 AM 07:22 AM 12:18 PM 05:14 PM 10:10 PM
Disaster management	Clod Wave - Preparation	Hindi	02:34 AM 07:30 AM 12:25 PM 05:21 PM 10:17 PM



Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	02:35 AM 07:31 AM 12:27 PM 05:23 PM 10:19 PM
General	Reproductive Health and HIV Prevention	English	02:40 AM 07:36 AM 12:32 PM 05:28 PM 10:24 PM
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	02:51 AM 07:47 AM 12:42 PM 05:38 PM 10:34 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	03:36 AM 08:32 AM 01:27 PM 06:23 PM 11:19 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	03:41 AM 08:37 AM 01:33 PM 06:29 PM 11:25 PM
General	Safety and Security against Violence and Injuries	English	03:47 AM 08:43 AM 01:39 PM 06:34 PM 11:30 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	04:12 AM 09:08 AM 02:04 PM 07:00 PM 11:56 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	04:18 AM 09:14 AM 02:10 PM 07:06 PM
General	Promotion of Healthy Lifestyle	English	05:26 AM 11:16 AM 05:07 PM 10:57 PM
Disaster management	Clod Wave - Preparation	Hindi	05:33 AM 11:23 AM 05:14 PM 11:04 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	05:34 AM 11:25 AM 05:15 PM 11:05 PM
General	Reproductive Health and HIV Prevention	English	05:39 AM 11:30 AM 05:20 PM 11:11 PM
मंगलवार, 13 मई 2025 Tuesday, 13 May 2025			
हिन्दी (दूरवा)	हमारा घर	Hindi	12:00 AM 03:47 AM 07:34 AM 11:21 AM 03:08 PM 06:55 PM 10:43 PM
General Awareness	बात पते की	Hindi	12:00 AM 03:29 AM 06:58 AM 10:27 AM 01:56 PM 05:25 PM 08:54 PM



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General	Values and Types of Wetlands Part -2	English	12:13 AM 04:00 AM 07:47 AM 11:34 AM 03:21 PM 07:09 PM 10:56 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:14 AM 03:43 AM 07:13 AM 10:42 AM 02:11 PM 05:40 PM 09:09 PM
General	Values and Types of Wetlands Part -2	English	12:29 AM 03:58 AM 07:27 AM 10:56 AM 02:26 PM 05:55 PM 09:24 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:37 AM 04:06 AM 07:35 AM 11:04 AM 02:34 PM 06:03 PM 09:32 PM
General English	Episode 1 Greeting a Friend	English	12:56 AM 04:25 AM 07:54 AM 11:23 AM 02:52 PM 06:21 PM 09:50 PM
General English	Episode 8 Making Requests 2	English	01:04 AM 04:33 AM 08:02 AM 11:31 AM 03:00 PM 06:29 PM 09:59 PM
हिन्दी (दूर्वा)	हमारा घर	Hindi	01:11 AM 04:41 AM 08:10 AM 11:39 AM 03:08 PM 06:37 PM 10:06 PM
General	Values and Types of Wetlands Part -2	English	01:25 AM 04:54 AM 08:23 AM 11:52 AM 03:21 PM 06:50 PM 10:20 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	01:36 AM 04:53 AM 08:10 AM 11:26 AM 02:43 PM 06:00 PM 09:16 PM
General	निपुण भारत	Hindi	01:41 AM 04:58 AM 08:15 AM 11:31 AM 02:48 PM 06:05 PM 09:21 PM
General	Pawanmuktasana	English	01:43 AM 05:00 AM 08:16 AM 11:33 AM 02:50 PM 06:06 PM 09:23 PM
Heat wave Filler	Cool Roof Technology: Bamboo Shading Screen	English	01:46 AM 05:03 AM 08:19 AM 11:36 AM 02:53 PM 06:09 PM 09:26 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	01:52 AM 05:09 AM 08:25 AM 11:42 AM 02:59 PM 06:15 PM 09:32 PM



Heat wave Filler	Cool Roof Technology: China Mosaic	English	01:58 AM 05:15 AM 08:31 AM 11:48 AM 03:05 PM 06:21 PM 09:38 PM
General Awareness	बात पते की	Hindi	02:04 AM 05:21 AM 08:37 AM 11:54 AM 03:11 PM 06:27 PM 09:44 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	02:19 AM 05:36 AM 08:52 AM 12:09 PM 03:25 PM 06:42 PM 09:59 PM
General	Values and Types of Wetlands Part -2	English	02:34 AM 05:50 AM 09:07 AM 12:24 PM 03:40 PM 06:57 PM 10:13 PM
Vocational Videos	प्लवंग टूल	Hindi	02:42 AM 05:58 AM 09:15 AM 12:32 PM 03:48 PM 07:05 PM 10:21 PM
General English	Episode 1 Greeting a Friend	English	03:00 AM 06:17 AM 09:34 AM 12:50 PM 04:07 PM 07:23 PM 10:40 PM
General English	Episode 8 Making Requests 2	English	03:08 AM 06:25 AM 09:42 AM 12:58 PM 04:15 PM 07:32 PM 10:48 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	04:28 AM 09:23 AM 02:19 PM 07:15 PM
General	निपुण भारत	Hindi	04:33 AM 09:28 AM 02:24 PM 07:20 PM
General	Pawanmuktasana	English	04:34 AM 09:30 AM 02:26 PM 07:22 PM
Heat wave Filler	Cool Roof Technology: Bamboo Shading Screen	English	04:37 AM 09:33 AM 02:29 PM 07:25 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	04:43 AM 09:39 AM 02:35 PM 07:31 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	04:49 AM 09:45 AM 02:41 PM 07:37 PM



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बुधवार, 14 मई 2025
Wednesday, 14 May 2025

General	अर्ध चक्रासन	Hindi	12:00 AM 03:08 AM 06:17 AM 09:25 AM 12:34 PM 03:42 PM 06:51 PM 09:59 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:21 AM 04:08 AM 07:55 AM 11:42 AM 03:30 PM 07:17 PM 11:04 PM
Art & Craft	विटामिन ए की कहानी	Hindi	12:25 AM 04:12 AM 08:00 AM 11:47 AM 03:34 PM 07:21 PM 11:08 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:37 AM 04:24 AM 08:11 AM 11:58 AM 03:45 PM 07:33 PM 11:20 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:53 AM 04:40 AM 08:27 AM 12:14 PM 04:02 PM 07:49 PM 11:36 PM
Art & Craft	पानी का फव्वारा	Hindi	01:00 AM 04:47 AM 08:34 AM 12:22 PM 04:09 PM 07:56 PM 11:43 PM
General English	Episode 1 Greeting a Friend	English	01:08 AM 04:55 AM 08:42 AM 12:30 PM 04:17 PM 08:04 PM 11:51 PM
General	Values and Types of Wetlands Part -2	English	01:16 AM 05:03 AM 08:51 AM 12:38 PM 04:25 PM 08:12 PM 11:59 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	01:33 AM 05:02 AM 08:31 AM 12:00 PM 03:29 PM 06:58 PM 10:28 PM
Art & Craft	विटामिन ए की कहानी	Hindi	01:37 AM 05:06 AM 08:35 AM 12:05 PM 03:34 PM 07:03 PM 10:32 PM



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Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:49 AM 05:18 AM 08:47 AM 12:16 PM 03:45 PM 07:14 PM 10:44 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:55 AM 05:42 AM 09:29 AM 01:16 PM 05:04 PM 08:51 PM
General	गुरु नानक प्रकाश पर्व	Hindi	02:03 AM 05:50 AM 09:37 AM 01:24 PM 05:12 PM 08:59 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	02:05 AM 05:34 AM 09:03 AM 12:32 PM 04:01 PM 07:31 PM 11:00 PM
Art & Craft	पानी का फव्वारा	Hindi	02:12 AM 05:41 AM 09:10 AM 12:39 PM 04:09 PM 07:38 PM 11:07 PM
General	Ardha Chakrasana	English	02:15 AM 06:02 AM 09:49 AM 01:36 PM 05:24 PM 09:11 PM
General	अर्ध चक्रासन	Hindi	02:17 AM 06:04 AM 09:51 AM 01:38 PM 05:25 PM 09:13 PM
General English	Episode 1 Greeting a Friend	English	02:20 AM 05:49 AM 09:18 AM 12:47 PM 04:17 PM 07:46 PM 11:15 PM
General	Values and Types of Wetlands Part -2	English	02:28 AM 05:57 AM 09:26 AM 12:56 PM 04:25 PM 07:54 PM 11:23 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	03:07 AM 06:36 AM 10:05 AM 01:34 PM 05:03 PM 08:33 PM
General	गुरु नानक प्रकाश पर्व	Hindi	03:15 AM 06:44 AM 10:13 AM 01:42 PM 05:11 PM 08:41 PM
General	Ardha Chakrasana	English	03:27 AM 06:56 AM 10:25 AM 01:54 PM 05:23 PM 08:52 PM



बृहस्पतिवार, 15 मई 2025
Thursday, 15 May 2025

Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:00 AM 04:37 AM 09:15 AM 01:53 PM 06:31 PM 11:09 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	12:03 AM 04:41 AM 09:19 AM 01:57 PM 06:35 PM 11:13 PM
Heat wave Filler	HeatWave Protect animals during heat wave	English	12:04 AM 03:13 AM 06:21 AM 09:30 AM 12:38 PM 03:47 PM 06:55 PM 10:04 PM
Heat wave Filler	HeatWave: Dos and donts when outside during heat wave	English	12:07 AM 03:15 AM 06:24 AM 09:32 AM 12:41 PM 03:49 PM 06:58 PM 10:06 PM
Creative Activities: Art & Craft	Paper Glider	English	12:08 AM 03:17 AM 06:25 AM 09:34 AM 12:42 PM 03:51 PM 06:59 PM 10:08 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	12:11 AM 03:20 AM 06:28 AM 09:37 AM 12:45 PM 03:54 PM 07:02 PM 10:11 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	12:14 AM 03:22 AM 06:31 AM 09:39 AM 12:48 PM 03:56 PM 07:05 PM 10:13 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:16 AM 04:54 AM 09:32 AM 02:10 PM 06:48 PM 11:26 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:17 AM 03:26 AM 06:34 AM 09:43 AM 12:51 PM 04:00 PM 07:08 PM 10:17 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:23 AM 03:32 AM 06:40 AM 09:49 AM 12:57 PM 04:06 PM 07:14 PM 10:23 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:27 AM 05:05 AM 09:42 AM 02:20 PM 06:58 PM 11:36 PM



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Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:27 AM 03:36 AM 06:44 AM 09:53 AM 01:01 PM 04:10 PM 07:18 PM 10:27 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:34 AM 03:42 AM 06:51 AM 09:59 AM 01:08 PM 04:16 PM 07:25 PM 10:33 PM
General Awareness	Air Pollution	English	12:44 AM 03:52 AM 07:01 AM 10:09 AM 01:18 PM 04:26 PM 07:35 PM 10:43 PM
General	भुजंगासन	Hindi	01:10 AM 04:18 AM 07:27 AM 10:36 AM 01:44 PM 04:53 PM 08:01 PM 11:10 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:12 AM 04:21 AM 07:29 AM 10:38 AM 01:47 PM 04:55 PM 08:04 PM 11:12 PM
General	Dhyana	English	01:20 AM 04:28 AM 07:37 AM 10:45 AM 01:54 PM 05:02 PM 08:11 PM 11:19 PM
General	Pawanmuktasana	English	01:24 AM 04:32 AM 07:41 AM 10:49 AM 01:58 PM 05:06 PM 08:15 PM 11:23 PM
General	Trikonasana	English	01:27 AM 04:35 AM 07:44 AM 10:52 AM 02:01 PM 05:09 PM 08:18 PM 11:26 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:29 AM 04:38 AM 07:46 AM 10:55 AM 02:04 PM 05:12 PM 08:21 PM 11:29 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	01:33 AM 04:42 AM 07:50 AM 10:59 AM 02:07 PM 05:16 PM 08:24 PM 11:33 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:46 AM 04:55 AM 08:03 AM 11:12 AM 02:20 PM 05:29 PM 08:37 PM 11:46 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:57 AM 05:05 AM 08:14 AM 11:22 AM 02:31 PM 05:39 PM 08:48 PM 11:56 PM
Heat wave Filler	HeatWave Protect animals during heat wave	English	02:21 AM 06:09 AM 09:56 AM 01:43 PM 05:30 PM 09:17 PM
Heat wave Filler	HeatWave: Dos and donts when outside during heat wave	English	02:24 AM 06:11 AM 09:58 AM 01:45 PM 05:33 PM 09:20 PM
Creative Activities: Art & Craft	Paper Glider	English	02:25 AM 06:13 AM 10:00 AM 01:47 PM 05:34 PM 09:21 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	02:28 AM 06:15 AM 10:03 AM 01:50 PM 05:37 PM 09:24 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	02:31 AM 06:18 AM 10:05 AM 01:52 PM 05:40 PM 09:27 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	02:35 AM 06:22 AM 10:09 AM 01:56 PM 05:43 PM 09:31 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	02:41 AM 06:28 AM 10:15 AM 02:02 PM 05:49 PM 09:36 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	02:44 AM 06:32 AM 10:19 AM 02:06 PM 05:53 PM 09:40 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	02:51 AM 06:38 AM 10:25 AM 02:12 PM 06:00 PM 09:47 PM



General Awareness	Air Pollution	English	03:01 AM 06:48 AM 10:35 AM 02:23 PM 06:10 PM 09:57 PM
General	भुजंगासन	Hindi	03:27 AM 07:14 AM 11:02 AM 02:49 PM 06:36 PM 10:23 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	03:30 AM 07:17 AM 11:04 AM 02:51 PM 06:38 PM 10:26 PM
General	Dhyana	English	03:37 AM 07:24 AM 11:11 AM 02:59 PM 06:46 PM 10:33 PM
General	Pawanmuktasana	English	03:41 AM 07:28 AM 11:15 AM 03:03 PM 06:50 PM 10:37 PM
General	Trikonasana	English	03:44 AM 07:31 AM 11:18 AM 03:06 PM 06:53 PM 10:40 PM
शुक्रवार, 16 मई 2025 Friday, 16 May 2025			
Vocational Videos	IDENTIFICATION OF TREES	English	12:00 AM 05:18 AM 10:37 AM 03:56 PM 09:15 PM
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	12:35 AM 05:13 AM 09:51 AM 02:29 PM 07:07 PM 11:45 PM
General	Prevention and Management of Substance Misuse	English	12:40 AM 05:59 AM 11:18 AM 04:37 PM 09:56 PM
General	Promotion of Healthy Lifestyle	English	12:46 AM 06:05 AM 11:24 AM 04:42 PM 10:01 PM
General	Growing up Healthy	English	12:46 AM 05:24 AM 10:02 AM 02:40 PM 07:18 PM 11:55 PM
General	पारस्परिक संबंध	Hindi	12:50 AM 05:28 AM 10:06 AM 02:44 PM 07:22 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:52 AM 06:11 AM 11:29 AM 04:48 PM 10:07 PM



Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:56 AM 05:33 AM 10:11 AM 02:49 PM 07:27 PM
General	जेंडर समानता	Hindi	01:14 AM 05:51 AM 10:29 AM 03:07 PM 07:45 PM
General	Growing up Healthy	English	01:21 AM 05:59 AM 10:37 AM 03:15 PM 07:52 PM
General	Nutrition_Health and Sanitation	English	01:25 AM 06:03 AM 10:41 AM 03:19 PM 07:57 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:31 AM 06:09 AM 10:47 AM 03:25 PM 08:03 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:38 AM 06:16 AM 10:54 AM 03:32 PM 08:10 PM
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	02:05 AM 05:14 AM 08:22 AM 11:31 AM 02:39 PM 05:48 PM 08:57 PM
General	Growing up Healthy	English	02:16 AM 05:25 AM 08:33 AM 11:42 AM 02:50 PM 05:59 PM 09:07 PM
General	Prevention and Management of Substance Misuse	English	02:19 AM 06:57 AM 11:35 AM 04:13 PM 08:51 PM
General	पारस्परिक संबंध	Hindi	02:20 AM 05:29 AM 08:37 AM 11:46 AM 02:54 PM 06:03 PM 09:11 PM
General	Promotion of Healthy Lifestyle	English	02:24 AM 07:02 AM 11:40 AM 04:18 PM 08:56 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	02:26 AM 05:34 AM 08:43 AM 11:51 AM 03:00 PM 06:08 PM 09:17 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	02:30 AM 07:08 AM 11:46 AM 04:24 PM 09:02 PM
General	जेंडर समानता	Hindi	02:43 AM 05:52 AM 09:01 AM 12:09 PM 03:18 PM 06:26 PM 09:35 PM
General	Growing up Healthy	English	02:51 AM 05:59 AM 09:08 AM 12:16 PM 03:25 PM 06:33 PM 09:42 PM



General	Nutrition_Health and Sanitation	English	02:55 AM 06:04 AM 09:12 AM 12:21 PM 03:29 PM 06:38 PM 09:46 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	03:01 AM 06:10 AM 09:18 AM 12:27 PM 03:35 PM 06:44 PM 09:52 PM
शनिवार, 17 मई 2025 Saturday, 17 May 2025			
General	Emotional well being and mental health	English	12:58 AM 06:17 AM 11:36 AM 04:54 PM 10:13 PM
General	Reproductive Health and HIV Prevention	English	01:04 AM 06:23 AM 11:42 AM 05:01 PM 10:19 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:09 AM 06:28 AM 11:47 AM 05:06 PM 10:25 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	01:15 AM 06:34 AM 11:53 AM 05:12 PM 10:31 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	01:21 AM 06:40 AM 11:59 AM 05:18 PM 10:37 PM
संस्कृत	पाठ-6 समुद्रतट: , भाग 1	Hindi	01:28 AM 06:46 AM 12:05 PM 05:24 PM 10:43 PM
General	Safety and Security against Violence and Injuries	English	01:47 AM 07:06 AM 12:25 PM 05:43 PM 11:02 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	02:02 AM 07:21 AM 12:40 PM 05:58 PM 11:17 PM
General	निपुण भारत	Hindi	02:07 AM 07:26 AM 12:45 PM 06:04 PM 11:23 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	02:16 AM 07:35 AM 12:54 PM 06:13 PM 11:32 PM
General	Emotional well being and mental health	English	02:36 AM 07:14 AM 11:52 AM 04:30 PM 09:08 PM
General	Reproductive Health and HIV Prevention	English	02:43 AM 07:20 AM 11:58 AM 04:36 PM 09:14 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:48 AM 07:26 AM 12:04 PM 04:42 PM 09:20 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	02:54 AM 07:32 AM 12:10 PM 04:47 PM 09:25 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	03:00 AM 07:38 AM 12:16 PM 04:53 PM 09:31 PM



संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	03:06 AM 07:44 AM 12:22 PM 05:00 PM 09:38 PM
General	Safety and Security against Violence and Injuries	English	03:25 AM 08:03 AM 12:41 PM 05:19 PM 09:57 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	03:40 AM 08:18 AM 12:56 PM 05:34 PM 10:12 PM
General	निपुण भारत	Hindi	03:46 AM 08:24 AM 01:02 PM 05:40 PM 10:18 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	03:55 AM 08:32 AM 01:10 PM 05:48 PM 10:26 PM
रविवार, 18 मई 2025 Sunday, 18 May 2025			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 03:07 AM 06:14 AM 09:22 AM 12:29 PM 03:36 PM 06:44 PM 09:51 PM
Science (Activities)	Changes Around Us (ch-6: Part1)	English	12:26 AM 03:33 AM 06:41 AM 09:48 AM 12:56 PM 04:03 PM 07:10 PM 10:18 PM
Disaster management	हिमस्खलन के संकेत	Hindi	12:28 AM 03:36 AM 06:43 AM 09:51 AM 12:58 PM 04:05 PM 07:13 PM 10:20 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:30 AM 03:38 AM 06:45 AM 09:52 AM 01:00 PM 04:07 PM 07:14 PM 10:22 PM
General	अर्ध चक्रासन	Hindi	12:45 AM 03:52 AM 07:00 AM 10:07 AM 01:15 PM 04:22 PM 07:29 PM 10:37 PM
Creative Activities: Art & Craft	Cubical Dance	English	01:18 AM 04:25 AM 07:32 AM 10:40 AM 01:47 PM 04:54 PM 08:02 PM 11:09 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	01:25 AM 04:32 AM 07:40 AM 10:47 AM 01:55 PM 05:02 PM 08:09 PM 11:17 PM



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Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:32 AM 04:39 AM 07:47 AM 10:54 AM 02:02 PM 05:09 PM 08:16 PM 11:24 PM
General	Bhadrasana	English	01:58 AM 05:05 AM 08:12 AM 11:20 AM 02:27 PM 05:35 PM 08:42 PM 11:49 PM
General Awareness	क्षेत्रफल	Hindi	02:59 AM 08:18 AM 01:37 PM 06:55 PM
Science (Activities)	Changes Around Us (ch-6: Part1)	English	03:25 AM 08:44 AM 02:03 PM 07:22 PM
Disaster management	हिमस्खलन के संकेत	Hindi	03:28 AM 08:47 AM 02:05 PM 07:24 PM
Art & Craft	A Sunrise at Ganga Sagar	English	03:29 AM 08:48 AM 02:07 PM 07:26 PM
General	अर्ध चक्रासन	Hindi	03:44 AM 09:03 AM 02:22 PM 07:41 PM
Creative Activities: Art & Craft	Cubical Dance	English	04:17 AM 09:36 AM 02:55 PM 08:13 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	04:24 AM 09:43 AM 03:02 PM 08:21 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	04:31 AM 09:50 AM 03:09 PM 08:28 PM
General	Bhadrasana	English	04:57 AM 10:16 AM 03:35 PM 08:54 PM
सोमवार, 19 मई 2025 Monday, 19 May 2025			
General	Dhyana	English	12:00 AM 03:39 AM 07:19 AM 10:58 AM 02:38 PM 06:17 PM 09:57 PM
Science activity	Making a magnet using an iron nail Stroke method	English	12:00 AM 03:43 AM 07:26 AM 11:10 AM 02:53 PM 06:37 PM 10:20 PM
General	Pawanmuktasana	English	12:04 AM 03:43 AM 07:23 AM 11:02 AM 02:42 PM 06:21 PM 10:01 PM



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General	Bhujagasana	English	12:14 AM 03:57 AM 07:41 AM 11:24 AM 03:08 PM 06:51 PM 10:34 PM
General	भुजंगासन	Hindi	12:17 AM 04:00 AM 07:43 AM 11:27 AM 03:10 PM 06:54 PM 10:37 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	12:22 AM 04:02 AM 07:41 AM 11:21 AM 03:00 PM 06:40 PM 10:20 PM
Heat wave Filler	Cool Roof Technology: Green Net Shading Screen	English	12:28 AM 04:08 AM 07:47 AM 11:27 AM 03:07 PM 06:46 PM 10:26 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	12:33 AM 04:13 AM 07:53 AM 11:32 AM 03:12 PM 06:51 PM 10:31 PM
Vocational Videos	टूल बॉक्स	Hindi	12:42 AM 04:25 AM 08:09 AM 11:52 AM 03:36 PM 07:19 PM 11:02 PM
General	Dhyana	English	12:47 AM 04:31 AM 08:14 AM 11:58 AM 03:41 PM 07:24 PM 11:08 PM
General	Pawanmuktasana	English	12:51 AM 04:35 AM 08:18 AM 12:02 PM 03:45 PM 07:28 PM 11:12 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	01:10 AM 04:53 AM 08:37 AM 12:20 PM 04:03 PM 07:47 PM 11:30 PM
Heat wave Filler	Cool Roof Technology: Green Net Shading Screen	English	01:16 AM 04:59 AM 08:43 AM 12:26 PM 04:10 PM 07:53 PM 11:36 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:21 AM 05:05 AM 08:48 AM 12:31 PM 04:15 PM 07:58 PM 11:42 PM
General English	Episode 8 Making Requests 2	English	02:00 AM 05:07 AM 08:15 AM 11:22 AM 02:29 PM 05:37 PM 08:44 PM 11:52 PM



General	भद्रासन	Hindi	02:09 AM 05:16 AM 08:24 AM 11:31 AM 02:38 PM 05:46 PM 08:53 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	02:16 AM 05:24 AM 08:31 AM 11:39 AM 02:46 PM 05:53 PM 09:01 PM
Science activity	Making a magnet using an iron nail Stroke method	English	02:19 AM 05:26 AM 08:34 AM 11:41 AM 02:49 PM 05:56 PM 09:03 PM
General	Bhujagasana	English	02:34 AM 05:41 AM 08:48 AM 11:56 AM 03:03 PM 06:11 PM 09:18 PM
General	भुजंगासन	Hindi	02:36 AM 05:43 AM 08:51 AM 11:58 AM 03:06 PM 06:13 PM 09:20 PM
Vocational Videos	टूल बॉक्स	Hindi	03:02 AM 06:09 AM 09:16 AM 12:24 PM 03:31 PM 06:38 PM 09:46 PM
General English	Episode 8 Making Requests 2	English	04:59 AM 10:18 AM 03:37 PM 08:56 PM
General	भद्रासन	Hindi	05:08 AM 10:27 AM 03:46 PM 09:05 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	05:16 AM 10:35 AM 03:54 PM 09:12 PM
मंगलवार, 20 मई 2025 Tuesday, 20 May 2025			
General	Setu Bandhasana	English	12:00 AM 02:32 AM 05:04 AM 07:36 AM 10:08 AM 12:41 PM 03:13 PM 05:45 PM 08:17 PM 10:49 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	12:02 AM 02:34 AM 05:06 AM 07:39 AM 10:11 AM 12:43 PM 03:15 PM 05:47 PM 08:20 PM 10:52 PM
General	सेतुबंधासन	Hindi	12:08 AM 02:40 AM 05:12 AM 07:45 AM 10:17 AM 12:49 PM 03:21 PM 05:53 PM 08:26 PM 10:58 PM



General	Shalabhasana	English	12:10 AM 02:43 AM 05:15 AM 07:47 AM 10:19 AM 12:51 PM 03:24 PM 05:56 PM 08:28 PM 11:00 PM
General	शलभासन	Hindi	12:19 AM 02:51 AM 05:24 AM 07:56 AM 10:28 AM 01:00 PM 03:32 PM 06:05 PM 08:37 PM 11:09 PM
General	Shashankasana	English	12:28 AM 03:01 AM 05:33 AM 08:05 AM 10:37 AM 01:09 PM 03:42 PM 06:14 PM 08:46 PM 11:18 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	01:09 AM 04:48 AM 08:28 AM 12:08 PM 03:47 PM 07:27 PM 11:06 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	01:36 AM 05:16 AM 08:56 AM 12:35 PM 04:15 PM 07:54 PM 11:34 PM
Science (Activities)	Amazing World of Changes (ch-6)	English	01:42 AM 05:22 AM 09:02 AM 12:41 PM 04:21 PM 08:00 PM 11:40 PM
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	01:57 AM 05:40 AM 09:24 AM 01:07 PM 04:50 PM 08:34 PM
General	पवनमुक्तासन	Hindi	02:05 AM 05:44 AM 09:24 AM 01:04 PM 04:43 PM 08:23 PM
Art & Craft	A Sunrise at Ganga Sagar	English	02:08 AM 05:47 AM 09:27 AM 01:07 PM 04:46 PM 08:26 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	02:23 AM 06:02 AM 09:42 AM 01:21 PM 05:01 PM 08:41 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	02:24 AM 06:08 AM 09:51 AM 01:34 PM 05:18 PM 09:01 PM



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Science (Activities)	Amazing World of Changes (ch-6)	English	02:30 AM 06:14 AM 09:57 AM 01:40 PM 05:24 PM 09:07 PM
Vocational Videos	Seed Germination	English	02:36 AM 06:16 AM 09:55 AM 01:35 PM 05:15 PM 08:54 PM
General	पवनमुक्तासन	Hindi	02:53 AM 06:36 AM 10:19 AM 02:03 PM 05:46 PM 09:30 PM
General	Setu Bandhasana	English	02:55 AM 06:35 AM 10:14 AM 01:54 PM 05:33 PM 09:13 PM
Art & Craft	A Sunrise at Ganga Sagar	English	02:56 AM 06:39 AM 10:22 AM 02:06 PM 05:49 PM 09:33 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	02:58 AM 06:37 AM 10:17 AM 01:56 PM 05:36 PM 09:15 PM
General	सेतुबन्धासन	Hindi	03:03 AM 06:43 AM 10:23 AM 02:02 PM 05:42 PM 09:21 PM
General	Shalabhasana	English	03:06 AM 06:46 AM 10:25 AM 02:05 PM 05:44 PM 09:24 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	03:11 AM 06:54 AM 10:37 AM 02:21 PM 06:04 PM 09:48 PM
General	शलभासन	Hindi	03:15 AM 06:54 AM 10:34 AM 02:13 PM 05:53 PM 09:33 PM
General	Shashankasana	English	03:24 AM 07:03 AM 10:43 AM 02:23 PM 06:02 PM 09:42 PM
Vocational Videos	Seed Germination	English	03:24 AM 07:07 AM 10:51 AM 02:34 PM 06:18 PM 10:01 PM



बुधवार, 21 मई 2025
Wednesday, 21 May 2025

General	ताड़ासन	Hindi	12:00 AM 03:47 AM 07:35 AM 11:22 AM 03:10 PM 06:57 PM 10:45 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	12:02 AM 03:49 AM 07:37 AM 11:24 AM 03:12 PM 06:59 PM 10:47 PM
General Awareness	क्षेत्रफल	Hindi	12:09 AM 03:57 AM 07:44 AM 11:32 AM 03:19 PM 07:07 PM 10:54 PM
English (Honeysuckle)	Beauty	English	12:31 AM 03:03 AM 05:35 AM 08:07 AM 10:40 AM 01:12 PM 03:44 PM 06:16 PM 08:48 PM 11:21 PM
General	सूर्य नमस्कार	Hindi	12:37 AM 03:09 AM 05:41 AM 08:13 AM 10:46 AM 01:18 PM 03:50 PM 06:22 PM 08:55 PM 11:27 PM
General	Trikonasana	English	12:39 AM 04:26 AM 08:14 AM 12:01 PM 03:49 PM 07:36 PM 11:24 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:41 AM 04:29 AM 08:16 AM 12:04 PM 03:51 PM 07:39 PM 11:26 PM
General	ताड़ासन	Hindi	12:44 AM 03:16 AM 05:48 AM 08:20 AM 10:52 AM 01:25 PM 03:57 PM 06:29 PM 09:01 PM 11:33 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	12:46 AM 03:18 AM 05:50 AM 08:22 AM 10:55 AM 01:27 PM 03:59 PM 06:31 PM 09:04 PM 11:36 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:48 AM 04:35 AM 08:23 AM 12:10 PM 03:58 PM 07:45 PM 11:33 PM



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Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:50 AM 04:37 AM 08:25 AM 12:12 PM 04:00 PM 07:47 PM 11:35 PM
General Awareness	क्षेत्रफल	Hindi	12:53 AM 03:25 AM 05:58 AM 08:30 AM 11:02 AM 01:34 PM 04:06 PM 06:39 PM 09:11 PM 11:43 PM
General	त्रिकोणासन	Hindi	12:57 AM 04:44 AM 08:32 AM 12:19 PM 04:07 PM 07:54 PM 11:42 PM
Art & Craft	पानी का फव्वारा	Hindi	01:15 AM 05:02 AM 08:50 AM 12:37 PM 04:25 PM 08:12 PM
General	Trikonasana	English	01:23 AM 03:55 AM 06:27 AM 08:59 AM 11:32 AM 02:04 PM 04:36 PM 07:08 PM 09:40 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	01:25 AM 03:58 AM 06:30 AM 09:02 AM 11:34 AM 02:06 PM 04:39 PM 07:11 PM 09:43 PM
General	Vrikshasana	English	01:27 AM 05:14 AM 09:02 AM 12:49 PM 04:37 PM 08:24 PM
Disaster management	Cold Wave - Chilblains	Hindi	01:32 AM 04:04 AM 06:36 AM 09:08 AM 11:41 AM 02:13 PM 04:45 PM 07:17 PM 09:49 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	01:34 AM 04:06 AM 06:38 AM 09:10 AM 11:42 AM 02:15 PM 04:47 PM 07:19 PM 09:51 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	01:34 AM 05:22 AM 09:09 AM 12:57 PM 04:44 PM 08:32 PM



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General	त्रिकोणासन	Hindi	01:41 AM 04:13 AM 06:45 AM 09:17 AM 11:50 AM 02:22 PM 04:54 PM 07:26 PM 09:58 PM
Vocational Videos	Seed Germination	English	01:41 AM 05:29 AM 09:16 AM 01:04 PM 04:51 PM 08:39 PM
Art & Craft	पानी का फव्वारा	Hindi	01:59 AM 04:31 AM 07:03 AM 09:35 AM 12:08 PM 02:40 PM 05:12 PM 07:44 PM 10:17 PM
General	Vrikshasana	English	02:11 AM 04:43 AM 07:15 AM 09:47 AM 12:19 PM 02:52 PM 05:24 PM 07:56 PM 10:28 PM
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	02:18 AM 04:50 AM 07:22 AM 09:55 AM 12:27 PM 02:59 PM 05:31 PM 08:04 PM 10:36 PM
Vocational Videos	Seed Germination	English	02:25 AM 04:57 AM 07:29 AM 10:02 AM 12:34 PM 03:06 PM 05:38 PM 08:11 PM 10:43 PM
English (Honeysuckle)	Beauty	English	03:26 AM 07:06 AM 10:45 AM 02:25 PM 06:05 PM 09:44 PM
General	सूर्य नमस्कार	Hindi	03:32 AM 07:12 AM 10:52 AM 02:31 PM 06:11 PM 09:50 PM
बृहस्पतिवार, 22 मई 2025 Thursday, 22 May 2025			
Storytelling/ Value Education	राख की रस्सी	Hindi	12:00 AM 03:35 AM 07:10 AM 10:46 AM 02:21 PM 05:57 PM 09:32 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	12:00 AM 04:12 AM 08:25 AM 12:38 PM 04:51 PM 09:03 PM



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Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:22 AM 03:57 AM 07:32 AM 11:08 AM 02:43 PM 06:19 PM 09:54 PM
General	Ustrasana	English	12:25 AM 04:01 AM 07:36 AM 11:12 AM 02:47 PM 06:22 PM 09:58 PM
General Awareness	बात पते की	Hindi	12:33 AM 04:09 AM 07:44 AM 11:19 AM 02:55 PM 06:30 PM 10:06 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:48 AM 04:23 AM 07:59 AM 11:34 AM 03:10 PM 06:45 PM 10:20 PM
General	उष्ट्रासन	Hindi	01:16 AM 04:51 AM 08:26 AM 12:02 PM 03:37 PM 07:13 PM 10:48 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	01:39 AM 05:15 AM 08:50 AM 12:26 PM 04:01 PM 07:36 PM 11:12 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:46 AM 05:21 AM 08:56 AM 12:32 PM 04:07 PM 07:43 PM 11:18 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	01:48 AM 05:35 AM 09:23 AM 01:10 PM 04:58 PM 08:45 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 05:34 AM 09:10 AM 12:45 PM 04:21 PM 07:56 PM 11:31 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	02:10 AM 05:57 AM 09:45 AM 01:32 PM 05:20 PM 09:08 PM
General	Ustrasana	English	02:14 AM 06:01 AM 09:49 AM 01:36 PM 05:24 PM 09:11 PM
General Awareness	बात पते की	Hindi	02:21 AM 06:09 AM 09:57 AM 01:44 PM 05:32 PM 09:19 PM
Vocational Videos	IDENTIFICATION OF TREES	English	02:36 AM 06:24 AM 10:11 AM 01:59 PM 05:46 PM 09:34 PM



General	उष्ट्रासन	Hindi	03:04 AM 06:51 AM 10:39 AM 02:26 PM 06:14 PM 10:02 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	03:28 AM 07:15 AM 11:03 AM 02:50 PM 06:38 PM 10:25 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	03:34 AM 07:21 AM 11:09 AM 02:56 PM 06:44 PM 10:31 PM
शुक्रवार, 23 मई 2025 Friday, 23 May 2025			
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	12:00 AM 05:09 AM 10:18 AM 03:27 PM 08:36 PM
Science (Activities)	Plant Parts as Food (Chapter-1)	English	12:01 AM 04:14 AM 08:26 AM 12:39 PM 04:52 PM 09:05 PM
Art & Craft	3D Popup House Amazing Popup Greeting Card English	English	12:05 AM 04:17 AM 08:30 AM 12:43 PM 04:56 PM 09:08 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	12:07 AM 05:16 AM 10:25 AM 03:34 PM 08:44 PM
Vocational Videos	प्लंबिंग टूल	Hindi	12:08 AM 04:21 AM 08:34 AM 12:47 PM 04:59 PM 09:12 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	12:21 AM 05:30 AM 10:39 AM 03:49 PM 08:58 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:29 AM 04:42 AM 08:55 AM 01:07 PM 05:20 PM 09:33 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:49 AM 05:02 AM 09:15 AM 01:28 PM 05:40 PM 09:53 PM
General	Vajrasana	English	12:53 AM 05:06 AM 09:19 AM 01:32 PM 05:44 PM 09:57 PM
General	वज्रासन	Hindi	12:56 AM 05:09 AM 09:21 AM 01:34 PM 05:47 PM 10:00 PM



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Dish TV Channel #2027

General	Vakrasana	English	12:59 AM 05:11 AM 09:24 AM 01:37 PM 05:50 PM 10:02 PM
General	Vrikshasana	English	01:01 AM 05:14 AM 09:27 AM 01:39 PM 05:52 PM 10:05 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	01:23 AM 05:36 AM 09:49 AM 02:02 PM 06:14 PM 10:27 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	01:25 AM 05:37 AM 09:50 AM 02:03 PM 06:16 PM 10:28 PM
General	RBI Digital Payments Awareness Week: हॉस्पिटल में	Hindi	01:36 AM 05:48 AM 10:01 AM 02:14 PM 06:27 PM 10:39 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:43 AM 05:56 AM 10:08 AM 02:21 PM 06:34 PM 10:47 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:57 AM 06:10 AM 10:23 AM 02:35 PM 06:48 PM 11:01 PM
Science (Activities)	Plant Parts as Food (Chapter-1)	English	02:00 AM 05:36 AM 09:11 AM 12:46 PM 04:22 PM 07:57 PM 11:33 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	02:04 AM 05:39 AM 09:15 AM 12:50 PM 04:26 PM 08:01 PM 11:37 PM
Vocational Videos	प्लबिंग टूल	Hindi	02:08 AM 05:43 AM 09:19 AM 12:54 PM 04:29 PM 08:05 PM 11:40 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	02:28 AM 06:04 AM 09:39 AM 01:15 PM 04:50 PM 08:26 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	02:49 AM 06:24 AM 10:00 AM 01:35 PM 05:10 PM 08:46 PM



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Dish TV Channel #2027

General	Vajrasana	English	02:53 AM 06:28 AM 10:03 AM 01:39 PM 05:14 PM 08:50 PM
General	वज्रासन	Hindi	02:55 AM 06:31 AM 10:06 AM 01:42 PM 05:17 PM 08:52 PM
General	Vakrasana	English	02:58 AM 06:33 AM 10:09 AM 01:44 PM 05:20 PM 08:55 PM
General	Vrikshasana	English	03:00 AM 06:36 AM 10:11 AM 01:47 PM 05:22 PM 08:58 PM
General	RBI Digital Payments Awareness Week: चुटकी में	Hindi	03:23 AM 06:58 AM 10:34 AM 02:09 PM 05:44 PM 09:20 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	03:24 AM 06:59 AM 10:35 AM 02:10 PM 05:46 PM 09:21 PM
शनिवार, 24 मई 2025 Saturday, 24 May 2025			
General	निपुण भारत	Hindi	12:25 AM 05:34 AM 10:43 AM 03:53 PM 09:02 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:32 AM 05:42 AM 10:51 AM 04:00 PM 09:09 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:35 AM 05:44 AM 10:53 AM 04:03 PM 09:12 PM
General	Energy Saving	English	12:37 AM 05:46 AM 10:55 AM 04:05 PM 09:14 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:54 AM 06:03 AM 11:12 AM 04:22 PM 09:31 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:58 AM 06:07 AM 11:16 AM 04:26 PM 09:35 PM
General	Waste Reduced	English	01:11 AM 06:20 AM 11:29 AM 04:38 PM 09:47 PM
General	Introduction to MISSION LIFE	English	01:12 AM 06:21 AM 11:31 AM 04:40 PM 09:49 PM
General	zoological-Survey-of-india	English	01:15 AM 06:24 AM 11:33 AM 04:42 PM 09:51 PM



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Heat wave Filler	लू : शहर में रहने वाले लोग कैसे करें लू गर्म हवा से अपना बचाव	Hindi	01:17 AM 06:26 AM 11:35 AM 04:45 PM 09:54 PM
Vocational Videos	Preparing ORS at Home	English	01:19 AM 06:28 AM 11:38 AM 04:47 PM 09:56 PM
General	Values and Types of Wetlands Part -2	English	01:52 AM 07:01 AM 12:10 PM 05:19 PM 10:29 PM
General	निपुण भारत	Hindi	02:01 AM 06:14 AM 10:27 AM 02:39 PM 06:52 PM 11:05 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	02:08 AM 06:21 AM 10:34 AM 02:47 PM 06:59 PM 11:12 PM
General	MOTHER EARTH Prakriti English Subtitles	English	02:11 AM 06:24 AM 10:37 AM 02:49 PM 07:02 PM 11:15 PM
General	Energy Saving	English	02:13 AM 06:26 AM 10:39 AM 02:51 PM 07:04 PM 11:17 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	02:17 AM 07:26 AM 12:36 PM 05:45 PM 10:54 PM
Art & Craft	छोटा है या बड़ा	Hindi	02:30 AM 06:43 AM 10:56 AM 03:08 PM 07:21 PM 11:34 PM
Vocational Videos	IDENTIFICATION OF TREES	English	02:34 AM 06:47 AM 11:00 AM 03:12 PM 07:25 PM 11:38 PM
General	Waste Reduced	English	02:47 AM 07:00 AM 11:12 AM 03:25 PM 07:38 PM 11:51 PM
General	Introduction to MISSION LIFE	English	02:48 AM 07:01 AM 11:14 AM 03:27 PM 07:39 PM 11:52 PM
General	zoological-Survey-of-india	English	02:51 AM 07:03 AM 11:16 AM 03:29 PM 07:42 PM 11:54 PM
Heat wave Filler	लू : शहर में रहने वाले लोग कैसे करें लू गर्म हवा से अपना बचाव	Hindi	02:53 AM 07:06 AM 11:19 AM 03:31 PM 07:44 PM 11:57 PM



Vocational Videos	Preparing ORS at Home	English	02:55 AM 07:08 AM 11:21 AM 03:34 PM 07:46 PM 11:59 PM
General	Values and Types of Wetlands Part -2	English	03:28 AM 07:41 AM 11:53 AM 04:06 PM 08:19 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	03:53 AM 08:06 AM 12:19 PM 04:32 PM 08:44 PM
रविवार, 25 मई 2025 Sunday, 25 May 2025			
Art & Craft	A Sunrise at Ganga Sagar	English	12:00 AM 04:26 AM 08:52 AM 01:19 PM 05:45 PM 10:12 PM
General	Growing up Healthy	English	12:23 AM 04:50 AM 09:16 AM 01:42 PM 06:09 PM 10:35 PM
General	Values and Types of Wetlands Part -2	English	12:31 AM 04:57 AM 09:24 AM 01:50 PM 06:17 PM 10:43 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:09 AM 05:36 AM 10:02 AM 02:29 PM 06:55 PM 11:22 PM
General	Interpersonal Relationships	English	01:22 AM 05:49 AM 10:15 AM 02:42 PM 07:08 PM 11:35 PM
General	पारस्परिक संबंध	Hindi	01:29 AM 05:56 AM 10:22 AM 02:49 PM 07:15 PM 11:42 PM
General	जेंडर समानता	Hindi	01:35 AM 06:01 AM 10:28 AM 02:54 PM 07:20 PM 11:47 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	01:55 AM 06:21 AM 10:48 AM 03:14 PM 07:41 PM
Art & Craft	A Sunrise at Ganga Sagar	English	02:36 AM 07:45 AM 12:55 PM 06:04 PM 11:13 PM
General	Growing up Healthy	English	03:00 AM 08:09 AM 01:18 PM 06:27 PM 11:37 PM
General	Values and Types of Wetlands Part -2	English	03:08 AM 08:17 AM 01:26 PM 06:35 PM 11:44 PM



General (Wetland)	Values and Types of Wetlands Part -2	English	03:46 AM 08:55 AM 02:04 PM 07:14 PM
General	Interpersonal Relationships	English	03:59 AM 09:08 AM 02:17 PM 07:27 PM
General	पारस्परिक संबंध	Hindi	04:06 AM 09:15 AM 02:24 PM 07:34 PM
General	जेंडर समानता	Hindi	04:11 AM 09:21 AM 02:30 PM 07:39 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	04:32 AM 09:41 AM 02:50 PM 07:59 PM
सोमवार, 26 मई 2025 Monday, 26 May 2025			
Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	12:00 AM 03:58 AM 07:57 AM 11:55 AM 03:54 PM 07:53 PM 11:51 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	12:05 AM 04:04 AM 08:03 AM 12:01 PM 04:00 PM 07:59 PM 11:57 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	12:12 AM 04:10 AM 08:09 AM 12:08 PM 04:06 PM 08:05 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	12:33 AM 04:32 AM 08:31 AM 12:29 PM 04:28 PM 08:27 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	01:19 AM 05:18 AM 09:17 AM 01:15 PM 05:14 PM 09:13 PM
General	Prevention and Management of Substance Misuse	English	01:24 AM 05:23 AM 09:21 AM 01:20 PM 05:19 PM 09:17 PM
General	ध्यान	Hindi	01:59 AM 06:26 AM 10:52 AM 03:19 PM 07:45 PM
General	Nutrition-Health and Sanitation	English	02:05 AM 06:31 AM 10:57 AM 03:24 PM 07:50 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:11 AM 06:37 AM 11:04 AM 03:30 PM 07:57 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	02:18 AM 06:44 AM 11:10 AM 03:37 PM 08:03 PM



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Heat wave Filler	Cool Roof Technology: Hollow Clay Tiles	English	02:32 AM 06:58 AM 11:25 AM 03:51 PM 08:18 PM
Heat wave Filler	Cool Roof Technology: Inverted Earthen Pots	English	02:38 AM 07:04 AM 11:31 AM 03:57 PM 08:24 PM
संस्कृत	पाठ-6 समुद्रतटः , भाग 1	Hindi	02:44 AM 07:11 AM 11:37 AM 04:04 PM 08:30 PM
Health, Physical Education/Yo ga/ Sports	प्राणायाम और ध्यान	Hindi	03:06 AM 07:32 AM 11:59 AM 04:25 PM 08:52 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	03:52 AM 08:18 AM 12:45 PM 05:11 PM 09:38 PM
General	Prevention and Management of Substance Misuse	English	03:57 AM 08:23 AM 12:49 PM 05:16 PM 09:42 PM
General	ध्यान	Hindi	04:36 AM 09:45 AM 02:54 PM 08:03 PM
General	Nutrition_Health and Sanitation	English	04:41 AM 09:50 AM 03:00 PM 08:09 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	04:48 AM 09:57 AM 03:06 PM 08:15 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	04:54 AM 10:03 AM 03:13 PM 08:22 PM
मंगलवार, 27 मई 2025 Tuesday, 27 May 2025			
Health, Physical Education/Yo ga/ Sports	शलभासन	Hindi	12:00 AM 06:01 AM 12:03 PM 06:04 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:45 AM 06:46 AM 12:48 PM 06:49 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	12:50 AM 06:52 AM 12:53 PM 06:55 PM
General	Safety and Security against Violence and Injuries	English	12:56 AM 06:57 AM 12:59 PM 07:00 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:21 AM 07:23 AM 01:24 PM 07:26 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:27 AM 07:28 AM 01:30 PM 07:32 PM



General	Promotion of Healthy Lifestyle	English	01:29 AM 05:28 AM 09:27 AM 01:25 PM 05:24 PM 09:23 PM
Disaster management	Clod Wave - Preparation	Hindi	01:37 AM 05:35 AM 09:34 AM 01:32 PM 05:31 PM 09:30 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	01:38 AM 05:36 AM 09:35 AM 01:34 PM 05:32 PM 09:31 PM
General	Reproductive Health and HIV Prevention	English	01:43 AM 05:42 AM 09:40 AM 01:39 PM 05:38 PM 09:36 PM
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	01:53 AM 05:52 AM 09:51 AM 01:49 PM 05:48 PM 09:47 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:38 AM 06:37 AM 10:36 AM 02:34 PM 06:33 PM 10:32 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	02:44 AM 06:43 AM 10:41 AM 02:40 PM 06:39 PM 10:37 PM
General	Safety and Security against Violence and Injuries	English	02:50 AM 06:48 AM 10:47 AM 02:45 PM 06:44 PM 10:43 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	03:15 AM 07:14 AM 11:12 AM 03:11 PM 07:10 PM 11:08 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	03:21 AM 07:20 AM 11:18 AM 03:17 PM 07:15 PM 11:14 PM
General	Promotion of Healthy Lifestyle	English	04:02 AM 08:28 AM 12:55 PM 05:21 PM 09:48 PM
Disaster management	Clod Wave - Preparation	Hindi	04:09 AM 08:35 AM 01:02 PM 05:28 PM 09:55 PM



Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	04:10 AM 08:37 AM 01:03 PM 05:30 PM 09:56 PM
General	Reproductive Health and HIV Prevention	English	04:16 AM 08:42 AM 01:08 PM 05:35 PM 10:01 PM
बुधवार, 28 मई 2025 Wednesday, 28 May 2025			
General Awareness	बात पते की	Hindi	12:00 AM 05:35 AM 11:10 AM 04:45 PM 10:20 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:14 AM 05:49 AM 11:24 AM 04:59 PM 10:35 PM
General	Values and Types of Wetlands Part -2	English	12:29 AM 06:04 AM 11:39 AM 05:14 PM 10:49 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:37 AM 06:12 AM 11:47 AM 05:22 PM 10:57 PM
General English	Episode 1 Greeting a Friend	English	12:56 AM 06:31 AM 12:06 PM 05:41 PM 11:16 PM
General English	Episode 8 Making Requests 2	English	01:04 AM 06:39 AM 12:14 PM 05:49 PM 11:24 PM
हिन्दी (दूरी)	हमारा घर	Hindi	01:11 AM 06:46 AM 12:22 PM 05:57 PM 11:32 PM
General	Values and Types of Wetlands Part -2	English	01:25 AM 07:00 AM 12:35 PM 06:10 PM 11:45 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	01:36 AM 07:38 AM 01:39 PM 07:41 PM
General	निपुण भारत	Hindi	01:41 AM 07:43 AM 01:44 PM 07:46 PM
General	Pawanmuktasana	English	01:43 AM 07:45 AM 01:46 PM 07:48 PM
Heat wave Filler	Cool Roof Technology: Bamboo Shading Screen	English	01:46 AM 07:48 AM 01:49 PM 07:51 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	01:52 AM 07:54 AM 01:55 PM 07:57 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	01:58 AM 08:00 AM 02:01 PM 08:03 PM
General Awareness	बात पते की	Hindi	02:04 AM 08:06 AM 02:07 PM 08:09 PM

Art & Craft	नाटक खेलाना आसान है- 2	Hindi	02:19 AM 08:20 AM 02:22 PM 08:24 PM
General	Values and Types of Wetlands Part -2	English	02:34 AM 08:35 AM 02:37 PM 08:38 PM
Vocational Videos	प्लबिंग टूल	Hindi	02:42 AM 08:43 AM 02:45 PM 08:46 PM
General English	Episode 1 Greeting a Friend	English	03:00 AM 09:02 AM 03:03 PM 09:05 PM
General English	Episode 8 Making Requests 2	English	03:08 AM 09:10 AM 03:11 PM 09:13 PM
हिन्दी (दूर्वा)	हमारा घर	Hindi	03:16 AM 09:18 AM 03:19 PM 09:21 PM
General	Values and Types of Wetlands Part -2	English	03:29 AM 09:31 AM 03:32 PM 09:34 PM
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	03:30 AM 07:29 AM 11:28 AM 03:26 PM 07:25 PM 11:24 PM
General	निपुण भारत	Hindi	03:35 AM 07:34 AM 11:33 AM 03:31 PM 07:30 PM 11:29 PM
General	Pawanmuktasana	English	03:37 AM 07:36 AM 11:34 AM 03:33 PM 07:32 PM 11:30 PM
Heat wave Filler	Cool Roof Technology: Bamboo Shading Screen	English	03:40 AM 07:39 AM 11:37 AM 03:36 PM 07:35 PM 11:33 PM
Heat wave Filler	Cool Roof Technology: Cellulose Fibre	English	03:46 AM 07:45 AM 11:43 AM 03:42 PM 07:41 PM 11:39 PM
Heat wave Filler	Cool Roof Technology: China Mosaic	English	03:52 AM 07:51 AM 11:49 AM 03:48 PM 07:47 PM 11:45 PM
बृहस्पतिवार, 29 मई 2025 Thursday, 29 May 2025			
Creative Activities: Art & Craft	Pals Climb Peaks	English	01:33 AM 07:08 AM 12:43 PM 06:18 PM 11:53 PM
Art & Craft	विटामिन ए की कहानी	Hindi	01:37 AM 07:12 AM 12:47 PM 06:22 PM 11:57 PM



Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:49 AM 07:24 AM 12:59 PM 06:34 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	02:05 AM 07:40 AM 01:15 PM 06:50 PM
Art & Craft	पानी का फव्वारा	Hindi	02:12 AM 07:47 AM 01:22 PM 06:57 PM
General English	Episode 1 Greeting a Friend	English	02:20 AM 07:55 AM 01:30 PM 07:05 PM
General	Values and Types of Wetlands Part -2	English	02:28 AM 08:03 AM 01:38 PM 07:13 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	03:07 AM 08:42 AM 02:17 PM 07:52 PM
General	गुरु नानक प्रकाश पर्व	Hindi	03:15 AM 08:50 AM 02:25 PM 08:00 PM
General	Ardha Chakrasana	English	03:27 AM 09:02 AM 02:37 PM 08:12 PM
General	अर्ध चक्रासन	Hindi	03:29 AM 09:04 AM 02:39 PM 08:14 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	03:37 AM 09:39 AM 03:40 PM 09:42 PM
Art & Craft	विटामिन ए की कहानी	Hindi	03:42 AM 09:43 AM 03:45 PM 09:46 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	03:53 AM 09:55 AM 03:56 PM 09:58 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	04:10 AM 10:11 AM 04:13 PM 10:14 PM
Art & Craft	पानी का फव्वारा	Hindi	04:17 AM 10:18 AM 04:20 PM 10:21 PM



General English	Episode 1 Greeting a Friend	English	04:25 AM 10:26 AM 04:28 PM 10:29 PM
General	Values and Types of Wetlands Part -2	English	04:33 AM 10:34 AM 04:36 PM 10:37 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	05:11 AM 11:13 AM 05:15 PM 11:16 PM
General	गुरु नानक प्रकाश पर्व	Hindi	05:20 AM 11:21 AM 05:23 PM 11:24 PM
General	Ardha Chakrasana	English	05:31 AM 11:33 AM 05:34 PM 11:36 PM
General	अर्ध चक्रासन	Hindi	05:33 AM 11:35 AM 05:36 PM 11:38 PM
शुक्रवार, 30 मई 2025 Friday, 30 May 2025			
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:00 AM 03:39 AM 07:18 AM 10:57 AM 02:36 PM 06:15 PM 09:55 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:06 AM 03:45 AM 07:24 AM 11:03 AM 02:43 PM 06:22 PM 10:01 PM
General Awareness	Air Pollution	English	12:16 AM 03:55 AM 07:34 AM 11:14 AM 02:53 PM 06:32 PM 10:11 PM
General	भुजंगासन	Hindi	12:42 AM 04:22 AM 08:01 AM 11:40 AM 03:19 PM 06:58 PM 10:37 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	12:45 AM 04:24 AM 08:03 AM 11:42 AM 03:22 PM 07:01 PM 10:40 PM
General	Dhyana	English	12:52 AM 04:31 AM 08:10 AM 11:50 AM 03:29 PM 07:08 PM 10:47 PM
General	Pawanmuktasana	English	12:56 AM 04:35 AM 08:15 AM 11:54 AM 03:33 PM 07:12 PM 10:51 PM
General	Trikonasana	English	12:59 AM 04:38 AM 08:18 AM 11:57 AM 03:36 PM 07:15 PM 10:54 PM



Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:02 AM 04:41 AM 08:20 AM 11:59 AM 03:39 PM 07:18 PM 10:57 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	01:06 AM 04:45 AM 08:24 AM 12:03 PM 03:42 PM 07:22 PM 11:01 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:19 AM 04:58 AM 08:37 AM 12:16 PM 03:55 PM 07:34 PM 11:14 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:29 AM 05:08 AM 08:47 AM 12:27 PM 04:06 PM 07:45 PM 11:24 PM
Heat wave Filler	HeatWave Protect animals during heat wave	English	03:33 AM 09:08 AM 02:43 PM 08:18 PM
Heat wave Filler	HeatWave: Dos and donts when outside during heat wave	English	03:36 AM 09:11 AM 02:46 PM 08:21 PM
Creative Activities: Art & Craft	Paper Glider	English	03:37 AM 09:12 AM 02:47 PM 08:22 PM
Storytelling/ Value Education	आम की टोकरी	Hindi	03:40 AM 09:15 AM 02:50 PM 08:25 PM
Art & Craft	3DPopupHouseAmazingPopupGreetingCardEnglish	English	03:43 AM 09:18 AM 02:53 PM 08:28 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	03:47 AM 09:22 AM 02:57 PM 08:32 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	03:52 AM 09:28 AM 03:03 PM 08:38 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	03:56 AM 09:31 AM 03:06 PM 08:42 PM



Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	04:03 AM 09:38 AM 03:13 PM 08:48 PM
General Awareness	Air Pollution	English	04:13 AM 09:48 AM 03:23 PM 08:58 PM
General	भुजंगासन	Hindi	04:39 AM 10:14 AM 03:49 PM 09:24 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	04:42 AM 10:17 AM 03:52 PM 09:27 PM
General	Dhyana	English	04:49 AM 10:24 AM 03:59 PM 09:34 PM
General	Pawanmuktasana	English	04:53 AM 10:28 AM 04:03 PM 09:38 PM
General	Trikonasana	English	04:56 AM 10:31 AM 04:06 PM 09:41 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	04:59 AM 10:34 AM 04:09 PM 09:44 PM
Storytelling/ Value Education	राख की रस्सी	Hindi	05:02 AM 10:38 AM 04:13 PM 09:48 PM
Vocational Videos	IDENTIFICATION OF TREES	English	05:15 AM 10:50 AM 04:26 PM 10:01 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	05:26 AM 11:01 AM 04:36 PM 10:11 PM
Heat wave Filler	HeatWave Protect animals during heat wave	English	05:38 AM 11:39 AM 05:41 PM 11:43 PM
Heat wave Filler	HeatWave: Dos and donts when outside during heat wave	English	05:41 AM 11:42 AM 05:44 PM 11:45 PM
Creative Activities: Art & Craft	Paper Glider	English	05:42 AM 11:43 AM 05:45 PM 11:47 PM



Storytelling/ Value Education	आम की टोकरी	Hindi	05:45 AM 11:46 AM 05:48 PM 11:49 PM
Art & Craft	3D Pop up House Amazing Pop up Greeting Card English	English	05:48 AM 11:49 AM 05:51 PM 11:52 PM
Creative Activities: Art & Craft	Pals Climb Peaks	English	05:51 AM 11:53 AM 05:54 PM 11:56 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	05:57 AM 11:59 AM 06:00 PM
शनिवार, 31 मई 2025 Saturday, 31 May 2025			
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	12:00 AM 04:01 AM 08:03 AM 12:05 PM 04:07 PM 08:09 PM
General	Growing up Healthy	English	12:10 AM 04:12 AM 08:14 AM 12:16 PM 04:17 PM 08:19 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 04:16 AM 08:18 AM 12:20 PM 04:22 PM 08:23 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:20 AM 04:21 AM 08:23 AM 12:25 PM 04:27 PM 08:29 PM
General	जेंडर समानता	Hindi	12:38 AM 04:39 AM 08:41 AM 12:43 PM 04:45 PM 08:47 PM
General	Growing up Healthy	English	12:45 AM 04:47 AM 08:49 AM 12:50 PM 04:52 PM 08:54 PM
General	Nutrition_Health and Sanitation	English	12:49 AM 04:51 AM 08:53 AM 12:55 PM 04:56 PM 08:58 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:55 AM 04:57 AM 08:59 AM 01:01 PM 05:03 PM 09:05 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:02 AM 05:04 AM 09:06 AM 01:08 PM 05:09 PM 09:11 PM
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	01:38 AM 05:17 AM 08:56 AM 12:35 PM 04:15 PM 07:54 PM 11:33 PM
General	Prevention and Management of Substance Misuse	English	01:43 AM 05:45 AM 09:47 AM 01:49 PM 05:50 PM 09:52 PM
General	Growing up Healthy	English	01:48 AM 05:28 AM 09:07 AM 12:46 PM 04:25 PM 08:04 PM 11:43 PM
General	Promotion of Healthy Lifestyle	English	01:48 AM 05:50 AM 09:52 AM 01:54 PM 05:56 PM 09:58 PM
General	पारस्परिक संबंध	Hindi	01:53 AM 05:32 AM 09:11 AM 12:50 PM 04:29 PM 08:08 PM 11:48 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 05:56 AM 09:58 AM 02:00 PM 06:02 PM 10:03 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	01:58 AM 05:37 AM 09:16 AM 12:55 PM 04:35 PM 08:14 PM 11:53 PM
General	जेंडर समानता	Hindi	02:16 AM 05:55 AM 09:34 AM 01:13 PM 04:53 PM 08:32 PM
General	Growing up Healthy	English	02:23 AM 06:02 AM 09:42 AM 01:21 PM 05:00 PM 08:39 PM
General	Nutrition_Health and Sanitation	English	02:27 AM 06:07 AM 09:46 AM 01:25 PM 05:04 PM 08:43 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:34 AM 06:13 AM 09:52 AM 01:31 PM 05:10 PM 08:50 PM



Vocational Videos	IDENTIFICATION OF TREES	English	02:40 AM 06:20 AM 09:59 AM 01:38 PM 05:17 PM 08:56 PM
General	Prevention and Management of Substance Misuse	English	03:21 AM 07:01 AM 10:40 AM 02:19 PM 05:58 PM 09:37 PM
General	Promotion of Healthy Lifestyle	English	03:27 AM 07:06 AM 10:45 AM 02:24 PM 06:03 PM 09:43 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	03:33 AM 07:12 AM 10:51 AM 02:30 PM 06:09 PM 09:48 PM



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