

## कक्षा - 4 की मासिक कार्यक्रम प्रसारण सारणी

## Monthly Program Transmission Schedule of Class - 4

### कक्षा - 4 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

### Subject-wise Weekly Program Transmission Schedule of Class - 4

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
गणित	गणित	पर्यावरण अध्ययन	पर्यावरण अध्ययन	गणित	गणित	शारीरिक शिक्षा
हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	हिन्दी	कहानी
EVS	EVS	Mathematics	Mathematics	Mathematics	Mathematics	Physical Education
English	English	English	English	English	Storytelling	Storytelling

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

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

[https://www.swayamprabha.gov.in/index.php/program/current\\_se/25](https://www.swayamprabha.gov.in/index.php/program/current_se/25).

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

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

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



## कक्षा - 4 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 4

नवंबर 2024  
November 2024

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शुक्रवार, 01 नवंबर 2024 Friday, 01 November 2024			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:05 AM    10:06 AM    12:07 PM    02:09 PM    04:10 PM    06:11 PM    08:13 PM    10:14 PM
General	आओ सैर करें - कन्याकुमारी	Hindi	12:28 AM    02:29 AM    04:31 AM    06:32 AM    08:33 AM    10:35 AM    12:36 PM    02:37 PM    04:39 PM    06:40 PM    08:41 PM    10:42 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:34 AM    02:35 AM    04:37 AM    06:38 AM    08:39 AM    10:41 AM    12:42 PM    02:43 PM    04:45 PM    06:46 PM    08:47 PM    10:49 PM
कहानी	टर्म टू भाग 12	Hindi	12:59 AM    03:00 AM    05:01 AM    07:03 AM    09:04 AM    11:05 AM    01:07 PM    03:08 PM    05:09 PM    07:11 PM    09:12 PM    11:13 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:20 AM    03:22 AM    05:23 AM    07:24 AM    09:26 AM    11:27 AM    01:28 PM    03:30 PM    05:31 PM    07:32 PM    09:34 PM    11:35 PM
English	Unit 2: Noses	English	01:45 AM    03:46 AM    05:47 AM    07:48 AM    09:50 AM    11:51 AM    01:52 PM    03:54 PM    05:55 PM    07:56 PM    09:58 PM    11:59 PM
शनिवार, 02 नवंबर 2024 Saturday, 02 November 2024			



DD Free Dish Channel #26



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2025

गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:13 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:35 AM    02:36 AM    04:37 AM    06:38 AM    08:40 AM    10:41 AM    12:42 PM    02:43 PM    04:44 PM    06:46 PM    08:47 PM    10:48 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:00 AM    03:01 AM    05:02 AM    07:03 AM    09:04 AM    11:06 AM    01:07 PM    03:08 PM    05:09 PM    07:10 PM    09:11 PM    11:13 PM
General	Meena - 6 too young to Marry	Hindi	01:24 AM    03:25 AM    05:26 AM    07:27 AM    09:29 AM    11:30 AM    01:31 PM    03:32 PM    05:33 PM    07:35 PM    09:36 PM    11:37 PM
कहानी	टर्म टू भाग 5	Hindi	01:37 AM    03:38 AM    05:40 AM    07:41 AM    09:42 AM    11:43 AM    01:44 PM    03:45 PM    05:47 PM    07:48 PM    09:49 PM    11:50 PM
<b>रविवार, 03 नवंबर 2024</b> <b>Sunday, 03 November 2024</b>			
शारीरिक शिक्षा	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM
Art Education	ऑरिगमी (कागज़ कला) 6	Hindi	12:14 AM    02:15 AM    04:17 AM    06:18 AM    08:19 AM    10:20 AM    12:21 PM    02:22 PM    04:24 PM    06:25 PM    08:26 PM    10:27 PM
शारीरिक शिक्षा	योग: सर्वांगसन	Hindi/english	12:30 AM    02:31 AM    04:32 AM    06:33 AM    08:35 AM    10:36 AM    12:37 PM    02:38 PM    04:39 PM    06:40 PM    08:42 PM    10:43 PM
Physical Education	Nutrition, Health & Sanitation	English	12:43 AM    02:44 AM    04:45 AM    06:46 AM    08:47 AM    10:48 AM    12:50 PM



			02:51 PM    04:52 PM    06:53 PM    08:54 PM    10:55 PM
कहानी	राख की रस्सी	Hindi	12:49 AM    02:50 AM    04:51 AM    06:52 AM    08:54 AM    10:55 AM    12:56 PM    02:57 PM    04:58 PM    06:59 PM    09:01 PM    11:02 PM
कहानी	टर्म टू भाग 6	Hindi	01:02 AM    03:03 AM    05:04 AM    07:05 AM    09:06 AM    11:08 AM    01:09 PM    03:10 PM    05:11 PM    07:12 PM    09:13 PM    11:15 PM
General	आओ सैर करें - कश्मीर	Hindi	01:25 AM    03:26 AM    05:27 AM    07:28 AM    09:29 AM    11:31 AM    01:32 PM    03:33 PM    05:34 PM    07:35 PM    09:36 PM    11:38 PM
Animated series	Two Friends and the Bear	Hindi/english	01:30 AM    03:31 AM    05:32 AM    07:33 AM    09:34 AM    11:36 AM    01:37 PM    03:38 PM    05:39 PM    07:40 PM    09:41 PM    11:43 PM
<b>सोमवार, 04 नवंबर 2024</b> <b>Monday, 04 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    02:01 AM    04:02 AM    06:04 AM    08:05 AM    10:07 AM    12:08 PM    02:09 PM    04:11 PM    06:12 PM    08:14 PM    10:15 PM
English	Unit 2: Noses	English	12:35 AM    02:36 AM    04:38 AM    06:39 AM    08:41 AM    10:42 AM    12:43 PM    02:45 PM    04:46 PM    06:48 PM    08:49 PM    10:50 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:50 AM    02:51 AM    04:53 AM    06:54 AM    08:56 AM    10:57 AM    12:59 PM    03:00 PM    05:01 PM    07:03 PM    09:04 PM    11:06 PM
EVS	Changing Times	Hindi/english	01:15 AM    03:16 AM    05:18 AM    07:19 AM    09:20 AM    11:22 AM    01:23 PM    03:25 PM    05:26 PM    07:28 PM    09:29 PM    11:30 PM



General	आओ सैर करें - लक्षद्वीप	Hindi	01:47 AM    03:48 AM    05:50 AM    07:51 AM    09:53 AM    11:54 AM    01:55 PM    03:57 PM    05:58 PM    08:00 PM    10:01 PM
Animated series	Two Friends and the Bear	Hindi/english	01:51 AM    03:53 AM    05:54 AM    07:56 AM    09:57 AM    11:58 AM    02:00 PM    04:01 PM    06:03 PM    08:04 PM    10:05 PM
General	Energy Saving	Hindi/english	01:58 AM    04:00 AM    06:01 AM    08:02 AM    10:04 AM    12:05 PM    02:07 PM    04:08 PM    06:10 PM    08:11 PM    10:12 PM
<b>मंगलवार, 05 नवंबर 2024</b> <b>Tuesday, 05 November 2024</b>			
कहानी	टर्म टू भाग 5	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
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:30 AM    02:30 AM    04:30 AM    06:30 AM    08:30 AM    10:30 AM    12:30 PM    02:30 PM    04:30 PM    06:30 PM    08:30 PM    10:31 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:57 AM    02:57 AM    04:57 AM    06:57 AM    08:57 AM    10:57 AM    12:58 PM    02:58 PM    04:58 PM    06:58 PM    08:58 PM    10:58 PM
EVS	Changing Times Part I	Hindi/english	01:22 AM    03:22 AM    05:22 AM    07:22 AM    09:22 AM    11:22 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:23 PM    11:23 PM
General	आओ सैर करें - कश्मीर	Hindi	01:31 AM    03:31 AM    05:31 AM    07:31 AM    09:31 AM    11:31 AM    01:32 PM    03:32 PM    05:32 PM    07:32 PM    09:32 PM    11:32 PM
Disaster management	Lightning - Precautions During Lightning & Thunderstorm	Hindi/english	01:36 AM    03:36 AM    05:36 AM    07:36 AM    09:37 AM    11:37 AM    01:37 PM



			03:37 PM    05:37 PM    07:37 PM    09:37 PM    11:37 PM
English	Unit 2: Noses	English	01:37 AM    03:37 AM    05:37 AM    07:37 AM    09:37 AM    11:37 AM    01:38 PM    03:38 PM    05:38 PM    07:38 PM    09:38 PM    11:38 PM
General	आओ सैर करें - कन्याकुमारी	Hindi	01:52 AM    03:52 AM    05:52 AM    07:53 AM    09:53 AM    11:53 AM    01:53 PM    03:53 PM    05:53 PM    07:53 PM    09:53 PM    11:53 PM
<b>बुधवार, 06 नवंबर 2024</b> <b>Wednesday, 06 November 2024</b>			
पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	Hindi/english	12:00 AM    01:59 AM    03:58 AM    05:58 AM    07:57 AM    09:56 AM    11:56 AM    01:55 PM    03:54 PM    05:54 PM    07:53 PM    09:53 PM    11:52 PM
Animated series	Why the Donkey Won't Move	Hindi/english	12:35 AM    02:34 AM    04:34 AM    06:33 AM    08:32 AM    10:32 AM    12:31 PM    02:31 PM    04:30 PM    06:29 PM    08:29 PM    10:28 PM
General	आओ सैर करें - लक्षद्वीप	Hindi	12:45 AM    02:44 AM    04:43 AM    06:43 AM    08:42 AM    10:42 AM    12:41 PM    02:40 PM    04:40 PM    06:39 PM    08:38 PM    10:38 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:49 AM    02:48 AM    04:48 AM    06:47 AM    08:47 AM    10:46 AM    12:45 PM    02:45 PM    04:44 PM    06:43 PM    08:43 PM    10:42 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:18 AM    03:18 AM    05:17 AM    07:16 AM    09:16 AM    11:15 AM    01:15 PM    03:14 PM    05:13 PM    07:13 PM    09:12 PM    11:11 PM
English	Unit 2: Noses	English	01:43 AM    03:42 AM    05:41 AM    07:41 AM    09:40 AM    11:39 AM    01:39 PM    03:38 PM    05:38 PM    07:37 PM    09:36 PM    11:36 PM



बृहस्पतिवार, 07 नवंबर 2024  
Thursday, 07 November 2024

कहानी	टर्म टू भाग 1	Hindi	12:00 AM    02:03 AM    04:07 AM    06:11 AM    08:14 AM    10:18 AM    12:22 PM    02:25 PM    04:29 PM    06:33 PM    08:36 PM    10:40 PM
पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	Hindi/english	12:31 AM    02:34 AM    04:38 AM    06:42 AM    08:45 AM    10:49 AM    12:53 PM    02:56 PM    05:00 PM    07:04 PM    09:07 PM    11:11 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:58 AM    03:02 AM    05:05 AM    07:09 AM    09:13 AM    11:16 AM    01:20 PM    03:24 PM    05:27 PM    07:31 PM    09:35 PM    11:38 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:23 AM    03:26 AM    05:30 AM    07:34 AM    09:37 AM    11:41 AM    01:45 PM    03:48 PM    05:52 PM    07:56 PM    10:00 PM
English	Unit 2: Noses	English	01:47 AM    03:51 AM    05:54 AM    07:58 AM    10:02 AM    12:05 PM    02:09 PM    04:13 PM    06:16 PM    08:20 PM    10:24 PM

शुक्रवार, 08 नवंबर 2024  
Friday, 08 November 2024

गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/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    06:01 PM    08:02 PM    10:02 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:33 AM    02:33 AM    04:34 AM    06:34 AM    08:34 AM    10:34 AM    12:34 PM    02:35 PM    04:35 PM    06:35 PM    08:35 PM    10:35 PM
Animated series	Goose with Golden Egg	Hindi/english	01:02 AM    03:02 AM    05:02 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



DD Free Dish Channel #26



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2025

Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:08 AM    03:08 AM    05:09 AM    07:09 AM    09:09 AM    11:09 AM    01:09 PM    03:10 PM    05:10 PM    07:10 PM    09:10 PM    11:10 PM
English	Unit 2: Noses	English	01:32 AM    03:33 AM    05:33 AM    07:33 AM    09:33 AM    11:33 AM    01:34 PM    03:34 PM    05:34 PM    07:34 PM    09:34 PM    11:35 PM
कहानी	हुद-हुद	Hindi	01:47 AM    03:48 AM    05:48 AM    07:48 AM    09:48 AM    11:48 AM    01:49 PM    03:49 PM    05:49 PM    07:49 PM    09:49 PM    11:50 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi/english	01:57 AM    03:57 AM    05:57 AM    07:57 AM    09:57 AM    11:58 AM    01:58 PM    03:58 PM    05:58 PM    07:58 PM    09:59 PM    11:59 PM
General	Waste Reduced	Hindi/english	01:57 AM    03:57 AM    05:58 AM    07:58 AM    09:58 AM    11:58 AM    01:58 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
<b>शनिवार, 09 नवंबर 2024</b> <b>Saturday, 09 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
Yoga	Trikonasana	Hindi/english	12:35 AM    02:35 AM    04:35 AM    06:35 AM    08:35 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:34 PM    10:34 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	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    08:36 PM    10:36 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:02 AM    03:02 AM    05:02 AM    07:02 AM    09:02 AM    11:02 AM    01:02 PM





			03:01 PM    05:01 PM    07:01 PM    09:01 PM    11:01 PM
कहानी	तुम्हारी कहानियां : डोमी की चप्पलें भाग 1	Hindi	01:17 AM    03:17 AM    05:17 AM    07:17 AM    09:17 AM    11:17 AM    01:17 PM    03:16 PM    05:16 PM    07:16 PM    09:16 PM    11:16 PM
कहानी	बस की यात्रा	Hindi	01:30 AM    03:30 AM    05:30 AM    07:30 AM    09:29 AM    11:29 AM    01:29 PM    03:29 PM    05:29 PM    07:29 PM    09:29 PM    11:29 PM
General	आओ सैर करें - नालंदा	Hindi	01:45 AM    03:45 AM    05:45 AM    07:45 AM    09:45 AM    11:45 AM    01:45 PM    03:45 PM    05:44 PM    07:44 PM    09:44 PM    11:44 PM
General	Plastic Bag Demon	English	01:50 AM    03:50 AM    05:50 AM    07:50 AM    09:50 AM    11:50 AM    01:50 PM    03:50 PM    05:50 PM    07:50 PM    09:50 PM    11:49 PM
<b>रविवार, 10 नवंबर 2024</b> <b>Sunday, 10 November 2024</b>			
शारीरिक शिक्षा	पोषण, स्वास्थ्य और स्वच्छता	Hindi	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:11 PM    10:12 PM
Art Education	Kala Utsav – 2019 Music – Instrumental Competition: Boys: Bihar	Hindi/english	12:14 AM    02:15 AM    04:16 AM    06:18 AM    08:19 AM    10:20 AM    12:21 PM    02:22 PM    04:23 PM    06:24 PM    08:25 PM    10:26 PM
शारीरिक शिक्षा	योग: सर्वांगासन	Hindi/english	12:21 AM    02:22 AM    04:23 AM    06:24 AM    08:25 AM    10:26 AM    12:27 PM    02:29 PM    04:30 PM    06:31 PM    08:32 PM    10:33 PM
कहानी	टर्म टू भाग 8	Hindi	12:33 AM    02:35 AM    04:36 AM    06:37 AM    08:38 AM    10:39 AM    12:40 PM    02:41 PM    04:42 PM    06:43 PM    08:44 PM    10:46 PM



कहानी	ईदगाह	Hindi	12:58 AM    02:59 AM    05:00 AM    07:01 AM    09:02 AM    11:03 AM    01:04 PM    03:05 PM    05:06 PM    07:07 PM    09:09 PM    11:10 PM
Animated series	Two Friends and the Bear	Hindi/english	01:29 AM    03:30 AM    05:31 AM    07:32 AM    09:33 AM    11:34 AM    01:35 PM    03:36 PM    05:37 PM    07:39 PM    09:40 PM    11:41 PM
<b>सोमवार, 11 नवंबर 2024</b> <b>Monday, 11 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/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
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:35 AM    02:36 AM    04:37 AM    06:38 AM    08:39 AM    10:40 AM    12:41 PM    02:42 PM    04:43 PM    06:44 PM    08:45 PM    10:46 PM
English	Unit 2: Noses	English	01:00 AM    03:01 AM    05:02 AM    07:03 AM    09:04 AM    11:05 AM    01:06 PM    03:07 PM    05:08 PM    07:09 PM    09:09 PM    11:10 PM
कहानी	लकड़ी मकड़ी ककड़ी	Hindi	01:15 AM    03:16 AM    05:17 AM    07:18 AM    09:19 AM    11:20 AM    01:21 PM    03:22 PM    05:23 PM    07:24 PM    09:25 PM    11:26 PM
EVS	Changing Times	Hindi/english	01:18 AM    03:19 AM    05:20 AM    07:21 AM    09:22 AM    11:23 AM    01:24 PM    03:25 PM    05:26 PM    07:27 PM    09:28 PM    11:29 PM
General	आओ सैर करें - कश्मीर	Hindi	01:47 AM    03:48 AM    05:49 AM    07:50 AM    09:51 AM    11:52 AM    01:53 PM    03:54 PM    05:55 PM    07:56 PM    09:57 PM    11:58 PM
Yoga	Tadasana	Hindi/english	01:52 AM    03:53 AM    05:54 AM    07:55 AM    09:56 AM    11:57 AM    01:58 PM



			03:59 PM    06:00 PM    08:01 PM    10:02 PM
<b>मंगलवार, 12 नवंबर 2024</b> <b>Tuesday, 12 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    01:59 AM    03:58 AM    05:57 AM    07:57 AM    09:56 AM    11:55 AM    01:55 PM    03:54 PM    05:53 PM    07:53 PM    09:52 PM    11:51 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:35 AM    02:34 AM    04:33 AM    06:33 AM    08:32 AM    10:31 AM    12:31 PM    02:30 PM    04:29 PM    06:29 PM    08:28 PM    10:27 PM
Disaster management	Urban Flood - शहरी बाढ़ के समय बिजली के झटके से बचें	Hindi/english	01:00 AM    02:59 AM    04:58 AM    06:58 AM    08:57 AM    10:56 AM    12:55 PM    02:55 PM    04:54 PM    06:53 PM    08:53 PM    10:52 PM
Art Education	नाटक खेलना आसान है भाग 2	Hindi	01:01 AM    03:00 AM    04:59 AM    06:59 AM    08:58 AM    10:57 AM    12:56 PM    02:56 PM    04:55 PM    06:54 PM    08:54 PM    10:53 PM
EVS	Changing Times Part I	Hindi/english	01:15 AM    03:15 AM    05:14 AM    07:13 AM    09:13 AM    11:12 AM    01:11 PM    03:10 PM    05:10 PM    07:09 PM    09:08 PM    11:08 PM
कहानी	वो कुछ दिन	Hindi	01:25 AM    03:24 AM    05:23 AM    07:22 AM    09:22 AM    11:21 AM    01:20 PM    03:20 PM    05:19 PM    07:18 PM    09:18 PM    11:17 PM
English	Unit 2: Noses	English	01:32 AM    03:32 AM    05:31 AM    07:30 AM    09:30 AM    11:29 AM    01:28 PM    03:27 PM    05:27 PM    07:26 PM    09:25 PM    11:25 PM
General	आओ सैर करें - कन्याकुमारी	Hindi	01:52 AM    03:51 AM    05:50 AM    07:50 AM    09:49 AM    11:48 AM    01:47 PM    03:47 PM    05:46 PM    07:45 PM    09:45 PM    11:44 PM



**बुधवार, 13 नवंबर 2024**
**Wednesday, 13 November 2024**

पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:58 PM    11:58 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:35 AM    02:35 AM    04:35 AM    06:35 AM    08:35 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:34 PM    10:34 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:00 AM    03:00 AM    05:00 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:59 PM    04:59 PM    06:59 PM    08:59 PM    10:59 PM
Disaster management	Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02	Hindi/english	01:24 AM    03:24 AM    05:24 AM    07:24 AM    09:24 AM    11:23 AM    01:23 PM    03:23 PM    05:23 PM    07:23 PM    09:23 PM    11:23 PM
General	आओ सैर करें - पोरबंदर	Hindi	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:25 AM    11:25 AM    01:24 PM    03:24 PM    05:24 PM    07:24 PM    09:24 PM    11:24 PM
General	आओ सैर करें - कुल्लू मनाली	Hindi	01:32 AM    03:32 AM    05:32 AM    07:32 AM    09:32 AM    11:31 AM    01:31 PM    03:31 PM    05:31 PM    07:31 PM    09:31 PM    11:31 PM
English	Unit 2: Noses	English	01:37 AM    03:37 AM    05:37 AM    07:37 AM    09:37 AM    11:37 AM    01:37 PM    03:37 PM    05:37 PM    07:37 PM    09:36 PM    11:36 PM
General	कोई लाके मुझे दे	Hindi/english	01:53 AM    03:53 AM    05:52 AM    07:52 AM    09:52 AM    11:52 AM    01:52 PM    03:52 PM    05:52 PM    07:52 PM    09:52 PM    11:52 PM
General	Single Use Plastic	Hindi/english	01:57 AM    03:56 AM    05:56 AM    07:56 AM    09:56 AM    11:56 AM    01:56 PM



DD Free Dish Channel #26



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2025

			03:56 PM    05:56 PM    07:56 PM    09:56 PM    11:55 PM
<b>बृहस्पतिवार, 14 नवंबर 2024</b> <b>Thursday, 14 November 2024</b>			
Disaster management	Flood - What Should Be Done After Floods	Hindi/english	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:02 PM    06:02 PM    08:02 PM    10:03 PM
पर्यावरण अध्ययन	पाठ 12: कैसे कैसे बदले घर	Hindi/english	12:09 AM    02:09 AM    04:09 AM    06:09 AM    08:10 AM    10:10 AM    12:10 PM    02:11 PM    04:11 PM    06:11 PM    08:11 PM    10:12 PM
Animated series	The Umbrella	Hindi/english	12:36 AM    02:36 AM    04:36 AM    06:37 AM    08:37 AM    10:37 AM    12:38 PM    02:38 PM    04:38 PM    06:38 PM    08:39 PM    10:39 PM
योग	ताड़ासन	Hindi/english	12:48 AM    02:49 AM    04:49 AM    06:49 AM    08:49 AM    10:50 AM    12:50 PM    02:50 PM    04:51 PM    06:51 PM    08:51 PM    10:51 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:51 AM    02:51 AM    04:51 AM    06:51 AM    08:52 AM    10:52 AM    12:52 PM    02:53 PM    04:53 PM    06:53 PM    08:53 PM    10:54 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:15 AM    03:16 AM    05:16 AM    07:16 AM    09:16 AM    11:17 AM    01:17 PM    03:17 PM    05:18 PM    07:18 PM    09:18 PM    11:18 PM
Yoga	Vrikshasana	Hindi/english	01:40 AM    03:40 AM    05:40 AM    07:40 AM    09:41 AM    11:41 AM    01:41 PM    03:42 PM    05:42 PM    07:42 PM    09:42 PM    11:43 PM
English	Unit 2: Noses	English	01:42 AM    03:42 AM    05:42 AM    07:43 AM    09:43 AM    11:43 AM    01:44 PM    03:44 PM    05:44 PM    07:44 PM    09:45 PM    11:45 PM



General	E-Waste	Hindi/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    08:00 PM    10:00 PM
<b>शुक्रवार, 15 नवंबर 2024</b> <b>Friday, 15 November 2024</b>			
गणित	खेत और बाड़	Hindi/english	12:00 AM    02:00 AM    04:00 AM    06:01 AM    08:01 AM    10:02 AM    12:02 PM    02:03 PM    04:03 PM    06:04 PM    08:04 PM    10:05 PM
General	आओ सैर करें - मिस्र	Hindi	12:32 AM    02:32 AM    04:33 AM    06:33 AM    08:34 AM    10:34 AM    12:35 PM    02:35 PM    04:36 PM    06:36 PM    08:36 PM    10:37 PM
Disaster management	Flood - What To Do During Floods	Hindi/english	12:35 AM    02:36 AM    04:36 AM    06:37 AM    08:37 AM    10:38 AM    12:38 PM    02:39 PM    04:39 PM    06:40 PM    08:40 PM    10:41 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:36 AM    02:37 AM    04:37 AM    06:38 AM    08:38 AM    10:39 AM    12:39 PM    02:40 PM    04:40 PM    06:41 PM    08:41 PM    10:42 PM
कहानी	टरम टू भाग 5	Hindi	12:59 AM    02:59 AM    04:59 AM    07:00 AM    09:00 AM    11:01 AM    01:01 PM    03:02 PM    05:02 PM    07:03 PM    09:03 PM    11:04 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:21 AM    03:21 AM    05:22 AM    07:22 AM    09:23 AM    11:23 AM    01:24 PM    03:24 PM    05:25 PM    07:25 PM    09:26 PM    11:26 PM
Disaster management	Flood - बाड़ के दौरान क्या करें और क्या न करें	Hindi/english	01:36 AM    03:36 AM    05:37 AM    07:37 AM    09:38 AM    11:38 AM    01:39 PM    03:39 PM    05:40 PM    07:40 PM    09:41 PM    11:41 PM
English	Unit 2: The Little Fir Tree	English	01:37 AM    03:38 AM    05:38 AM    07:39 AM    09:39 AM    11:39 AM    01:40 PM



			03:40 PM    05:41 PM    07:41 PM    09:42 PM    11:42 PM
General	Waste Reduced	Hindi/english	01:57 AM    03:58 AM    05:58 AM    07:59 AM    09:59 AM    12:00 PM    02:00 PM    04:01 PM    06:01 PM    08:02 PM    10:02 PM
<b>शनिवार, 16 नवंबर 2024</b> <b>Saturday, 16 November 2024</b>			
गणित	खेत और बाड़	Hindi/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
योग	वृक्षासन	Hindi/english	12:27 AM    02:28 AM    04:28 AM    06:29 AM    08:29 AM    10:29 AM    12:30 PM    02:30 PM    04:31 PM    06:31 PM    08:32 PM    10:32 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:30 AM    02:30 AM    04:30 AM    06:31 AM    08:31 AM    10:32 AM    12:32 PM    02:33 PM    04:33 PM    06:33 PM    08:34 PM    10:34 PM
Disaster management	Flood - बाढ़ के दौरान पशुओं को कैसे रखें सुरक्षित	Hindi/english	12:52 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    06:55 PM    08:56 PM    10:56 PM
कहानी	हुद-हुद	Hindi	12:57 AM    02:58 AM    04:58 AM    06:59 AM    08:59 AM    11:00 AM    01:00 PM    03:00 PM    05:01 PM    07:01 PM    09:02 PM    11:02 PM
कहानी	लकड़ी मकड़ी ककड़ी	Hindi	01:07 AM    03:07 AM    05:07 AM    07:08 AM    09:08 AM    11:09 AM    01:09 PM    03:10 PM    05:10 PM    07:10 PM    09:11 PM    11:11 PM
Physical Education	Nutrition, Health & Sanitation	English	01:13 AM    03:14 AM    05:14 AM    07:14 AM    09:15 AM    11:15 AM    01:16 PM    03:16 PM    05:17 PM    07:17 PM    09:17 PM    11:18 PM



Disaster management	Flood - बाढ़ के बाद क्या करें और क्या न करें	Hindi/english	01:20 AM    03:20 AM    05:20 AM    07:21 AM    09:21 AM    11:22 AM    01:22 PM    03:23 PM    05:23 PM    07:23 PM    09:24 PM    11:24 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:21 AM    03:21 AM    05:21 AM    07:22 AM    09:22 AM    11:23 AM    01:23 PM    03:24 PM    05:24 PM    07:24 PM    09:25 PM    11:25 PM
कहानी	बस की यात्रा	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
General	Plastic Bag Demon	English	01:51 AM    03:51 AM    05:52 AM    07:52 AM    09:53 AM    11:53 AM    01:53 PM    03:54 PM    05:54 PM    07:55 PM    09:55 PM    11:56 PM
<b>रविवार, 17 नवंबर 2024</b> <b>Sunday, 17 November 2024</b>			
शारीरिक शिक्षा	पोषण, स्वास्थ्य और स्वच्छता	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    04:05 PM    06:05 PM    08:06 PM    10:06 PM
Physical Education	Nutrition, Health & Sanitation	English	12:18 AM    02:18 AM    04:19 AM    06:19 AM    08:20 AM    10:21 AM    12:21 PM    02:22 PM    04:23 PM    06:23 PM    08:24 PM    10:25 PM
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:24 AM    02:25 AM    04:25 AM    06:26 AM    08:26 AM    10:27 AM    12:28 PM    02:28 PM    04:29 PM    06:30 PM    08:30 PM    10:31 PM
कहानी	टर्म टू भाग 8	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    06:38 PM    08:38 PM    10:39 PM
कहानी	ईदगाह	Hindi	12:56 AM    02:57 AM    04:57 AM    06:58 AM    08:59 AM    10:59 AM    01:00 PM





			03:00 PM    05:01 PM    07:02 PM    09:02 PM    11:03 PM
Disaster management	Floods - बाढ़ के दौरान क्या किया जाना चाहिए	Hindi/english	01:27 AM    03:28 AM    05:28 AM    07:29 AM    09:30 AM    11:30 AM    01:31 PM    03:32 PM    05:32 PM    07:33 PM    09:33 PM    11:34 PM
Animated series	Two Friends and the Bear	Hindi/english	01:28 AM    03:29 AM    05:29 AM    07:30 AM    09:31 AM    11:31 AM    01:32 PM    03:33 PM    05:33 PM    07:34 PM    09:34 PM    11:35 PM
<b>सोमवार, 18 नवंबर 2024</b> <b>Monday, 18 November 2024</b>			
गणित	खेत और बाढ़	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
हिंदी	पाठ 13 :हृदहृद	Hindi/english	12:27 AM    02:27 AM    04:27 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    10:27 PM
General	खेल खेल में	Hindi	12:49 AM    02:49 AM    04:49 AM    06:49 AM    08:49 AM    10:49 AM    12:49 PM    02:49 PM    04:49 PM    06:49 PM    08:49 PM    10:49 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi/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    06:55 PM    08:55 PM    10:55 PM
English	Unit 2: The Little Fir Tree	English	01:11 AM    03:11 AM    05:11 AM    07:11 AM    09:11 AM    11:11 AM    01:11 PM    03:11 PM    05:11 PM    07:11 PM    09:11 PM    11:11 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi/english	01:31 AM    03:31 AM    05:31 AM    07:31 AM    09:31 AM    11:31 AM    01:31 PM    03:31 PM    05:31 PM    07:31 PM    09:31 PM    11:31 PM



EVS	Chapter 13 :A River's Tale Part 1	Hindi/english	01:33 AM    03:33 AM    05:33 AM    07:33 AM    09:33 AM    11:33 AM    01:32 PM    03:32 PM    05:32 PM    07:32 PM    09:32 PM    11:32 PM
<b>मंगलवार, 19 नवंबर 2024</b> <b>Tuesday, 19 November 2024</b>			
गणित	खेत और बाड़	Hindi/english	12:00 AM    02:00 AM    04:00 AM    06:00 AM    08:01 AM    10:01 AM    12:01 PM    02:01 PM    04:02 PM    06:02 PM    08:02 PM    10:03 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:27 AM    02:27 AM    04:28 AM    06:28 AM    08:28 AM    10:29 AM    12:29 PM    02:29 PM    04:29 PM    06:30 PM    08:30 PM    10:30 PM
Disaster management	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi/english	12:49 AM    02:50 AM    04:50 AM    06:50 AM    08:50 AM    10:51 AM    12:51 PM    02:51 PM    04:52 PM    06:52 PM    08:52 PM    10:52 PM
EVS	Changing Times Part II	Hindi/english	12:58 AM    02:58 AM    04:58 AM    06:59 AM    08:59 AM    10:59 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:01 PM    11:01 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	Hindi/english	01:13 AM    03:13 AM    05:13 AM    07:13 AM    09:14 AM    11:14 AM    01:14 PM    03:15 PM    05:15 PM    07:15 PM    09:15 PM    11:16 PM
Animated series	Story of a Tinker	Hindi/english	01:17 AM    03:17 AM    05:18 AM    07:18 AM    09:18 AM    11:18 AM    01:19 PM    03:19 PM    05:19 PM    07:20 PM    09:20 PM    11:20 PM
General	खेल खेल में	Hindi	01:25 AM    03:26 AM    05:26 AM    07:26 AM    09:26 AM    11:27 AM    01:27 PM    03:27 PM    05:28 PM    07:28 PM    09:28 PM    11:28 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	Hindi/english	01:32 AM    03:32 AM    05:32 AM    07:33 AM    09:33 AM    11:33 AM    01:34 PM



			03:34 PM    05:34 PM    07:34 PM    09:35 PM    11:35 PM
English	Unit 2: The Little Fir Tree	English	01:36 AM    03:37 AM    05:37 AM    07:37 AM    09:37 AM    11:38 AM    01:38 PM    03:38 PM    05:39 PM    07:39 PM    09:39 PM    11:39 PM
योग	अर्ध चक्रासन	Hindi/english	01:57 AM    03:57 AM    05:57 AM    07:58 AM    09:58 AM    11:58 AM    01:58 PM    03:59 PM    05:59 PM    07:59 PM    10:00 PM
<b>बुधवार, 20 नवंबर 2024</b> <b>Wednesday, 20 November 2024</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुन्द्र तक	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
हिंदी	पाठ 13 :हृदहृद	Hindi/english	12:21 AM    02:21 AM    04:21 AM    06:21 AM    08:21 AM    10:21 AM    12:21 PM    02:21 PM    04:21 PM    06:21 PM    08:21 PM    10:21 PM
General	Meena - 3 Saving the life	Hindi	12:43 AM    02:43 AM    04:43 AM    06:43 AM    08:43 AM    10:43 AM    12:43 PM    02:43 PM    04:43 PM    06:43 PM    08:43 PM    10:43 PM
Disaster management	Flood - बाढ़ से पहले क्या करें और क्या न करें	Hindi/english	12:59 AM    02:59 AM    04:59 AM    06:59 AM    08:59 AM    10:59 AM    12:59 PM    02:59 PM    04:59 PM    06:59 PM    08:59 PM    10:59 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:00 AM    03:00 AM    05:00 AM    07:00 AM    09:00 AM    11:00 AM    01:00 PM    03:00 PM    05:00 PM    07:00 PM    09:00 PM    11:00 PM
General	आओ सैर करें - सेवाग्राम	Hindi	01:15 AM    03:15 AM    05:15 AM    07:15 AM    09:15 AM    11:15 AM    01:15 PM    03:15 PM    05:15 PM    07:15 PM    09:15 PM    11:15 PM



Disaster management	Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02	Hindi/english	01:25 AM    03:25 AM    05:25 AM    07:25 AM    09:25 AM    11:25 AM    01:25 PM    03:25 PM    05:24 PM    07:24 PM    09:24 PM    11:24 PM
Animated series	Birbal Finds the Thief	Hindi/english	01:26 AM    03:26 AM    05:26 AM    07:26 AM    09:26 AM    11:26 AM    01:26 PM    03:26 PM    05:26 PM    07:26 PM    09:26 PM    11:26 PM
English	Unit 2: The Little Fir Tree	English	01:34 AM    03:34 AM    05:34 AM    07:33 AM    09:33 AM    11:33 AM    01:33 PM    03:33 PM    05:33 PM    07:33 PM    09:33 PM    11:33 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi/english	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
General	कोई लाके मुझे दे	Hindi/english	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
<b>बृहस्पतिवार, 21 नवंबर 2024</b> <b>Thursday, 21 November 2024</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुन्द्र तक	Hindi/english	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:06 PM    02:07 PM    04:08 PM    06:09 PM    08:10 PM    10:11 PM
योग	ताड़ासन	Hindi/english	12:21 AM    02:22 AM    04:23 AM    06:24 AM    08:25 AM    10:26 AM    12:27 PM    02:28 PM    04:29 PM    06:30 PM    08:31 PM    10:32 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:23 AM    02:24 AM    04:25 AM    06:26 AM    08:27 AM    10:28 AM    12:29 PM    02:30 PM    04:31 PM    06:32 PM    08:33 PM    10:34 PM
General	आओ सैर करें - पोरबंदर	Hindi	12:48 AM    02:49 AM    04:50 AM    06:51 AM    08:52 AM    10:53 AM    12:54 PM



			02:55 PM    04:56 PM    06:57 PM    08:58 PM    10:59 PM
General	आओ सैर करें - मणिपुर	Hindi	12:52 AM    02:53 AM    04:54 AM    06:55 AM    08:56 AM    10:57 AM    12:58 PM    02:59 PM    05:00 PM    07:01 PM    09:02 PM    11:03 PM
General	तरंग : सही जगह पर	Hindi	12:58 AM    02:59 AM    05:00 AM    07:01 AM    09:03 AM    11:04 AM    01:05 PM    03:06 PM    05:07 PM    07:08 PM    09:09 PM    11:10 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:10 AM    03:11 AM    05:12 AM    07:13 AM    09:14 AM    11:15 AM    01:16 PM    03:17 PM    05:18 PM    07:19 PM    09:20 PM    11:21 PM
General	आओ सैर करें - कुल्लू मनाली	Hindi	01:25 AM    03:26 AM    05:27 AM    07:28 AM    09:29 AM    11:30 AM    01:31 PM    03:32 PM    05:33 PM    07:34 PM    09:35 PM    11:36 PM
General	आओ सैर करें - लक्षद्वीप	Hindi	01:31 AM    03:32 AM    05:33 AM    07:34 AM    09:35 AM    11:36 AM    01:37 PM    03:38 PM    05:39 PM    07:40 PM    09:41 PM    11:42 PM
Yoga	Vrikshasana	Hindi/english	01:35 AM    03:36 AM    05:37 AM    07:38 AM    09:39 AM    11:40 AM    01:41 PM    03:42 PM    05:43 PM    07:44 PM    09:45 PM    11:46 PM
English	Unit 2: The Little Fir Tree	English	01:37 AM    03:38 AM    05:39 AM    07:40 AM    09:41 AM    11:42 AM    01:43 PM    03:44 PM    05:46 PM    07:47 PM    09:48 PM    11:49 PM
General	E-Waste	Hindi/english	01:58 AM    03:59 AM    06:00 AM    08:01 AM    10:02 AM    12:03 PM    02:04 PM    04:05 PM    06:06 PM    08:07 PM    10:08 PM
<b>शुक्रवार, 22 नवंबर 2024</b> <b>Friday, 22 November 2024</b>			



गणित	खेत और बाड़	Hindi/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    06:01 PM    08:02 PM    10:02 PM
General	A gift for my mother	English	12:30 AM    02:30 AM    04:30 AM    06:30 AM    08:30 AM    10:31 AM    12:31 PM    02:31 PM    04:31 PM    06:31 PM    08:32 PM    10:32 PM
हिंदी	पाठ 13 : हुदहुद	Hindi/english	12:51 AM    02:51 AM    04:51 AM    06:52 AM    08:52 AM    10:52 AM    12:52 PM    02:52 PM    04:53 PM    06:53 PM    08:53 PM    10:53 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:13 AM    03:13 AM    05:13 AM    07:14 AM    09:14 AM    11:14 AM    01:14 PM    03:15 PM    05:15 PM    07:15 PM    09:15 PM    11:15 PM
General	आओ सैर करें - सेवाग्राम	Hindi	01:28 AM    03:28 AM    05:28 AM    07:29 AM    09:29 AM    11:29 AM    01:29 PM    03:30 PM    05:30 PM    07:30 PM    09:30 PM    11:30 PM
English	Unit 2: The Little Fir Tree	English	01:37 AM    03:37 AM    05:37 AM    07:38 AM    09:38 AM    11:38 AM    01:38 PM    03:38 PM    05:39 PM    07:39 PM    09:39 PM    11:39 PM
General	Waste Reduced	Hindi/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

**शनिवार, 23 नवंबर 2024**  
**Saturday, 23 November 2024**

गणित	खेत और बाड़	Hindi/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    10:03 PM
General	आओ सैर करें - पोरबंदर	Hindi	12:27 AM    02:28 AM    04:28 AM    06:28 AM    08:29 AM    10:29 AM    12:29 PM



DD Free Dish Channel #26



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2025

			02:30 PM    04:30 PM    06:30 PM    08:31 PM    10:31 PM
योग	वृक्षासन	Hindi/english	12:40 AM    02:41 AM    04:41 AM    06:41 AM    08:42 AM    10:42 AM    12:42 PM    02:43 PM    04:43 PM    06:43 PM    08:44 PM    10:44 PM
हिंदी	पाठ 13 : हुदहुद	Hindi/english	12:43 AM    02:43 AM    04:43 AM    06:44 AM    08:44 AM    10:44 AM    12:45 PM    02:45 PM    04:45 PM    06:46 PM    08:46 PM    10:46 PM
Disaster management	Lightning - Precautions During Lightning & Thunderstorm	Hindi/english	01:05 AM    03:05 AM    05:05 AM    07:06 AM    09:06 AM    11:06 AM    01:07 PM    03:07 PM    05:07 PM    07:08 PM    09:08 PM    11:09 PM
Physical Education	Nutrition, Health & Sanitation	English	01:06 AM    03:06 AM    05:06 AM    07:07 AM    09:07 AM    11:07 AM    01:08 PM    03:08 PM    05:08 PM    07:09 PM    09:09 PM    11:09 PM
Disaster management	Lightning - Signs & Symptoms Of Lightning Injuries	Hindi/english	01:12 AM    03:12 AM    05:13 AM    07:13 AM    09:13 AM    11:14 AM    01:14 PM    03:14 PM    05:15 PM    07:15 PM    09:15 PM    11:16 PM
Animated series	The Home	Hindi/english	01:13 AM    03:13 AM    05:13 AM    07:14 AM    09:14 AM    11:14 AM    01:15 PM    03:15 PM    05:15 PM    07:16 PM    09:16 PM    11:16 PM
Mathematics	Chapter 11 : Tables and Shares	Hindi/english	01:17 AM    03:17 AM    05:18 AM    07:18 AM    09:18 AM    11:19 AM    01:19 PM    03:19 PM    05:20 PM    07:20 PM    09:21 PM    11:21 PM
General	Plastic Bag Demon	English	01:51 AM    03:51 AM    05:51 AM    07:52 AM    09:52 AM    11:53 AM    01:53 PM    03:53 PM    05:54 PM    07:54 PM    09:54 PM    11:55 PM
<b>रविवार, 24 नवंबर 2024</b> <b>Sunday, 24 November 2024</b>			



शारीरिक शिक्षा	पोषण, स्वास्थ्य और स्वच्छता	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
Disaster management	Flood - बाढ़ से पहले क्या करें और क्या न करें	Hindi/english	12:14 AM    02:15 AM    04:15 AM    06:16 AM    08:17 AM    10:17 AM    12:18 PM    02:18 PM    04:19 PM    06:20 PM    08:20 PM    10:21 PM
Physical Education	Nutrition, Health & Sanitation	English	12:19 AM    02:19 AM    04:20 AM    06:20 AM    08:21 AM    10:22 AM    12:22 PM    02:23 PM    04:23 PM    06:24 PM    08:25 PM    10:25 PM
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	12:25 AM    02:25 AM    04:26 AM    06:27 AM    08:27 AM    10:28 AM    12:28 PM    02:29 PM    04:30 PM    06:30 PM    08:31 PM    10:31 PM
कहानी	टर्म टू भाग 8	Hindi	12:33 AM    02:34 AM    04:34 AM    06:35 AM    08:35 AM    10:36 AM    12:37 PM    02:37 PM    04:38 PM    06:38 PM    08:39 PM    10:40 PM
कहानी	ईदगाह	Hindi	12:57 AM    02:58 AM    04:58 AM    06:59 AM    08:59 AM    11:00 AM    01:01 PM    03:01 PM    05:02 PM    07:02 PM    09:03 PM    11:04 PM
Animated series	Two Friends and the Bear	Hindi/english	01:28 AM    03:29 AM    05:29 AM    07:30 AM    09:31 AM    11:31 AM    01:32 PM    03:32 PM    05:33 PM    07:34 PM    09:34 PM    11:35 PM

**सोमवार, 25 नवंबर 2024**  
**Monday, 25 November 2024**

Disaster management	Urban Flood - How To Deal With The Aftermath Of Urban Floods	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
गणित	खेत और बाड़	Hindi/english	12:09 AM    02:09 AM    04:09 AM    06:09 AM    08:08 AM    10:08 AM    12:08 PM



DD Free Dish Channel #26



8800440559



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Dish TV Channel #2025



			02:08 PM    04:08 PM    06:08 PM    08:08 PM    10:07 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:29 AM    02:28 AM    04:28 AM    06:28 AM    08:28 AM    10:28 AM    12:28 PM    02:28 PM    04:27 PM    06:27 PM    08:27 PM    10:27 PM
General	खेल खेल में	Hindi	12:51 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    06:49 PM    08:49 PM    10:49 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi/english	12:57 AM    02:57 AM    04:57 AM    06:57 AM    08:57 AM    10:56 AM    12:56 PM    02:56 PM    04:56 PM    06:56 PM    08:56 PM    10:56 PM
Physical Education	Growing up Healthy	English	12:59 AM    02:58 AM    04:58 AM    06:58 AM    08:58 AM    10:58 AM    12:58 PM    02:58 PM    04:57 PM    06:57 PM    08:57 PM    10:57 PM
EVS	Chapter 13 :A River's Tale Part 1	Hindi/english	01:03 AM    03:03 AM    05:02 AM    07:02 AM    09:02 AM    11:02 AM    01:02 PM    03:02 PM    05:02 PM    07:02 PM    09:01 PM    11:01 PM
General	आओ सैर करें - मणिपुर	Hindi	01:23 AM    03:23 AM    05:23 AM    07:23 AM    09:23 AM    11:23 AM    01:22 PM    03:22 PM    05:22 PM    07:22 PM    09:22 PM    11:22 PM
English	Unit 2: The Little Fir Tree	English	01:29 AM    03:29 AM    05:29 AM    07:29 AM    09:29 AM    11:29 AM    01:29 PM    03:28 PM    05:28 PM    07:28 PM    09:28 PM    11:28 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi/english	01:50 AM    03:50 AM    05:49 AM    07:49 AM    09:49 AM    11:49 AM    01:49 PM    03:49 PM    05:49 PM    07:49 PM    09:48 PM    11:48 PM
Yoga	Ardha_Chakrasana	Hindi/english	01:51 AM    03:51 AM    05:51 AM    07:51 AM    09:51 AM    11:51 AM    01:50 PM



			03:50 PM    05:50 PM    07:50 PM    09:50 PM    11:50 PM
<b>मंगलवार, 26 नवंबर 2024</b> <b>Tuesday, 26 November 2024</b>			
गणित	खेत और बाड़	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:59 PM    05:59 PM    07:59 PM    09:59 PM    11:59 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:27 AM    02:27 AM    04:27 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    10:27 PM
Disaster management	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi/english	12:49 AM    02:49 AM    04:49 AM    06:49 AM    08:49 AM    10:49 AM    12:49 PM    02:49 PM    04:49 PM    06:49 PM    08:49 PM    10:49 PM
EVS	Changing Times Part II	Hindi/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    10:57 PM
Animated series	Let Swim: Frigo, Chik, Mouse, Ant and Ladybird	Hindi/english	01:13 AM    03:13 AM    05:13 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
कहानी	तुम्हारी कहानियां : डोमी की चप्पलें भाग 1	Hindi	01:17 AM    03:17 AM    05:17 AM    07:17 AM    09:17 AM    11:17 AM    01:17 PM    03:17 PM    05:17 PM    07:17 PM    09:17 PM    11:17 PM
General	आओ सैर करें - मणिपुर	Hindi	01:30 AM    03:30 AM    05:30 AM    07:30 AM    09:30 AM    11:30 AM    01:30 PM    03:30 PM    05:30 PM    07:30 PM    09:30 PM    11:29 PM
English	Unit 2: The Little Fir Tree	English	01:36 AM    03:36 AM    05:36 AM    07:36 AM    09:36 AM    11:36 AM    01:36 PM    03:36 PM    05:36 PM    07:36 PM    09:36 PM    11:36 PM



योग	अर्ध चक्रासन	Hindi/english	01:56 AM    03:56 AM    05:56 AM    07:56 AM    09:56 AM    11:56 AM    01:56 PM    03:56 PM    05:56 PM    07:56 PM    09:56 PM    11:56 PM
<b>बुधवार, 27 नवंबर 2024</b> <b>Wednesday, 27 November 2024</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुन्द्र तक	Hindi/english	12:00 AM    02:00 AM    04:01 AM    06:01 AM    08:02 AM    10:02 AM    12:03 PM    02:03 PM    04:04 PM    06:04 PM    08:05 PM    10:05 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:21 AM    02:22 AM    04:22 AM    06:23 AM    08:23 AM    10:24 AM    12:24 PM    02:25 PM    04:25 PM    06:26 PM    08:26 PM    10:27 PM
General	Meena - 3 Saving the life	Hindi	12:43 AM    02:44 AM    04:44 AM    06:45 AM    08:45 AM    10:46 AM    12:46 PM    02:47 PM    04:47 PM    06:48 PM    08:48 PM    10:49 PM
Disaster management	Flood - बाढ़ से पहले क्या करें और क्या न करें	Hindi/english	12:59 AM    02:59 AM    05:00 AM    07:00 AM    09:01 AM    11:02 AM    01:02 PM    03:03 PM    05:03 PM    07:04 PM    09:04 PM    11:05 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:00 AM    03:00 AM    05:01 AM    07:01 AM    09:02 AM    11:02 AM    01:03 PM    03:04 PM    05:04 PM    07:05 PM    09:05 PM    11:06 PM
कहानी	सोने का अंडा देने वाली मुर्गी	Hindi	01:15 AM    03:15 AM    05:16 AM    07:16 AM    09:17 AM    11:17 AM    01:18 PM    03:19 PM    05:19 PM    07:20 PM    09:20 PM    11:21 PM
Disaster management	Landslide - भूस्खलन के बाद क्या करें और क्या न करें - 02	Hindi/english	01:23 AM    03:23 AM    05:24 AM    07:24 AM    09:25 AM    11:26 AM    01:26 PM    03:27 PM    05:27 PM    07:28 PM    09:28 PM    11:29 PM
Animated series	Birbal Finds the Thief	Hindi/english	01:26 AM    03:27 AM    05:27 AM    07:28 AM    09:28 AM    11:29 AM    01:30 PM



			03:30 PM    05:31 PM    07:31 PM    09:32 PM    11:32 PM
English	Unit 2: The Little Fir Tree	English	01:34 AM    03:35 AM    05:35 AM    07:36 AM    09:36 AM    11:37 AM    01:37 PM    03:38 PM    05:38 PM    07:39 PM    09:39 PM    11:40 PM
Disaster management	Landslide - भूस्खलन से बचने के लिए भूवैज्ञानिक से जानिए बचाव के तरीके	Hindi/english	01:54 AM    03:55 AM    05:56 AM    07:56 AM    09:57 AM    11:57 AM    01:58 PM    03:58 PM    05:59 PM    07:59 PM    10:00 PM
General	कोई लाके मुझे दे	Hindi/english	01:55 AM    03:56 AM    05:56 AM    07:57 AM    09:57 AM    11:58 AM    01:58 PM    03:59 PM    05:59 PM    08:00 PM    10:00 PM
<b>बृहस्पतिवार, 28 नवंबर 2024</b> <b>Thursday, 28 November 2024</b>			
पर्यावरण अध्ययन	पाठ 13: पहाड़ों से समुन्द्र तक	Hindi/english	12:00 AM    02:01 AM    04:02 AM    06:03 AM    08:04 AM    10:05 AM    12:07 PM    02:08 PM    04:09 PM    06:10 PM    08:11 PM    10:12 PM
योग	ताड़ासन	Hindi/english	12:21 AM    02:22 AM    04:23 AM    06:24 AM    08:26 AM    10:27 AM    12:28 PM    02:29 PM    04:30 PM    06:31 PM    08:33 PM    10:34 PM
हिंदी	पाठ 13 :हुदहुद	Hindi/english	12:23 AM    02:24 AM    04:26 AM    06:27 AM    08:28 AM    10:29 AM    12:30 PM    02:31 PM    04:33 PM    06:34 PM    08:35 PM    10:36 PM
General	आओ सैर करें - पोरबंदर	Hindi	12:48 AM    02:49 AM    04:50 AM    06:51 AM    08:52 AM    10:53 AM    12:55 PM    02:56 PM    04:57 PM    06:58 PM    08:59 PM    11:00 PM
General	आओ सैर करें - मणिपुर	Hindi	12:55 AM    02:56 AM    04:57 AM    06:58 AM    08:59 AM    11:00 AM    01:02 PM    03:03 PM    05:04 PM    07:05 PM    09:06 PM    11:07 PM



General	I have got ten little figures	English	01:01 AM    03:02 AM    05:03 AM    07:04 AM    09:05 AM    11:07 AM    01:08 PM    03:09 PM    05:10 PM    07:11 PM    09:12 PM    11:14 PM
शारीरिक शिक्षा	स्वस्थ बढ़ना	Hindi	01:10 AM    03:11 AM    05:12 AM    07:13 AM    09:15 AM    11:16 AM    01:17 PM    03:18 PM    05:19 PM    07:20 PM    09:22 PM    11:23 PM
Mathematics	Chapter 13 : Fields And Fences	Hindi/english	01:14 AM    03:15 AM    05:17 AM    07:18 AM    09:19 AM    11:20 AM    01:21 PM    03:22 PM    05:24 PM    07:25 PM    09:26 PM    11:27 PM
General	आओ सैर करें - कुल्लू मनाली	Hindi	01:29 AM    03:30 AM    05:32 AM    07:33 AM    09:34 AM    11:35 AM    01:36 PM    03:37 PM    05:39 PM    07:40 PM    09:41 PM    11:42 PM
General	आओ सैर करें - लक्षद्वीप	Hindi	01:35 AM    03:36 AM    05:37 AM    07:38 AM    09:40 AM    11:41 AM    01:42 PM    03:43 PM    05:44 PM    07:45 PM    09:47 PM    11:48 PM
English	Unit 2: The Little Fir Tree	English	01:39 AM    03:40 AM    05:42 AM    07:43 AM    09:44 AM    11:45 AM    01:46 PM    03:47 PM    05:49 PM    07:50 PM    09:51 PM    11:52 PM
<b>शुक्रवार, 29 नवंबर 2024</b> <b>Friday, 29 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/english	12:00 AM    01:59 AM    03:59 AM    05:59 AM    07:59 AM    09:59 AM    11:59 AM    01:59 PM    03:58 PM    05:58 PM    07:58 PM    09:58 PM    11:58 PM
Disaster management	आंधी तूफान	Hindi/english	12:35 AM    02:35 AM    04:35 AM    06:34 AM    08:34 AM    10:34 AM    12:34 PM    02:34 PM    04:34 PM    06:34 PM    08:34 PM    10:33 PM
General	आओ सैर करें - लक्षद्वीप	Hindi	12:38 AM    02:38 AM    04:38 AM    06:38 AM    08:38 AM    10:37 AM    12:37 PM



			02:37 PM    04:37 PM    06:37 PM    08:37 PM    10:37 PM
Disaster management	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi/english	12:42 AM    02:42 AM    04:42 AM    06:42 AM    08:42 AM    10:42 AM    12:42 PM    02:42 PM    04:41 PM    06:41 PM    08:41 PM    10:41 PM
हिंदी	पाठ 12 :सुनीता की पहिया कुर्सी	Hindi/english	12:44 AM    02:44 AM    04:44 AM    06:44 AM    08:43 AM    10:43 AM    12:43 PM    02:43 PM    04:43 PM    06:43 PM    08:43 PM    10:42 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:09 AM    03:09 AM    05:08 AM    07:08 AM    09:08 AM    11:08 AM    01:08 PM    03:08 PM    05:08 PM    07:07 PM    09:07 PM    11:07 PM
General	आओ सैर करें - सेवाग्राम	Hindi	01:33 AM    03:33 AM    05:33 AM    07:32 AM    09:32 AM    11:32 AM    01:32 PM    03:32 PM    05:32 PM    07:32 PM    09:32 PM    11:31 PM
English	Unit 2: Noses	English	01:42 AM    03:42 AM    05:41 AM    07:41 AM    09:41 AM    11:41 AM    01:41 PM    03:41 PM    05:41 PM    07:41 PM    09:40 PM    11:40 PM
General	Waste Reduced	Hindi/english	01:57 AM    03:57 AM    05:57 AM    07:56 AM    09:56 AM    11:56 AM    01:56 PM    03:56 PM    05:56 PM    07:56 PM    09:56 PM    11:55 PM
<b>शनिवार, 30 नवंबर 2024</b> <b>Saturday, 30 November 2024</b>			
गणित	पाठ 12: कितना भारी कितना हल्का	Hindi/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	आओ सैर करें - पोरबंदर	Hindi	12:35 AM    02:36 AM    04:36 AM    06:37 AM    08:38 AM    10:38 AM    12:39 PM    02:40 PM    04:40 PM    06:41 PM    08:42 PM    10:42 PM



हिंदी	पाठ 13 : हुदहुद	Hindi/english	12:48 AM    02:49 AM    04:49 AM    06:50 AM    08:51 AM    10:51 AM    12:52 PM    02:53 PM    04:53 PM    06:54 PM    08:55 PM    10:55 PM
Disaster management	Lightning - Precautions During Lightning & Thunderstorm	Hindi/english	01:10 AM    03:11 AM    05:11 AM    07:12 AM    09:13 AM    11:13 AM    01:14 PM    03:15 PM    05:16 PM    07:16 PM    09:17 PM    11:18 PM
Disaster management	Lightning - Signs & Symptoms Of Lightning Injuries	Hindi/english	01:11 AM    03:12 AM    05:12 AM    07:13 AM    09:14 AM    11:14 AM    01:15 PM    03:16 PM    05:16 PM    07:17 PM    09:18 PM    11:18 PM
Mathematics	Chapter 12 : How Heavy? How Light?	Hindi/english	01:12 AM    03:12 AM    05:13 AM    07:14 AM    09:14 AM    11:15 AM    01:16 PM    03:16 PM    05:17 PM    07:18 PM    09:18 PM    11:19 PM
कहानी	बस की यात्रा	Hindi	01:36 AM    03:37 AM    05:37 AM    07:38 AM    09:39 AM    11:39 AM    01:40 PM    03:41 PM    05:41 PM    07:42 PM    09:43 PM    11:43 PM
General	Plastic Bag Demon	English	01:51 AM    03:52 AM    05:52 AM    07:53 AM    09:54 AM    11:55 AM    01:55 PM    03:56 PM    05:57 PM    07:57 PM    09:58 PM    11:59 PM

