

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	बुधस्पतिवार 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.



DD Free Dish Channel #28



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

नवंबर 2025

November 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 नवंबर 2025 Saturday, 01 November 2025			
General	सूर्य नमस्कार	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
General	ताड़ासन	Hindi	12:14 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:16 AM 12:17 PM 02:17 PM 04:18 PM 06:18 PM 08:19 PM 10:19 PM
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEngl ish	English	12:17 AM 02:17 AM 04:17 AM 06:18 AM 08:18 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:21 PM 10:21 PM
General Awareness	क्षेत्रफल	Hindi	12:20 AM 02:21 AM 04:21 AM 06:22 AM 08:22 AM 10:22 AM 12:23 PM 02:23 PM 04:24 PM 06:24 PM 08:25 PM 10:25 PM
General	Trikonasana	English	12:50 AM 02:50 AM 04:51 AM 06:51 AM 08:52 AM 10:52 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:54 PM 10:55 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:53 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
Disaster management	Cold Wave - Chilblains	Hindi	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:01 PM 03:02 PM 05:02 PM 07:03 PM 09:03 PM 11:04 PM



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Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:02 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:05 PM 09:05 PM 11:05 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	01:08 AM 03:08 AM 05:09 AM 07:09 AM 09:10 AM 11:10 AM 01:10 PM 03:11 PM 05:11 PM 07:12 PM 09:12 PM 11:13 PM
Art & Craft	पानी का फव्वारा	Hindi	01:41 AM 03:42 AM 05:42 AM 07:43 AM 09:43 AM 11:43 AM 01:44 PM 03:44 PM 05:45 PM 07:45 PM 09:46 PM 11:46 PM
Vocational Videos	Seed Germination	English	01:53 AM 03:54 AM 05:54 AM 07:54 AM 09:55 AM 11:55 AM 01:56 PM 03:56 PM 05:57 PM 07:57 PM 09:57 PM 11:58 PM
रविवार, 02 नवंबर 2025 Sunday, 02 November 2025			
Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:19 AM 02:20 AM 04:21 AM 06:21 AM 08:22 AM 10:23 AM 12:23 PM 02:24 PM 04:25 PM 06:25 PM 08:26 PM 10:27 PM
General	Ustrasana	English	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:28 PM 04:28 PM 06:29 PM 08:30 PM 10:30 PM
General Awareness	बात पते की	Hindi	12:31 AM 02:32 AM 04:32 AM 06:33 AM 08:34 AM 10:34 AM 12:35 PM 02:36 PM 04:36 PM 06:37 PM 08:38 PM 10:38 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:46 AM 02:46 AM 04:47 AM 06:48 AM 08:48 AM 10:49 AM 12:50 PM 02:50 PM 04:51 PM 06:52 PM 08:52 PM 10:53 PM
General	उष्ट्रासन	Hindi	01:13 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:17 AM 01:17 PM 03:18 PM 05:19 PM 07:19 PM 09:20 PM 11:21 PM
Art & Craft	पानी का फव्वारा	Hindi	01:36 AM 03:37 AM 05:38 AM 07:38 AM 09:39 AM 11:40 AM 01:40 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:44 PM



Creative Activities: Art & Craft	Resonating Petals	English	01:44 AM 03:45 AM 05:46 AM 07:46 AM 09:47 AM 11:48 AM 01:48 PM 03:49 PM 05:50 PM 07:50 PM 09:51 PM 11:52 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:46 AM 03:46 AM 05:47 AM 07:48 AM 09:48 AM 11:49 AM 01:50 PM 03:50 PM 05:51 PM 07:52 PM 09:52 PM 11:53 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 04:00 AM 06:00 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:04 PM 06:04 PM 08:05 PM 10:06 PM
सोमवार, 03 नवंबर 2025 Monday, 03 November 2025			
Science (Activities)	Plant Parts as Food (Chapter-1)	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
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEnglish	English	12:03 AM 02:04 AM 04:04 AM 06:05 AM 08:06 AM 10:06 AM 12:07 PM 02:07 PM 04:08 PM 06:08 PM 08:09 PM 10:09 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:07 AM 02:08 AM 04:08 AM 06:09 AM 08:09 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:12 PM 08:12 PM 10:13 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:28 AM 02:28 AM 04:29 AM 06:29 AM 08:30 AM 10:30 AM 12:31 PM 02:31 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:48 AM 02:49 AM 04:49 AM 06:50 AM 08:50 AM 10:51 AM 12:51 PM 02:52 PM 04:52 PM 06:53 PM 08:53 PM 10:54 PM
General	Vajrasana	English	12:52 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:56 PM 04:56 PM 06:57 PM 08:57 PM 10:58 PM
General	वज्रासन	Hindi	12:55 AM 02:55 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:58 PM 02:58 PM 04:59 PM 06:59 PM 09:00 PM 11:00 PM
General	Vakrasana	English	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:03 PM



General	Vrikshasana	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
English	THE RAVEN AND THE FOX	English	01:03 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:06 AM 01:06 PM 03:07 PM 05:07 PM 07:08 PM 09:08 PM 11:09 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:14 AM 11:15 AM 01:15 PM 03:16 PM 05:16 PM 07:17 PM 09:18 PM 11:18 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:42 AM 03:42 AM 05:43 AM 07:43 AM 09:44 AM 11:44 AM 01:45 PM 03:45 PM 05:46 PM 07:46 PM 09:47 PM 11:47 PM
Science (Activities)	Activity 4- Sieving (ch-5)	English	01:56 AM 03:57 AM 05:57 AM 07:58 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:01 PM
मंगलवार, 04 नवंबर 2025 Tuesday, 04 November 2025			
General	निपुण भारत	Hindi	12:00 AM 02:12 AM 04:25 AM 06:38 AM 08:51 AM 11:04 AM 01:17 PM 03:30 PM 05:43 PM 07:56 PM 10:09 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:07 AM 02:20 AM 04:33 AM 06:46 AM 08:58 AM 11:11 AM 01:24 PM 03:37 PM 05:50 PM 08:03 PM 10:16 PM
General	MOTHER EARTH Prakriti English Subtitles	English	12:10 AM 02:22 AM 04:35 AM 06:48 AM 09:01 AM 11:14 AM 01:27 PM 03:40 PM 05:53 PM 08:06 PM 10:19 PM
General	Energy Saving	English	12:12 AM 02:24 AM 04:37 AM 06:50 AM 09:03 AM 11:16 AM 01:29 PM 03:42 PM 05:55 PM 08:08 PM 10:21 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:28 AM 02:41 AM 04:54 AM 07:07 AM 09:20 AM 11:33 AM 01:46 PM 03:59 PM 06:12 PM 08:25 PM 10:38 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:33 AM 02:45 AM 04:58 AM 07:11 AM 09:24 AM 11:37 AM 01:50 PM 04:03 PM 06:16 PM 08:29 PM 10:42 PM
Hindi	पेड़ की बात	हिन्दी	12:44 AM 02:57 AM 05:10 AM 07:23 AM 09:36 AM 11:49 AM 02:02 PM 04:15 PM 06:27 PM 08:40 PM 10:53 PM



DD Free Dish Channel #28



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Dish TV Channel #2027

General	Waste Reduced	English	12:54 AM 03:07 AM 05:20 AM 07:33 AM 09:46 AM 11:59 AM 02:12 PM 04:24 PM 06:37 PM 08:50 PM 11:03 PM
General	Introduction to MISSION LIFE	English	12:55 AM 03:08 AM 05:21 AM 07:34 AM 09:47 AM 12:00 PM 02:13 PM 04:26 PM 06:39 PM 08:52 PM 11:05 PM
General	zoological-Survey-of-in dia	English	12:58 AM 03:11 AM 05:24 AM 07:37 AM 09:49 AM 12:02 PM 02:15 PM 04:28 PM 06:41 PM 08:54 PM 11:07 PM
Storytelling/V alue Education	आम की टोकरी	Hindi	01:00 AM 03:13 AM 05:26 AM 07:39 AM 09:52 AM 12:05 PM 02:18 PM 04:31 PM 06:44 PM 08:57 PM 11:09 PM
Vocational Videos	Preparing ORS at Home	English	01:03 AM 03:16 AM 05:29 AM 07:42 AM 09:55 AM 12:07 PM 02:20 PM 04:33 PM 06:46 PM 08:59 PM 11:12 PM
General	Values and Types of Wetlands Part -2	English	01:28 AM 03:41 AM 05:54 AM 08:07 AM 10:20 AM 12:33 PM 02:46 PM 04:59 PM 07:11 PM 09:24 PM 11:37 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:53 AM 04:06 AM 06:19 AM 08:32 AM 10:45 AM 12:58 PM 03:11 PM 05:24 PM 07:37 PM 09:50 PM
बुधवार, 05 नवंबर 2025 Wednesday, 05 November 2025			
Art & Craft	A Sunrise at Ganga Sagar	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:01 PM 06:01 PM 08:01 PM 10:01 PM
General	Growing up Healthy	English	12:23 AM 02:23 AM 04:24 AM 06:24 AM 08:24 AM 10:24 AM 12:24 PM 02:24 PM 04:24 PM 06:24 PM 08:25 PM 10:25 PM
General	Values and Types of Wetlands Part -2	English	12:29 AM 02:29 AM 04:29 AM 06:29 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:30 PM 10:30 PM
Storytelling/V alue Education	दान का हिसाब	Hindi	12:37 AM 02:37 AM 04:37 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:38 PM 04:38 PM 06:38 PM 08:38 PM 10:38 PM



General (Wetland)	Values and Types of Wetlands Part -2	English	12:53 AM 02:53 AM 04:53 AM 06:54 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:54 PM 06:54 PM 08:54 PM 10:55 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:01 AM 03:01 AM 05:01 AM 07:02 AM 09:02 AM 11:02 AM 01:02 PM 03:02 PM 05:02 PM 07:02 PM 09:02 PM 11:03 PM
General	Interpersonal Relationships	English	01:10 AM 03:11 AM 05:11 AM 07:11 AM 09:11 AM 11:11 AM 01:11 PM 03:11 PM 05:12 PM 07:12 PM 09:12 PM 11:12 PM
General	पारस्परिक संबंध	Hindi	01:15 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:16 AM 01:16 PM 03:16 PM 05:16 PM 07:16 PM 09:16 PM 11:17 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	01:20 AM 03:21 AM 05:21 AM 07:21 AM 09:21 AM 11:21 AM 01:21 PM 03:21 PM 05:22 PM 07:22 PM 09:22 PM 11:22 PM
General	जेंडर समानता	Hindi	01:35 AM 03:35 AM 05:35 AM 07:36 AM 09:36 AM 11:36 AM 01:36 PM 03:36 PM 05:36 PM 07:36 PM 09:36 PM 11:37 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	01:55 AM 03:55 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 09:57 PM 11:57 PM

बृहस्पतिवार, 06 नवंबर 2025
Thursday, 06 November 2025

General	ध्यान	Hindi	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:01 PM 04:02 PM 06:02 PM 08:02 PM 10:02 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:05 AM 04:05 AM 06:06 AM 08:06 AM 10:06 AM 12:06 PM 02:07 PM 04:07 PM 06:07 PM 08:07 PM 10:08 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:11 AM 02:11 AM 04:12 AM 06:12 AM 08:12 AM 10:12 AM 12:13 PM 02:13 PM 04:13 PM 06:14 PM 08:14 PM 10:14 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:18 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:19 AM 12:19 PM 02:20 PM 04:20 PM 06:20 PM 08:20 PM 10:21 PM
English	THE RAVEN AND THE FOX	English	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM



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Disaster management	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	12:34 AM 02:34 AM 04:35 AM 06:35 AM 08:35 AM 10:35 AM 12:36 PM 02:36 PM 04:36 PM 06:36 PM 08:37 PM 10:37 PM
General English	Episode 5 Giving Advice 1	English	12:36 AM 02:36 AM 04:36 AM 06:36 AM 08:37 AM 10:37 AM 12:37 PM 02:37 PM 04:38 PM 06:38 PM 08:38 PM 10:39 PM
General English	Episode 6 Giving Advice 2	English	12:49 AM 02:49 AM 04:50 AM 06:50 AM 08:50 AM 10:50 AM 12:51 PM 02:51 PM 04:51 PM 06:52 PM 08:52 PM 10:52 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	Hindi	01:02 AM 03:02 AM 05:02 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:04 PM 05:04 PM 07:04 PM 09:05 PM 11:05 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:04 AM 03:04 AM 05:04 AM 07:05 AM 09:05 AM 11:05 AM 01:05 PM 03:06 PM 05:06 PM 07:06 PM 09:07 PM 11:07 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	01:50 AM 03:50 AM 05:50 AM 07:51 AM 09:51 AM 11:51 AM 01:51 PM 03:52 PM 05:52 PM 07:52 PM 09:52 PM 11:53 PM
General	Prevention and Management of Substance Misuse	English	01:54 AM 03:55 AM 05:55 AM 07:55 AM 09:56 AM 11:56 AM 01:56 PM 03:56 PM 05:57 PM 07:57 PM 09:57 PM 11:57 PM
शुक्रवार, 07 नवंबर 2025 Friday, 07 November 2025			
General	Promotion of Healthy Lifestyle	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 10:02 PM
Disaster management	Clod Wave – Preparation	Hindi	12:07 AM 02:07 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:09 PM 10:10 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:08 AM 02:08 AM 04:09 AM 06:09 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
General	Reproductive Health and HIV Prevention	English	12:13 AM 02:13 AM 04:14 AM 06:14 AM 08:14 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM



Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:19 AM 02:19 AM 04:19 AM 06:19 AM 08:20 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:21 PM 08:21 PM 10:22 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:32 AM 02:32 AM 04:32 AM 06:33 AM 08:33 AM 10:33 AM 12:34 PM 02:34 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:39 PM 02:40 PM 04:40 PM 06:40 PM 08:40 PM 10:41 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:43 AM 02:43 AM 04:44 AM 06:44 AM 08:44 AM 10:44 AM 12:45 PM 02:45 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
Hindi	पेड़ की बात	हिन्दी	12:53 AM 02:53 AM 04:54 AM 06:54 AM 08:54 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:56 PM 08:56 PM 10:56 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:18 AM 03:19 AM 05:19 AM 07:19 AM 09:19 AM 11:20 AM 01:20 PM 03:20 PM 05:21 PM 07:21 PM 09:21 PM 11:21 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:50 AM 03:51 AM 05:51 AM 07:51 AM 09:51 AM 11:52 AM 01:52 PM 03:52 PM 05:52 PM 07:53 PM 09:53 PM 11:53 PM
शनिवार, 08 नवंबर 2025 Saturday, 08 November 2025			
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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
General	निपुण भारत	Hindi	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:07 AM 10:07 AM 12:08 PM 02:08 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General	Pawanmuktasana	English	12:06 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:11 PM 08:11 PM 10:12 PM
Art & Craft	पानी का फव्वारा	Hindi	12:09 AM 02:10 AM 04:10 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:13 PM 04:13 PM 06:14 PM 08:14 PM 10:15 PM



General Awareness	क्यों और कैसे	Hindi	12:17 AM 02:18 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
General Awareness	बात पते की	Hindi	12:41 AM 02:41 AM 04:42 AM 06:42 AM 08:43 AM 10:43 AM 12:44 PM 02:44 PM 04:45 PM 06:45 PM 08:46 PM 10:46 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:56 AM 02:56 AM 04:57 AM 06:57 AM 08:58 AM 10:58 AM 12:59 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
General	Values and Types of Wetlands Part -2	English	01:10 AM 03:11 AM 05:11 AM 07:12 AM 09:12 AM 11:13 AM 01:13 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM
Vocational Videos	प्लंबिंग टूल	Hindi	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
General English	Episode 1 Greeting a Friend	English	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM
General English	Episode 8 Making Requests 2	English	01:44 AM 03:45 AM 05:45 AM 07:46 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:48 PM 07:49 PM 09:49 PM 11:50 PM
General	Values and Types of Wetlands Part -2	English	01:52 AM 03:52 AM 05:53 AM 07:53 AM 09:54 AM 11:54 AM 01:55 PM 03:55 PM 05:56 PM 07:56 PM 09:57 PM 11:57 PM
रविवार, 09 नवंबर 2025 Sunday, 09 November 2025			
Creative Activities: Art & Craft	Pals Climb Peaks	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:00 PM 02:00 PM 04:00 PM 06:00 PM 08:00 PM 10:00 PM
Art & Craft	विटामिन ए की कहानी	Hindi	12:04 AM 02:04 AM 04:04 AM 06:04 AM 08:04 AM 10:04 AM 12:04 PM 02:04 PM 04:04 PM 06:04 PM 08:04 PM 10:04 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:15 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:15 AM 12:15 PM 02:15 PM 04:15 PM 06:15 PM 08:15 PM 10:15 PM



Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:32 AM 02:32 AM 04:32 AM 06:32 AM 08:32 AM 10:32 AM 12:32 PM 02:32 PM 04:32 PM 06:32 PM 08:32 PM 10:32 PM
Art & Craft	पानी का फव्वारा	Hindi	12:39 AM 02:39 AM 04:39 AM 06:39 AM 08:39 AM 10:39 AM 12:39 PM 02:39 PM 04:39 PM 06:39 PM 08:39 PM 10:39 PM
General English	Episode 1 Greeting a Friend	English	12:47 AM 02:47 AM 04:47 AM 06:47 AM 08:47 AM 10:47 AM 12:47 PM 02:47 PM 04:47 PM 06:47 PM 08:47 PM 10:47 PM
General	Values and Types of Wetlands Part -2	English	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:55 AM 12:55 PM 02:55 PM 04:55 PM 06:55 PM 08:55 PM 10:55 PM
General Awareness	Air Pollution	English	01:03 AM 03:03 AM 05:03 AM 07:03 AM 09:03 AM 11:03 AM 01:03 PM 03:03 PM 05:03 PM 07:03 PM 09:03 PM 11:03 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:28 AM 03:28 AM 05:28 AM 07:28 AM 09:28 AM 11:28 AM 01:28 PM 03:28 PM 05:28 PM 07:28 PM 09:28 PM 11:28 PM
General	ध्यान	Hindi	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
Disaster management	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:40 AM 03:40 AM 05:40 AM 07:40 AM 09:40 AM 11:40 AM 01:40 PM 03:40 PM 05:40 PM 07:40 PM 09:40 PM 11:40 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:41 AM 03:41 AM 05:41 AM 07:41 AM 09:41 AM 11:41 AM 01:41 PM 03:41 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
General	Ardha Chakrasana	English	01:53 AM 03:53 AM 05:53 AM 07:53 AM 09:53 AM 11:53 AM 01:53 PM 03:53 PM 05:53 PM 07:53 PM 09:53 PM 11:53 PM
General	अर्ध चक्रासन	Hindi	01:55 AM 03:55 AM 05:55 AM 07:55 AM 09:55 AM 11:55 AM 01:55 PM 03:55 PM 05:55 PM 07:55 PM 09:55 PM 11:55 PM



सोमवार, 10 नवंबर 2025

Monday, 10 November 2025

Creative Activities: Art & Craft	Pals Climb Peaks	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 10:04 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:10 PM 04:10 PM 06:11 PM 08:11 PM 10:12 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:11 AM 02:11 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:13 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:15 PM
Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:17 AM 02:17 AM 04:18 AM 06:18 AM 08:19 AM 10:19 AM 12:20 PM 02:20 PM 04:20 PM 06:21 PM 08:21 PM 10:22 PM
General Awareness	Air Pollution	English	12:27 AM 02:28 AM 04:28 AM 06:28 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
English	Neem Baba	English	12:52 AM 02:53 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:55 PM 02:55 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
General	भुजंगासन	Hindi	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:09 PM 09:09 PM 11:10 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:07 AM 03:08 AM 05:08 AM 07:08 AM 09:09 AM 11:09 AM 01:10 PM 03:10 PM 05:11 PM 07:11 PM 09:12 PM 11:12 PM
General	Dhyana	English	01:14 AM 03:15 AM 05:15 AM 07:16 AM 09:16 AM 11:17 AM 01:17 PM 03:18 PM 05:18 PM 07:18 PM 09:19 PM 11:19 PM
Mathematics	Lines and Angles	English	01:18 AM 03:19 AM 05:19 AM 07:20 AM 09:20 AM 11:21 AM 01:21 PM 03:22 PM 05:22 PM 07:23 PM 09:23 PM 11:23 PM



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General	Pawanmuktasana	English	01:29 AM 03:29 AM 05:30 AM 07:30 AM 09:31 AM 11:31 AM 01:31 PM 03:32 PM 05:32 PM 07:33 PM 09:33 PM 11:34 PM
General	Trikonasana	English	01:32 AM 03:32 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:34 PM 03:35 PM 05:35 PM 07:36 PM 09:36 PM 11:37 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	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 07:38 PM 09:39 PM 11:39 PM
Storytelling/V alue Education	राख की रस्सी	Hindi	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:43 PM 11:43 PM
Language(Sa nskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	01:51 AM 03:52 AM 05:52 AM 07:53 AM 09:53 AM 11:53 AM 01:54 PM 03:54 PM 05:55 PM 07:55 PM 09:56 PM 11:56 PM

मंगलवार, 11 नवंबर 2025
Tuesday, 11 November 2025

Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
General	Growing up Healthy	English	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:12 AM 12:12 PM 02:12 PM 04:13 PM 06:13 PM 08:13 PM 10:13 PM
General	पारस्परिक संबंध	Hindi	12:14 AM 02:15 AM 04:15 AM 06:15 AM 08:15 AM 10:16 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:17 PM 10:18 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:20 AM 02:20 AM 04:20 AM 06:21 AM 08:21 AM 10:21 AM 12:21 PM 02:22 PM 04:22 PM 06:22 PM 08:23 PM 10:23 PM
General	जेंडर समानता	Hindi	12:38 AM 02:38 AM 04:38 AM 06:38 AM 08:39 AM 10:39 AM 12:39 PM 02:40 PM 04:40 PM 06:40 PM 08:41 PM 10:41 PM



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General	Growing up Healthy	English	12:45 AM 02:45 AM 04:46 AM 06:46 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:47 PM 06:48 PM 08:48 PM 10:48 PM
General	Nutrition_Health and Sanitation	English	12:49 AM 02:49 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
Hindi	पेड़ की बात	हिन्दी	12:55 AM 02:56 AM 04:56 AM 06:56 AM 08:57 AM 10:57 AM 12:57 PM 02:58 PM 04:58 PM 06:58 PM 08:58 PM 10:59 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	01:32 AM 03:32 AM 05:32 AM 07:32 AM 09:33 AM 11:33 AM 01:33 PM 03:34 PM 05:34 PM 07:34 PM 09:35 PM 11:35 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:38 AM 03:38 AM 05:39 AM 07:39 AM 09:39 AM 11:40 AM 01:40 PM 03:40 PM 05:41 PM 07:41 PM 09:41 PM 11:41 PM
General	Prevention and Management of Substance Misuse	English	01:49 AM 03:49 AM 05:49 AM 07:49 AM 09:50 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:51 PM 09:52 PM 11:52 PM
General	Promotion of Healthy Lifestyle	English	01:54 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:55 AM 01:56 PM 03:56 PM 05:56 PM 07:57 PM 09:57 PM 11:57 PM
बुधवार, 12 नवंबर 2025 Wednesday, 12 November 2025			
General	Emotional well being and mental health	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
General	Reproductive Health and HIV Prevention	English	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:11 PM 10:12 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:11 AM 02:12 AM 04:12 AM 06:13 AM 08:13 AM 10:14 AM 12:14 PM 02:15 PM 04:15 PM 06:16 PM 08:17 PM 10:17 PM
Mathematics	Lines and Angles	English	12:17 AM 02:17 AM 04:18 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:22 PM 08:22 PM 10:23 PM
Creative Activities: Art & Craft	Mango Leaf Purse	English	12:27 AM 02:28 AM 04:28 AM 06:29 AM 08:29 AM 10:30 AM 12:30 PM 02:31 PM 04:32 PM 06:32 PM 08:33 PM 10:33 PM



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General	Safety and Security against Violence and Injuries	English	12:29 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:33 PM 02:33 PM 04:34 PM 06:34 PM 08:35 PM 10:35 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:44 AM 02:45 AM 04:45 AM 06:46 AM 08:47 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
General	निपुण भारत	Hindi	12:50 AM 02:51 AM 04:51 AM 06:52 AM 08:52 AM 10:53 AM 12:53 PM 02:54 PM 04:54 PM 06:55 PM 08:55 PM 10:56 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:02 PM 03:02 PM 05:03 PM 07:03 PM 09:04 PM 11:04 PM
General Awareness	क्यों और कैसे	Hindi	01:36 AM 03:37 AM 05:37 AM 07:38 AM 09:38 AM 11:39 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM
बृहस्पतिवार, 13 नवंबर 2025 Thursday, 13 November 2025			
General Awareness	क्षेत्रफल	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:05 PM
Science (Activities)	Changes Around Us (ch-6: Part1)	English	12:26 AM 02:27 AM 04:27 AM 06:27 AM 08:28 AM 10:28 AM 12:29 PM 02:29 PM 04:30 PM 06:30 PM 08:31 PM 10:31 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:28 AM 02:29 AM 04:29 AM 06:30 AM 08:30 AM 10:31 AM 12:31 PM 02:32 PM 04:32 PM 06:33 PM 08:33 PM 10:34 PM
English	Neem Baba	English	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 06:47 PM 08:48 PM 10:48 PM
Creative Activities: Art & Craft	Cubical Dance	English	01:22 AM 03:22 AM 05:23 AM 07:23 AM 09:24 AM 11:24 AM 01:25 PM 03:25 PM 05:26 PM 07:26 PM 09:27 PM 11:27 PM
Disaster management	यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	01:25 AM 03:26 AM 05:26 AM 07:27 AM 09:27 AM 11:28 AM 01:28 PM 03:28 PM 05:29 PM 07:29 PM 09:30 PM 11:30 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:32 AM 03:33 AM 05:33 AM 07:33 AM 09:34 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:36 PM 09:37 PM 11:37 PM



General	Bhadrasana	English	01:58 AM 03:58 AM 05:59 AM 07:59 AM 10:00 AM 12:00 PM 02:01 PM 04:01 PM 06:01 PM 08:02 PM 10:02 PM
शुक्रवार, 14 नवंबर 2025 Friday, 14 November 2025			
General English	Episode 8 Making Requests 2	English	12:00 AM 02:15 AM 04:31 AM 06:47 AM 09:02 AM 11:18 AM 01:34 PM 03:50 PM 06:05 PM 08:21 PM 10:37 PM
General	भद्रासन	Hindi	12:09 AM 02:24 AM 04:40 AM 06:56 AM 09:11 AM 11:27 AM 01:43 PM 03:59 PM 06:14 PM 08:30 PM 10:46 PM
Storytelling/Value Education	आम की टोकरी	Hindi	12:16 AM 02:32 AM 04:48 AM 07:03 AM 09:19 AM 11:35 AM 01:50 PM 04:06 PM 06:22 PM 08:38 PM 10:53 PM
Science activity	Making a magnet using an iron nail Stroke method	English	12:19 AM 02:34 AM 04:50 AM 07:06 AM 09:22 AM 11:37 AM 01:53 PM 04:09 PM 06:25 PM 08:40 PM 10:56 PM
General	Bhujagasana	English	12:33 AM 02:49 AM 05:05 AM 07:20 AM 09:36 AM 11:52 AM 02:08 PM 04:23 PM 06:39 PM 08:55 PM 11:11 PM
General	भुजंगासन	Hindi	12:36 AM 02:51 AM 05:07 AM 07:23 AM 09:39 AM 11:54 AM 02:10 PM 04:26 PM 06:42 PM 08:57 PM 11:13 PM
Hindi	पेड़ की बात	हिन्दी	12:44 AM 03:00 AM 05:15 AM 07:31 AM 09:47 AM 12:03 PM 02:18 PM 04:34 PM 06:50 PM 09:05 PM 11:21 PM
General	Pawanmuktasana	English	01:11 AM 03:27 AM 05:42 AM 07:58 AM 10:14 AM 12:30 PM 02:45 PM 05:01 PM 07:17 PM 09:33 PM 11:48 PM
Mathematics	Lines and Angles	English	01:30 AM 03:45 AM 06:01 AM 08:17 AM 10:32 AM 12:48 PM 03:04 PM 05:20 PM 07:35 PM 09:51 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:40 AM 03:56 AM 06:11 AM 08:27 AM 10:43 AM 12:58 PM 03:14 PM 05:30 PM 07:46 PM 10:01 PM



शनिवार, 15 नवंबर 2025 Saturday, 15 November 2025			
Mathematics activity	क्रियाकलाप : किसी बहुभुज के अन्तः कोणों के योग की जाँच करना	Hindi	12:00 AM 02:24 AM 04:48 AM 07:12 AM 09:36 AM 12:01 PM 02:25 PM 04:49 PM 07:13 PM 09:37 PM
Cultural Heritage: Art, Music & Dance	Dance Competition: Boys Delhi	English	12:27 AM 02:51 AM 05:15 AM 07:40 AM 10:04 AM 12:28 PM 02:52 PM 05:17 PM 07:41 PM 10:05 PM
Science (Activities)	Amazing World of Changes (ch-6)	English	12:33 AM 02:57 AM 05:21 AM 07:46 AM 10:10 AM 12:34 PM 02:58 PM 05:23 PM 07:47 PM 10:11 PM
Art & Craft	A Sunrise at Ganga Sagar	English	12:50 AM 03:14 AM 05:38 AM 08:03 AM 10:27 AM 12:51 PM 03:15 PM 05:40 PM 08:04 PM 10:28 PM
Vocational Videos	TEN PLANTS FOR HOME DECORATION	English	01:05 AM 03:29 AM 05:53 AM 08:18 AM 10:42 AM 01:06 PM 03:30 PM 05:54 PM 08:19 PM 10:43 PM
General Awareness	क्यों और कैसे	Hindi	01:31 AM 03:55 AM 06:19 AM 08:43 AM 11:07 AM 01:32 PM 03:56 PM 06:20 PM 08:44 PM 11:09 PM
General	Shalabhasana	English	02:06 AM 04:30 AM 06:54 AM 09:19 AM 11:43 AM 02:07 PM 04:31 PM 06:55 PM 09:20 PM 11:44 PM
General	शलभासन	Hindi	02:15 AM 04:39 AM 07:03 AM 09:27 AM 11:51 AM 02:16 PM 04:40 PM 07:04 PM 09:28 PM 11:53 PM
Vocational Videos	Seed Germination	English	02:17 AM 04:41 AM 07:05 AM 09:30 AM 11:54 AM 02:18 PM 04:42 PM 07:07 PM 09:31 PM 11:55 PM
रविवार, 16 नवंबर 2025 Sunday, 16 November 2025			
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:03 PM 04:03 PM 06:04 PM 08:04 PM 10:04 PM



General	सूर्य नमस्कार	Hindi	12:02 AM 02:02 AM 04:03 AM 06:03 AM 08:04 AM 10:04 AM 12:04 PM 02:05 PM 04:05 PM 06:06 PM 08:06 PM 10:07 PM
General	ताड़ासन	Hindi	12:08 AM 02:09 AM 04:09 AM 06:10 AM 08:10 AM 10:11 AM 12:11 PM 02:12 PM 04:12 PM 06:13 PM 08:13 PM 10:13 PM
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEngl ish	English	12:11 AM 02:11 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:13 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
General Awareness	क्षेत्रफल	Hindi	12:15 AM 02:15 AM 04:15 AM 06:16 AM 08:16 AM 10:17 AM 12:17 PM 02:18 PM 04:18 PM 06:19 PM 08:19 PM 10:19 PM
General	Trikonasana	English	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:46 AM 10:46 AM 12:47 PM 02:47 PM 04:48 PM 06:48 PM 08:49 PM 10:49 PM
Cultural Heritage: Art, Music & Dance	Video 2661 : Ele_ART_34 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Kerala	English	12:47 AM 02:47 AM 04:48 AM 06:48 AM 08:48 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:51 PM 08:51 PM 10:52 PM
Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:54 AM 02:54 AM 04:55 AM 06:55 AM 08:56 AM 10:56 AM 12:57 PM 02:57 PM 04:57 PM 06:58 PM 08:58 PM 10:59 PM
General	त्रिकोणासन	Hindi	01:01 AM 03:01 AM 05:02 AM 07:02 AM 09:03 AM 11:03 AM 01:04 PM 03:04 PM 05:05 PM 07:05 PM 09:06 PM 11:06 PM
Art & Craft	पानी का फव्वारा	Hindi	01:19 AM 03:20 AM 05:20 AM 07:20 AM 09:21 AM 11:21 AM 01:22 PM 03:22 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:27 AM 03:28 AM 05:28 AM 07:29 AM 09:29 AM 11:29 AM 01:30 PM 03:30 PM 05:31 PM 07:31 PM 09:32 PM 11:32 PM
General	Vrikshasana	English	01:45 AM 03:46 AM 05:46 AM 07:47 AM 09:47 AM 11:47 AM 01:48 PM 03:48 PM 05:49 PM 07:49 PM 09:50 PM 11:50 PM



General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:48 AM 03:48 AM 05:48 AM 07:49 AM 09:49 AM 11:50 AM 01:50 PM 03:51 PM 05:51 PM 07:52 PM 09:52 PM 11:52 PM
Vocational Videos	Seed Germination	English	01:53 AM 03:54 AM 05:54 AM 07:55 AM 09:55 AM 11:55 AM 01:56 PM 03:56 PM 05:57 PM 07:57 PM 09:58 PM 11:58 PM
सोमवार, 17 नवंबर 2025 Monday, 17 November 2025			
Storytelling/Value Education	राख की रस्सी	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
Science (Activities)	Ingredients used to prepare food items and their sources (ch-2)	English	12:16 AM 02:17 AM 04:18 AM 06:19 AM 08:20 AM 10:21 AM 12:21 PM 02:22 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
General	Ustrasana	English	12:20 AM 02:21 AM 04:21 AM 06:22 AM 08:23 AM 10:24 AM 12:25 PM 02:26 PM 04:27 PM 06:28 PM 08:29 PM 10:30 PM
General Awareness	बात पते की	Hindi	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:26 AM 10:27 AM 12:28 PM 02:29 PM 04:30 PM 06:31 PM 08:32 PM 10:33 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:37 AM 02:38 AM 04:39 AM 06:40 AM 08:41 AM 10:42 AM 12:43 PM 02:44 PM 04:45 PM 06:46 PM 08:47 PM 10:47 PM
General	उष्ट्रासन	Hindi	01:05 AM 03:06 AM 05:07 AM 07:08 AM 09:09 AM 11:10 AM 01:11 PM 03:11 PM 05:12 PM 07:13 PM 09:14 PM 11:15 PM
English	THE RAVEN AND THE FOX	English	01:29 AM 03:30 AM 05:31 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	01:38 AM 03:39 AM 05:40 AM 07:40 AM 09:41 AM 11:42 AM 01:43 PM 03:44 PM 05:45 PM 07:46 PM 09:47 PM 11:48 PM
Mathematics	PATTERNS IN MATHEMATICS	English	01:50 AM 03:51 AM 05:52 AM 07:53 AM 09:54 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:58 PM 09:59 PM
Science (Activities)	Activity 3- Winnowing (ch-5)	English	01:59 AM 04:00 AM 06:01 AM 08:02 AM 10:03 AM 12:04 PM 02:05 PM 04:06 PM 06:07 PM 08:07 PM 10:08 PM



मंगलवार, 18 नवंबर 2025
Tuesday, 18 November 2025

Science (Activities)	Plant Parts as Food (Chapter-1)	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:00 AM 10:00 AM 12:01 PM 02:01 PM 04:01 PM 06:01 PM 08:01 PM 10:02 PM
Art & Craft	3DPopupHouseAmazing PopupGreetingCardEngl ish	English	12:03 AM 02:04 AM 04:04 AM 06:04 AM 08:04 AM 10:04 AM 12:05 PM 02:05 PM 04:05 PM 06:05 PM 08:05 PM 10:05 PM
Vocational Videos	प्लबिंग टूल	Hindi	12:07 AM 02:07 AM 04:08 AM 06:08 AM 08:08 AM 10:08 AM 12:08 PM 02:08 PM 04:09 PM 06:09 PM 08:09 PM 10:09 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:28 AM 02:28 AM 04:28 AM 06:28 AM 08:29 AM 10:29 AM 12:29 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:30 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:48 AM 02:48 AM 04:49 AM 06:49 AM 08:49 AM 10:49 AM 12:49 PM 02:50 PM 04:50 PM 06:50 PM 08:50 PM 10:50 PM
General	Vajrasana	English	12:52 AM 02:52 AM 04:52 AM 06:53 AM 08:53 AM 10:53 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:54 PM 10:54 PM
General	वज्रासन	Hindi	12:55 AM 02:55 AM 04:55 AM 06:55 AM 08:55 AM 10:56 AM 12:56 PM 02:56 PM 04:56 PM 06:56 PM 08:57 PM 10:57 PM
General	Vakrasana	English	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:58 AM 12:58 PM 02:59 PM 04:59 PM 06:59 PM 08:59 PM 10:59 PM
General	Vrikshasana	English	01:00 AM 03:00 AM 05:00 AM 07:00 AM 09:01 AM 11:01 AM 01:01 PM 03:01 PM 05:01 PM 07:02 PM 09:02 PM 11:02 PM
Hindi	पेड़ की बात	हिन्दी	01:23 AM 03:23 AM 05:24 AM 07:24 AM 09:24 AM 11:24 AM 01:24 PM 03:25 PM 05:25 PM 07:25 PM 09:25 PM 11:25 PM
General	G20: Group of 20 Know all about G20 and India's Presidency	English	01:45 AM 03:46 AM 05:46 AM 07:46 AM 09:46 AM 11:46 AM 01:47 PM 03:47 PM 05:47 PM 07:47 PM 09:47 PM 11:47 PM



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बुधवार, 19 नवंबर 2025

Wednesday, 19 November 2025

General	निपुण भारत	Hindi	12:00 AM 02:12 AM 04:24 AM 06:37 AM 08:49 AM 11:01 AM 01:14 PM 03:26 PM 05:38 PM 07:51 PM 10:03 PM
Science (Activities)	Activity 5- Moong sprout (ch-1)	English	12:07 AM 02:19 AM 04:31 AM 06:44 AM 08:56 AM 11:09 AM 01:21 PM 03:33 PM 05:46 PM 07:58 PM 10:10 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:10 AM 02:22 AM 04:34 AM 06:47 AM 08:59 AM 11:11 AM 01:24 PM 03:36 PM 05:48 PM 08:01 PM 10:13 PM
General	Energy Saving	English	12:19 AM 02:31 AM 04:44 AM 06:56 AM 09:08 AM 11:21 AM 01:33 PM 03:45 PM 05:58 PM 08:10 PM 10:22 PM
Art & Craft	छोटा है या बड़ा	Hindi	12:36 AM 02:48 AM 05:00 AM 07:13 AM 09:25 AM 11:38 AM 01:50 PM 04:02 PM 06:15 PM 08:27 PM 10:39 PM
Vocational Videos	IDENTIFICATION OF TREES	English	12:40 AM 02:52 AM 05:05 AM 07:17 AM 09:29 AM 11:42 AM 01:54 PM 04:06 PM 06:19 PM 08:31 PM 10:43 PM
General	Waste Reduced	English	12:53 AM 03:05 AM 05:17 AM 07:30 AM 09:42 AM 11:54 AM 02:07 PM 04:19 PM 06:31 PM 08:44 PM 10:56 PM
General	Introduction to MISSION LIFE	English	12:54 AM 03:06 AM 05:19 AM 07:31 AM 09:43 AM 11:56 AM 02:08 PM 04:20 PM 06:33 PM 08:45 PM 10:57 PM
General	zoological-Survey-of-in dia	English	12:56 AM 03:09 AM 05:21 AM 07:33 AM 09:46 AM 11:58 AM 02:10 PM 04:23 PM 06:35 PM 08:47 PM 11:00 PM
Vocational Videos	Preparing ORS at Home	English	01:00 AM 03:12 AM 05:25 AM 07:37 AM 09:49 AM 12:02 PM 02:14 PM 04:26 PM 06:39 PM 08:51 PM 11:03 PM
General	Values and Types of Wetlands Part -2	English	01:28 AM 03:40 AM 05:52 AM 08:05 AM 10:17 AM 12:29 PM 02:42 PM 04:54 PM 07:06 PM 09:19 PM 11:31 PM
Vocational Videos	चेंजिंग टैप वॉटर	Hindi	01:53 AM 04:05 AM 06:18 AM 08:30 AM 10:42 AM 12:55 PM 03:07 PM 05:19 PM 07:32 PM 09:44 PM 11:56 PM



DD Free Dish Channel #28



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Dish TV Channel #2027

बृहस्पतिवार, 20 नवंबर 2025

Thursday, 20 November 2025

Art & Craft	A Sunrise at Ganga Sagar	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	Growing up Healthy	English	12:23 AM 02:24 AM 04:24 AM 06:25 AM 08:26 AM 10:26 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM
Disaster management	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:33 AM 12:33 PM 02:34 PM 04:34 PM 06:35 PM 08:35 PM 10:36 PM
General	Values and Types of Wetlands Part -2	English	12:31 AM 02:31 AM 04:32 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM 02:35 PM 04:35 PM 06:36 PM 08:36 PM 10:37 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	12:39 AM 02:39 AM 04:40 AM 06:40 AM 08:41 AM 10:41 AM 12:42 PM 02:43 PM 04:43 PM 06:44 PM 08:44 PM 10:45 PM
General	Interpersonal Relationships	English	12:49 AM 02:50 AM 04:50 AM 06:51 AM 08:52 AM 10:52 AM 12:53 PM 02:53 PM 04:54 PM 06:54 PM 08:55 PM 10:56 PM
English	THE RAVEN AND THE FOX	English	12:55 AM 02:56 AM 04:56 AM 06:57 AM 08:57 AM 10:58 AM 12:58 PM 02:59 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
General	पारस्परिक संबंध	Hindi	01:30 AM 03:31 AM 05:31 AM 07:32 AM 09:32 AM 11:33 AM 01:34 PM 03:34 PM 05:35 PM 07:35 PM 09:36 PM 11:36 PM
General	जेंडर समानता	Hindi	01:36 AM 03:36 AM 05:37 AM 07:37 AM 09:38 AM 11:38 AM 01:39 PM 03:40 PM 05:40 PM 07:41 PM 09:41 PM 11:42 PM
Science (Activities)	Activity 6- Animals and their Food (ch-1)	English	01:56 AM 03:56 AM 05:57 AM 07:57 AM 09:58 AM 11:59 AM 01:59 PM 04:00 PM 06:00 PM 08:01 PM 10:01 PM

शुक्रवार, 21 नवंबर 2025

Friday, 21 November 2025

General	ध्यान	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
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Dish TV Channel #2027

General	Nutrition_Health and Sanitation	English	12:05 AM 02:05 AM 04:06 AM 06:06 AM 08:06 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:08 PM 08:09 PM 10:09 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:11 AM 02:12 AM 04:12 AM 06:12 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:16 PM
Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:18 AM 02:18 AM 04:19 AM 06:19 AM 08:19 AM 10:20 AM 12:20 PM 02:21 PM 04:21 PM 06:21 PM 08:22 PM 10:22 PM
Hindi	पेड़ की बात	हिन्दी	12:30 AM 02:30 AM 04:31 AM 06:31 AM 08:32 AM 10:32 AM 12:32 PM 02:33 PM 04:33 PM 06:34 PM 08:34 PM 10:34 PM
Mathematics	PATTERNS IN MATHEMATICS	English	12:40 AM 02:40 AM 04:41 AM 06:41 AM 08:41 AM 10:42 AM 12:42 PM 02:43 PM 04:43 PM 06:43 PM 08:44 PM 10:44 PM
Disaster management	Coldwave - How labourers and field workers can protect themselves from a cold-wave	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 05:16 PM 07:17 PM 09:17 PM 11:18 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:14 AM 03:14 AM 05:15 AM 07:15 AM 09:16 AM 11:16 AM 01:16 PM 03:17 PM 05:17 PM 07:18 PM 09:18 PM 11:18 PM
शनिवार, 22 नवंबर 2025 Saturday, 22 November 2025			
General	Promotion of Healthy Lifestyle	English	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:02 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:04 PM 10:04 PM
Disaster management	Clod Wave - Preparation	Hindi	12:07 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:09 AM 12:09 PM 02:09 PM 04:10 PM 06:10 PM 08:11 PM 10:11 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:08 AM 02:08 AM 04:09 AM 06:09 AM 08:10 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:12 PM 08:12 PM 10:12 PM



General	Reproductive Health and HIV Prevention	English	12:13 AM 02:14 AM 04:14 AM 06:14 AM 08:15 AM 10:15 AM 12:16 PM 02:16 PM 04:16 PM 06:17 PM 08:17 PM 10:18 PM
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:24 AM 02:24 AM 04:24 AM 06:25 AM 08:25 AM 10:26 AM 12:26 PM 02:26 PM 04:27 PM 06:27 PM 08:28 PM 10:28 PM
General Awareness	क्यों और कैसे	Hindi	12:36 AM 02:36 AM 04:37 AM 06:37 AM 08:37 AM 10:38 AM 12:38 PM 02:39 PM 04:39 PM 06:39 PM 08:40 PM 10:40 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:05 AM 03:06 AM 05:06 AM 07:07 AM 09:07 AM 11:07 AM 01:08 PM 03:08 PM 05:09 PM 07:09 PM 09:09 PM 11:10 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	01:11 AM 03:12 AM 05:12 AM 07:12 AM 09:13 AM 11:13 AM 01:14 PM 03:14 PM 05:14 PM 07:15 PM 09:15 PM 11:16 PM
General	Safety and Security against Violence and Injuries	English	01:17 AM 03:17 AM 05:17 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
Storytelling/Value Education	आम की टोकरी	Hindi	01:27 AM 03:27 AM 05:28 AM 07:28 AM 09:28 AM 11:29 AM 01:29 PM 03:30 PM 05:30 PM 07:30 PM 09:31 PM 11:31 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:45 AM 03:45 AM 05:46 AM 07:46 AM 09:46 AM 11:47 AM 01:47 PM 03:48 PM 05:48 PM 07:48 PM 09:49 PM 11:49 PM
Creative Activities: Art & Craft	कन्वेक्शन फैन	Hindi	01:50 AM 03:51 AM 05:51 AM 07:52 AM 09:52 AM 11:52 AM 01:53 PM 03:53 PM 05:54 PM 07:54 PM 09:54 PM 11:55 PM
रविवार, 23 नवंबर 2025 Sunday, 23 November 2025			
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:06 PM 04:07 PM 06:08 PM 08:09 PM 10:10 PM
General	Pawanmuktasana	English	12:05 AM 02:05 AM 04:06 AM 06:07 AM 08:08 AM 10:09 AM 12:10 PM 02:11 PM 04:12 PM 06:13 PM 08:14 PM 10:15 PM



General Awareness	क्षेत्रफल	Hindi	12:08 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:12 AM 12:13 PM 02:14 PM 04:15 PM 06:16 PM 08:17 PM 10:18 PM
General Awareness	बात पते की	Hindi	12:33 AM 02:34 AM 04:35 AM 06:36 AM 08:37 AM 10:38 AM 12:39 PM 02:40 PM 04:41 PM 06:42 PM 08:43 PM 10:44 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:48 AM 02:49 AM 04:50 AM 06:51 AM 08:51 AM 10:52 AM 12:53 PM 02:54 PM 04:55 PM 06:56 PM 08:57 PM 10:58 PM
General	Values and Types of Wetlands Part -2	English	01:02 AM 03:03 AM 05:04 AM 07:05 AM 09:06 AM 11:07 AM 01:08 PM 03:09 PM 05:10 PM 07:11 PM 09:12 PM 11:13 PM
Vocational Videos	प्लंबिंग टूल	Hindi	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 English	Episode 1 Greeting a Friend	English	01:28 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
General English	Episode 8 Making Requests 2	English	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:40 AM 11:41 AM 01:42 PM 03:43 PM 05:44 PM 07:45 PM 09:46 PM 11:47 PM
Storytelling/Value Education	दान का हिसाब	Hindi	01:44 AM 03:45 AM 05:46 AM 07:47 AM 09:48 AM 11:49 AM 01:50 PM 03:51 PM 05:52 PM 07:53 PM 09:54 PM 11:55 PM
सोमवार, 24 नवंबर 2025 Monday, 24 November 2025			
Art & Craft	विटामिन ए की कहानी	Hindi	12:00 AM 02:00 AM 04:00 AM 06:01 AM 08:01 AM 10:01 AM 12:02 PM 02:02 PM 04:03 PM 06:03 PM 08:03 PM 10:04 PM
English	Neem Baba	English	12:12 AM 02:13 AM 04:13 AM 06:13 AM 08:14 AM 10:14 AM 12:15 PM 02:15 PM 04:15 PM 06:16 PM 08:16 PM 10:16 PM
Language(Sanskrit) Reading, writing & Vocabulary	भूपति मायादास - संस्कृत में कहानी	Hindi	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:26 AM 10:27 AM 12:27 PM 02:27 PM 04:28 PM 06:28 PM 08:29 PM 10:29 PM



Cultural Heritage: Art, Music & Dance	Video 2666: Ele_ART_39 - Kala Utsav - 2019 Music - Instrumental Competition: Boys: Odisha	English	12:34 AM 02:34 AM 04:34 AM 06:35 AM 08:35 AM 10:35 AM 12:36 PM 02:36 PM 04:37 PM 06:37 PM 08:37 PM 10:38 PM
Art & Craft	पानी का फव्वारा	Hindi	12:41 AM 02:41 AM 04:41 AM 06:42 AM 08:42 AM 10:43 AM 12:43 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:45 PM
General English	Episode 1 Greeting a Friend	English	12:49 AM 02:49 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 08:53 PM 10:53 PM
General	Values and Types of Wetlands Part -2	English	12:57 AM 02:57 AM 04:58 AM 06:58 AM 08:58 AM 10:59 AM 12:59 PM 03:00 PM 05:00 PM 07:00 PM 09:01 PM 11:01 PM
Mathematics	Lines and Angles	English	01:05 AM 03:05 AM 05:06 AM 07:06 AM 09:06 AM 11:07 AM 01:07 PM 03:08 PM 05:08 PM 07:08 PM 09:09 PM 11:09 PM
General (Wetland)	Values and Types of Wetlands Part -2	English	01:15 AM 03:16 AM 05:16 AM 07:16 AM 09:17 AM 11:17 AM 01:18 PM 03:18 PM 05:18 PM 07:19 PM 09:19 PM 11:19 PM
General	गुरु नानक प्रकाश पर्व	Hindi	01:23 AM 03:24 AM 05:24 AM 07:24 AM 09:25 AM 11:25 AM 01:26 PM 03:26 PM 05:26 PM 07:27 PM 09:27 PM 11:27 PM
General	अर्थ चक्रासन	Hindi	01:35 AM 03:36 AM 05:36 AM 07:36 AM 09:37 AM 11:37 AM 01:37 PM 03:38 PM 05:38 PM 07:39 PM 09:39 PM 11:39 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:38 AM 03:39 AM 05:39 AM 07:40 AM 09:40 AM 11:40 AM 01:41 PM 03:41 PM 05:42 PM 07:42 PM 09:42 PM 11:43 PM
मंगलवार, 25 नवंबर 2025 Tuesday, 25 November 2025			
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:03 AM 10:04 AM 12:05 PM 02:05 PM 04:06 PM 06:07 PM 08:08 PM 10:09 PM
General Awareness	क्यों और कैसे	Hindi	12:07 AM 02:08 AM 04:09 AM 06:10 AM 08:11 AM 10:11 AM 12:12 PM 02:13 PM 04:14 PM 06:15 PM 08:16 PM 10:16 PM



Science (Activities)	Activity 9- More of a substance can be dissolved in a solution by heating it(ch-5)	English	12:31 AM 02:32 AM 04:33 AM 06:34 AM 08:35 AM 10:35 AM 12:36 PM 02:37 PM 04:38 PM 06:39 PM 08:40 PM 10:40 PM
Hindi	पेड़ की बात	हिन्दी	12:37 AM 02:38 AM 04:39 AM 06:39 AM 08:40 AM 10:41 AM 12:42 PM 02:43 PM 04:44 PM 06:44 PM 08:45 PM 10:46 PM
General Awareness	Air Pollution	English	12:47 AM 02:48 AM 04:48 AM 06:49 AM 08:50 AM 10:51 AM 12:52 PM 02:53 PM 04:53 PM 06:54 PM 08:55 PM 10:56 PM
General	भुजंगासन	Hindi	01:12 AM 03:13 AM 05:13 AM 07:14 AM 09:15 AM 11:16 AM 01:17 PM 03:18 PM 05:18 PM 07:19 PM 09:20 PM 11:21 PM
Science (Activities)	Activity 10- Water dissolves different amount of soluble substances in it(ch-5)	English	01:14 AM 03:15 AM 05:16 AM 07:17 AM 09:18 AM 11:18 AM 01:19 PM 03:20 PM 05:21 PM 07:22 PM 09:23 PM 11:23 PM
General	Dhyana	English	01:22 AM 03:22 AM 05:23 AM 07:24 AM 09:25 AM 11:26 AM 01:27 PM 03:27 PM 05:28 PM 07:29 PM 09:30 PM 11:31 PM
General	Pawanmuktasana	English	01:26 AM 03:26 AM 05:27 AM 07:28 AM 09:29 AM 11:30 AM 01:31 PM 03:31 PM 05:32 PM 07:33 PM 09:34 PM 11:35 PM
Disaster management	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:29 AM 03:29 AM 05:30 AM 07:31 AM 09:32 AM 11:33 AM 01:34 PM 03:34 PM 05:35 PM 07:36 PM 09:37 PM 11:38 PM
General	Trikonasana	English	01:30 AM 03:30 AM 05:31 AM 07:32 AM 09:33 AM 11:34 AM 01:35 PM 03:35 PM 05:36 PM 07:37 PM 09:38 PM 11:39 PM
Cultural Heritage: Art, Music & Dance	Navras DEAA Dance Emotions	English	01:32 AM 03:33 AM 05:34 AM 07:35 AM 09:36 AM 11:36 AM 01:37 PM 03:38 PM 05:39 PM 07:40 PM 09:41 PM 11:41 PM
Storytelling/Value Education	राख की रस्सी	Hindi	01:36 AM 03:37 AM 05:38 AM 07:39 AM 09:39 AM 11:40 AM 01:41 PM 03:42 PM 05:43 PM 07:44 PM 09:44 PM 11:45 PM



Vocational Videos	IDENTIFICATION OF TREES	English	01:50 AM 03:51 AM 05:52 AM 07:52 AM 09:53 AM 11:54 AM 01:55 PM 03:56 PM 05:57 PM 07:57 PM 09:58 PM 11:59 PM
बुधवार, 26 नवंबर 2025 Wednesday, 26 November 2025			
Science (Activities)	Chapter 1. Food Where does it Come From? Activity: How to prepare sprouts from the whole seeds?	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:03 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	Growing up Healthy	English	12:10 AM 02:11 AM 04:11 AM 06:12 AM 08:12 AM 10:13 AM 12:14 PM 02:14 PM 04:15 PM 06:15 PM 08:16 PM 10:16 PM
General	पारस्परिक संबंध	Hindi	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 06:19 PM 08:20 PM 10:21 PM
Mathematics	Lines and Angles	English	12:20 AM 02:20 AM 04:21 AM 06:21 AM 08:22 AM 10:22 AM 12:23 PM 02:24 PM 04:24 PM 06:25 PM 08:25 PM 10:26 PM
Disaster management	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:42 AM 02:43 AM 04:44 AM 06:44 AM 08:45 AM 10:45 AM 12:46 PM 02:46 PM 04:47 PM 06:48 PM 08:48 PM 10:49 PM
Cultural Heritage: Art, Music & Dance	बिल्ली का पंजा	Hindi	12:57 AM 02:58 AM 04:58 AM 06:59 AM 08:59 AM 11:00 AM 01:00 PM 03:01 PM 05:02 PM 07:02 PM 09:03 PM 11:03 PM
General	Nutrition_Health and Sanitation	English	01:15 AM 03:16 AM 05:16 AM 07:17 AM 09:17 AM 11:18 AM 01:18 PM 03:19 PM 05:20 PM 07:20 PM 09:21 PM 11:21 PM
Vocational Videos	IDENTIFICATION OF TREES	English	01:32 AM 03:33 AM 05:33 AM 07:34 AM 09:35 AM 11:35 AM 01:36 PM 03:36 PM 05:37 PM 07:37 PM 09:38 PM 11:39 PM
General	Prevention and Management of Substance Misuse	English	01:43 AM 03:43 AM 05:44 AM 07:44 AM 09:45 AM 11:46 AM 01:46 PM 03:47 PM 05:47 PM 07:48 PM 09:48 PM 11:49 PM
General	Promotion of Healthy Lifestyle	English	01:48 AM 03:49 AM 05:49 AM 07:50 AM 09:50 AM 11:51 AM 01:51 PM 03:52 PM 05:53 PM 07:53 PM 09:54 PM 11:54 PM



General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:54 AM 03:55 AM 05:55 AM 07:56 AM 09:56 AM 11:57 AM 01:57 PM 03:58 PM 05:58 PM 07:59 PM 10:00 PM
बृहस्पतिवार, 27 नवंबर 2025 Thursday, 27 November 2025			
General	Reproductive Health and HIV Prevention	English	12:00 AM 02:00 AM 04:01 AM 06:01 AM 08:02 AM 10:02 AM 12:03 PM 02:04 PM 04:04 PM 06:05 PM 08:05 PM 10:06 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:06 AM 02:07 AM 04:07 AM 06:08 AM 08:09 AM 10:09 AM 12:10 PM 02:10 PM 04:11 PM 06:11 PM 08:12 PM 10:13 PM
English	Neem Baba	English	12:12 AM 02:13 AM 04:13 AM 06:14 AM 08:14 AM 10:15 AM 12:16 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:18 PM
General	Safety and Security against Violence and Injuries	English	12:25 AM 02:25 AM 04:26 AM 06:26 AM 08:27 AM 10:27 AM 12:28 PM 02:29 PM 04:29 PM 06:30 PM 08:30 PM 10:31 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:35 AM 02:36 AM 04:36 AM 06:37 AM 08:38 AM 10:38 AM 12:39 PM 02:39 PM 04:40 PM 06:41 PM 08:41 PM 10:42 PM
General Awareness	क्यों और कैसे	Hindi	12:41 AM 02:42 AM 04:42 AM 06:43 AM 08:43 AM 10:44 AM 12:44 PM 02:45 PM 04:46 PM 06:46 PM 08:47 PM 10:47 PM
Vocational Videos	गमले में पौधा लगाने की विधि	Hindi	01:17 AM 03:18 AM 05:18 AM 07:19 AM 09:20 AM 11:20 AM 01:21 PM 03:21 PM 05:22 PM 07:23 PM 09:23 PM 11:24 PM
शुक्रवार, 28 नवंबर 2025 Friday, 28 November 2025			
General	ध्यान	Hindi	12:00 AM 02:00 AM 04:01 AM 06:02 AM 08:02 AM 10:03 AM 12:04 PM 02:04 PM 04:05 PM 06:06 PM 08:07 PM 10:07 PM
General	Nutrition_Health and Sanitation	English	12:05 AM 02:06 AM 04:06 AM 06:07 AM 08:08 AM 10:08 AM 12:09 PM 02:10 PM 04:10 PM 06:11 PM 08:12 PM 10:13 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:11 AM 02:12 AM 04:13 AM 06:13 AM 08:14 AM 10:15 AM 12:15 PM 02:16 PM 04:17 PM 06:17 PM 08:18 PM 10:19 PM



Vocational Videos	PREPARING FIRST AID KIT AT HOME	English	12:18 AM 02:19 AM 04:19 AM 06:20 AM 08:21 AM 10:21 AM 12:22 PM 02:23 PM 04:23 PM 06:24 PM 08:25 PM 10:26 PM
General English	Episode 4 Meeting People: Pleased to meet you	English	12:30 AM 02:31 AM 04:31 AM 06:32 AM 08:33 AM 10:33 AM 12:34 PM 02:35 PM 04:36 PM 06:36 PM 08:37 PM 10:38 PM
Disaster management	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:43 AM 02:44 AM 04:45 AM 06:45 AM 08:46 AM 10:47 AM 12:48 PM 02:48 PM 04:49 PM 06:50 PM 08:50 PM 10:51 PM
Mathematics	Lines and Angles	English	12:44 AM 02:45 AM 04:46 AM 06:46 AM 08:47 AM 10:48 AM 12:48 PM 02:49 PM 04:50 PM 06:50 PM 08:51 PM 10:52 PM
Health, Physical Education/Yoga/ Sports	प्राणायाम और ध्यान	Hindi	01:20 AM 03:20 AM 05:21 AM 07:22 AM 09:22 AM 11:23 AM 01:24 PM 03:24 PM 05:25 PM 07:26 PM 09:27 PM 11:27 PM
Science (Activities)	Activity 6- Evaporation (ch-6)	English	01:50 AM 03:51 AM 05:52 AM 07:52 AM 09:53 AM 11:54 AM 01:54 PM 03:55 PM 05:56 PM 07:57 PM 09:57 PM 11:58 PM
General	Prevention and Management of Substance Misuse	English	01:55 AM 03:56 AM 05:56 AM 07:57 AM 09:58 AM 11:58 AM 01:59 PM 04:00 PM 06:01 PM 08:01 PM 10:02 PM
शनिवार, 29 नवंबर 2025 Saturday, 29 November 2025			
General	Promotion of Healthy Lifestyle	English	12:00 AM 02:00 AM 04:00 AM 06:00 AM 08:01 AM 10:01 AM 12:01 PM 02:02 PM 04:02 PM 06:02 PM 08:03 PM 10:03 PM
Cultural Heritage: Art, Music & Dance	Competition: Boys: Andaman and Nicobar Islands	English	12:07 AM 02:07 AM 04:07 AM 06:08 AM 08:08 AM 10:08 AM 12:08 PM 02:09 PM 04:09 PM 06:09 PM 08:10 PM 10:10 PM
General	Reproductive Health and HIV Prevention	English	12:12 AM 02:12 AM 04:12 AM 06:13 AM 08:13 AM 10:13 AM 12:14 PM 02:14 PM 04:14 PM 06:15 PM 08:15 PM 10:15 PM
Health, Physical Education/Yoga/ Sports	शलभासन	Hindi	12:22 AM 02:23 AM 04:23 AM 06:23 AM 08:23 AM 10:24 AM 12:24 PM 02:24 PM 04:25 PM 06:25 PM 08:25 PM 10:26 PM



Disaster management	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:35 AM 02:35 AM 04:35 AM 06:35 AM 08:36 AM 10:36 AM 12:36 PM 02:37 PM 04:37 PM 06:37 PM 08:38 PM 10:38 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:36 AM 02:36 AM 04:36 AM 06:37 AM 08:37 AM 10:37 AM 12:37 PM 02:38 PM 04:38 PM 06:38 PM 08:39 PM 10:39 PM
Science (Activities)	Activity 7- Evaporation and condensation(ch-6)	English	12:41 AM 02:42 AM 04:42 AM 06:42 AM 08:43 AM 10:43 AM 12:43 PM 02:43 PM 04:44 PM 06:44 PM 08:44 PM 10:45 PM
General	Safety and Security against Violence and Injuries	English	12:47 AM 02:47 AM 04:47 AM 06:48 AM 08:48 AM 10:48 AM 12:49 PM 02:49 PM 04:49 PM 06:49 PM 08:50 PM 10:50 PM
General Awareness	Air Pollution	English	12:52 AM 02:53 AM 04:53 AM 06:53 AM 08:54 AM 10:54 AM 12:54 PM 02:54 PM 04:55 PM 06:55 PM 08:55 PM 10:56 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	01:17 AM 03:18 AM 05:18 AM 07:18 AM 09:19 AM 11:19 AM 01:19 PM 03:20 PM 05:20 PM 07:20 PM 09:20 PM 11:21 PM
Vocational Videos	गृह सज्जा हेतु पौधे	Hindi	01:30 AM 03:30 AM 05:30 AM 07:31 AM 09:31 AM 11:31 AM 01:32 PM 03:32 PM 05:32 PM 07:32 PM 09:33 PM 11:33 PM
रविवार, 30 नवंबर 2025 Sunday, 30 November 2025			
Science (Activities)	Activity 8- Dissolving salt in water(ch-5)	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	निपुण भारत	Hindi	12:05 AM 02:05 AM 04:05 AM 06:05 AM 08:05 AM 10:06 AM 12:06 PM 02:06 PM 04:06 PM 06:06 PM 08:07 PM 10:07 PM
General	Pawanmuktasana	English	12:06 AM 02:06 AM 04:07 AM 06:07 AM 08:07 AM 10:07 AM 12:07 PM 02:08 PM 04:08 PM 06:08 PM 08:08 PM 10:08 PM
Disaster management	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:09 AM 02:09 AM 04:10 AM 06:10 AM 08:10 AM 10:10 AM 12:10 PM 02:11 PM 04:11 PM 06:11 PM 08:11 PM 10:11 PM



General	Promotion of Healthy Lifestyle	English	12:10 AM 02:10 AM 04:11 AM 06:11 AM 08:11 AM 10:11 AM 12:11 PM 02:12 PM 04:12 PM 06:12 PM 08:12 PM 10:12 PM
General Awareness	बात पते की	Hindi	12:30 AM 02:30 AM 04:30 AM 06:30 AM 08:31 AM 10:31 AM 12:31 PM 02:31 PM 04:31 PM 06:32 PM 08:32 PM 10:32 PM
Art & Craft	नाटक खेलाना आसान है- 2	Hindi	12:44 AM 02:45 AM 04:45 AM 06:45 AM 08:45 AM 10:45 AM 12:46 PM 02:46 PM 04:46 PM 06:46 PM 08:46 PM 10:47 PM
General	Values and Types of Wetlands Part -2	English	12:59 AM 02:59 AM 05:00 AM 07:00 AM 09:00 AM 11:00 AM 01:00 PM 03:01 PM 05:01 PM 07:01 PM 09:01 PM 11:01 PM
Vocational Videos	प्लंबिंग टूल	Hindi	01:07 AM 03:07 AM 05:08 AM 07:08 AM 09:08 AM 11:08 AM 01:08 PM 03:09 PM 05:09 PM 07:09 PM 09:09 PM 11:09 PM
General English	Episode 1 Greeting a Friend	English	01:22 AM 03:22 AM 05:22 AM 07:22 AM 09:22 AM 11:23 AM 01:23 PM 03:23 PM 05:23 PM 07:23 PM 09:24 PM 11:24 PM
General English	Episode 8 Making Requests 2	English	01:30 AM 07:31 PM 03:30 AM 11:32 PM 09:32 PM 05:31 PM 03:31 PM 01:31 PM 11:31 AM 09:30 AM 07:30 AM 05:30 AM
हिन्दी (दूरवा)	कक्षा	Hindi	01:39 PM 11:40 PM 09:39 PM 07:39 PM 05:39 PM 03:39 PM 09:38 AM 07:38 AM 05:38 AM 03:38 AM 01:37 AM 11:38 AM
General	Values and Types of Wetlands Part -2	English	11:54 PM 09:54 PM 07:53 PM 05:53 PM 03:53 PM 01:53 PM 11:53 AM 09:52 AM 07:52 AM 05:52 AM 03:52 AM 01:52 AM

