

कक्षा - 7 की मासिक कार्यक्रम प्रसारण सारणी

Monthly Program Transmission Schedule of Class - 7

कक्षा - 7 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी

Subject-wise Weekly Program Transmission Schedule of Class - 7

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

☞ This table refers to the subject-wise weekly program schedule comprising programs of different subjects/themes scheduled to be transmitted on a concerned day as a set of programs and the same is repeated as a program cycle approximately 9 to 10 times a day and the same scheme is followed for the whole month.

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

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

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

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

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



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

जनवरी 2024
January 2024

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
सोमवार, 01 जनवरी 2024 Monday, 01 January 2024			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:31 PM
भूगोल	पाठ-8: मानव-पर्यावरण अन्योन्यक्रिया उष्णकटिबंधीय एवं उपोष्ण प्रदेश	हिंदी	12:28 AM 02:58 AM 05:29 AM 07:59 AM 10:29 AM 12:59 PM 03:29 PM 05:59 PM 08:29 PM 10:59 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	12:56 AM 03:26 AM 05:57 AM 08:27 AM 10:57 AM 01:27 PM 03:57 PM 06:27 PM 08:57 PM 11:27 PM
General Awareness	e-waste management Film 3	English	01:02 AM 03:32 AM 06:02 AM 08:32 AM 11:03 AM 01:33 PM 04:03 PM 06:33 PM 09:03 PM 11:33 PM
English	Ch-6: Expert detectives- Mystery of the talking fan Part-1	English	01:07 AM 03:37 AM 06:07 AM 08:37 AM 11:07 AM 01:37 PM 04:08 PM 06:38 PM 09:08 PM 11:38 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	01:16 AM 03:47 AM 06:17 AM 08:47 AM 11:17 AM 01:47 PM 04:17 PM 06:47 PM 09:17 PM 11:47 PM
सामान्य जागरूकता	आज़ादी की अमृत कहानियाँ (अंशु)	हिंदी	01:17 AM 03:48 AM 06:18 AM 08:48 AM 11:18 AM 01:48 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
General Awareness	e-waste management Block-1	English	01:20 AM 03:50 AM 06:20 AM 08:50 AM 11:20 AM 01:50 PM 04:20 PM 06:51 PM 09:21 PM 11:51 PM



रचनात्मक गतिविधियाँ: कला और शिल्प	बोतल मकड़ी (Bottle spider)	हिंदी	01:32 AM 04:02 AM 06:32 AM 09:02 AM 11:32 AM 02:02 PM 04:33 PM 07:03 PM 09:33 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:35 AM 04:05 AM 06:35 AM 09:05 AM 11:35 AM 02:05 PM 04:35 PM 07:06 PM 09:36 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:05 AM 09:35 AM 12:05 PM 02:35 PM 05:05 PM 07:35 PM 10:06 PM

मंगलवार, 02 जनवरी 2024
Tuesday, 02 January 2024

गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-2	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:31 PM 03:02 PM 05:32 PM 08:02 PM 10:33 PM
हिन्दी	वसंत-२, पाठ-10: अपूर्व अनुभव	हिंदी	12:35 AM 03:05 AM 05:35 AM 08:06 AM 10:36 AM 01:06 PM 03:37 PM 06:07 PM 08:37 PM 11:08 PM
Patriotic song	Rashtra gan (राष्ट्र गान)	हिंदी	12:57 AM 03:27 AM 05:58 AM 08:28 AM 10:59 AM 01:29 PM 03:59 PM 06:30 PM 09:00 PM 11:30 PM
Storytelling	आजादी की कहानी-2	हिंदी	12:58 AM 03:29 AM 05:59 AM 08:29 AM 11:00 AM 01:30 PM 04:00 PM 06:31 PM 09:01 PM 11:32 PM
Storytelling	I have got 10 little fingers	English	01:13 AM 03:43 AM 06:14 AM 08:44 AM 11:15 AM 01:45 PM 04:15 PM 06:46 PM 09:16 PM 11:46 PM
Science	Ch-2: Nutrition in Animals	English	01:22 AM 03:53 AM 06:23 AM 08:53 AM 11:24 AM 01:54 PM 04:24 PM 06:55 PM 09:25 PM 11:56 PM
Patriotic song	Rashtra gan (राष्ट्र गान)	हिंदी	01:45 AM 04:16 AM 06:46 AM 09:16 AM 11:47 AM 02:17 PM 04:47 PM 07:18 PM 09:48 PM
Geography	Ch-5: Water	English	01:46 AM 04:17 AM 06:47 AM 09:18 AM 11:48 AM 02:18 PM 04:49 PM 07:19 PM 09:49 PM



DD Free Dish Channel #29



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Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:06 PM 02:37 PM 05:07 PM 07:37 PM 10:08 PM
बुधवार, 03 जनवरी 2024 Wednesday, 03 January 2024			
विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:01 AM 12:31 PM 03:01 PM 05:31 PM 08:02 PM 10:32 PM
उर्दू	ईदगाह	हिंदी	12:28 AM 02:58 AM 05:29 AM 07:59 AM 10:29 AM 12:59 PM 03:30 PM 06:00 PM 08:30 PM 11:01 PM
General Awareness	Segregation chip-chop	English	12:56 AM 03:27 AM 05:57 AM 08:27 AM 10:57 AM 01:28 PM 03:58 PM 06:28 PM 08:59 PM 11:29 PM
सामान्य	Water Saved	हिंदी	01:08 AM 03:38 AM 06:09 AM 08:39 AM 11:09 AM 01:40 PM 04:10 PM 06:40 PM 09:10 PM 11:41 PM
History	Ch-8: Devotional paths to divine-let us check what we remember	English	01:09 AM 03:40 AM 06:10 AM 08:40 AM 11:10 AM 01:41 PM 04:11 PM 06:41 PM 09:12 PM 11:42 PM
सामान्य	नाड़ीशोधन प्राणायाम	हिंदी	01:25 AM 03:55 AM 06:25 AM 08:56 AM 11:26 AM 01:56 PM 04:27 PM 06:57 PM 09:27 PM 11:57 PM
Earthquake	Earthquake - भूकंप के दौरान क्या करना चाहिए	हिंदी	01:28 AM 03:59 AM 06:29 AM 08:59 AM 11:29 AM 02:00 PM 04:30 PM 07:00 PM 09:31 PM
Storytelling	सवाली राम जवाबो रानी	हिंदी	01:29 AM 03:59 AM 06:29 AM 09:00 AM 11:30 AM 02:00 PM 04:31 PM 07:01 PM 09:31 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:44 AM 04:15 AM 06:45 AM 09:15 AM 11:45 AM 02:16 PM 04:46 PM 07:16 PM 09:47 PM
Vocational	Personal hygiene and Health	English	02:14 AM 04:45 AM 07:15 AM 09:45 AM 12:15 PM 02:46 PM 05:16 PM 07:46 PM 10:17 PM
बृहस्पतिवार, 04 जनवरी 2024 Thursday, 04 January 2024			



गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-2	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:33 PM 08:03 PM 10:33 PM
इतिहास	पाठ-3: दिल्ली के सुलतान भाग -1	हिंदी	12:35 AM 03:05 AM 05:35 AM 08:06 AM 10:36 AM 01:07 PM 03:37 PM 06:08 PM 08:38 PM 11:08 PM
Art, Music & Dance	Folk Dance-Mizoram	English/hindi	01:09 AM 03:39 AM 06:10 AM 08:40 AM 11:10 AM 01:41 PM 04:11 PM 06:42 PM 09:12 PM 11:43 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:17 AM 03:48 AM 06:18 AM 08:48 AM 11:19 AM 01:49 PM 04:20 PM 06:50 PM 09:21 PM 11:51 PM
सामान्य	ध्यान	हिंदी	01:18 AM 03:48 AM 06:19 AM 08:49 AM 11:20 AM 01:50 PM 04:21 PM 06:51 PM 09:22 PM 11:52 PM
English	Ch-6: Expert detectives- Mystery of the talking fan Part-1	English	01:22 AM 03:53 AM 06:23 AM 08:53 AM 11:24 AM 01:54 PM 04:25 PM 06:55 PM 09:26 PM 11:56 PM
Earthquake	Earthquake - सांकेतिक भाषा - जानिए घर बनाते समय भूकंप से सुरक्षित रखने के लिए क्या कर सकते हैं	हिंदी	01:32 AM 04:02 AM 06:33 AM 09:03 AM 11:33 AM 02:04 PM 04:34 PM 07:05 PM 09:35 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:32 AM 04:03 AM 06:33 AM 09:04 AM 11:34 AM 02:05 PM 04:35 PM 07:05 PM 09:36 PM
Science	Ch-2: Nutrition in Animals	English	01:44 AM 04:14 AM 06:45 AM 09:15 AM 11:45 AM 02:16 PM 04:46 PM 07:17 PM 09:47 PM
सामान्य	नाड़ीशोधन प्राणायाम	हिंदी	02:07 AM 04:37 AM 07:08 AM 09:38 AM 12:09 PM 02:39 PM 05:09 PM 07:40 PM 10:10 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:10 AM 04:41 AM 07:11 AM 09:42 AM 12:12 PM 02:42 PM 05:13 PM 07:43 PM 10:14 PM

शुक्रवार, 05 जनवरी 2024
Friday, 05 January 2024



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विज्ञान	पाठ-2: प्राणियों में पोषण	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:33 PM 08:04 PM 10:34 PM
हिन्दी	दूर्वा-२, पाठ-10: हम धरती के लाल	हिंदी	12:28 AM 02:59 AM 05:29 AM 08:00 AM 10:30 AM 01:01 PM 03:31 PM 06:02 PM 08:32 PM 11:03 PM
सामान्य	शशकासन	हिंदी	12:45 AM 03:15 AM 05:46 AM 08:16 AM 10:47 AM 01:17 PM 03:48 PM 06:19 PM 08:49 PM 11:20 PM
General Awareness	Real life situations- garbage burning and what to do	English	12:47 AM 03:18 AM 05:48 AM 08:19 AM 10:49 AM 01:20 PM 03:50 PM 06:21 PM 08:51 PM 11:22 PM
General English	Episode 13 Disagreeing 2	English	12:58 AM 03:29 AM 06:00 AM 08:30 AM 11:01 AM 01:31 PM 04:02 PM 06:32 PM 09:03 PM 11:33 PM
Political science	Ch-5: Women Change the World	English	01:13 AM 03:44 AM 06:14 AM 08:45 AM 11:15 AM 01:46 PM 04:16 PM 06:47 PM 09:17 PM 11:48 PM
Storytelling	आम की टोकरी	हिंदी	01:38 AM 04:09 AM 06:39 AM 09:10 AM 11:40 AM 02:11 PM 04:42 PM 07:12 PM 09:43 PM
Mathematics	Ch-11: Perimeter and area, Part-1	English	01:41 AM 04:11 AM 06:42 AM 09:13 AM 11:43 AM 02:14 PM 04:44 PM 07:15 PM 09:45 PM
Vocational	Hand Embroidery Part B	English	02:11 AM 04:41 AM 07:12 AM 09:42 AM 12:13 PM 02:44 PM 05:14 PM 07:45 PM 10:15 PM
शनिवार, 06 जनवरी 2024 Saturday, 06 January 2024			
गणित	पाठ-11: परिमाप और क्षेत्रफल भाग-2	हिंदी	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:29 PM 07:59 PM 10:29 PM
संस्कृत	पाठ-1: सुभाषित -I	संस्कृत	12:35 AM 03:05 AM 05:34 AM 08:04 AM 10:34 AM 01:04 PM 03:34 PM 06:04 PM 08:34 PM 11:04 PM



Geography	Ch-5: Water	English	01:05 AM 03:35 AM 06:05 AM 08:35 AM 11:05 AM 01:35 PM 04:05 PM 06:35 PM 09:05 PM 11:35 PM
Storytelling	आम की टोकरी	हिंदी	01:24 AM 03:54 AM 06:24 AM 08:54 AM 11:24 AM 01:54 PM 04:24 PM 06:54 PM 09:24 PM 11:54 PM
Earthquake	Earthquake - क्या आप सुरक्षित हैं	हिंदी	01:26 AM 03:56 AM 06:26 AM 08:56 AM 11:26 AM 01:56 PM 04:26 PM 06:56 PM 09:26 PM 11:56 PM
Science	Ch-2: Nutrition in Animals	English	01:27 AM 03:57 AM 06:27 AM 08:57 AM 11:27 AM 01:57 PM 04:27 PM 06:57 PM 09:27 PM 11:57 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM 04:20 AM 06:50 AM 09:20 AM 11:50 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM
रविवार, 07 जनवरी 2024 Sunday, 07 January 2024			
Physical Education	COVID 19 Awareness	English	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:33 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
राजनीति विज्ञान	पाठ-4: लड़के और लड़कियों के रूप में बड़ा होना	हिंदी	12:20 AM 02:51 AM 05:22 AM 07:52 AM 10:23 AM 12:53 PM 03:24 PM 05:55 PM 08:25 PM 10:56 PM
सामान्य	India-Pavilion-at-COP27- Mission	हिंदी	12:44 AM 03:15 AM 05:45 AM 08:16 AM 10:46 AM 01:17 PM 03:48 PM 06:18 PM 08:49 PM 11:19 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:47 AM 03:17 AM 05:48 AM 08:19 AM 10:49 AM 01:20 PM 03:50 PM 06:21 PM 08:52 PM 11:22 PM
Avalanche	Avalanche _ यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	हिंदी	01:16 AM 03:47 AM 06:18 AM 08:48 AM 11:19 AM 01:49 PM 04:20 PM 06:51 PM 09:21 PM 11:52 PM
General Awareness	e-waste management Film 2	English	01:18 AM 03:49 AM 06:19 AM 08:50 AM 11:21 AM 01:51 PM 04:22 PM 06:52 PM 09:23 PM 11:54 PM



General English	Episode 1 Greeting a Friend	English	01:27 AM 03:58 AM 06:28 AM 08:59 AM 11:30 AM 02:00 PM 04:31 PM 07:01 PM 09:32 PM
General Awareness	e-waste management Block-2	English	01:35 AM 04:06 AM 06:37 AM 09:07 AM 11:38 AM 02:08 PM 04:39 PM 07:10 PM 09:40 PM
History	Ch-8: Devotional paths to divine-let us check what we remember	English	01:50 AM 04:20 AM 06:51 AM 09:21 AM 11:52 AM 02:23 PM 04:53 PM 07:24 PM 09:54 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:36 AM 07:06 AM 09:37 AM 12:08 PM 02:38 PM 05:09 PM 07:39 PM 10:10 PM
सोमवार, 08 जनवरी 2024 Monday, 08 January 2024			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:01 AM 12:31 PM 03:01 PM 05:31 PM 08:02 PM 10:32 PM
सामान्य	बेटी हिन्दुस्तान की	हिंदी	12:20 AM 02:51 AM 05:21 AM 07:51 AM 10:21 AM 12:52 PM 03:22 PM 05:52 PM 08:22 PM 10:53 PM
भूगोल	पाठ-09: रेगिस्तान में जीवन	हिंदी	12:30 AM 03:00 AM 05:31 AM 08:01 AM 10:31 AM 01:01 PM 03:32 PM 06:02 PM 08:32 PM 11:02 PM
General	zoological-Survey-of-india	English	12:45 AM 03:15 AM 05:45 AM 08:16 AM 10:46 AM 01:16 PM 03:46 PM 06:17 PM 08:47 PM 11:17 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	12:47 AM 03:18 AM 05:48 AM 08:18 AM 10:48 AM 01:19 PM 03:49 PM 06:19 PM 08:49 PM 11:20 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	12:48 AM 03:18 AM 05:49 AM 08:19 AM 10:49 AM 01:19 PM 03:50 PM 06:20 PM 08:50 PM 11:20 PM
सामान्य	पवनमुक्तासन	हिंदी	01:07 AM 03:37 AM 06:08 AM 08:38 AM 11:08 AM 01:38 PM 04:09 PM 06:39 PM 09:09 PM 11:39 PM



सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -१	हिंदी	01:10 AM 03:40 AM 06:11 AM 08:41 AM 11:11 AM 01:41 PM 04:12 PM 06:42 PM 09:12 PM 11:42 PM
Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical (Boy) Tamil Nadu	English/hindi	01:19 AM 03:49 AM 06:19 AM 08:49 AM 11:20 AM 01:50 PM 04:20 PM 06:50 PM 09:21 PM 11:51 PM
English	English, Ch-6: Expert detectives- Mystery of the talking fan Part-2	English	01:25 AM 03:55 AM 06:25 AM 08:55 AM 11:26 AM 01:56 PM 04:26 PM 06:56 PM 09:27 PM 11:57 PM
सामान्य	शशकासन	हिंदी	01:38 AM 04:08 AM 06:39 AM 09:09 AM 11:39 AM 02:09 PM 04:40 PM 07:10 PM 09:40 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:40 AM 04:11 AM 06:41 AM 09:11 AM 11:41 AM 02:12 PM 04:42 PM 07:12 PM 09:42 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:05 AM 09:36 AM 12:06 PM 02:36 PM 05:06 PM 07:37 PM 10:07 PM
मंगलवार, 09 जनवरी 2024 Tuesday, 09 January 2024			
गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:33 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
Art & Craft	3D Kaleidoscope	English	12:41 AM 03:11 AM 05:42 AM 08:12 AM 10:43 AM 01:14 PM 03:44 PM 06:15 PM 08:45 PM 11:16 PM
हिन्दी	पाठ-11:वसंत-२: रहीम के दोहे	हिंदी	12:44 AM 03:14 AM 05:45 AM 08:16 AM 10:46 AM 01:17 PM 03:47 PM 06:18 PM 08:49 PM 11:19 PM
General English	Episode 8 Making Requests 2	English	01:05 AM 03:35 AM 06:06 AM 08:37 AM 11:07 AM 01:38 PM 04:08 PM 06:39 PM 09:10 PM 11:40 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:13 AM 03:43 AM 06:14 AM 08:44 AM 11:15 AM 01:46 PM 04:16 PM 06:47 PM 09:17 PM 11:48 PM



Science	Ch-4: Heat	English	01:15 AM 03:45 AM 06:16 AM 08:46 AM 11:17 AM 01:48 PM 04:18 PM 06:49 PM 09:19 PM 11:50 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	ऑरिगामी भाग-2 (कागज़ कला)	हिंदी	01:37 AM 04:08 AM 06:38 AM 09:09 AM 11:39 AM 02:10 PM 04:41 PM 07:11 PM 09:42 PM
General Awareness	Fake-Whatsapp-Messages	English	01:52 AM 04:23 AM 06:53 AM 09:24 AM 11:54 AM 02:25 PM 04:56 PM 07:26 PM 09:57 PM
General Awareness	Why Seasons Happen?	English	01:54 AM 04:25 AM 06:56 AM 09:26 AM 11:57 AM 02:27 PM 04:58 PM 07:29 PM 09:59 PM
Geography	Ch-01: Environment	English	01:58 AM 04:28 AM 06:59 AM 09:29 AM 12:00 PM 02:31 PM 05:01 PM 07:32 PM 10:02 PM
COVID19 Awareness	बदलकर अपना व्यवहार, करें कोरोना पर वार	हिंदी	02:07 AM 04:38 AM 07:08 AM 09:39 AM 12:09 PM 02:40 PM 05:11 PM 07:41 PM 10:12 PM
Vocational	Personal hygiene and Health	English	02:09 AM 04:39 AM 07:10 AM 09:40 AM 12:11 PM 02:42 PM 05:12 PM 07:43 PM 10:13 PM
Vocational	Fishbone Stitch	English	02:19 AM 04:49 AM 07:20 AM 09:51 AM 12:21 PM 02:52 PM 05:22 PM 07:53 PM 10:24 PM
बुधवार, 10 जनवरी 2024 Wednesday, 10 January 2024			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:29 PM 07:59 PM 10:29 PM
Storytelling	सोने के अंडे देने वाली मुर्गी	हिंदी	12:20 AM 02:50 AM 05:20 AM 07:50 AM 10:20 AM 12:50 PM 03:20 PM 05:50 PM 08:20 PM 10:50 PM
उर्दू	ईदगाह	हिंदी	12:28 AM 02:58 AM 05:28 AM 07:58 AM 10:28 AM 12:58 PM 03:28 PM



			PM 05:58 PM 08:28 PM 10:58 PM
Cold Wave	Cold Wave - Chilblains	हिंदी	12:57 AM 03:27 AM 05:57 AM 08:27 AM 10:56 AM 01:26 PM 03:56 PM 06:26 PM 08:56 PM 11:26 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	हिंदी	12:58 AM 03:28 AM 05:58 AM 08:28 AM 10:57 AM 01:27 PM 03:57 PM 06:27 PM 08:57 PM 11:27 PM
Storytelling	छोटा कौन बड़ा कौन	हिंदी	01:00 AM 03:30 AM 06:00 AM 08:30 AM 10:59 AM 01:29 PM 03:59 PM 06:29 PM 08:59 PM 11:29 PM
General Awareness	Make Your Own Sundial	English	01:04 AM 03:34 AM 06:04 AM 08:34 AM 11:04 AM 01:34 PM 04:04 PM 06:33 PM 09:03 PM 11:33 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-2	हिंदी	01:07 AM 03:37 AM 06:07 AM 08:37 AM 11:07 AM 01:37 PM 04:06 PM 06:36 PM 09:06 PM 11:36 PM
Art & Craft	3D Butterfly	English	01:25 AM 03:55 AM 06:25 AM 08:55 AM 11:25 AM 01:55 PM 04:25 PM 06:55 PM 09:25 PM 11:55 PM
General Awareness	Cyber Stalking	English	01:27 AM 03:57 AM 06:27 AM 08:57 AM 11:27 AM 01:57 PM 04:27 PM 06:57 PM 09:27 PM 11:57 PM
History	Ch-8: Devotional paths to divine-let us check what we remember-2	English	01:28 AM 03:58 AM 06:28 AM 08:58 AM 11:28 AM 01:58 PM 04:28 PM 06:58 PM 09:28 PM 11:58 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:49 AM 04:19 AM 06:49 AM 09:19 AM 11:49 AM 02:19 PM 04:48 PM 07:18 PM 09:48 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	02:13 AM 04:43 AM 07:13 AM 09:43 AM 12:13 PM 02:43 PM 05:13 PM 07:43 PM 10:13 PM
Vocational	Feather Stitch	English	02:19 AM 04:48 AM 07:18 AM 09:48 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:18 PM
बृहस्पतिवार, 11 जनवरी 2024 Thursday, 11 January 2024			



गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:31 PM 03:02 PM 05:32 PM 08:02 PM 10:33 PM
इतिहास	पाठ-3: दिल्ली के सुलतान भाग-2	हिंदी	12:41 AM 03:11 AM 05:41 AM 08:12 AM 10:42 AM 01:12 PM 03:43 PM 06:13 PM 08:43 PM 11:14 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	हिंदी	01:08 AM 03:38 AM 06:08 AM 08:39 AM 11:09 AM 01:39 PM 04:10 PM 06:40 PM 09:11 PM 11:41 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	01:14 AM 03:44 AM 06:15 AM 08:45 AM 11:15 AM 01:46 PM 04:16 PM 06:46 PM 09:17 PM 11:47 PM
General Awareness	Fabric	English	01:19 AM 03:50 AM 06:20 AM 08:50 AM 11:21 AM 01:51 PM 04:22 PM 06:52 PM 09:22 PM 11:53 PM
English	English, Ch-6: Expert detectives- Mystery of the talking fan Part-2	English	01:28 AM 03:59 AM 06:29 AM 09:00 AM 11:30 AM 02:00 PM 04:31 PM 07:01 PM 09:31 PM
Art & Craft	String Mosquito	English	01:42 AM 04:12 AM 06:43 AM 09:13 AM 11:43 AM 02:14 PM 04:44 PM 07:14 PM 09:45 PM
Science	Ch-4: Heat	English	01:43 AM 04:14 AM 06:44 AM 09:14 AM 11:45 AM 02:15 PM 04:45 PM 07:16 PM 09:46 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:06 PM 02:37 PM 05:07 PM 07:37 PM 10:08 PM
शुक्रवार, 12 जनवरी 2024 Friday, 12 January 2024			
विज्ञान	पाठ-4: ऊष्मा	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:31 PM
हिन्दी	दूर्वा-२, पाठ-11: पोंगल (Reshoot)	हिंदी	12:20 AM 02:50 AM 05:21 AM 07:51 AM 10:21 AM 12:51 PM 03:21 PM 05:51 PM 08:21 PM 10:51 PM



सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:33 AM 01:03 PM 03:34 PM 06:04 PM 08:34 PM 11:04 PM
Cold Wave	Clod Wave - Preparation	हिंदी	12:38 AM 03:09 AM 05:39 AM 08:09 AM 10:39 AM 01:09 PM 03:39 PM 06:09 PM 08:39 PM 11:10 PM
सामान्य जागरूकता	आजादी की अमृत कहानियाँ (तन्वी)	हिंदी	12:40 AM 03:10 AM 05:40 AM 08:10 AM 10:40 AM 01:10 PM 03:40 PM 06:11 PM 08:41 PM 11:11 PM
Storytelling	छोटा कौन बड़ा कौन	हिंदी	12:42 AM 03:12 AM 05:42 AM 08:12 AM 10:43 AM 01:13 PM 03:43 PM 06:13 PM 08:43 PM 11:13 PM
सामान्य	शशकासन	हिंदी	12:46 AM 03:16 AM 05:46 AM 08:17 AM 10:47 AM 01:17 PM 03:47 PM 06:17 PM 08:47 PM 11:17 PM
Storytelling	सुधीर तैलंग	हिंदी	12:49 AM 03:19 AM 05:49 AM 08:19 AM 10:49 AM 01:19 PM 03:49 PM 06:19 PM 08:49 PM 11:20 PM
Political science	Ch-6: Understanding media	English	01:05 AM 03:35 AM 06:06 AM 08:36 AM 11:06 AM 01:36 PM 04:06 PM 06:36 PM 09:06 PM 11:36 PM
Mathematics	Ch-11: Perimeter and area, Part-2	English	01:26 AM 03:56 AM 06:26 AM 08:56 AM 11:26 AM 01:56 PM 04:27 PM 06:57 PM 09:27 PM 11:57 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM 04:20 AM 06:50 AM 09:21 AM 11:51 AM 02:21 PM 04:51 PM 07:21 PM 09:51 PM
शनिवार, 13 जनवरी 2024 Saturday, 13 January 2024			
गणित	पाठ-12: बीजीय व्यंजक	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:33 PM 08:03 PM 10:34 PM
सामान्य जागरूकता	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	12:41 AM 03:11 AM 05:41 AM 08:12 AM 10:42 AM 01:13 PM 03:43 PM 06:14 PM 08:44 PM 11:15 PM



संस्कृत	पाठ-1: सुभाषित -II	संस्कृत	12:41 AM 03:12 AM 05:42 AM 08:12 AM 10:43 AM 01:13 PM 03:44 PM 06:14 PM 08:45 PM 11:15 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	हिंदी	01:09 AM 03:39 AM 06:10 AM 08:40 AM 11:11 AM 01:41 PM 04:12 PM 06:42 PM 09:12 PM 11:43 PM
Storytelling	छोटा कौन बड़ा कौन	हिंदी	01:15 AM 03:45 AM 06:15 AM 08:46 AM 11:16 AM 01:47 PM 04:17 PM 06:48 PM 09:18 PM 11:49 PM
Geography	Ch-01: Environment	English	01:19 AM 03:49 AM 06:20 AM 08:50 AM 11:20 AM 01:51 PM 04:21 PM 06:52 PM 09:22 PM 11:53 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:28 AM 03:58 AM 06:29 AM 08:59 AM 11:30 AM 02:00 PM 04:31 PM 07:01 PM 09:32 PM
Science	Ch-4: Heat	English	01:29 AM 03:59 AM 06:30 AM 09:00 AM 11:31 AM 02:01 PM 04:32 PM 07:02 PM 09:32 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:51 AM 04:21 AM 06:51 AM 09:22 AM 11:52 AM 02:23 PM 04:53 PM 07:24 PM 09:54 PM
रविवार, 14 जनवरी 2024 Sunday, 14 January 2024			
Physical Education	COVID 19 Awareness	English	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:03 AM 12:34 PM 03:04 PM 05:35 PM 08:06 PM 10:37 PM
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया भाग-1	हिंदी	12:22 AM 02:53 AM 05:24 AM 07:55 AM 10:26 AM 12:57 PM 03:27 PM 05:58 PM 08:29 PM 11:00 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	हिंदी	12:48 AM 03:19 AM 05:50 AM 08:20 AM 10:51 AM 01:22 PM 03:53 PM 06:24 PM 08:54 PM 11:25 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:54 AM 03:24 AM 05:55 AM 08:26 AM 10:57 AM 01:28 PM 03:59 PM 06:29 PM 09:00 PM 11:31 PM



Art, Music & Dance	Nature in Dance Movements	English/hindi	12:54 AM 03:25 AM 05:56 AM 08:27 AM 10:58 AM 01:29 PM 03:59 PM 06:30 PM 09:01 PM 11:32 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	हर दिवस कला दिवस	हिंदी	01:02 AM 03:33 AM 06:03 AM 08:34 AM 11:05 AM 01:36 PM 04:07 PM 06:38 PM 09:08 PM 11:39 PM
Art, Music & Dance	Folk Dance-Mizoram	English/hindi	01:22 AM 03:53 AM 06:24 AM 08:55 AM 11:26 AM 01:57 PM 04:27 PM 06:58 PM 09:29 PM
General Awareness	e-waste management Block-2	English	01:31 AM 04:02 AM 06:32 AM 09:03 AM 11:34 AM 02:05 PM 04:36 PM 07:07 PM 09:37 PM
History	Ch-8: Devotional paths to divine-let us check what we remember-2	English	01:45 AM 04:16 AM 06:47 AM 09:17 AM 11:48 AM 02:19 PM 04:50 PM 07:21 PM 09:52 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:36 AM 07:07 AM 09:38 AM 12:09 PM 02:39 PM 05:10 PM 07:41 PM 10:12 PM
सोमवार, 15 जनवरी 2024 Monday, 15 January 2024			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
भूगोल	पाठ-1: पर्यावरण	हिंदी	12:25 AM 02:56 AM 05:27 AM 07:57 AM 10:28 AM 12:58 PM 03:29 PM 06:00 PM 08:30 PM 11:01 PM
सामान्य जागरूकता	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	12:54 AM 03:24 AM 05:55 AM 08:25 AM 10:56 AM 01:27 PM 03:57 PM 06:28 PM 08:58 PM 11:29 PM
General English	Episode 1 Greeting a Friend	English	12:54 AM 03:25 AM 05:55 AM 08:26 AM 10:56 AM 01:27 PM 03:58 PM 06:28 PM 08:59 PM 11:29 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:02 AM 03:33 AM 06:03 AM 08:34 AM 11:05 AM 01:35 PM 04:06 PM 06:36 PM 09:07 PM 11:38 PM



Storytelling	सुधीर तैलंग	हिंदी	01:03 AM 03:34 AM 06:04 AM 08:35 AM 11:05 AM 01:36 PM 04:07 PM 06:37 PM 09:08 PM 11:38 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	हिंदी	01:20 AM 03:51 AM 06:21 AM 08:52 AM 11:22 AM 01:53 PM 04:23 PM 06:54 PM 09:25 PM 11:55 PM
English	English, Ch-6: Mystery of the talking fan	English	01:26 AM 03:56 AM 06:27 AM 08:57 AM 11:28 AM 01:59 PM 04:29 PM 07:00 PM 09:30 PM
Mathematics	Ch-12: Algebraic Expression	English	01:34 AM 04:04 AM 06:35 AM 09:05 AM 11:36 AM 02:07 PM 04:37 PM 07:08 PM 09:38 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:36 AM 07:06 AM 09:37 AM 12:07 PM 02:38 PM 05:09 PM 07:39 PM 10:10 PM
मंगलवार, 16 जनवरी 2024 Tuesday, 16 January 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	हिंदी	12:29 AM 02:59 AM 05:29 AM 07:59 AM 10:29 AM 12:59 PM 03:29 PM 05:59 PM 08:29 PM 10:59 PM
हिन्दी	पाठ-12: वसंत-२: कंचा	हिंदी	12:34 AM 03:04 AM 05:34 AM 08:04 AM 10:34 AM 01:04 PM 03:34 PM 06:04 PM 08:34 PM 11:04 PM
General Awareness	Levers Around Us	English	12:58 AM 03:28 AM 05:58 AM 08:28 AM 10:58 AM 01:28 PM 03:58 PM 06:28 PM 08:58 PM 11:28 PM
Science	Ch-5: Acids, Bases and Salts	English	01:06 AM 03:36 AM 06:06 AM 08:36 AM 11:06 AM 01:36 PM 04:06 PM 06:36 PM 09:06 PM 11:36 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	01:34 AM 04:04 AM 06:34 AM 09:04 AM 11:34 AM 02:04 PM 04:34 PM 07:04 PM 09:34 PM



Storytelling	गुलज़ार बच्चों के साथ	हिंदी	01:39 AM 04:09 AM 06:39 AM 09:09 AM 11:39 AM 02:09 PM 04:39 PM 07:09 PM 09:39 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:52 AM 04:22 AM 06:52 AM 09:22 AM 11:52 AM 02:22 PM 04:52 PM 07:22 PM 09:52 PM
Geography	Ch-2: Inside our Earth	English	01:53 AM 04:23 AM 06:53 AM 09:23 AM 11:53 AM 02:23 PM 04:53 PM 07:23 PM 09:53 PM
Vocational	Personal hygiene and Health	English	02:08 AM 04:38 AM 07:08 AM 09:38 AM 12:08 PM 02:38 PM 05:08 PM 07:38 PM 10:08 PM
Vocational	Fishbone Stitch	English	02:18 AM 04:48 AM 07:18 AM 09:48 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:18 PM
बुधवार, 17 जनवरी 2024 Wednesday, 17 January 2024			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:33 PM 08:04 PM 10:34 PM
General Awareness	Fake-Whatsapp-Messages	English	12:25 AM 02:56 AM 05:27 AM 07:57 AM 10:28 AM 12:58 PM 03:29 PM 05:59 PM 08:30 PM 11:00 PM
उर्दू	ईदगाह	हिंदी	12:28 AM 02:58 AM 05:29 AM 07:59 AM 10:30 AM 01:01 PM 03:31 PM 06:02 PM 08:32 PM 11:03 PM
General Awareness	Fabric	English	12:56 AM 03:27 AM 05:57 AM 08:28 AM 10:58 AM 01:29 PM 03:59 PM 06:30 PM 09:00 PM 11:31 PM
Storytelling	आजादी की कहानी-3	हिंदी	01:05 AM 03:36 AM 06:06 AM 08:37 AM 11:07 AM 01:38 PM 04:08 PM 06:39 PM 09:10 PM 11:40 PM
General Awareness	e-waste management Film 2	English	01:17 AM 03:47 AM 06:18 AM 08:48 AM 11:19 AM 01:50 PM 04:20 PM 06:51 PM 09:21 PM 11:52 PM



सामान्य	Sustainable Food Systems Adopted	हिंदी	01:26 AM 03:56 AM 06:27 AM 08:58 AM 11:28 AM 01:59 PM 04:29 PM 07:00 PM 09:30 PM
Storytelling	अक्ल बड़ी या पूँछ	हिंदी	01:26 AM 03:57 AM 06:28 AM 08:58 AM 11:29 AM 01:59 PM 04:30 PM 07:00 PM 09:31 PM
History	Ch-9: The Making of Regional Cultures (Part-1)	English	01:28 AM 03:59 AM 06:30 AM 09:00 AM 11:31 AM 02:01 PM 04:32 PM 07:02 PM 09:33 PM
Mathematics	Ch-12: Algebraic Expression	English	01:42 AM 04:13 AM 06:43 AM 09:14 AM 11:45 AM 02:15 PM 04:46 PM 07:16 PM 09:47 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	02:14 AM 04:44 AM 07:15 AM 09:45 AM 12:16 PM 02:47 PM 05:17 PM 07:48 PM 10:18 PM
Vocational	Feather Stitch	English	02:19 AM 04:50 AM 07:20 AM 09:51 AM 12:21 PM 02:52 PM 05:22 PM 07:53 PM 10:24 PM
बृहस्पतिवार, 18 जनवरी 2024 Thursday, 18 January 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:01 AM 12:31 PM 03:01 PM 05:31 PM 08:02 PM 10:32 PM
Storytelling	सोने के अंडे देने वाली मुर्गी	हिंदी	12:30 AM 03:00 AM 05:30 AM 08:01 AM 10:31 AM 01:01 PM 03:32 PM 06:02 PM 08:32 PM 11:02 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:38 AM 03:08 AM 05:39 AM 08:09 AM 10:39 AM 01:09 PM 03:40 PM 06:10 PM 08:40 PM 11:11 PM
Art, Music & Dance	Folk Dance-Mizoram	English/hindi	12:55 AM 03:25 AM 05:56 AM 08:26 AM 10:56 AM 01:26 PM 03:57 PM 06:27 PM 08:57 PM 11:28 PM
Art & Craft	Slithering Snake	English	01:03 AM 03:34 AM 06:04 AM 08:34 AM 11:04 AM 01:35 PM 04:05 PM 06:35 PM 09:06 PM 11:36 PM



इतिहास	पाठ-4: मुगल साम्राज्य	हिंदी	01:05 AM 03:35 AM 06:06 AM 08:36 AM 11:06 AM 01:36 PM 04:07 PM 06:37 PM 09:07 PM 11:38 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	हिंदी	01:30 AM 04:00 AM 06:31 AM 09:01 AM 11:31 AM 02:01 PM 04:32 PM 07:02 PM 09:32 PM
English	English, Ch-6: Mystery of the talking fan	English	01:31 AM 04:01 AM 06:32 AM 09:02 AM 11:32 AM 02:02 PM 04:33 PM 07:03 PM 09:33 PM
Science	Ch-5: Acids, Bases and Salts	English	01:37 AM 04:07 AM 06:38 AM 09:08 AM 11:38 AM 02:09 PM 04:39 PM 07:09 PM 09:39 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:05 AM 09:36 AM 12:06 PM 02:36 PM 05:06 PM 07:37 PM 10:07 PM
शुक्रवार, 19 जनवरी 2024 Friday, 19 January 2024			
विज्ञान	पाठ-5: अम्ल क्षार और लवण	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:32 PM 08:03 PM 10:33 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:25 AM 02:56 AM 05:26 AM 07:57 AM 10:27 AM 12:57 PM 03:28 PM 05:58 PM 08:29 PM 10:59 PM
Art & Craft	String Mosquito	English	12:42 AM 03:13 AM 05:43 AM 08:14 AM 10:44 AM 01:14 PM 03:45 PM 06:15 PM 08:46 PM 11:16 PM
हिन्दी	दूर्वा-२, पाठ-12: शहीद झलकारी बाई	हिंदी	12:44 AM 03:14 AM 05:44 AM 08:15 AM 10:45 AM 01:16 PM 03:46 PM 06:16 PM 08:47 PM 11:17 PM
Storytelling	वो कुछ दिन	हिंदी	01:00 AM 03:30 AM 06:00 AM 08:31 AM 11:01 AM 01:32 PM 04:02 PM 06:32 PM 09:03 PM 11:33 PM
Storytelling	आजादी की कहानी-2	हिंदी	01:07 AM 03:38 AM 06:08 AM 08:39 AM 11:09 AM 01:39 PM 04:10 PM 06:40 PM 09:11 PM 11:41 PM



Political science	Ch-7: Markets around us	English	01:22 AM 03:53 AM 06:23 AM 08:53 AM 11:24 AM 01:54 PM 04:25 PM 06:55 PM 09:25 PM 11:56 PM
Storytelling	आम की टोकरी	हिंदी	01:37 AM 04:07 AM 06:38 AM 09:08 AM 11:38 AM 02:09 PM 04:39 PM 07:10 PM 09:40 PM
Mathematics	Ch-12: Algebraic Expression	English	01:39 AM 04:10 AM 06:40 AM 09:11 AM 11:41 AM 02:11 PM 04:42 PM 07:12 PM 09:43 PM
सामान्य जागरूकता	3 R's केंद्र और रिसायक्लिंग लैब (जीतो की वीडियो)	हिंदी	02:11 AM 04:41 AM 07:12 AM 09:42 AM 12:12 PM 02:43 PM 05:13 PM 07:44 PM 10:14 PM
Vocational	Feather Stitch	English	02:19 AM 04:49 AM 07:20 AM 09:50 AM 12:21 PM 02:51 PM 05:21 PM 07:52 PM 10:22 PM
शनिवार, 20 जनवरी 2024 Saturday, 20 January 2024			
गणित	पाठ-13: घातांक और घात भाग-1	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:31 PM 03:02 PM 05:32 PM 08:02 PM 10:33 PM
संस्कृत	बुद्धि बलवती	हिंदी	12:29 AM 02:59 AM 05:29 AM 08:00 AM 10:30 AM 01:00 PM 03:31 PM 06:01 PM 08:31 PM 11:02 PM
Geography	Ch-2: Inside our Earth	English	12:35 AM 03:05 AM 05:36 AM 08:06 AM 10:36 AM 01:07 PM 03:37 PM 06:07 PM 08:38 PM 11:08 PM
Storytelling	आजादी की कहानी-3	हिंदी	12:50 AM 03:21 AM 05:51 AM 08:21 AM 10:52 AM 01:22 PM 03:52 PM 06:23 PM 08:53 PM 11:23 PM
General English	Episode 12 Disagreeing 1	English	01:02 AM 03:32 AM 06:03 AM 08:33 AM 11:03 AM 01:34 PM 04:04 PM 06:34 PM 09:05 PM 11:35 PM
General Awareness	Gender Equality	English	01:16 AM 03:46 AM 06:16 AM 08:47 AM 11:17 AM 01:47 PM 04:18 PM 06:48 PM 09:18 PM 11:49 PM



Science	Ch-5: Acids, Bases and Salts	English	01:23 AM 03:53 AM 06:23 AM 08:54 AM 11:24 AM 01:54 PM 04:25 PM 06:55 PM 09:25 PM 11:56 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM 04:21 AM 06:51 AM 09:21 AM 11:52 AM 02:22 PM 04:52 PM 07:23 PM 09:53 PM
रविवार, 21 जनवरी 2024 Sunday, 21 January 2024			
राजनीति विज्ञान	पाठ-5: औरतों ने बदली दुनिया भाग- 2	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:33 PM 08:04 PM 10:34 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	हिंदी	12:32 AM 03:02 AM 05:33 AM 08:03 AM 10:34 AM 01:04 PM 03:35 PM 06:05 PM 08:36 PM 11:07 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	01:01 AM 03:32 AM 06:02 AM 08:33 AM 11:03 AM 01:34 PM 04:04 PM 06:35 PM 09:06 PM 11:36 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	01:19 AM 03:49 AM 06:20 AM 08:50 AM 11:21 AM 01:52 PM 04:22 PM 06:53 PM 09:23 PM 11:54 PM
सामान्य जागरूकता	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:36 AM 04:07 AM 06:37 AM 09:08 AM 11:39 AM 02:09 PM 04:40 PM 07:10 PM 09:41 PM
General Awareness	e-waste management Block- 2	English	01:37 AM 04:07 AM 06:38 AM 09:09 AM 11:39 AM 02:10 PM 04:40 PM 07:11 PM 09:41 PM
History	Ch-9: The Making of Regional Cultures (Part-1)	English	01:51 AM 04:22 AM 06:52 AM 09:23 AM 11:53 AM 02:24 PM 04:54 PM 07:25 PM 09:55 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:36 AM 07:06 AM 09:37 AM 12:07 PM 02:38 PM 05:08 PM 07:39 PM 10:09 PM
सोमवार, 22 जनवरी 2024 Monday, 22 January 2024			



विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:32 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	हिंदी	12:17 AM 02:48 AM 05:18 AM 07:49 AM 10:19 AM 12:50 PM 03:20 PM 05:51 PM 08:22 PM 10:52 PM
General	zoological-Survey-of-india	English	12:37 AM 03:08 AM 05:39 AM 08:09 AM 10:40 AM 01:10 PM 03:41 PM 06:11 PM 08:42 PM 11:13 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	हिंदी	12:40 AM 03:10 AM 05:41 AM 08:12 AM 10:42 AM 01:13 PM 03:43 PM 06:14 PM 08:44 PM 11:15 PM
Storytelling	सवाली राम जवाबो रानी	हिंदी	12:41 AM 03:11 AM 05:42 AM 08:13 AM 10:43 AM 01:14 PM 03:44 PM 06:15 PM 08:45 PM 11:16 PM
Storytelling	एक अनेक और एकता	हिंदी	12:56 AM 03:27 AM 05:57 AM 08:28 AM 10:59 AM 01:29 PM 04:00 PM 06:30 PM 09:01 PM 11:32 PM
General Awareness	Understanding the value of composting	English	01:03 AM 03:34 AM 06:04 AM 08:35 AM 11:06 AM 01:36 PM 04:07 PM 06:37 PM 09:08 PM 11:38 PM
English	English, Ch-7: The invention of vita-wonk, Dad & the Cat & the tree	English	01:14 AM 03:44 AM 06:15 AM 08:45 AM 11:16 AM 01:47 PM 04:17 PM 06:48 PM 09:18 PM 11:49 PM
सामान्य	शशकासन	हिंदी	01:39 AM 04:09 AM 06:40 AM 09:10 AM 11:41 AM 02:12 PM 04:42 PM 07:13 PM 09:43 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:41 AM 04:12 AM 06:42 AM 09:13 AM 11:43 AM 02:14 PM 04:44 PM 07:15 PM 09:46 PM
Vocational	Design and Tracing Methods (Heat Method)	English	02:03 AM 04:34 AM 07:05 AM 09:35 AM 12:06 PM 02:36 PM 05:07 PM 07:37 PM 10:08 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:36 AM 07:06 AM 09:37 AM 12:07 PM 02:38 PM 05:09 PM 07:39 PM 10:10 PM



मंगलवार, 23 जनवरी 2024
Tuesday, 23 January 2024

गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:29 PM 07:59 PM 10:29 PM
हिन्दी	पाठ-13:वसंत-२: एक तिनका	हिंदी	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:33 AM 01:03 PM 03:33 PM 06:03 PM 08:33 PM 11:03 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	12:58 AM 03:28 AM 05:58 AM 08:28 AM 10:58 AM 01:28 PM 03:58 PM 06:28 PM 08:58 PM 11:28 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:16 AM 03:46 AM 06:16 AM 08:46 AM 11:16 AM 01:46 PM 04:16 PM 06:46 PM 09:16 PM 11:46 PM
Science	Ch-12: Reproduction in plants	English	01:18 AM 03:48 AM 06:18 AM 08:48 AM 11:18 AM 01:48 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
सामान्य	सरदार वल्लभ भाई पटेल	हिंदी	01:44 AM 04:14 AM 06:44 AM 09:14 AM 11:44 AM 02:14 PM 04:44 PM 07:14 PM 09:44 PM
Geography	Ch-3: Our Changing Earth	English	01:48 AM 04:18 AM 06:48 AM 09:18 AM 11:48 AM 02:18 PM 04:48 PM 07:18 PM 09:48 PM
Vocational	Personal hygiene and Health	English	02:08 AM 04:38 AM 07:08 AM 09:38 AM 12:08 PM 02:38 PM 05:08 PM 07:38 PM 10:08 PM
Vocational	Fishbone Stitch	English	02:18 AM 04:48 AM 07:18 AM 09:48 AM 12:18 PM 02:48 PM 05:18 PM 07:48 PM 10:18 PM

बुधवार, 24 जनवरी 2024
Wednesday, 24 January 2024

विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
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DD Free Dish Channel #29



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Jio TV



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Dish TV Channel #2028

General Awareness	Fake-Whatsapp-Messages	English	12:17 AM 02:47 AM 05:17 AM 07:47 AM 10:17 AM 12:47 PM 03:17 PM 05:47 PM 08:17 PM 10:47 PM
उर्दू	ईदगाह	हिंदी	12:19 AM 02:49 AM 05:19 AM 07:49 AM 10:19 AM 12:49 PM 03:19 PM 05:49 PM 08:19 PM 10:49 PM
Art, Music & Dance	Kala Utsav 2022Vocal Music-Classical (Boy) Tamil Nadu	English/hindi	12:48 AM 03:18 AM 05:48 AM 08:18 AM 10:48 AM 01:18 PM 03:48 PM 06:18 PM 08:48 PM 11:18 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	हिंदी	12:53 AM 03:24 AM 05:54 AM 08:24 AM 10:54 AM 01:24 PM 03:54 PM 06:24 PM 08:54 PM 11:24 PM
General Awareness	Fabric	English	12:55 AM 03:26 AM 05:56 AM 08:26 AM 10:56 AM 01:26 PM 03:56 PM 06:26 PM 08:56 PM 11:26 PM
General Awareness	Segregation chip-chop	English	01:05 AM 03:35 AM 06:05 AM 08:35 AM 11:05 AM 01:35 PM 04:05 PM 06:35 PM 09:05 PM 11:35 PM
General English	Episode 3 Greeting Strangers	English	01:16 AM 03:46 AM 06:16 AM 08:46 AM 11:17 AM 01:47 PM 04:17 PM 06:47 PM 09:17 PM 11:47 PM
सामान्य जागरूकता	मछली साँस कैसे लेती है	हिंदी	01:28 AM 03:58 AM 06:28 AM 08:58 AM 11:28 AM 01:58 PM 04:29 PM 06:59 PM 09:29 PM 11:59 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	01:33 AM 04:03 AM 06:33 AM 09:03 AM 11:33 AM 02:03 PM 04:33 PM 07:03 PM 09:33 PM
History	Ch-9: The Making of Regional Cultures (Part-2)	English	01:34 AM 04:04 AM 06:34 AM 09:04 AM 11:34 AM 02:04 PM 04:34 PM 07:04 PM 09:34 PM
Mathematics	Ch-13: Exponents and powers part-1	English	01:51 AM 04:21 AM 06:51 AM 09:21 AM 11:51 AM 02:21 PM 04:51 PM 07:21 PM 09:51 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	02:13 AM 04:43 AM 07:13 AM 09:43 AM 12:13 PM 02:43 PM 05:13 PM 07:43 PM 10:13 PM

Vocational	Feather Stitch	English	02:19 AM 04:49 AM 07:19 AM 09:49 AM 12:19 PM 02:49 PM 05:19 PM 07:49 PM 10:19 PM
बृहस्पतिवार, 25 जनवरी 2024 Thursday, 25 January 2024			
गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:33 AM 01:03 PM 03:33 PM 06:04 PM 08:34 PM 11:04 PM
इतिहास	पाठ-4: मुगल साम्राज्य भाग- 2	हिंदी	12:50 AM 03:20 AM 05:50 AM 08:20 AM 10:50 AM 01:20 PM 03:50 PM 06:21 PM 08:51 PM 11:21 PM
Patriotic song	Rashtra gan (राष्ट्र गान)	हिंदी	01:11 AM 03:41 AM 06:11 AM 08:41 AM 11:11 AM 01:41 PM 04:12 PM 06:42 PM 09:12 PM 11:42 PM
English	English, Ch-7: The invention of vita-wonk, Dad & the Cat & the tree	English	01:12 AM 03:42 AM 06:12 AM 08:42 AM 11:12 AM 01:43 PM 04:13 PM 06:43 PM 09:13 PM 11:43 PM
सामान्य जागरूकता	RBI - ऑनलाइन डिजिटल पेमेंट्स अब चुटकी में	हिंदी	01:37 AM 04:07 AM 06:37 AM 09:07 AM 11:37 AM 02:08 PM 04:38 PM 07:08 PM 09:38 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	01:38 AM 04:08 AM 06:38 AM 09:08 AM 11:38 AM 02:08 PM 04:38 PM 07:08 PM 09:38 PM
Science	Ch-12: Reproduction in plants	English	01:38 AM 04:08 AM 06:38 AM 09:08 AM 11:38 AM 02:09 PM 04:39 PM 07:09 PM 09:39 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:05 AM 09:35 AM 12:05 PM 02:35 PM 05:05 PM 07:35 PM 10:05 PM
शुक्रवार, 26 जनवरी 2024 Friday, 26 January 2024			



विज्ञान	पाठ-6: भौतिक एवं रासायनिक परिवर्तन	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:32 PM 03:02 PM 05:33 PM 08:03 PM 10:33 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	हिंदी	12:17 AM 02:47 AM 05:18 AM 07:48 AM 10:19 AM 12:49 PM 03:20 PM 05:50 PM 08:20 PM 10:51 PM
हिन्दी	दूर्वा-२, पाठ-13: नृत्यांगना सुधा चंद्रन	हिंदी	12:34 AM 03:04 AM 05:35 AM 08:05 AM 10:36 AM 01:06 PM 03:37 PM 06:07 PM 08:37 PM 11:08 PM
General English	Episode 3 Greeting Strangers	English	12:46 AM 03:16 AM 05:46 AM 08:17 AM 10:47 AM 01:18 PM 03:48 PM 06:19 PM 08:49 PM 11:19 PM
Patriotic song	Rashtra gan (राष्ट्र गान)	हिंदी	12:58 AM 03:28 AM 05:58 AM 08:29 AM 10:59 AM 01:30 PM 04:00 PM 06:31 PM 09:01 PM 11:31 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	12:59 AM 03:29 AM 06:00 AM 08:30 AM 11:00 AM 01:31 PM 04:01 PM 06:32 PM 09:02 PM 11:33 PM
सामान्य	अर्ध चक्रासन	हिंदी	01:16 AM 03:47 AM 06:17 AM 08:48 AM 11:18 AM 01:48 PM 04:19 PM 06:49 PM 09:20 PM 11:50 PM
Art, Music & Dance	Kala Utsav 2022Vocal Music-Classical (Boy) Tamil Nadu	English/hindi	01:18 AM 03:49 AM 06:19 AM 08:49 AM 11:20 AM 01:50 PM 04:21 PM 06:51 PM 09:22 PM 11:52 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	हिंदी	01:24 AM 03:54 AM 06:25 AM 08:55 AM 11:26 AM 01:56 PM 04:27 PM 06:57 PM 09:28 PM 11:58 PM
Political science	Ch-8: A shirt in the market	English	01:25 AM 03:55 AM 06:26 AM 08:56 AM 11:27 AM 01:57 PM 04:27 PM 06:58 PM 09:28 PM 11:59 PM
Storytelling	बिल्ली कैसे रहने आई आदमी के साथ	हिंदी	01:37 AM 04:08 AM 06:38 AM 09:09 AM 11:39 AM 02:09 PM 04:40 PM 07:10 PM 09:41 PM

सामान्य जागरूकता	जेंडर समानता	हिंदी	01:45 AM 04:15 AM 06:45 AM 09:16 AM 11:46 AM 02:17 PM 04:47 PM 07:18 PM 09:48 PM
Art, Music & Dance	Kala Utsav (कला उत्सव)-2022	English/hindi	01:52 AM 04:22 AM 06:53 AM 09:23 AM 11:54 AM 02:24 PM 04:54 PM 07:25 PM 09:55 PM
Storytelling	आम की टोकरी	हिंदी	01:59 AM 04:30 AM 07:00 AM 09:31 AM 12:01 PM 02:31 PM 05:02 PM 07:32 PM 10:03 PM
Mathematics	Ch-13: Exponents and powers part-1	English	02:02 AM 04:32 AM 07:03 AM 09:33 AM 12:04 PM 02:34 PM 05:04 PM 07:35 PM 10:05 PM
Vocational	Feather Stitch	English	02:24 AM 04:55 AM 07:25 AM 09:56 AM 12:26 PM 02:56 PM 05:27 PM 07:57 PM 10:28 PM
शनिवार, 27 जनवरी 2024 Saturday, 27 January 2024			
गणित	पाठ-13: घातांक और घात भाग-2	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
संस्कृत	बुद्धिर्यस्य बलमतस्य	हिंदी	12:33 AM 03:03 AM 05:33 AM 08:03 AM 10:33 AM 01:03 PM 03:33 PM 06:03 PM 08:33 PM 11:03 PM
Geography	Ch-3: Our Changing Earth	English	12:42 AM 03:12 AM 05:42 AM 08:12 AM 10:42 AM 01:12 PM 03:42 PM 06:12 PM 08:42 PM 11:13 PM
Art, Music & Dance	Nature in Dance Movements	English/hindi	01:03 AM 03:33 AM 06:03 AM 08:33 AM 11:03 AM 01:33 PM 04:03 PM 06:33 PM 09:03 PM 11:33 PM
General English	Episode 12 Disagreeing 1	English	01:10 AM 03:40 AM 06:10 AM 08:40 AM 11:10 AM 01:40 PM 04:10 PM 06:40 PM 09:10 PM 11:40 PM
Science	Ch-12: Reproduction in plants	English	01:24 AM 03:54 AM 06:24 AM 08:54 AM 11:24 AM 01:54 PM 04:24 PM 06:54 PM 09:24 PM 11:54 PM



Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	हिंदी	01:50 AM 04:20 AM 06:50 AM 09:20 AM 11:50 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM
रविवार, 28 जनवरी 2024 Sunday, 28 January 2024			
Physical Education	COVID 19 Awareness	English	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:01 AM 12:31 PM 03:01 PM 05:32 PM 08:02 PM 10:32 PM
राजनीति विज्ञान	पाठ-6: संचार माध्यमों को समझना	हिंदी	12:20 AM 02:51 AM 05:21 AM 07:51 AM 10:22 AM 12:52 PM 03:22 PM 05:52 PM 08:23 PM 10:53 PM
सामान्य	India-Pavilion-at-COP27- Mission	हिंदी	12:43 AM 03:14 AM 05:44 AM 08:14 AM 10:44 AM 01:15 PM 03:45 PM 06:15 PM 08:46 PM 11:16 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-5	हिंदी	12:46 AM 03:16 AM 05:47 AM 08:17 AM 10:47 AM 01:18 PM 03:48 PM 06:18 PM 08:49 PM 11:19 PM
General Awareness	Fabric	English	01:05 AM 03:36 AM 06:06 AM 08:36 AM 11:07 AM 01:37 PM 04:07 PM 06:37 PM 09:08 PM 11:38 PM
सामान्य	Healthy Lifestyle Adopted	हिंदी	01:14 AM 03:45 AM 06:15 AM 08:45 AM 11:16 AM 01:46 PM 04:16 PM 06:47 PM 09:17 PM 11:47 PM
Thunderstorm and Lighting	आंधी तूफान	हिंदी	01:15 AM 03:45 AM 06:16 AM 08:46 AM 11:16 AM 01:46 PM 04:17 PM 06:47 PM 09:17 PM 11:48 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	01:16 AM 03:46 AM 06:16 AM 08:47 AM 11:17 AM 01:47 PM 04:18 PM 06:48 PM 09:18 PM 11:49 PM
सामान्य जागरूकता	RBI - डिजिटल पेमेंट अपनाओ औरों को भी सिखाएं	हिंदी	01:33 AM 04:04 AM 06:34 AM 09:04 AM 11:35 AM 02:05 PM 04:35 PM 07:06 PM 09:36 PM
General Awareness	e-waste management Block- 2	English	01:34 AM 04:04 AM 06:35 AM 09:05 AM 11:35 AM 02:05 PM 04:36 PM 07:06 PM 09:36 PM



History	Ch-9: The Making of Regional Cultures (Part-2)	English	01:48 AM 04:18 AM 06:49 AM 09:19 AM 11:49 AM 02:20 PM 04:50 PM 07:20 PM 09:51 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:05 AM 04:35 AM 07:05 AM 09:36 AM 12:06 PM 02:36 PM 05:07 PM 07:37 PM 10:07 PM
सोमवार, 29 जनवरी 2024 Monday, 29 January 2024			
विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	12:00 AM 02:29 AM 04:59 AM 07:29 AM 09:59 AM 12:29 PM 02:59 PM 05:29 PM 07:59 PM 10:29 PM
भूगोल	पाठ-3: हमारी बदलती पृथ्वी	हिंदी	12:18 AM 02:48 AM 05:18 AM 07:48 AM 10:18 AM 12:48 PM 03:18 PM 05:47 PM 08:17 PM 10:47 PM
General	zoological-Survey-of-india	English	12:42 AM 03:12 AM 05:42 AM 08:12 AM 10:42 AM 01:12 PM 03:42 PM 06:12 PM 08:42 PM 11:12 PM
Storytelling	सवाली राम जवाबो रानी	हिंदी	12:45 AM 03:15 AM 05:44 AM 08:14 AM 10:44 AM 01:14 PM 03:44 PM 06:14 PM 08:44 PM 11:14 PM
General Awareness	Understanding the value of composting	English	01:00 AM 03:30 AM 06:00 AM 08:30 AM 11:00 AM 01:30 PM 04:00 PM 06:30 PM 09:00 PM 11:29 PM
English	English, Ch-7: Dad and the cat and the tree	English	01:10 AM 03:40 AM 06:10 AM 08:40 AM 11:10 AM 01:40 PM 04:10 PM 06:40 PM 09:10 PM 11:40 PM
सामान्य	शशकासन	हिंदी	01:34 AM 04:04 AM 06:34 AM 09:04 AM 11:34 AM 02:04 PM 04:34 PM 07:04 PM 09:34 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:37 AM 04:07 AM 06:37 AM 09:06 AM 11:36 AM 02:06 PM 04:36 PM 07:06 PM 09:36 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	हिंदी	02:04 AM 04:34 AM 07:04 AM 09:34 AM 12:04 PM 02:34 PM 05:04 PM 07:34 PM 10:04 PM



मंगलवार, 30 जनवरी 2024
Tuesday, 30 January 2024

गणित	पाठ-14: सममिति	हिंदी	12:00 AM 02:30 AM 05:01 AM 07:31 AM 10:02 AM 12:33 PM 03:03 PM 05:34 PM 08:04 PM 10:35 PM
Art & Craft	3D Kaleidoscope	English	12:32 AM 03:02 AM 05:33 AM 08:03 AM 10:34 AM 01:05 PM 03:35 PM 06:06 PM 08:36 PM 11:07 PM
हिन्दी	पाठ-15: वसंत-२:नीलकंठ	हिंदी	12:35 AM 03:05 AM 05:36 AM 08:07 AM 10:37 AM 01:08 PM 03:39 PM 06:09 PM 08:40 PM 11:10 PM
Storytelling	मियाँ गुमसुम और बत्तो रानी-6	हिंदी	12:44 AM 03:14 AM 05:45 AM 08:15 AM 10:46 AM 01:17 PM 03:47 PM 06:18 PM 08:49 PM 11:19 PM
Storytelling	सुधीर तैलंग	हिंदी	01:01 AM 03:32 AM 06:02 AM 08:33 AM 11:04 AM 01:34 PM 04:05 PM 06:36 PM 09:06 PM 11:37 PM
General	MOTHER EARTH Prakriti English Subtitles	English	01:18 AM 03:49 AM 06:19 AM 08:50 AM 11:20 AM 01:51 PM 04:22 PM 06:52 PM 09:23 PM 11:54 PM
Storytelling	बस के नीचे बाग़	हिंदी	01:20 AM 03:51 AM 06:21 AM 08:52 AM 11:22 AM 01:53 PM 04:24 PM 06:54 PM 09:25 PM 11:56 PM
Science	Ch-13:Motion And Time (Part-1)	English	01:26 AM 03:56 AM 06:27 AM 08:58 AM 11:28 AM 01:59 PM 04:30 PM 07:00 PM 09:31 PM
सामान्य	सरदार वल्लभ भाई पटेल	हिंदी	01:45 AM 04:16 AM 06:46 AM 09:17 AM 11:47 AM 02:18 PM 04:49 PM 07:19 PM 09:50 PM
Geography	Ch-4: Air	English	01:48 AM 04:19 AM 06:50 AM 09:20 AM 11:51 AM 02:21 PM 04:52 PM 07:23 PM 09:53 PM
COVID19 Awareness	बदलकर अपना व्यवहार, करें कोरोना पर वार	हिंदी	02:07 AM 04:38 AM 07:08 AM 09:39 AM 12:09 PM 02:40 PM 05:11 PM 07:41 PM 10:12 PM



DD Free Dish Channel #29



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

Vocational	Personal hygiene and Health	English	02:09 AM 04:39 AM 07:10 AM 09:40 AM 12:11 PM 02:42 PM 05:12 PM 07:43 PM 10:14 PM
Vocational	Fishbone Stitch	English	02:19 AM 04:50 AM 07:20 AM 09:51 AM 12:21 PM 02:52 PM 05:23 PM 07:53 PM 10:24 PM
बुधवार, 31 जनवरी 2024 Wednesday, 31 January 2024			
विज्ञान	पाठ-10: जीवों में श्वसन	हिंदी	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:00 PM 05:30 PM 08:00 PM 10:30 PM
General Awareness	Fake-Whatsapp-Messages	English	12:18 AM 02:48 AM 05:18 AM 07:48 AM 10:18 AM 12:48 PM 03:18 PM 05:49 PM 08:19 PM 10:49 PM
उर्दू	ईदगाह	हिंदी	12:20 AM 02:50 AM 05:20 AM 07:50 AM 10:21 AM 12:51 PM 03:21 PM 05:51 PM 08:21 PM 10:51 PM
सामान्य	MOTHER EARTH Prakriti Hindi Subtitles	हिंदी	12:49 AM 03:19 AM 05:49 AM 08:19 AM 10:49 AM 01:19 PM 03:49 PM 06:19 PM 08:49 PM 11:19 PM
Storytelling	आम की टोकरी	हिंदी	12:51 AM 03:21 AM 05:51 AM 08:21 AM 10:51 AM 01:21 PM 03:51 PM 06:21 PM 08:51 PM 11:21 PM
Art & Craft	Slithering Snake	English	12:53 AM 03:23 AM 05:53 AM 08:23 AM 10:53 AM 01:24 PM 03:54 PM 06:24 PM 08:54 PM 11:24 PM
General Awareness	Fabric	English	12:55 AM 03:25 AM 05:55 AM 08:25 AM 10:55 AM 01:25 PM 03:55 PM 06:25 PM 08:55 PM 11:25 PM
General English	Episode 3 Greeting Strangers	English	01:04 AM 03:34 AM 06:04 AM 08:34 AM 11:04 AM 01:34 PM 04:04 PM 06:34 PM 09:04 PM 11:35 PM



Storytelling	आजादी की कहानी-2	हिंदी	01:16 AM 03:46 AM 06:16 AM 08:46 AM 11:16 AM 01:46 PM 04:16 PM 06:46 PM 09:16 PM 11:47 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	हिंदी	01:31 AM 04:01 AM 06:31 AM 09:01 AM 11:31 AM 02:01 PM 04:31 PM 07:01 PM 09:31 PM
General Awareness	Social Networking	English	01:32 AM 04:02 AM 06:32 AM 09:02 AM 11:32 AM 02:02 PM 04:32 PM 07:02 PM 09:32 PM
History	Ch-10: Eighteenth century political formations (Part-1)	English	01:36 AM 04:06 AM 06:36 AM 09:06 AM 11:36 AM 02:06 PM 04:36 PM 07:06 PM 09:36 PM
Mathematics	Ch-13: Exponents and powers part-2	English	01:46 AM 04:16 AM 06:46 AM 09:16 AM 11:46 AM 02:16 PM 04:46 PM 07:16 PM 09:46 PM
सामान्य जागरूकता	पारस्परिक संबंध	हिंदी	02:13 AM 04:43 AM 07:13 AM 09:44 AM 12:14 PM 02:44 PM 05:14 PM 07:44 PM 10:14 PM
Vocational	Feather Stitch	English	02:19 AM 04:49 AM 07:19 AM 09:49 AM 12:19 PM 02:49 PM 05:19 PM 07:49 PM 10:19 PM

