

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

दिसंबर 2023
December 2023

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शुक्रवार, 01 दिसंबर 2023 Friday, 01 December 2023			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	Hindi	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
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-2	Hindi	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 जागरूकता	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:47 AM 03:17 AM 05:48 AM 08:18 AM 10:48 AM 01:19 PM 03:49 PM 06:20 PM 08:50 PM 11:21 PM
हिन्दी	दूर्वा-२, पाठ-५: थोड़ी धरती पाउ	Hindi	12:53 AM 03:23 AM 05:54 AM 08:24 AM 10:55 AM 01:25 PM 03:56 PM 06:26 PM 08:57 PM 11:27 PM
Earthquake	Earthquake - Drop, Cover, Hold technique	English	01:20 AM 03:51 AM 06:21 AM 08:51 AM 11:22 AM 01:52 PM 04:23 PM 06:53 PM 09:24 PM 11:54 PM
सामान्य जागरूकता	आज़ादी की अमृत कहानियाँ (टेस्सी)	Hindi	01:23 AM 03:54 AM 06:24 AM 08:55 AM 11:25 AM 01:56 PM 04:26 PM 06:57 PM 09:27 PM 11:58 PM



Storytelling/Value Education	आम की टोकरी	Hindi	01:26 AM 03:56 AM 06:27 AM 08:57 AM 11:28 AM 01:58 PM 04:29 PM 06:59 PM 09:30 PM
सामान्य	वज्रासन	Hindi	01:28 AM 03:59 AM 06:29 AM 09:00 AM 11:30 AM 02:01 PM 04:31 PM 07:02 PM 09:32 PM
Political science	Ch-8: A shirt in the market	English	01:31 AM 04:01 AM 06:32 AM 09:02 AM 11:33 AM 02:03 PM 04:34 PM 07:04 PM 09:35 PM
Mathematics	Ch-7: Congruence of triangles	English	01:45 AM 04:16 AM 06:46 AM 09:17 AM 11:47 AM 02:18 PM 04:48 PM 07:19 PM 09:49 PM
Vocational	Finishing and costing of embroidered Products	English	02:13 AM 04:43 AM 07:14 AM 09:44 AM 12:15 PM 02:45 PM 05:16 PM 07:46 PM 10:17 PM
शनिवार, 02 दिसंबर 2023 Saturday, 02 December 2023			
गणित	पाठ-8: राशियों की तुलना	Hindi	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	किशोरावस्था की ओर	Hindi	12:34 AM 03:05 AM 05:35 AM 08:06 AM 10:36 AM 01:06 PM 03:37 PM 06:07 PM 08:38 PM 11:08 PM
General Awareness	Understanding the value of composting	English	12:47 AM 03:17 AM 05:48 AM 08:18 AM 10:49 AM 01:19 PM 03:50 PM 06:20 PM 08:50 PM 11:21 PM
संस्कृत	भूपति मयादस	Hindi	12:57 AM 03:28 AM 05:58 AM 08:29 AM 10:59 AM 01:30 PM 04:00 PM 06:30 PM 09:01 PM 11:31 PM
Storytelling/Value Education	सुधीर तैलंग	Hindi	01:06 AM 03:37 AM 06:07 AM 08:37 AM 11:08 AM 01:38 PM 04:09 PM 06:39 PM 09:10 PM 11:40 PM



Geography	Ch-2: Inside our Earth	English	01:25 AM 03:55 AM 06:25 AM 08:56 AM 11:26 AM 01:57 PM 04:27 PM 06:58 PM 09:28 PM 11:58 PM
Science	Ch-14: Electric Current and Its Effects	English	01:44 AM 04:14 AM 06:45 AM 09:15 AM 11:46 AM 02:16 PM 04:47 PM 07:17 PM 09:47 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:07 PM 02:37 PM 05:08 PM 07:38 PM 10:08 PM
रविवार, 03 दिसंबर 2023 Sunday, 03 December 2023			
Physical Education	COVID 19 Awareness	English	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
राजनीति विज्ञान	पाठ-8: बाज़ार में एक कमीज़ (Part-1)	Hindi	12:20 AM 02:51 AM 05:21 AM 07:52 AM 10:22 AM 12:53 PM 03:23 PM 05:54 PM 08:25 PM 10:55 PM
Storytelling/Value Education	नन्हा फ़नकार	Hindi	12:31 AM 03:02 AM 05:32 AM 08:03 AM 10:33 AM 01:04 PM 03:35 PM 06:05 PM 08:36 PM 11:06 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav – 2022 –Dance- Classical (Girl) Kerala	English/hindi	12:46 AM 03:16 AM 05:47 AM 08:17 AM 10:48 AM 01:18 PM 03:49 PM 06:19 PM 08:50 PM 11:20 PM
Earthquake	Earthquake resistant house	English	12:52 AM 03:22 AM 05:53 AM 08:23 AM 10:54 AM 01:24 PM 03:55 PM 06:25 PM 08:56 PM 11:26 PM
General Awareness	e-waste management Block-1	English	12:53 AM 03:24 AM 05:54 AM 08:25 AM 10:55 AM 01:26 PM 03:56 PM 06:27 PM 08:57 PM 11:28 PM



Cultural Heritage: Art, Music & Dance	Kala Utsav 2022Vocal Music- Classical (Girl) Maharashtra	English/hindi	01:05 AM 03:36 AM 06:06 AM 08:37 AM 11:07 AM 01:38 PM 04:09 PM 06:39 PM 09:10 PM 11:40 PM
General English	Episode 13 Disagreeing 2	English	01:14 AM 03:44 AM 06:15 AM 08:45 AM 11:16 AM 01:46 PM 04:17 PM 06:47 PM 09:18 PM 11:48 PM
सामान्य जागरूकता	रौशनी और रंग	Hindi	01:28 AM 03:59 AM 06:29 AM 09:00 AM 11:30 AM 02:01 PM 04:31 PM 07:02 PM 09:32 PM
History	Ch-2: New Kings & Kingdom	English	01:44 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
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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, 04 दिसंबर 2023 Monday, 04 December 2023			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	Hindi	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:03 AM 12:34 PM 03:05 PM 05:35 PM 08:06 PM 10:37 PM
भूगोल	पाठ-2: हमारी पृथ्वी के अंदर	Hindi	12:28 AM 02:59 AM 05:30 AM 08:01 AM 10:32 AM 01:03 PM 03:33 PM 06:04 PM 08:35 PM 11:06 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	12:47 AM 03:18 AM 05:49 AM 08:20 AM 10:51 AM 01:21 PM 03:52 PM 06:23 PM 08:54 PM 11:25 PM
General Awareness	e-waste management Film 3	English	12:53 AM 03:24 AM 05:55 AM 08:26 AM 10:56 AM 01:27 PM 03:58 PM 06:29 PM 09:00 PM 11:31 PM



English	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-2	English	12:58 AM 03:29 AM 05:59 AM 08:30 AM 11:01 AM 01:32 PM 04:03 PM 06:34 PM 09:04 PM 11:35 PM
Earthquake	Earthquake - What to do when indoors during an earthquake	English	01:18 AM 03:49 AM 06:20 AM 08:51 AM 11:22 AM 01:53 PM 04:23 PM 06:54 PM 09:25 PM 11:56 PM
सामान्य जागरूकता	आजादी की अमृत कहानियाँ (अंश)	Hindi	01:20 AM 03:51 AM 06:22 AM 08:53 AM 11:24 AM 01:54 PM 04:25 PM 06:56 PM 09:27 PM 11:58 PM
General Awareness	e-waste management Block-1	English	01:23 AM 03:53 AM 06:24 AM 08:55 AM 11:26 AM 01:57 PM 04:28 PM 06:58 PM 09:29 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	बोतल मकड़ी (Bottle spider)	Hindi	01:35 AM 04:06 AM 06:36 AM 09:07 AM 11:38 AM 02:09 PM 04:40 PM 07:11 PM 09:41 PM
Mathematics	Ch-7: Congruence of triangles	English	01:38 AM 04:08 AM 06:39 AM 09:10 AM 11:41 AM 02:12 PM 04:43 PM 07:13 PM 09:44 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:36 AM 07:07 AM 09:38 AM 12:09 PM 02:40 PM 05:10 PM 07:41 PM 10:12 PM
मंगलवार, 05 दिसंबर 2023 Tuesday, 05 December 2023			
गणित	पाठ-8: राशियों की तुलना भाग-2	Hindi	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:02 AM 12:33 PM 03:04 PM 05:35 PM 08:05 PM 10:36 PM
हिन्दी	वसंत-२, पाठ-6: रक्त और हमारा शरीर	Hindi	12:34 AM 03:05 AM 05:36 AM 08:06 AM 10:37 AM 01:08 PM 03:39 PM 06:09 PM 08:40 PM 11:11 PM
Earthquake	Earthquake - What to do when outside during an earthquake	English	12:51 AM 03:22 AM 05:52 AM 08:23 AM 10:54 AM 01:25 PM

			03:55 PM 06:26 PM 08:57 PM 11:27 PM
Storytelling/Value Education	आज़ादी की कहानी-2	Hindi	12:53 AM 03:24 AM 05:54 AM 08:25 AM 10:56 AM 01:26 PM 03:57 PM 06:28 PM 08:59 PM 11:29 PM
Storytelling/Value Education	I have got 10 little fingers	English	01:08 AM 03:38 AM 06:09 AM 08:40 AM 11:10 AM 01:41 PM 04:12 PM 06:43 PM 09:13 PM 11:44 PM
Science	Ch-15: Light	English	01:17 AM 03:47 AM 06:18 AM 08:49 AM 11:20 AM 01:50 PM 04:21 PM 06:52 PM 09:22 PM 11:53 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:43 AM 04:14 AM 06:45 AM 09:15 AM 11:46 AM 02:17 PM 04:48 PM 07:18 PM 09:49 PM
Geography	Ch-2: Inside our Earth	English	01:46 AM 04:17 AM 06:47 AM 09:18 AM 11:49 AM 02:19 PM 04:50 PM 07:21 PM 09:52 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:36 AM 07:07 AM 09:37 AM 12:08 PM 02:39 PM 05:10 PM 07:40 PM 10:11 PM
बुधवार, 06 दिसंबर 2023 Wednesday, 06 December 2023			
विज्ञान	पाठ-14: विद्युत धारा और इसके प्रभाव	Hindi	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
उर्दू	ईदगाह	Hindi	12:28 AM 02:58 AM 05:28 AM 07:58 AM 10:28 AM 12:58 PM 03:28 PM 05:58 PM 08:28 PM 10:58 PM
General Awareness	Segregation chip-chop	English	12:57 AM 03:27 AM 05:57 AM 08:27 AM 10:57 AM 01:26 PM 03:56 PM 06:26 PM 08:56 PM 11:26 PM



History	Ch-2: New King & Kingdom	English	01:10 AM 03:40 AM 06:10 AM 08:40 AM 11:10 AM 01:40 PM 04:09 PM 06:39 PM 09:09 PM 11:39 PM
Earthquake	Earthquake - भूकंप के दौरान क्या करना चाहिए	Hindi	01:30 AM 04:00 AM 06:30 AM 09:00 AM 11:30 AM 02:00 PM 04:30 PM 07:00 PM 09:30 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	Hindi	01:31 AM 04:01 AM 06:31 AM 09:01 AM 11:31 AM 02:01 PM 04:30 PM 07:00 PM 09:30 PM
Mathematics	Ch-7: Congruence of triangles	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
Vocational	Personal hygiene and Health	English	02:14 AM 04:44 AM 07:14 AM 09:44 AM 12:14 PM 02:44 PM 05:14 PM 07:44 PM 10:14 PM
बृहस्पतिवार, 07 दिसंबर 2023 Thursday, 07 December 2023			
गणित	पाठ-8: राशियों की तुलना	Hindi	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
इतिहास	पाठ-7: जनजातियां, खानाबदोश और एक जगह बसे हुए समुदाय	Hindi	12:34 AM 03:04 AM 05:34 AM 08:04 AM 10:34 AM 01:04 PM 03:35 PM 06:05 PM 08:35 PM 11:05 PM
Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	English/hindi	01:04 AM 03:34 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
English	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-2	English	01:13 AM 03:43 AM 06:13 AM 08:43 AM 11:13 AM 01:43 PM 04:13 PM 06:43 PM 09:13 PM 11:43 PM
Earthquake	Earthquake - सांकेतिक भाषा - जानिए घर बनाते समय भूकंप से	Hindi	01:33 AM 04:03 AM 06:34 AM 09:04 AM 11:34 AM 02:04 PM 04:34 PM 07:04 PM 09:34 PM



	सुरक्षित रखने के लिए क्या कर सकते हैं		
General Awareness	Real life situations- garbage burning and what to do	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
Science	Ch-14: Electric Current and Its Effects	English	01:45 AM 04:15 AM 06:46 AM 09:16 AM 11:46 AM 02:16 PM 04:46 PM 07:16 PM 09:46 PM
सामान्य	नाड़ीशोधन प्राणायाम	Hindi	02:06 AM 04:36 AM 07:07 AM 09:37 AM 12:07 PM 02:37 PM 05:07 PM 07:37 PM 10:07 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:10 AM 04:40 AM 07:10 AM 09:40 AM 12:10 PM 02:40 PM 05:10 PM 07:40 PM 10:10 PM
शुक्रवार, 08 दिसंबर 2023 Friday, 08 December 2023			
विज्ञान	पाठ-15: प्रकाश	Hindi	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
हिन्दी	दूर्वा-२, पाठ-6: गारो	Hindi	12:40 AM 03:10 AM 05:41 AM 08:11 AM 10:41 AM 01:12 PM 03:42 PM 06:13 PM 08:43 PM 11:14 PM
सामान्य	शशकासन	Hindi	12:58 AM 03:29 AM 05:59 AM 08:29 AM 11:00 AM 01:30 PM 04:01 PM 06:31 PM 09:02 PM 11:32 PM
General Awareness	Real life situations- garbage burning and what to do	English	01:00 AM 03:31 AM 06:01 AM 08:32 AM 11:02 AM 01:33 PM 04:03 PM 06:34 PM 09:04 PM 11:35 PM
Earthquake	Earthquake - are you safe	English	01:12 AM 03:42 AM 06:13 AM 08:43 AM 11:14 AM 01:44 PM 04:15 PM 06:45 PM 09:16 PM 11:46 PM
Political science	Ch-1: Equality in Indian Democracy	English	01:13 AM 03:44 AM 06:14 AM 08:44 AM 11:15 AM 01:45 PM



			04:16 PM 06:46 PM 09:17 PM 11:47 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:39 AM 04:09 AM 06:40 AM 09:10 AM 11:41 AM 02:11 PM 04:42 PM 07:12 PM 09:43 PM
Mathematics	Ch-8: Comparing quantities	English	01:42 AM 04:12 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 02:43 PM 05:14 PM 07:44 PM 10:15 PM
शनिवार, 09 दिसंबर 2023 Saturday, 09 December 2023			
गणित	पाठ-8: राशियों की तुलना भाग-2	Hindi	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:01 PM 05:31 PM 08:01 PM 10:31 PM
संस्कृत	चतुर बानर	Hindi	12:34 AM 03:05 AM 05:35 AM 08:05 AM 10:35 AM 01:05 PM 03:35 PM 06:06 PM 08:36 PM 11:06 PM
Geography	Ch-3: Our Changing Earth	English	12:43 AM 03:13 AM 05:43 AM 08:13 AM 10:43 AM 01:14 PM 03:44 PM 06:14 PM 08:44 PM 11:14 PM
Storytelling/Value Education	Birthday Party	English	01:02 AM 03:32 AM 06:03 AM 08:33 AM 11:03 AM 01:33 PM 04:03 PM 06:33 PM 09:04 PM 11:34 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:17 AM 03:47 AM 06:17 AM 08:47 AM 11:17 AM 01:47 PM 04:18 PM 06:48 PM 09:18 PM 11:48 PM
Storytelling/Value Education	बस के नीचे बाग	Hindi	01:19 AM 03:49 AM 06:19 AM 08:50 AM 11:20 AM 01:50 PM 04:20 PM 06:50 PM 09:20 PM 11:51 PM



Earthquake	Earthquake - क्या आप सुरक्षित हैं	Hindi	01:25 AM 03:55 AM 06:25 AM 08:56 AM 11:26 AM 01:56 PM 04:26 PM 06:56 PM 09:26 PM 11:57 PM
Science	Ch-15: Light	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	Hindi	01:50 AM 04:20 AM 06:51 AM 09:21 AM 11:51 AM 02:21 PM 04:51 PM 07:21 PM 09:52 PM
रविवार, 10 दिसंबर 2023 Sunday, 10 December 2023			
Physical Education	COVID 19 Awareness	English	12:00 AM 02:21 AM 04:43 AM 07:05 AM 09:27 AM 11:49 AM 02:11 PM 04:32 PM 06:54 PM 09:16 PM 11:38 PM
राजनीति विज्ञान	पाठ-8: बाज़ार में एक कमीज़ (Part-2)	Hindi	12:20 AM 02:42 AM 05:04 AM 07:26 AM 09:48 AM 12:10 PM 02:31 PM 04:53 PM 07:15 PM 09:37 PM 11:59 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	Hindi	12:35 AM 02:57 AM 05:19 AM 07:41 AM 10:03 AM 12:25 PM 02:46 PM 05:08 PM 07:30 PM 09:52 PM
Avalanche	Avalanche _ यदि आप हिमस्खलन में फस जाएँ, घबराएँ नहीं, बचने के लिए यह उपाएँ अपनाएँ	Hindi	01:05 AM 03:27 AM 05:49 AM 08:10 AM 10:32 AM 12:54 PM 03:16 PM 05:38 PM 08:00 PM 10:21 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	खेल-खेल में एनीमेशन	Hindi	01:07 AM 03:29 AM 05:50 AM 08:12 AM 10:34 AM 12:56 PM 03:18 PM 05:40 PM 08:01 PM 10:23 PM
General English	Episode 1 Greeting a Friend	English	01:13 AM 03:35 AM 05:57 AM 08:19 AM 10:41 AM 01:02 PM 03:24 PM 05:46 PM 08:08 PM 10:30 PM



General Awareness	e-waste management Block-2	English	01:21 AM 03:43 AM 06:05 AM 08:27 AM 10:49 AM 01:11 PM 03:32 PM 05:54 PM 08:16 PM 10:38 PM
History	Ch-3: The Delhi Sultans	English	01:36 AM 03:57 AM 06:19 AM 08:41 AM 11:03 AM 01:25 PM 03:47 PM 06:08 PM 08:30 PM 10:52 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	01:56 AM 04:18 AM 06:40 AM 09:02 AM 11:24 AM 01:46 PM 04:07 PM 06:29 PM 08:51 PM 11:13 PM
सोमवार, 11 दिसंबर 2023 Monday, 11 December 2023			
विज्ञान	पाठ-15: प्रकाश	Hindi	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
भूगोल	पाठ-3: हमारी बदलती पृथ्वी	Hindi	12:40 AM 03:10 AM 05:41 AM 08:11 AM 10:42 AM 01:12 PM 03:43 PM 06:13 PM 08:44 PM 11:15 PM
सामान्य	पवनमुक्तासन	Hindi	01:00 AM 03:31 AM 06:01 AM 08:32 AM 11:02 AM 01:33 PM 04:04 PM 06:34 PM 09:05 PM 11:35 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav 2022 Vocal Music- Classical (Boy) Tamil Nadu	English/hindi	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	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-3	English	01:09 AM 03:40 AM 06:10 AM 08:41 AM 11:11 AM 01:42 PM 04:12 PM 06:43 PM 09:14 PM 11:44 PM
सामान्य	शशकासन	Hindi	01:34 AM 04:04 AM 06:35 AM 09:05 AM 11:36 AM 02:06 PM 04:37 PM 07:07 PM 09:38 PM



Mathematics	Ch-8: Comparing quantities	English	01:36 AM 04:06 AM 06:37 AM 09:07 AM 11:38 AM 02:09 PM 04:39 PM 07:10 PM 09:40 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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
मंगलवार, 12 दिसंबर 2023 Tuesday, 12 December 2023			
गणित	पाठ-9: परिमेय संख्याएँ	Hindi	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:31 PM 03:01 PM 05:31 PM 08:01 PM 10:31 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	12:34 AM 03:04 AM 05:35 AM 08:05 AM 10:35 AM 01:05 PM 03:35 PM 06:06 PM 08:36 PM 11:06 PM
हिन्दी	पाठ-7: वसंत-२: पापा खो गए	Hindi	12:38 AM 03:08 AM 05:38 AM 08:08 AM 10:38 AM 01:09 PM 03:39 PM 06:09 PM 08:39 PM 11:09 PM
General English	Episode 8 Making Requests 2	English	01:00 AM 03:30 AM 06:01 AM 08:31 AM 11:01 AM 01:31 PM 04:01 PM 06:32 PM 09:02 PM 11:32 PM
Science	Ch-17: Forests, Our lifeline	English	01:10 AM 03:40 AM 06:10 AM 08:41 AM 11:11 AM 01:41 PM 04:11 PM 06:41 PM 09:12 PM 11:42 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	ऑरिगामी भाग-2 (कागज़ कला)	Hindi	01:29 AM 03:59 AM 06:29 AM 08:59 AM 11:30 AM 02:00 PM 04:30 PM 07:00 PM 09:30 PM
General Awareness	Why Seasons Happen?	English	01:44 AM 04:14 AM 06:44 AM 09:14 AM 11:45 AM 02:15 PM 04:45 PM 07:15 PM 09:45 PM
Geography	Ch-3: Our Changing Earth	English	01:47 AM 04:17 AM 06:48 AM 09:18 AM 11:48 AM 02:18 PM 04:48 PM 07:19 PM 09:49 PM



Vocational	Personal hygiene and Health	English	02:08 AM 04:38 AM 07:09 AM 09:39 AM 12:09 PM 02:39 PM 05:09 PM 07:40 PM 10:10 PM
Vocational	Fishbone Stitch	English	02:18 AM 04:49 AM 07:19 AM 09:49 AM 12:19 PM 02:49 PM 05:20 PM 07:50 PM 10:20 PM
बुधवार, 13 दिसंबर 2023 Wednesday, 13 December 2023			
विज्ञान	पाठ-15: प्रकाश	Hindi	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
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	Hindi	12:40 AM 03:10 AM 05:41 AM 08:12 AM 10:43 AM 01:14 PM 03:44 PM 06:15 PM 08:46 PM 11:17 PM
उर्दू	ईदगाह	Hindi	12:48 AM 03:18 AM 05:49 AM 08:20 AM 10:51 AM 01:22 PM 03:52 PM 06:23 PM 08:54 PM 11:25 PM
Cold Wave	Cold Wave - Chilblains	Hindi	01:16 AM 03:47 AM 06:18 AM 08:48 AM 11:19 AM 01:50 PM 04:21 PM 06:52 PM 09:22 PM 11:53 PM
Creative Activities: Art& Craft	3D Butterfly	English	01:19 AM 03:50 AM 06:21 AM 08:51 AM 11:22 AM 01:53 PM 04:24 PM 06:55 PM 09:25 PM 11:56 PM
History	Ch-3: The Delhi Sultans	English	01:21 AM 03:52 AM 06:23 AM 08:54 AM 11:25 AM 01:55 PM 04:26 PM 06:57 PM 09:28 PM 11:59 PM
Mathematics	Ch-8: Comparing quantities	English	01:45 AM 04:16 AM 06:46 AM 09:17 AM 11:48 AM 02:19 PM 04:50 PM 07:20 PM 09:51 PM



सामान्य जागरूकता	पारस्परिक संबंध	Hindi	02:14 AM 04:45 AM 07:16 AM 09:46 AM 12:17 PM 02:48 PM 05:19 PM 07:50 PM 10:20 PM
Vocational	Feather Stitch	English	02:19 AM 04:50 AM 07:21 AM 09:52 AM 12:23 PM 02:53 PM 05:24 PM 07:55 PM 10:26 PM
बृहस्पतिवार, 14 दिसंबर 2023 Thursday, 14 December 2023			
गणित	पाठ-8: राशियों की तुलना भाग-2	Hindi	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
इतिहास	पाठ-8: ईश्वर से अनुराग	Hindi	12:34 AM 03:05 AM 05:35 AM 08:06 AM 10:36 AM 01:06 PM 03:37 PM 06:07 PM 08:38 PM 11:08 PM
सामान्य जागरूकता	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:04 AM 03:35 AM 06:05 AM 08:35 AM 11:06 AM 01:36 PM 04:07 PM 06:37 PM 09:07 PM 11:38 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	Hindi	01:10 AM 03:41 AM 06:11 AM 08:42 AM 11:12 AM 01:42 PM 04:13 PM 06:43 PM 09:14 PM 11:44 PM
English	Honeycomb, Ch-4: The Ashes That Made Trees Bloom part-3	English	01:16 AM 03:46 AM 06:17 AM 08:47 AM 11:17 AM 01:48 PM 04:18 PM 06:49 PM 09:19 PM 11:49 PM
Science	Ch-15: Light	English	01:40 AM 04:11 AM 06:41 AM 09:11 AM 11:42 AM 02:12 PM 04:43 PM 07:13 PM 09:43 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:07 PM 02:37 PM 05:07 PM 07:38 PM 10:08 PM
शुक्रवार, 15 दिसंबर 2023 Friday, 15 December 2023			



विज्ञान	पाठ-17: वन हमारी जीवन रेखा	Hindi	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
हिन्दी	दूर्वा-२, पाठ-7: पुस्तकें जो अमर हैं	Hindi	12:27 AM 02:57 AM 05:27 AM 07:58 AM 10:28 AM 12:58 PM 03:29 PM 05:59 PM 08:29 PM 10:59 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	Hindi	12:42 AM 03:12 AM 05:43 AM 08:13 AM 10:43 AM 01:13 PM 03:44 PM 06:14 PM 08:44 PM 11:15 PM
Cold Wave	Clod Wave - Preparation	Hindi	12:48 AM 03:18 AM 05:48 AM 08:18 AM 10:49 AM 01:19 PM 03:49 PM 06:20 PM 08:50 PM 11:20 PM
सामान्य जागरूकता	आजादी की अमृत कहानियाँ (तन्वी)	Hindi	12:49 AM 03:19 AM 05:49 AM 08:20 AM 10:50 AM 01:20 PM 03:51 PM 06:21 PM 08:51 PM 11:22 PM
सामान्य	शशकासन	Hindi	12:51 AM 03:21 AM 05:52 AM 08:22 AM 10:52 AM 01:23 PM 03:53 PM 06:23 PM 08:54 PM 11:24 PM
Political science	Ch-2: Role of the Government in Health	English	12:53 AM 03:24 AM 05:54 AM 08:24 AM 10:55 AM 01:25 PM 03:55 PM 06:26 PM 08:56 PM 11:26 PM
Mathematics	Ch-8: Comparing quantities Part-2	English	01:23 AM 03:54 AM 06:24 AM 08:54 AM 11:25 AM 01:55 PM 04:25 PM 06:56 PM 09:26 PM 11:56 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	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
शनिवार, 16 दिसंबर 2023 Saturday, 16 December 2023			



DD Free Dish Channel #29



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Jio TV



NCERT OFFICIAL



Dish TV Channel #2028

गणित	पाठ-9: परिमेय संख्याएँ	Hindi	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:01 PM 05:31 PM 08:01 PM 10:31 PM
संस्कृत	सम्बन्धो ही दुर्जयः	Hindi	12:35 AM 03:05 AM 05:35 AM 08:05 AM 10:36 AM 01:06 PM 03:36 PM 06:06 PM 08:36 PM 11:06 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:43 AM 03:13 AM 05:43 AM 08:13 AM 10:44 AM 01:14 PM 03:44 PM 06:14 PM 08:44 PM 11:15 PM
सामान्य जागरूकता	रोज़ बदलता कैसे चाँद -2	Hindi	12:49 AM 03:19 AM 05:49 AM 08:19 AM 10:49 AM 01:20 PM 03:50 PM 06:20 PM 08:50 PM 11:20 PM
Storytelling/Value Education	छोटा कौन बड़ा कौन	Hindi	12:55 AM 03:25 AM 05:55 AM 08:26 AM 10:56 AM 01:26 PM 03:56 PM 06:26 PM 08:56 PM 11:27 PM
सांस्कृतिक विरासत: कला, संगीत और नृत्य	खेल-खेल में एनीमेशन	Hindi	12:59 AM 03:29 AM 05:59 AM 08:30 AM 11:00 AM 01:30 PM 04:00 PM 06:30 PM 09:01 PM 11:31 PM
Geography	Ch-4: Air (Part-01)	English	01:06 AM 03:36 AM 06:06 AM 08:36 AM 11:06 AM 01:37 PM 04:07 PM 06:37 PM 09:07 PM 11:37 PM
Cold Wave	Coldwave - Do's and don'ts of a cold wave for people residing in hilly regions	English	01:21 AM 03:51 AM 06:21 AM 08:51 AM 11:21 AM 01:51 PM 04:22 PM 06:52 PM 09:22 PM 11:52 PM
General Awareness	Fabric	English	01:23 AM 03:53 AM 06:24 AM 08:54 AM 11:24 AM 01:54 PM 04:24 PM 06:54 PM 09:25 PM 11:55 PM



Science	Ch-17: Forests, Our lifeline	English	01:32 AM 04:02 AM 06:33 AM 09:03 AM 11:33 AM 02:03 PM 04:33 PM 07:04 PM 09:34 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:50 AM 04:21 AM 06:51 AM 09:21 AM 11:51 AM 02:21 PM 04:51 PM 07:22 PM 09:52 PM
रविवार, 17 दिसंबर 2023 Sunday, 17 December 2023			
Physical Education	COVID 19 Awareness	English	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:02 AM 12:33 PM 03:04 PM 05:34 PM 08:05 PM 10:36 PM
राजनीति विज्ञान	पाठ-1: समानता	Hindi	12:22 AM 02:53 AM 05:24 AM 07:55 AM 10:25 AM 12:56 PM 03:27 PM 05:57 PM 08:28 PM 10:59 PM
सामान्य जागरूकता	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:53 AM 03:24 AM 05:55 AM 08:25 AM 10:56 AM 01:27 PM 03:57 PM 06:28 PM 08:59 PM 11:29 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:59 AM 03:30 AM 06:00 AM 08:31 AM 11:02 AM 01:32 PM 04:03 PM 06:34 PM 09:04 PM 11:35 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	हर दिवस कला दिवस	Hindi	01:00 AM 03:30 AM 06:01 AM 08:32 AM 11:03 AM 01:33 PM 04:04 PM 06:35 PM 09:05 PM 11:36 PM
General Awareness	e-waste management Block-2	English	01:20 AM 03:51 AM 06:22 AM 08:52 AM 11:23 AM 01:54 PM 04:25 PM 06:55 PM 09:26 PM 11:57 PM
History	Ch-4: The Mughal Empire	English	01:35 AM 04:05 AM 06:36 AM 09:07 AM 11:37 AM 02:08 PM 04:39 PM 07:09 PM 09:40 PM



Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:36 AM 07:07 AM 09:37 AM 12:08 PM 02:39 PM 05:09 PM 07:40 PM 10:11 PM
सोमवार, 18 दिसंबर 2023 Monday, 18 December 2023			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	Hindi	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
भूगोल	पाठ-4: वायु	Hindi	12:27 AM 02:57 AM 05:27 AM 07:58 AM 10:28 AM 12:58 PM 03:29 PM 05:59 PM 08:30 PM 11:00 PM
General English	Episode 1 Greeting a Friend	English	12:49 AM 03:20 AM 05:50 AM 08:20 AM 10:51 AM 01:21 PM 03:51 PM 06:22 PM 08:52 PM 11:22 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:57 AM 03:28 AM 05:58 AM 08:28 AM 10:59 AM 01:29 PM 03:59 PM 06:30 PM 09:00 PM 11:31 PM
Storytelling/Value Education	सुधीर तैलंग	Hindi	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 11:31 PM
Creative Activities: Art & Craft	3D Kaleidoscope	English	01:15 AM 03:45 AM 06:16 AM 08:46 AM 11:16 AM 01:47 PM 04:17 PM 06:47 PM 09:18 PM 11:48 PM
रचनात्मक गतिविधियाँ: कला और शिल्प	जन्मदिन कार्ड (Birthday Card)	Hindi	01:18 AM 03:49 AM 06:19 AM 08:49 AM 11:20 AM 01:50 PM 04:20 PM 06:51 PM 09:21 PM 11:51 PM
सामान्य जागरूकता	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:22 AM 03:52 AM 06:23 AM 08:53 AM 11:24 AM 01:54 PM 04:24 PM 06:55 PM 09:25 PM 11:55 PM



English	Honeycomb, Ch-4: Chivvy	English	01:28 AM 03:58 AM 06:29 AM 08:59 AM 11:29 AM 02:00 PM 04:30 PM 07:00 PM 09:31 PM
सामान्य	शशकासन	Hindi	01:36 AM 04:06 AM 06:36 AM 09:07 AM 11:37 AM 02:07 PM 04:38 PM 07:08 PM 09:38 PM
Mathematics	Ch-8: Comparing quantities Part-2	English	01:38 AM 04:08 AM 06:39 AM 09:09 AM 11:39 AM 02:10 PM 04:40 PM 07:10 PM 09:41 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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
मंगलवार, 19 दिसंबर 2023 Tuesday, 19 December 2023			
गणित	पाठ-10: प्रायोगिक ज्यामिति	Hindi	12:00 AM 02:30 AM 05:01 AM 07:32 AM 10:02 AM 12:33 PM 03:04 PM 05:34 PM 08:05 PM 10:36 PM
सामान्य जागरूकता	मूल्य और जिम्मेदार नागरिकता	Hindi	12:29 AM 03:00 AM 05:31 AM 08:01 AM 10:32 AM 01:03 PM 03:33 PM 06:04 PM 08:35 PM 11:06 PM
हिन्दी	पाठ-8: वसंत-२: शाम एक किसान	Hindi	12:35 AM 03:06 AM 05:36 AM 08:07 AM 10:38 AM 01:08 PM 03:39 PM 06:10 PM 08:40 PM 11:11 PM
General Awareness	Levers Around Us	English	12:56 AM 03:27 AM 05:57 AM 08:28 AM 10:59 AM 01:29 PM 04:00 PM 06:31 PM 09:01 PM 11:32 PM
Science	Ch-18: Waste Water Story	English	01:04 AM 03:35 AM 06:05 AM 08:36 AM 11:07 AM 01:37 PM 04:08 PM 06:39 PM 09:09 PM 11:40 PM
सामान्य जागरूकता	पारस्परिक संबंध	Hindi	01:20 AM 03:51 AM 06:21 AM 08:52 AM 11:23 AM 01:53 PM



			04:24 PM 06:55 PM 09:25 PM 11:56 PM
Storytelling/Value Education	गुलज़ार बच्चों के साथ	Hindi	01:25 AM 03:56 AM 06:27 AM 08:57 AM 11:28 AM 01:59 PM 04:29 PM 07:00 PM 09:31 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	01:38 AM 04:09 AM 06:39 AM 09:10 AM 11:41 AM 02:11 PM 04:42 PM 07:13 PM 09:43 PM
Storytelling/Value Education	खेल पिटारा	Hindi	01:39 AM 04:10 AM 06:40 AM 09:11 AM 11:42 AM 02:12 PM 04:43 PM 07:14 PM 09:44 PM
Geography	Ch-4: Air (Part-01)	English	01:54 AM 04:24 AM 06:55 AM 09:26 AM 11:57 AM 02:27 PM 04:58 PM 07:29 PM 09:59 PM
Vocational	Personal hygiene and Health	English	02:09 AM 04:39 AM 07:10 AM 09:41 AM 12:11 PM 02:42 PM 05:13 PM 07:43 PM 10:14 PM
Vocational	Fishbone Stitch	English	02:19 AM 04:50 AM 07:20 AM 09:51 AM 12:22 PM 02:52 PM 05:23 PM 07:54 PM 10:24 PM
बुधवार, 20 दिसंबर 2023			
Wednesday, 20 December 2023			
विज्ञान	पाठ-17: वन हमारी जीवन रेखा	Hindi	12:00 AM 02:21 AM 04:42 AM 07:03 AM 09:25 AM 11:46 AM 02:07 PM 04:28 PM 06:50 PM 09:11 PM 11:32 PM
General Awareness	Fake-Whatsapp-Messages	English	12:27 AM 02:48 AM 05:09 AM 07:31 AM 09:52 AM 12:13 PM 02:34 PM 04:56 PM 07:17 PM 09:38 PM 11:59 PM
उर्दू	ईदगाह	Hindi	12:29 AM 02:50 AM 05:12 AM 07:33 AM 09:54 AM 12:15 PM 02:37 PM 04:58 PM 07:19 PM 09:40 PM
General Awareness	Fabric	English	12:57 AM 03:19 AM 05:40 AM 08:01 AM 10:22 AM 12:44 PM



			03:05 PM 05:26 PM 07:47 PM 10:09 PM
History	Ch-4: The Mughal Empire	English	01:07 AM 03:28 AM 05:49 AM 08:11 AM 10:32 AM 12:53 PM 03:15 PM 05:36 PM 07:57 PM 10:18 PM
Mathematics	Ch-8: Comparing quantities Part-2	English	01:37 AM 03:59 AM 06:20 AM 08:41 AM 11:03 AM 01:24 PM 03:45 PM 06:06 PM 08:28 PM 10:49 PM
सामान्य जागरूकता	पारस्परिक संबंध	Hindi	02:04 AM 04:26 AM 06:47 AM 09:08 AM 11:30 AM 01:51 PM 04:12 PM 06:33 PM 08:55 PM 11:16 PM
Vocational	Feather Stitch	English	02:10 AM 04:31 AM 06:52 AM 09:14 AM 11:35 AM 01:56 PM 04:17 PM 06:39 PM 09:00 PM 11:21 PM
बृहस्पतिवार, 21 दिसंबर 2023 Thursday, 21 December 2023			
गणित	पाठ-9: परिमेय संख्याएँ	Hindi	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
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	12:35 AM 03:05 AM 05:36 AM 08:06 AM 10:36 AM 01:06 PM 03:36 PM 06:06 PM 08:36 PM 11:06 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	Hindi	12:39 AM 03:09 AM 05:39 AM 08:09 AM 10:40 AM 01:10 PM 03:40 PM 06:10 PM 08:40 PM 11:10 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	Hindi	12:47 AM 03:17 AM 05:47 AM 08:18 AM 10:48 AM 01:18 PM 03:48 PM 06:18 PM 08:48 PM 11:18 PM



Cultural Heritage: Art, Music & Dance	Folk Dance-Mizoram	English/hindi	01:04 AM 03:34 AM 06:04 AM 08:35 AM 11:05 AM 01:35 PM 04:05 PM 06:35 PM 09:05 PM 11:35 PM
Creative Activities: Art & Craft	Slithering Snake	English	01:13 AM 03:43 AM 06:13 AM 08:43 AM 11:13 AM 01:43 PM 04:13 PM 06:43 PM 09:13 PM 11:43 PM
इतिहास	पाठ-1: हजार वर्षों के दौरान हुए परिवर्तनों की पड़ताल	Hindi	01:14 AM 03:44 AM 06:14 AM 08:45 AM 11:15 AM 01:45 PM 04:15 PM 06:45 PM 09:15 PM 11:45 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:37 AM 04:07 AM 06:38 AM 09:08 AM 11:38 AM 02:08 PM 04:38 PM 07:08 PM 09:38 PM
English	Honeycomb, Ch-4: Chivvy	English	01:38 AM 04:08 AM 06:39 AM 09:09 AM 11:39 AM 02:09 PM 04:39 PM 07:09 PM 09:39 PM
सामान्य जागरूकता	आज़ादी की अमृत कहानियाँ (बसंती)	Hindi	01:44 AM 04:14 AM 06:44 AM 09:15 AM 11:45 AM 02:15 PM 04:45 PM 07:15 PM 09:45 PM
Science	Ch-17: Forests, Our lifeline	English	01:47 AM 04:17 AM 06:47 AM 09:17 AM 11:47 AM 02:17 PM 04:47 PM 07:17 PM 09:47 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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, 22 दिसंबर 2023 Friday, 22 December 2023			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	Hindi	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	व्यक्तिगत सुरक्षा	Hindi	12:25 AM 02:55 AM 05:26 AM 07:56 AM 10:27 AM 12:57 PM 03:28 PM 05:58 PM 08:29 PM 10:59 PM



Creative Activities: Art & Craft	String Mosquito	English	12:42 AM 03:12 AM 05:43 AM 08:13 AM 10:44 AM 01:14 PM 03:45 PM 06:15 PM 08:46 PM 11:16 PM
हिन्दी	दूर्वा-२, पाठ-८: काबुलीवाला	Hindi	12:43 AM 03:14 AM 05:44 AM 08:15 AM 10:45 AM 01:15 PM 03:46 PM 06:16 PM 08:47 PM 11:17 PM
Political science	Ch-3: How the State Government Works	English	01:05 AM 03:35 AM 06:06 AM 08:36 AM 11:07 AM 01:37 PM 04:08 PM 06:38 PM 09:09 PM 11:39 PM
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	01:30 AM 04:01 AM 06:31 AM 09:01 AM 11:32 AM 02:02 PM 04:33 PM 07:03 PM 09:34 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:37 AM 04:08 AM 06:38 AM 09:09 AM 11:39 AM 02:10 PM 04:40 PM 07:11 PM 09:41 PM
Mathematics	Ch-9: Rational numbers	English	01:40 AM 04:10 AM 06:41 AM 09:11 AM 11:42 AM 02:12 PM 04:43 PM 07:13 PM 09:44 PM
सामान्य जागरूकता	3 R's केंद्र और रिसायक्लिंग लैब (जीतो की वीडियो)	Hindi	02:11 AM 04:41 AM 07:12 AM 09:42 AM 12:13 PM 02:43 PM 05:14 PM 07:44 PM 10:15 PM
Vocational	Feather Stitch	English	02:19 AM 04:50 AM 07:20 AM 09:50 AM 12:21 PM 02:51 PM 05:22 PM 07:52 PM 10:23 PM
शनिवार, 23 दिसंबर 2023 Saturday, 23 December 2023			
गणित	पाठ-10: प्रायोगिक ज्यामिति	Hindi	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 10:35 PM
संस्कृत	पुनर्मूषको भवः	Hindi	12:29 AM 03:00 AM 05:30 AM 08:01 AM 10:32 AM 01:02 PM 03:33 PM 06:03 PM 08:34 PM 11:04 PM



Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:37 AM 03:08 AM 05:38 AM 08:09 AM 10:40 AM 01:10 PM 03:41 PM 06:11 PM 08:42 PM 11:12 PM
Geography	Ch-4: Air (Part-02)	English	12:38 AM 03:09 AM 05:39 AM 08:10 AM 10:40 AM 01:11 PM 03:42 PM 06:12 PM 08:43 PM 11:13 PM
सामान्य जागरूकता	रौशनी और रंग	Hindi	12:58 AM 03:28 AM 05:59 AM 08:30 AM 11:00 AM 01:31 PM 04:01 PM 06:32 PM 09:02 PM 11:33 PM
General English	Episode 12 Disagreeing 1	English	01:14 AM 03:44 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
General Awareness	Gender Equality	English	01:28 AM 03:58 AM 06:29 AM 08:59 AM 11:30 AM 02:00 PM 04:31 PM 07:02 PM 09:32 PM
Science	Ch-18: Waste Water Story	English	01:35 AM 04:05 AM 06:36 AM 09:06 AM 11:37 AM 02:08 PM 04:38 PM 07:09 PM 09:39 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:51 AM 04:21 AM 06:52 AM 09:22 AM 11:53 AM 02:24 PM 04:54 PM 07:25 PM 09:55 PM
रविवार, 24 दिसंबर 2023 Sunday, 24 December 2023			
राजनीति विज्ञान	पाठ-2, स्वास्थ्य में सरकार की भूमिका	Hindi	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
सांस्कृतिक विरासत: कला, संगीत और नृत्य	Dance A Way of Expression-1	Hindi	12:39 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 11:09 PM



Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:09 AM 03:39 AM 06:09 AM 08:38 AM 11:08 AM 01:38 PM 04:08 PM 06:38 PM 09:08 PM 11:38 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	Hindi	01:09 AM 03:39 AM 06:09 AM 08:39 AM 11:09 AM 01:39 PM 04:09 PM 06:39 PM 09:09 PM 11:39 PM
General Awareness	e-waste management Block-2	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-7: Tribes, nomads and settled communities	English	01:42 AM 04:12 AM 06:42 AM 09:12 AM 11:42 AM 02:11 PM 04:41 PM 07:11 PM 09:41 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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
सोमवार, 25 दिसंबर 2023 Monday, 25 December 2023			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	Hindi	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
भूगोल	पाठ-05: जल	Hindi	12:25 AM 02:55 AM 05:26 AM 07:56 AM 10:27 AM 12:57 PM 03:27 PM 05:58 PM 08:28 PM 10:59 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:48 AM 03:18 AM 05:49 AM 08:19 AM 10:50 AM 01:20 PM 03:50 PM 06:21 PM 08:51 PM 11:22 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	Hindi	12:49 AM 03:19 AM 05:50 AM 08:20 AM 10:51 AM 01:21 PM 03:51 PM 06:22 PM 08:52 PM 11:23 PM



Storytelling/Value Education	एक अनेक और एकता	Hindi	01:04 AM 03:35 AM 06:05 AM 08:36 AM 11:06 AM 01:36 PM 04:07 PM 06:37 PM 09:08 PM 11:38 PM
General Awareness	Understanding the value of composting	English	01:11 AM 03:42 AM 06:12 AM 08:43 AM 11:13 AM 01:43 PM 04:14 PM 06:44 PM 09:15 PM 11:45 PM
English	English, Ch-5:Tree Tree	English	01:22 AM 03:52 AM 06:23 AM 08:53 AM 11:23 AM 01:54 PM 04:24 PM 06:55 PM 09:25 PM 11:56 PM
सामान्य	शशकासन	Hindi	01:32 AM 04:02 AM 06:32 AM 09:03 AM 11:33 AM 02:04 PM 04:34 PM 07:05 PM 09:35 PM
Mathematics	Ch-9: Rational numbers	English	01:34 AM 04:04 AM 06:35 AM 09:05 AM 11:36 AM 02:06 PM 04:36 PM 07:07 PM 09:37 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:35 AM 07:06 AM 09:36 AM 12:07 PM 02:37 PM 05:07 PM 07:38 PM 10:08 PM
मंगलवार, 26 दिसंबर 2023 Tuesday, 26 December 2023			
गणित	पाठ-11: परिमाप और क्षेत्रफल भाग-1	Hindi	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
Creative Activities: Art & Craft	3D Kaleidoscope	English	12:37 AM 03:07 AM 05:38 AM 08:08 AM 10:38 AM 01:09 PM 03:39 PM 06:10 PM 08:40 PM 11:11 PM
हिन्दी	वसंत-२, पाठ-10: अपूर्व अनुभव	Hindi	12:40 AM 03:10 AM 05:41 AM 08:11 AM 10:42 AM 01:12 PM 03:43 PM 06:13 PM 08:43 PM 11:14 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	Hindi	01:03 AM 03:33 AM 06:03 AM 08:34 AM 11:04 AM 01:35 PM



			04:05 PM 06:36 PM 09:06 PM 11:36 PM
Science	Ch-1: Nutrition in Plants	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
सामान्य	सरदार वल्लभ भाई पटेल	Hindi	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
Geography	Ch-4: Air (Part-02)	English	01:47 AM 04:17 AM 06:48 AM 09:18 AM 11:49 AM 02:19 PM 04:50 PM 07:20 PM 09:50 PM
Vocational	Personal hygiene and Health	English	02:08 AM 04:39 AM 07:09 AM 09:40 AM 12:10 PM 02:41 PM 05:11 PM 07:41 PM 10:12 PM
Vocational	Fishbone Stitch	English	02:19 AM 04:49 AM 07:20 AM 09:50 AM 12:20 PM 02:51 PM 05:21 PM 07:52 PM 10:22 PM
बुधवार, 27 दिसंबर 2023 Wednesday, 27 December 2023			
विज्ञान	पाठ-18: अपशिष्ट जल की कहानी	Hindi	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	12:25 AM 02:55 AM 05:25 AM 07:55 AM 10:25 AM 12:55 PM 03:25 PM 05:55 PM 08:25 PM 10:55 PM
उर्दू	ईदगाह	Hindi	12:27 AM 02:57 AM 05:27 AM 07:57 AM 10:27 AM 12:57 PM 03:27 PM 05:57 PM 08:27 PM 10:57 PM
General Awareness	Fabric	English	12:57 AM 03:27 AM 05:57 AM 08:28 AM 10:58 AM 01:28 PM 03:58 PM 06:28 PM 08:58 PM 11:28 PM



General English	Episode 3 Greeting Strangers	English	01:07 AM 03:37 AM 06:07 AM 08:37 AM 11:07 AM 01:37 PM 04:07 PM 06:37 PM 09:07 PM 11:37 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान किसान क्या करें - क्या ना करें	Hindi	01:19 AM 03:49 AM 06:19 AM 08:49 AM 11:19 AM 01:49 PM 04:19 PM 06:49 PM 09:19 PM 11:49 PM
History	Ch-7: Tribes, nomads and settled communities	English	01:19 AM 03:49 AM 06:20 AM 08:50 AM 11:20 AM 01:50 PM 04:20 PM 06:50 PM 09:20 PM 11:50 PM
Mathematics	Ch-9: Rational numbers	English	01:42 AM 04:12 AM 06:42 AM 09:12 AM 11:42 AM 02:12 PM 04:42 PM 07:12 PM 09:42 PM
सामान्य जागरूकता	पारस्परिक संबंध	Hindi	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, 28 दिसंबर 2023 Thursday, 28 December 2023			
गणित	पाठ-10: प्रायोगिक ज्यामिति	Hindi	12:00 AM 02:30 AM 05:00 AM 07:30 AM 10:00 AM 12:30 PM 03:01 PM 05:31 PM 08:01 PM 10:31 PM
Creative Activities: Art & Craft	Fun with Paper- Double Spiral from Square	English	12:30 AM 03:01 AM 05:31 AM 08:01 AM 10:31 AM 01:01 PM 03:31 PM 06:02 PM 08:32 PM 11:02 PM
Storytelling/Value Education	सोने के अंडे देने वाली मुर्गी	Hindi	12:34 AM 03:04 AM 05:35 AM 08:05 AM 10:35 AM 01:05 PM 03:35 PM 06:05 PM 08:36 PM 11:06 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	Hindi	12:42 AM 03:13 AM 05:43 AM 08:13 AM 10:43 AM 01:13 PM

			03:43 PM 06:14 PM 08:44 PM 11:14 PM
इतिहास	पाठ-2: नए राजा और उनके राज्य	Hindi	12:59 AM 03:30 AM 06:00 AM 08:30 AM 11:00 AM 01:30 PM 04:00 PM 06:31 PM 09:01 PM 11:31 PM
Storytelling/Value Education	सवाली राम जवाबो रानी	Hindi	01:21 AM 03:51 AM 06:21 AM 08:52 AM 11:22 AM 01:52 PM 04:22 PM 06:52 PM 09:22 PM 11:53 PM
English	English, Ch-5:Tree Tree	English	01:37 AM 04:07 AM 06:37 AM 09:07 AM 11:37 AM 02:07 PM 04:38 PM 07:08 PM 09:38 PM
सामान्य जागरूकता	आज़ादी की अमृत कहानियाँ (बसंती)	Hindi	01:46 AM 04:17 AM 06:47 AM 09:17 AM 11:47 AM 02:17 PM 04:47 PM 07:18 PM 09:48 PM
Science	Ch-18: Waste Water Story	English	01:49 AM 04:19 AM 06:49 AM 09:19 AM 11:49 AM 02:20 PM 04:50 PM 07:20 PM 09:50 PM
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	02:05 AM 04:35 AM 07:05 AM 09:35 AM 12:05 PM 02:36 PM 05:06 PM 07:36 PM 10:06 PM
शुक्रवार, 29 दिसंबर 2023 Friday, 29 December 2023			
विज्ञान	पाठ-1: पादपों में पोषण	Hindi	12:00 AM 02:30 AM 05:00 AM 07:31 AM 10:01 AM 12:31 PM 03:02 PM 05:32 PM 08:03 PM 10:33 PM
सामान्य जागरूकता	व्यक्तिगत सुरक्षा	Hindi	12:20 AM 02:50 AM 05:21 AM 07:51 AM 10:21 AM 12:52 PM 03:22 PM 05:53 PM 08:23 PM 10:53 PM
हिन्दी	दूर्वा-२, पाठ-09: विश्वेश्वरैया	Hindi	12:38 AM 03:08 AM 05:38 AM 08:09 AM 10:39 AM 01:10 PM 03:40 PM 06:10 PM 08:41 PM 11:11 PM



Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	Hindi	12:56 AM 03:26 AM 05:57 AM 08:27 AM 10:57 AM 01:28 PM 03:58 PM 06:29 PM 08:59 PM 11:29 PM
Urban Floods	Urban Flood - शहरी बाढ़ आने से पहले क्या तैयारी रखें	Hindi	01:13 AM 03:44 AM 06:14 AM 08:45 AM 11:15 AM 01:45 PM 04:16 PM 06:46 PM 09:17 PM 11:47 PM
Political science	Ch-4: Growing up as Boys and Girls	English	01:15 AM 03:45 AM 06:16 AM 08:46 AM 11:16 AM 01:47 PM 04:17 PM 06:47 PM 09:18 PM 11:48 PM
Storytelling/Value Education	बिल्ली कैसे रहने आई आदमी के साथ	Hindi	01:38 AM 04:08 AM 06:39 AM 09:09 AM 11:39 AM 02:10 PM 04:40 PM 07:11 PM 09:41 PM
Cultural Heritage: Art, Music & Dance	Kala Utsav (कला उत्सव)- 2022	English/hindi	01:45 AM 04:16 AM 06:46 AM 09:16 AM 11:47 AM 02:17 PM 04:48 PM 07:18 PM 09:48 PM
Storytelling/Value Education	आम की टोकरी	Hindi	01:53 AM 04:23 AM 06:53 AM 09:24 AM 11:54 AM 02:25 PM 04:55 PM 07:25 PM 09:56 PM
Mathematics	Ch-10: Practical geometry	English	01:55 AM 04:26 AM 06:56 AM 09:26 AM 11:57 AM 02:27 PM 04:58 PM 07:28 PM 09:58 PM
Vocational	Feather Stitch	English	02:24 AM 04:55 AM 07:25 AM 09:55 AM 12:26 PM 02:56 PM 05:27 PM 07:57 PM 10:27 PM
शनिवार, 30 दिसंबर 2023 Saturday, 30 December 2023			
गणित	पाठ-11: परिमाण और क्षेत्रफल भाग-1	Hindi	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
संस्कृत	लोभः नाशाय	Hindi	12:37 AM 03:07 AM 05:38 AM 08:08 AM 10:39 AM 01:09 PM 03:40 PM 06:10 PM 08:41 PM 11:12 PM



Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	12:41 AM 03:12 AM 05:43 AM 08:13 AM 10:44 AM 01:14 PM 03:45 PM 06:15 PM 08:46 PM 11:16 PM
Geography	Ch-5: Water	English	12:42 AM 03:13 AM 05:43 AM 08:14 AM 10:45 AM 01:15 PM 03:46 PM 06:16 PM 08:47 PM 11:17 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English/hindi	01:01 AM 03:31 AM 06:02 AM 08:32 AM 11:03 AM 01:34 PM 04:04 PM 06:35 PM 09:05 PM 11:36 PM
General English	Episode 12 Disagreeing 1	English	01:08 AM 03:39 AM 06:09 AM 08:40 AM 11:10 AM 01:41 PM 04:11 PM 06:42 PM 09:12 PM 11:43 PM
General Awareness	Gender Equality	English	01:22 AM 03:53 AM 06:23 AM 08:54 AM 11:24 AM 01:55 PM 04:25 PM 06:56 PM 09:26 PM 11:57 PM
Science	Ch-1: Nutrition in Plants	English	01:29 AM 04:00 AM 06:30 AM 09:01 AM 11:31 AM 02:02 PM 04:32 PM 07:03 PM 09:33 PM
Vocational	वस्त्रों पर लगे दाग धब्बे छुड़ाना	Hindi	01:51 AM 04:21 AM 06:52 AM 09:22 AM 11:53 AM 02:23 PM 04:54 PM 07:24 PM 09:55 PM
रविवार, 31 दिसंबर 2023 Sunday, 31 December 2023			
Physical Education	COVID 19 Awareness	English	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
राजनीति विज्ञान	पाठ-3: राज्य शासन कैसे काम करता है	Hindi	12:20 AM 02:50 AM 05:20 AM 07:50 AM 10:20 AM 12:50 PM 03:20 PM 05:50 PM 08:21 PM 10:51 PM



Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-5	Hindi	12:54 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
Thunderstorm and Lighting	आंधी तूफान	Hindi	01:13 AM 03:43 AM 06:13 AM 08:43 AM 11:13 AM 01:43 PM 04:13 PM 06:43 PM 09:13 PM 11:43 PM
Storytelling/Value Education	मियाँ गुमसुम और बत्तो रानी-6	Hindi	01:14 AM 03:44 AM 06:14 AM 08:44 AM 11:14 AM 01:44 PM 04:14 PM 06:44 PM 09:14 PM 11:44 PM
General Awareness	e-waste management Block-2	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-8: Devotional paths to divine-let us check what we remember	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
Vocational	केश सौंदर्य उपकरणों का परिचय	Hindi	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

