

ਪੰਜਾਬ ਆਈ.ਸੀ.ਟੀ. ਐਜੂਕੇਸ਼ਨ ਸੁਸਾਇਟੀ (ਪਿਕਟਸ)
ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਜਨਰਲ ਸਕੂਲ ਸਿੱਖਿਆ, ਪੰਜਾਬ-ਕਮ-ਮੈਂਬਰ ਸਕੱਤਰ ਪਿਕਟਸ
ਪੀ.ਐਸ.ਈ.ਬੀ. ਕੰਪਲੈਕਸ, ਈ.ਬਲਾਕ, ਪੰਜਵੀਂ ਮੰਜ਼ਿਲ, ਫੇਜ਼-8, ਸਾਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ ਨਗਰ।
ਈ-ਮੇਲ: edusat.punjab@punjabeducation.gov.in

ਵੱਲ,
ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ),
ਪੰਜਾਬ।

ਮੀਮੇ ਨੰ. : E-139452/ਪਿਕਟਸ/ਟਾਈਮ-ਸਡਿਊਲ/ 287103

ਮਿਤੀ: 07/04/2026

ਵਿਸ਼ਾ: ਸਕੂਲ ਸਿੱਖਿਆ ਵਿਭਾਗ ਲਈ ਐਜੂਸੈਟ ਪ੍ਰੋਗਰਾਮਾਂ (e-Vidya Channel) ਦਾ ਸਡਿਊਲ ਮਹੀਨਾ ਅਕਤੂਬਰ-2026

1.0 ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ ਜਿਵੇਂ ਕਿ ਆਪ ਜੀ ਨੂੰ ਪਤਾ ਹੈ ਕਿ ਪਿਛਲੇ ਸਾਲਾਂ ਤੋਂ ਐਜੂਸੈਟ ਪ੍ਰੋਗਰਾਮ ROT (Received Only Terminals-Satellite Communication Based) ਬਜਾਏ e-Vidya Channel ਤੇ YouTube Link ਰਾਹੀਂ ਪ੍ਰਸਾਰਿਤ ਕੀਤੇ ਜਾ ਰਹੇ ਹਨ, ਜਿਸਦਾ YouTube Link ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ: -

<https://www.youtube.com/@Smrath5/streams> ; <https://bit.ly/m/smrathtv>

2.0 ਇਸ ਸਬੰਧੀ ਇਹਨਾਂ ਐਜੂਸੈਟ ਪ੍ਰੋਗਰਾਮਾਂ ਦਾ ਸਡਿਊਲ ਸਰਕਲ/ਜਿਲਾ ਕੋਆਰਡੀਨੇਟਰ (ਆਈ.ਸੀ.ਟੀ /ਐਜੂਸੈਟ) ਰਾਹੀਂ ਰੋਜ਼ਾਨਾ ਸਬੰਧਤ ਜ਼ਿਲ੍ਹਿਆਂ ਦੇ ਸਕੂਲਾਂ ਨੂੰ Whats App groups ਵਿੱਚ ਭੇਜਿਆ ਜਾ ਰਿਹਾ ਹੈ ਅਤੇ ਇਹ ਪ੍ਰੋਗਰਾਮ ਸਕੂਲਾਂ ਵੱਲੋਂ ਸਫਲਤਾਪੂਰਵਕ ਵੱਖ-ਵੱਖ ਮਾਧਿਅਮ (ਜਿਵੇਂ ਕਿ ROT- LED TV, Micro PCs, Projectors, Smart Board, ICT/Edusat Labs etc.) ਤੇ ਵਿਭਾਗ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕਰਵਾਏ ਗਏ FTTH Internet Connections ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਵਾਚੇ ਜਾ ਰਹੇ ਹਨ। ਇਹਨਾਂ ਪ੍ਰੋਗਰਾਮਾਂ ਦੇ ਸਬੰਧਿਤ ਸਡਿਊਲ/ਲਿੰਕ/ਐਪਲਿੰਕ ਵੀ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰਾਂ ਨੂੰ ਈ-ਮੇਲ ਮਿਤੀ 07.04.2026 ਅਤੇ 02.07.26 ਰਾਹੀਂ ਪਹਿਲਾਂ ਵੀ ਜਾਰੀ ਕੀਤੇ ਹੋਏ ਹਨ।

3.0 e-Vidya Channels ਸਬੰਧੀ ਡਾਇਰੈਕਟਰ ਐਸਸੀਈਆਰਟੀ ਜੀ ਵੱਲੋਂ ਵੀ ਹਦਾਇਤਾਂ Memo No. 546031/SCERT/QP/UP/2026/2026183915 ਮਿਤੀ 8.7.2026 ਰਾਹੀਂ ਜਾਰੀ ਕੀਤੀਆਂ ਹੋਈਆਂ ਹਨ। (ਕਾਪੀ ਨੱਥੀ)

4.0 ਉਪਰੋਕਤ ਸਬੰਧੀ ਆਪ ਜੀ ਨੂੰ ਮੁੜ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਇਹਨਾਂ ਪ੍ਰੋਗਰਾਮਾਂ ਨੂੰ ਸਡਿਊਲ ਮੁਤਾਬਿਕ ਵਾਚਣ ਲਈ ਸਬੰਧਤਾਂ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਵੇ ਅਤੇ ਵੱਧ ਤੋਂ ਵੱਧ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਵੇ। ਇਹਨਾਂ ਪ੍ਰੋਗਰਾਮਾਂ ਨੂੰ YouTube

Link ਤੇ ਦੇਖਣ ਲਈ ਸਕੂਲ ਵਿੱਚ ਮੁਹੱਈਆ ਕਰਵਾਏ ਗਏ FTTH (WiFi) High Speed Internet Connections ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਵੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ।

5.0 ਉਕਤ ਸਬੰਧੀ e-Vidya Channel(s) ਮਾਧਿਅਮ ਰਾਹੀਂ ਵੇਖੇ ਜਾਣ ਵਾਲੇ ਪ੍ਰੋਗਰਾਮਾਂ ਦੀ ਜਿਲ੍ਹਾ ਪੱਧਰ ਤੇ ਮੋਨੀਟਰਿੰਗ ਕਰਨਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ ਅਤੇ ਪ੍ਰਸਾਰਿਤ ਹੋ ਰਹੇ ਪ੍ਰੋਗਰਾਮਾਂ ਦੇ ਰੋਜ਼ਾਨਾ ਫੀਡਬੈਕ ਲਈ e-Mail edusatfeedback@punjabeducation.gov.in ਦੀ ਵਰਤੋਂ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

6.0 ਇਥੇ ਇਹ ਵੀ ਦੱਸਣਯੋਗ ਹੈ ਕਿ ਇਸ ਮਹੀਨੇ ਲਈ ਉਕਤ ਪ੍ਰਸਾਰਿਤ ਹੋ ਰਹੇ ਪ੍ਰੋਗਰਾਮ ਦੀ ਸਮਾਂ ਸਾਰਣੀ ਦਫਤਰ ਐਸਸੀਈਆਰਟੀ ਵੱਲੋਂ ਜਾਰੀ ਮੀਮੋ ਨੰ. e-1098959/SCERT/QP/UP/2026270177 ਮਿਤੀ 25.9.2026 ਅਨੁਸਾਰ ਤਬਦੀਲ ਕਰ ਦਿੱਤੀ ਗਈ ਹੈ(ਪੱਤਰ ਨਾਲ ਨੱਥੀ)

06.10.26
ਡਿਪਟੀ ਸਟੇਟ ਪ੍ਰੋਜੈਕਟ ਡਾਇਰੈਕਟਰ

ਪੰਜਾਬ ਆਈ.ਸੀ.ਟੀ.ਐਜੂਕੇਸ਼ਨ ਸੁਸਾਇਟੀ

ਪਿੱਠਅੰਕਣਨ.: E-139452/ਪਿਕਟਸ/ਟਾਈਮ-ਸ਼ਡਿਊਲ/ਉਕਤ

ਮਿਤੀ: 07/10/2026

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਹੇਠ ਲਿਖਿਆਂ ਨੂੰ ਸੂਚਨਾ ਹਿੱਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ: -

1. ਡਾਇਰੈਕਟਰ ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ ਪੰਜਾਬ।
3. ਸਬੰਧਤ ਸਟੇਟ ਰਿਸੋਰਸ ਗਰੁੱਪ (ਸਾਇੰਸ/ਮੈਥ/ਅੰਗਰੇਜੀ/ਐਸ.ਐਸ/ਹਿਊਮੈਨਟੀਜ਼), ਸਟੂਡਿਓ ਇੰਜੀਨੀਅਰ, ਜੇ.ਈ.ਜ਼।
4. ਨੇਡਲ ਅਫਸਰ ਅਤੇ ਚੈਨਲ ਕੋਆਰਡੀਨੇਟਰ e-Vidya Channel, ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ, ਪੰਜਾਬ
5. ਐਮ.ਆਈ.ਐਸ ਸ਼ਾਖਾ ਨੂੰ ਵੈਬਸਾਈਟ ਅਤੇ ਨੋਟਿਸ ਬੋਰਡ ਤੇ ਉਪਲਬਧ ਕਰਾਉਣ ਹਿੱਤ।

06.10.26
ਡਿਪਟੀ ਸਟੇਟ ਪ੍ਰੋਜੈਕਟ ਡਾਇਰੈਕਟਰ

ਪੰਜਾਬ ਆਈ.ਸੀ.ਟੀ.ਐਜੂਕੇਸ਼ਨ ਸੁਸਾਇਟੀ

Department of School Education PUNJAB (SMRATH 05 Pb eVIDYA PB147) EDUSAT Channel				
Date	School Time	Class	Subject	Title / Topic
Thursday, October 1, 2026	9:45:57 AM	7th	Punjabi	Baal Khedan
Thursday, October 1, 2026	10:25:00 AM	8th	Mathematics	Understanding Quadrilateral - 1
Thursday, October 1, 2026	11:05:00 AM	10th	Social Studies	Ranjit Singh: Early Life
Thursday, October 1, 2026	12:20:00 PM	12th	History	Rise of Dal Khalsa and Mode of Fighting
Thursday, October 1, 2026	1:00:00 PM	11th	Commerce	ACC C11 Trial Balance : Types of Errors
Thursday, October 1, 2026	1:40:00 AM	12th	Geography	COTTON
Thursday, October 1, 2026	2:15:00 AM	11th	Physics	MOTION OF CENTRE OF MASS
Friday, October 2, 2026	9:45:57 AM	8th	English	The Punjab: A Glimpse
Friday, October 2, 2026	10:25:00 AM	10th	Science	HOW DO ORGANISM REPRODUCE
Friday, October 2, 2026	11:05:00 AM	11th	Economics	Five Year Plan Part -1
Friday, October 2, 2026	12:20:00 PM	12th	Commerce	ACC C12 Forfeiture and reissue of Share
Friday, October 2, 2026	1:00:00 PM	12th	NSQF	Defects in Plumbing System ep-1
Friday, October 2, 2026	1:40:00 AM	12th	Political Science	Revision of ISM
Friday, October 2, 2026	2:15:00 AM	12th	Biology	ADDICTION OF DRUGS, ALCOHOL & TOBACCO USE REASONS AND PREVENTIVE MEASURES
Saturday, October 3, 2026	9:45:57 AM	10th	English	Some Glimpse of Ancient Indian Thought and Practices
Saturday, October 3, 2026	10:25:00 AM	6th	Punjabi	Basant (Poem)
Saturday, October 3, 2026	11:05:00 AM	9th	Social Studies	Poverty: A Challenge for India
Saturday, October 3, 2026	12:20:00 PM	9th	NSQF	Classification of Catering Industry Ep-1

Saturday, October 3, 2026	1:00:00 PM	6th	Special Lecture	Tuberculosis
Saturday, October 3, 2026	1:40:00 AM	6th	Special Lecture	Non Communicable Disease
Saturday, October 3, 2026	2:15:00 AM	11th	Chemistry	HESS LAW AND ITS APPLICATION
Sunday, October 4, 2026	9:45:57 AM	10th	English	Idioms
Sunday, October 4, 2026	10:25:00 AM	6th	Punjabi	Thaal
Sunday, October 4, 2026	11:05:00 AM	9th	Social Studies	French Revolution
Sunday, October 4, 2026	12:20:00 PM	9th	NSQF	Receiving and Storage of Goods Ep-1
Sunday, October 4, 2026	1:00:00 PM	6th	Special Lecture	Deafness
Sunday, October 4, 2026	1:40:00 AM	6th	Special Lecture	Oral Health Programme
Sunday, October 4, 2026	2:15:00 AM	11th	Chemistry	LIMITATIONS OF FIRST LAW OF THERMODYNAMICS AND CRITERIA OF SPONTANIETY
Monday, October 5, 2026	9:45:57 AM	10th	Mathematics	Circle - I
Monday, October 5, 2026	10:25:00 AM	9th	Mathematics	Linear Equation in two Variables – I
Monday, October 5, 2026	11:05:00 AM	11th	Career Guidance	Carrier options in medical stream
Monday, October 5, 2026	12:20:00 PM	11th	English (I.E.L.T.S)	Eng C11 Speaking Skill
Monday, October 5, 2026	1:00:00 PM	11th	Political Science	State and its Elements
Monday, October 5, 2026	1:40:00 AM	11th	Armed Force Training (Humanity)	Preparing to Join the Army-1
Monday, October 5, 2026	2:15:00 AM	12th	Physics	RMS Value of Currunt

Tuesday, October 6, 2026	9:45:57 AM	9th	Science	Sci C09 Ch04 Structure of the atom Ep-01
Tuesday, October 6, 2026	10:25:00 AM	6th	English	The Peacock and the Crow
Tuesday, October 6, 2026	11:05:00 AM	10th	Career Guidance	Career Guidance
Tuesday, October 6, 2026	12:20:00 PM	11th	History	Socio Religious Movement
Tuesday, October 6, 2026	1:00:00 PM	12th	Mathematics	Integration
Tuesday, October 6, 2026	1:40:00 AM	11th	Geography	DENUDATION WORK OF GLACIER
Tuesday, October 6, 2026	2:15:00 AM	11th	Biology	CELL CYCLE AND MITOSIS
Wednesday, October 7, 2026	9:45:57 AM	8th	Science	Sci C08 Ch07 Conservation of plants and animals EP-02
Wednesday, October 7, 2026	10:25:00 AM	7th	English	Mountaineers
Wednesday, October 7, 2026	11:05:00 AM	9th	English	The Discovery of Moon
Wednesday, October 7, 2026	12:20:00 PM	12th	English (I.E.L.T.S)	Eng C12 Precis Writing
Wednesday, October 7, 2026	1:00:00 PM	12th	Economics	production and Costs
Wednesday, October 7, 2026	1:40:00 AM	12th	Armed Force Training (Humanity)	Documents Required for Recruitment in Para Military
Wednesday, October 7, 2026	2:15:00 AM	12th	Chemistry	STERIO: SOMERISM IN CO-ORDINATION COMPOUNDS
Thursday, October 8, 2026	9:45:57 AM	7th	Punjabi	Mere Daddi Ji
Thursday, October 8, 2026	10:25:00 AM	8th	Mathematics	Understanding Quadrilateral - 2
Thursday, October 8, 2026	11:05:00 AM	10th	Social Studies	Manufacturing Industries
Thursday, October 8, 2026	12:20:00 PM	12th	History	Socio Economics Conditions of Punjab under Mughals

Thursday, October 8, 2026	1:00:00 PM	11th	Commerce	ACC C11 Depreciation : Meaning and Need
Thursday, October 8, 2026	1:40:00 AM	12th	Geography	TEA AND COFFEE
Thursday, October 8, 2026	2:15:00 AM	11th	Physics	Rotational motion
Friday, October 9, 2026	9:45:57 AM	8th	English	Paragraph writing
Friday, October 9, 2026	10:25:00 AM	10th	Science	HOW DO ORGANISM REPRODUCE
Friday, October 9, 2026	11:05:00 AM	11th	Economics	Five Year Plan Part -2
Friday, October 9, 2026	12:20:00 PM	12th	Commerce	ACC C12 Death or Retirement of a Partner
Friday, October 9, 2026	1:00:00 PM	12th	Career Guidance	Courses in Fashion Technology
Friday, October 9, 2026	1:40:00 AM	12th	Political Science	Indian Party System: Characteristics, Defects and Emerging Trends
Friday, October 9, 2026	2:15:00 AM	12th	Biology	CANCER, CHARACTERSTICS, CAUSES, TYPES, DIAGNOSE OR TREATMENT
Saturday, October 10, 2026	9:45:57 AM	10th	English	THE DYING DETECTIVE
Saturday, October 10, 2026	10:25:00 AM	6th	Punjabi	Keedi (Poem)
Saturday, October 10, 2026	11:05:00 AM	9th	Social Studies	Democracy & Election Policy
Saturday, October 10, 2026	12:20:00 PM	9th	Career Guidance	Introduction to Youth Services
Saturday, October 10, 2026	1:00:00 PM	6th	Special Lecture	Mental Health
Saturday, October 10, 2026	1:40:00 AM	6th	Special Lecture	Tuberculosis

Saturday, October 10, 2026	2:15:00 AM	11th	Chemistry	ENTHALPIES OF REACTIONS (TYPES)
Sunday, October 11, 2026	9:45:57 AM	10th	English	Simple, Compound & Complex Sentence-I
Sunday, October 11, 2026	10:25:00 AM	6th	Punjabi	Basant (Poem)
Sunday, October 11, 2026	11:05:00 AM	9th	Social Studies	Poverty: A Challenge for India
Sunday, October 11, 2026	12:20:00 PM	9th	Career Guidance	Vocational Courses
Sunday, October 11, 2026	1:00:00 PM	6th	Special Lecture	Non Communicable Disease
Sunday, October 11, 2026	1:40:00 AM	6th	Special Lecture	Deafness
Sunday, October 11, 2026	2:15:00 AM	11th	Chemistry	BASIC CONCEPTS IN ORGANIC CHEMISTRY
Monday, October 12, 2026	9:45:57 AM	10th	Mathematics	Circle - II
Monday, October 12, 2026	10:25:00 AM	9th	Mathematics	Linear Equation in two Variables – II
Monday, October 12, 2026	11:05:00 AM	11th	Special Lecture	National Deworming Day
Monday, October 12, 2026	12:20:00 PM	11th	English (I.E.L.T.S)	Eng C11 SecB Ch4 Confessions of A Born Spectator Ep01
Monday, October 12, 2026	1:00:00 PM	11th	Political Science	Organs and Functions of Govt.-I

Monday, October 12, 2026	1:40:00 AM	11th	Armed Force Training (Humanity)	Preparing to Join the Army-2
Monday, October 12, 2026	2:15:00 AM	12th	Physics	Series LCR Currunt
Tuesday, October 13, 2026	9:45:57 AM	9th	Science	Sci C09 Ch04 Structure of the atom Ep-02
Tuesday, October 13, 2026	10:25:00 AM	6th	English	Punctuation
Tuesday, October 13, 2026	11:05:00 AM	10th	Special Lecture	Vocational Courses
Tuesday, October 13, 2026	12:20:00 PM	11th	History	Guru Nanak Dev Ji and Foundation of Sikhism Part-I
Tuesday, October 13, 2026	1:00:00 PM	12th	Mathematics	Applications of Integration
Tuesday, October 13, 2026	1:40:00 AM	11th	Geography	DENUATION WORK OF SEA
Tuesday, October 13, 2026	2:15:00 AM	11th	Biology	CELL DIVISION, MEIOSIS
Wednesday, October 14, 2026	9:45:57 AM	8th	Science	Sci C08 Ch06 Reproductoion in animals Ep-1
Wednesday, October 14, 2026	10:25:00 AM	7th	English	Pronoun
Wednesday, October 14, 2026	11:05:00 AM	9th	English	Formation of words
Wednesday, October 14, 2026	12:20:00 PM	12th	English (I.E.L.T.S)	Eng C12 Sec/A Ch4 On Saying 'Please'

Wednesday, October 14, 2026	1:00:00 PM	12th	Economics	production and Costs
Wednesday, October 14, 2026	1:40:00 AM	12th	Armed Force Training (Humanity)	Recruitment in Military & Para Military
Wednesday, October 14, 2026	2:15:00 AM	12th	Chemistry	METAL CARBONYLES
Thursday, October 15, 2026	9:45:57 AM	7th	Punjabi	Sherniyaan
Thursday, October 15, 2026	10:25:00 AM	8th	Mathematics	Comparing Quantities – I
Thursday, October 15, 2026	11:05:00 AM	10th	Social Studies	Banda Singh Bahadur & Sikh Missals
Thursday, October 15, 2026	12:20:00 PM	12th	History	Sikh Misls Part-I
Thursday, October 15, 2026	1:00:00 PM	11th	Commerce	BS C11 Function of Banks
Thursday, October 15, 2026	1:40:00 AM	12th	Geography	LAND USE
Thursday, October 15, 2026	2:15:00 AM	11th	Physics	MOMENT OF INERTIA
Friday, October 16, 2026	9:45:57 AM	8th	English	We who Love Books
Friday, October 16, 2026	10:25:00 AM	10th	Science	Sci C10 Ch011 Electric Fuse
Friday, October 16, 2026	11:05:00 AM	11th	Economics	Liberalisation,Privatisation & Globalisation
Friday, October 16, 2026	12:20:00 PM	12th	Commerce	BS C12 Directing / Meaning and importance

Friday, October 16, 2026	1:00:00 PM	12th	Special Lecture	National Deworming Day
Friday, October 16, 2026	1:40:00 AM	12th	Political Science	National Political Parties
Friday, October 16, 2026	2:15:00 AM	12th	Biology	COMMON DISEASES IN HUMANS
Saturday, October 17, 2026	9:45:57 AM	10th	English	RAZIA THE TIGRESS
Saturday, October 17, 2026	10:25:00 AM	6th	Punjabi	Thaal
Saturday, October 17, 2026	11:05:00 AM	9th	Social Studies	French Revolution
Saturday, October 17, 2026	12:20:00 PM	9th	Special Lecture	Tuberculosis
Saturday, October 17, 2026	1:00:00 PM	7th	Special Lecture	Tuberculosis
Saturday, October 17, 2026	1:40:00 AM	7th	Special Lecture	Non Communicable Disease
Saturday, October 17, 2026	2:15:00 AM	11th	Chemistry	Elimination Reactions
Sunday, October 18, 2026	9:45:57 AM	10th	English	The Home Coming
Sunday, October 18, 2026	10:25:00 AM	6th	Punjabi	Keedi (Poem)
Sunday, October 18, 2026	11:05:00 AM	9th	Social Studies	Democracy & Election Policy
Sunday, October 18, 2026	12:20:00 PM	9th	Special Lecture	Tuberculosis

Sunday, October 18, 2026	1:00:00 PM	7th	Special Lecture	Deafness
Sunday, October 18, 2026	1:40:00 AM	7th	Special Lecture	Oral Health Programme
Sunday, October 18, 2026	2:15:00 AM	11th	Chemistry	IUPAC NAMING IN ORGANIC CHEMISTRY
Monday, October 19, 2026	9:45:57 AM	10th	Mathematics	Co-ordinate Geometry - I
Monday, October 19, 2026	10:25:00 AM	9th	Mathematics	Statistics – I
Monday, October 19, 2026	11:05:00 AM	11th	Computer Science	Usage of Internet
Monday, October 19, 2026	12:20:00 PM	11th	English (I.E.L.T.S)	Eng C11 SecB Ch4 Confessions of A Born Spectator Ep02
Monday, October 19, 2026	1:00:00 PM	11th	Political Science	Organs and Functions of Govt.-II
Monday, October 19, 2026	1:40:00 AM	11th	Armed Force Training (Humanity)	Preparing to Join the Army-3
Monday, October 19, 2026	2:15:00 AM	12th	Physics	Transformer
Tuesday, October 20, 2026	9:45:57 AM	9th	Science	Sci C09 Ch03 Atom and molecule
Tuesday, October 20, 2026	10:25:00 AM	6th	English	Playing Kabaddi

Tuesday, October 20, 2026	11:05:00 AM	10th	Computer Science	HTML (PART-II)
Tuesday, October 20, 2026	12:20:00 PM	11th	History	Guru Nanak Dev Ji and Foundation of Sikhism Part-II
Tuesday, October 20, 2026	1:00:00 PM	12th	Mathematics	Math c12 MCQs
Tuesday, October 20, 2026	1:40:00 AM	11th	Geography	DENUDATION WORK OF UNDERGROUND WATER
Tuesday, October 20, 2026	2:15:00 AM	11th	Biology	CELL ORGANELLES MITOCHANDRIA, PLASTIDS, ENDOPLASMIC, SETICULAR DETAILS
Wednesday, October 21, 2026	9:45:57 AM	8th	Science	Chemical effect of electric current PART-1
Wednesday, October 21, 2026	10:25:00 AM	7th	English	The Princess Who Never Smiled
Wednesday, October 21, 2026	11:05:00 AM	9th	English	The Last Leaf
Wednesday, October 21, 2026	12:20:00 PM	12th	English (I.E.L.T.S)	Eng C12 LSRW2 Writing Skills
Wednesday, October 21, 2026	1:00:00 PM	12th	Economics	Firm Under Perfect Competition
Wednesday, October 21, 2026	1:40:00 AM	12th	Armed Force Training (Humanity)	Job opportunites in Armed Forces
Wednesday, October 21, 2026	2:15:00 AM	12th	Chemistry	Nucleic Acids

Thursday, October 22, 2026	9:45:57 AM	7th	Punjabi	Baal Khedan
Thursday, October 22, 2026	10:25:00 AM	8th	Mathematics	Comparing Quantities - II
Thursday, October 22, 2026	11:05:00 AM	10th	Social Studies	Minerals
Thursday, October 22, 2026	12:20:00 PM	12th	History	Sikh Misls Part-II
Thursday, October 22, 2026	1:00:00 PM	11th	Commerce	BS C11 Insurance Principles and types
Thursday, October 22, 2026	1:40:00 AM	12th	Geography	RICE
Thursday, October 22, 2026	2:15:00 AM	11th	Physics	MOTION OF RIGID BODY
Friday, October 23, 2026	9:45:57 AM	8th	English	Tenses
Friday, October 23, 2026	10:25:00 AM	10th	Science	Sci C10 Ch011 Ohm' Law
Friday, October 23, 2026	11:05:00 AM	11th	Economics	Rural Development
Friday, October 23, 2026	12:20:00 PM	12th	Commerce	BS C12 Elements of Directing
Friday, October 23, 2026	1:00:00 PM	12th	Computer Science	CONTROL STATEMENTS IN C
Friday, October 23, 2026	1:40:00 AM	12th	Political Science	Indian Electoral System: Election Commission
Friday, October 23, 2026	2:15:00 AM	12th	Biology	IMMUNITY
Saturday, October 24, 2026	9:45:57 AM	10th	English	How much land does a man need

Saturday, October 24, 2026	10:25:00 AM	6th	Punjabi	Basant (Poem)
Saturday, October 24, 2026	11:05:00 AM	9th	Social Studies	Forest Society & Colonialism
Saturday, October 24, 2026	12:20:00 PM	9th	Computer Science	Microsoft Excel (Part-2)
Saturday, October 24, 2026	1:00:00 PM	8th	Special Lecture	Mental Health
Saturday, October 24, 2026	1:40:00 AM	8th	Special Lecture	Tuberculosis
Saturday, October 24, 2026	2:15:00 AM	11th	Chemistry	NAMING AND FUNCTIONAL GROUP
Sunday, October 25, 2026	9:45:57 AM	10th	English	Idioms
Sunday, October 25, 2026	10:25:00 AM	6th	Punjabi	Thaal
Sunday, October 25, 2026	11:05:00 AM	9th	Social Studies	Parliamentary Democracy in India
Sunday, October 25, 2026	12:20:00 PM	9th	Computer Science	MICROSOFT EXCEL PART-3
Sunday, October 25, 2026	1:00:00 PM	8th	Special Lecture	Non Communicable Disease
Sunday, October 25, 2026	1:40:00 AM	8th	Special Lecture	Deafness
Sunday, October 25, 2026	2:15:00 AM	11th	Chemistry	QUANTITATIVE & QUALITATIVE ANALYSIS OF ORGANIC COMPOUND

Monday, October 26, 2026	9:45:57 AM	10th	Mathematics	Co-ordinate Geometry - I
Monday, October 26, 2026	10:25:00 AM	9th	Mathematics	Statistics – II
Monday, October 26, 2026	11:05:00 AM	11th	NSQF	Using CRM Application-Free CRM ep-1
Monday, October 26, 2026	12:20:00 PM	11th	English (I.E.L.T.S)	Reading Comprehension
Monday, October 26, 2026	1:00:00 PM	11th	Political Science	Forms of Govt.: Parliamentary / Presidential
Monday, October 26, 2026	1:40:00 AM	11th	Armed Force Training (Humanity)	Preparing to Join the Army-4
Monday, October 26, 2026	2:15:00 AM	12th	Physics	Electromagnetic Waves
Tuesday, October 27, 2026	9:45:57 AM	9th	Science	Sci C09 Ch09 Gravitation
Tuesday, October 27, 2026	10:25:00 AM	6th	English	Articles
Tuesday, October 27, 2026	11:05:00 AM	10th	NSQF	Occupational Health, Hygiene And First Aid And Practices ep-1
Tuesday, October 27, 2026	12:20:00 PM	11th	History	Guru Nanak Dev Ji and Foundation of Sikhism Part-III
Tuesday, October 27, 2026	1:00:00 PM	12th	Mathematics	MCQS Part 2

Tuesday, October 27, 2026	1:40:00 AM	11th	Geography	DENUATION WORK OF WIND
Tuesday, October 27, 2026	2:15:00 AM	11th	Biology	GOLGI APPARATUS, LYSOSOMES, VACUOLES, RIBOSOMES, CONTRIOLE AND NUCLEUS
Wednesday, October 28, 2026	9:45:57 AM	8th	Science	Sci C08 Ch07 Conservation of plants and animals EP-01
Wednesday, October 28, 2026	10:25:00 AM	7th	English	Parts of Speech
Wednesday, October 28, 2026	11:05:00 AM	9th	English	Formal Letters
Wednesday, October 28, 2026	12:20:00 PM	12th	English (I.E.L.T.S)	Eng C12 Formal Letters
Wednesday, October 28, 2026	1:00:00 PM	12th	Economics	Firm Under Perfect Competition
Wednesday, October 28, 2026	1:40:00 AM	12th	Armed Force Training (Humanity)	Armed Force Training-Brig Vijay Bhaskar
Wednesday, October 28, 2026	2:15:00 AM	12th	Chemistry	Nucleic acids
Thursday, October 29, 2026	9:45:57 AM	7th	Punjabi	Mere Daddi Ji
Thursday, October 29, 2026	10:25:00 AM	8th	Mathematics	Power and Exponents - I
Thursday, October 29, 2026	11:05:00 AM	10th	Social Studies	War b/w Britishers & Sikhs and Capture of Pb. By Britishers

Thursday, October 29, 2026	12:20:00 PM	12th	History	Maharaja Ranjit Singh's Career and Conquests Part-I
Thursday, October 29, 2026	1:00:00 PM	11th	Commerce	MOP C11 OFFICE MANAGEMENT
Thursday, October 29, 2026	1:40:00 AM	12th	Geography	SWOT OF PUNJAB AGRICULTURE
Thursday, October 29, 2026	2:15:00 AM	11th	Physics	BEHAVIOUR OF PERFECT GASES
Friday, October 30, 2026	9:45:57 AM	8th	English	Tenses (Past & Future)
Friday, October 30, 2026	10:25:00 AM	10th	Science	Sci c10 ch04 Carbon and its compound EP-01
Friday, October 30, 2026	11:05:00 AM	11th	Economics	Liberalisation,Privatisation & Globalisation
Friday, October 30, 2026	12:20:00 PM	12th	Commerce	FEB C12 Fundamentals of Internet
Friday, October 30, 2026	1:00:00 PM	12th	NSQF	Techniques related to cutting, bending, and joining of fixtures and fittings ep-1
Friday, October 30, 2026	1:40:00 AM	12th	Political Science	Indian Electoral System: Election Commission
Friday, October 30, 2026	2:15:00 AM	12th	Biology	MICROBES IN HUMAN WELFARE
Saturday, October 31, 2026	9:45:57 AM	10th	English	Simple, Compound & Complex Sentence-I
Saturday, October 31, 2026	10:25:00 AM	6th	Punjabi	Keedi (Poem)
Saturday, October 31, 2026	11:05:00 AM	9th	Social Studies	Fundamental Rights under Constitution
Saturday, October 31, 2026	12:20:00 PM	9th	NSQF	MEASUREMENTS AND SYMBOLS USED IN PLUMBING Ep-1

Saturday, October 31, 2026	1:00:00 PM	6th	Special Lecture	Oral Health Programme
Saturday, October 31, 2026	1:40:00 AM	6th	Special Lecture	Mental Health
Saturday, October 31, 2026	2:15:00 AM	11th	Chemistry	COMMON ION EFFECT



ਰਾਜ ਵਿਦਿਅਕ ਖੋਜ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੀਸ਼ਦ ਪੰਜਾਬ

ਪੀ.ਐਸ.ਈ.ਬੀ. ਕੰਪਲੈਕਸ, ਵਿਦਿਆ ਭਵਨ, ਬਲਾਕ-ਈ, ਛੇਵੀਂ ਮੰਜਿਲ, ਫੇਜ਼-8, ਐੱਸ.ਏ.ਐੱਸ ਨਗਰ

ਈਮੇਲ: directorscert@punjabeducation.gov.in, ਫੋਨਨੰ: 0172-2212221

ਵੱਲ

ਸਮੂਹ ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫ਼ਸਰ (ਸੈ.ਸਿ.)

ਸਮੂਹ ਸਕੂਲ ਮੁਖੀ (ਵੈੱਬਸਾਈਟ ਰਾਹੀਂ)

ਪੰਜਾਬ।

ਮੀਮੇ ਨੰ: 546031/SCERT/QP/UP/2026/ 2026183915

ਮਿਤੀ: ਐਸ.ਏ.ਐਸ. ਨਗਰ/ 08-07-2026

ਵਿਸ਼ਾ: PM eVIDYA ਸਕੀਮ ਤਹਿਤ ਚੱਲ ਰਹੇ ਪੰਜ DTH TV ਚੈਨਲਾਂ ਦੀ ਵਰਤੋਂ ਲਈ ਫੀਲਡ ਵਿੱਚ ਹਦਾਇਤਾਂ ਭੇਜਣ ਸਬੰਧੀ।

- 1.0 ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਵੱਲ ਧਿਆਨ ਦੇਣ ਦੀ ਖੋਚਲ ਕੀਤੀ ਜਾਵੇ ਜੀ।
- 2.0 PM eVIDYA ਸਕੀਮ ਤਹਿਤ ਭਾਰਤ ਸਰਕਾਰ ਵੱਲੋਂ ਪੰਜਾਬ ਰਾਜ ਨੂੰ ਪੰਜ DTH Channel ਅਲਾਟ ਕੀਤੇ ਗਏ ਸਨ। ਇਹ ਚੈਨਲ 24*7(ਦਿਨ-ਰਾਤ) ਲਗਾਤਾਰ ਚੱਲ ਰਹੇ ਹਨ , ਇਹਨਾਂ ਤੋਂ ਵਿਦਿਆਰਥੀ ਸਕੂਲਾਂ ਅਤੇ ਘਰਾਂ ਵਿੱਚ ਬੈਠ ਕੇ ਲਗਾਤਾਰ ਸਿਖਲਾਈ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ। ਇਹਨਾਂ ਚੈਨਲਾਂ ਤੇ ਜਮਾਤਾਂ ਪਹਿਲੀ ਤੋਂ ਬਾਰਵੀਂ ਤੱਕ ਦੇ ਸਾਰੇ ਵਿਸ਼ਿਆਂ ਦਾ ਵੀਡੀਓ ਕੰਟੈਂਟ ਪ੍ਰਸਾਰਿਤ ਕੀਤਾ ਜਾਦਾ ਹੈ।
- 3.0 ਇਹਨਾਂ ਵੱਖ-ਵੱਖ ਚੈਨਲਾਂ ਦੇ ਸਲਾਟ ਪੂਰੇ 24 ਘੰਟੇ ਲਈ ਦੁਹਰਾਏ ਜਾਂਦੇ ਹਨ ਅਤੇ ਇਹਨਾਂ ਚੈਨਲਾਂ ਨੂੰ ਵੱਖ ਵੱਖ ਹੇਠ ਲਿਖੇ ਤਿੰਨ ਤਰੀਕਿਆਂ ਨਾਲ ਦੇਖਿਆ ਜਾ ਸਕਦਾ ਹੈ:

3.1 ਟੀ.ਵੀ ਰਾਹੀਂ:

ਇਹ ਚੈਨਲ ਫਰੀ ਟੂ ਏਅਰ ਡੀਟੀਐਚ (free to air DTH) ਚੈਨਲ (PB 143 ਤੋਂ PB147) ਰਾਹੀਂ ਦੇਖੇ ਜਾ ਸਕਦੇ ਹਨ ਅਤੇ Dish TV ਰਾਹੀਂ ਚੈਨਲ ਨੰ 2143 ਤੋਂ 2147 ਤੱਕ ਦੇਖੇ ਜਾ ਸਕਦਾ ਹਨ ਅਤੇ ਇਹਨਾਂ ਚੈਨਲਾਂ ਨੂੰ

ਟੀ.ਵੀ. ਸੈੱਟ ਤੇ ਦੇਖਣ ਲਈ ਜ਼ਰੂਰੀ ਹਦਾਇਤਾਂ (Annexure A) ਤੇ ਨੱਥੀ ਹੈ।

3.2 You Tube Links ਰਾਹੀਂ:

ਇਹਨਾਂ ਚੈਨਲਾਂ ਦੇ ਯੂਟੀਊਬ ਲਿੰਕ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਉਪਲਬਧ ਹਨ:

Channel Name	Target Group/Class	Channel Link (YouTube Live)
Samrath 01 (PB143)	11th to 12th	https://www.youtube.com/@Smrath1/streams
Samrath 02 (PB144)	9th to 10th	https://www.youtube.com/@Smrath2/streams
Samrath 03 (PB145)	6th to 8th	https://www.youtube.com/@Smrath3/streams
Samrath 04(PB146)	1st to 5th	https://www.youtube.com/@Smrath4/streams
Samrath 05 (PB147)	EDUSAT Programs 6th to 12th (including soft skills development programs, Career Counselling Traffic Awareness, Health Awareness, Skill Development program under NSQF)	https://www.youtube.com/@Smrath5/streams

3.3 PM eVidya App ਰਾਹੀਂ:

ਇਹ ਚੈਨਲ PM eVidya App ਰਾਹੀਂ ਵੀ ਉਪਲਬਧ ਹਨ ਅਤੇ ਇਹ ਐਪ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਡਾਊਨਲੋਡ ਕੀਤੀ ਜਾ ਸਕਦੀ।

Android App (Google Play Store):

<https://play.google.com/store/apps/details?id=gov.in>

iOS App (Apple App Store):

<https://apps.apple.com/in/app/pm-evidya/id6746432378>

3.3.1 ਉਕਤ ਸੰਬੰਧੀ ਵੱਧ ਤੋਂ ਵੱਧ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਪੀਐਮ ਵਿਦਿਆ ਚੈਨਲ ਐਪ ਡਾਊਨਲੋਡ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਵੇ, ਤਾਂ ਜੋ ਵਿਦਿਆਰਥੀ ਕਿਸੇ ਵੇਲੇ ਵੀ ਐਜੂਕੇਸ਼ਨ ਪ੍ਰੋਗਰਾਮ ਘਰ ਬੈਠਿਆਂ ਵੀ ਮੋਬਾਇਲ ਜਾਂ ਕਿਸੇ ਹੋਰ ਸੇਰਸ ਰਾਹੀਂ ਦੇਖ ਸਕਦੇ ਹਨ।

4.0 ਇਹਨਾਂ ਪੰਜ DTH TV Channels ਤੇ ਪ੍ਰਸਾਰਿਤ ਕੀਤੇ ਜਾਣ ਵਾਲੇ ਵਿਦਿਅਕ ਪ੍ਰੋਗਰਾਮ ਦੇ Daily schedule ਦਾ QR Code ਅਤੇ Links ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ :



Daily Schedule : <https://bit.ly/pbschd>

Or

https://docs.google.com/spreadsheets/d/e/2PACX-1vS8lvfiuuZUZ748mTIBxTy87-rAb3hOY5CmCFdqDjV4VghIAHTxCi_GgEvh6NBWAGVBU-oCqWDrkgqM/pubhtml

5.0 ਚੈਨਲ ਵਾਈਜ਼ ਟਾਈਮ ਟੇਬਲ (Annexure B) ਤੇ ਨਾਲ ਨੱਥੀ ਹੈ।

6.0 ਰੋਜ਼ਾਨਾ ਚੱਲ ਰਹੇ ਚੈਨਲਾਂ ਤੇ ਪ੍ਰੋਗਰਾਮ ਸੰਬੰਧੀ ਫੀਡਬੈਕ ਲੈਣ ਲਈ ਫੀਲਡ ਵਿੱਚ ਗੂਗਲ ਫਾਰਮ ਸਾਂਝਾ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਜਿਸਦਾ ਲਿੰਕ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ। ਇਹ ਫਾਰਮ ਵਿਦਿਆਰਥੀਆਂ/ਮਾਤਾ-ਪਿਤਾ/ਸਕੂਲ ਮੁੱਖੀ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦੁਆਰਾ ਭਰਿਆ ਜਾ ਰਿਹਾ ਹੈ।



Feedback Link: <http://bit.ly/FeedbackEDUSAT>

- 7.0 ਇਸ ਸੰਬੰਧੀ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਇਹਨਾਂ ਚੈਨਲਾਂ ਦਾ ਵੱਧ ਤੋਂ ਵੱਧ
ਲਾਭ ਉਠਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਜਾਵੇ।
- 8.0 ਇਸਨੂੰ ਅਤਿ ਜ਼ਰੂਰੀ ਸਮਝਿਆ ਜਾਵੇ ਜੀ।

ਕਿਰਨ ਸ਼ਰਮਾ, ਪੀ.ਸੀ.ਐਸ.
ਡਾਇਰੈਕਟਰ,
ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ, ਪੰਜਾਬ।

ਪਿਠ ਅੰਕਣ ਨੰ: -ਉਕਤ-

ਮਿਤੀ: 08-07-2026

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਹੇਠ ਲਿਖਿਆ ਨੂੰ ਸੂਚਨਾ ਹਿਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ:

1. ਨਿ.ਸ/ਡਾਇਰੈਕਟਰ ਜਨਰਲ ਸਕੂਲ ਸਿੱਖਿਆ ਪੰਜਾਬ।
2. ਨਿ.ਸ/ਡਾਇਰੈਕਟਰ ਸਕੂਲ ਸਿੱਖਿਆ (ਸੈ.ਸਿ.) ਪੰਜਾਬ।
3. ਨਿ.ਸ/ਡਾਇਰੈਕਟਰ ਸਕੂਲ ਸਿੱਖਿਆ (ਐ.ਸਿ.) ਪੰਜਾਬ।
4. DM(MIS)-website ਤੇ ਅਪਲੋਡ ਕਰਨ ਲਈ।

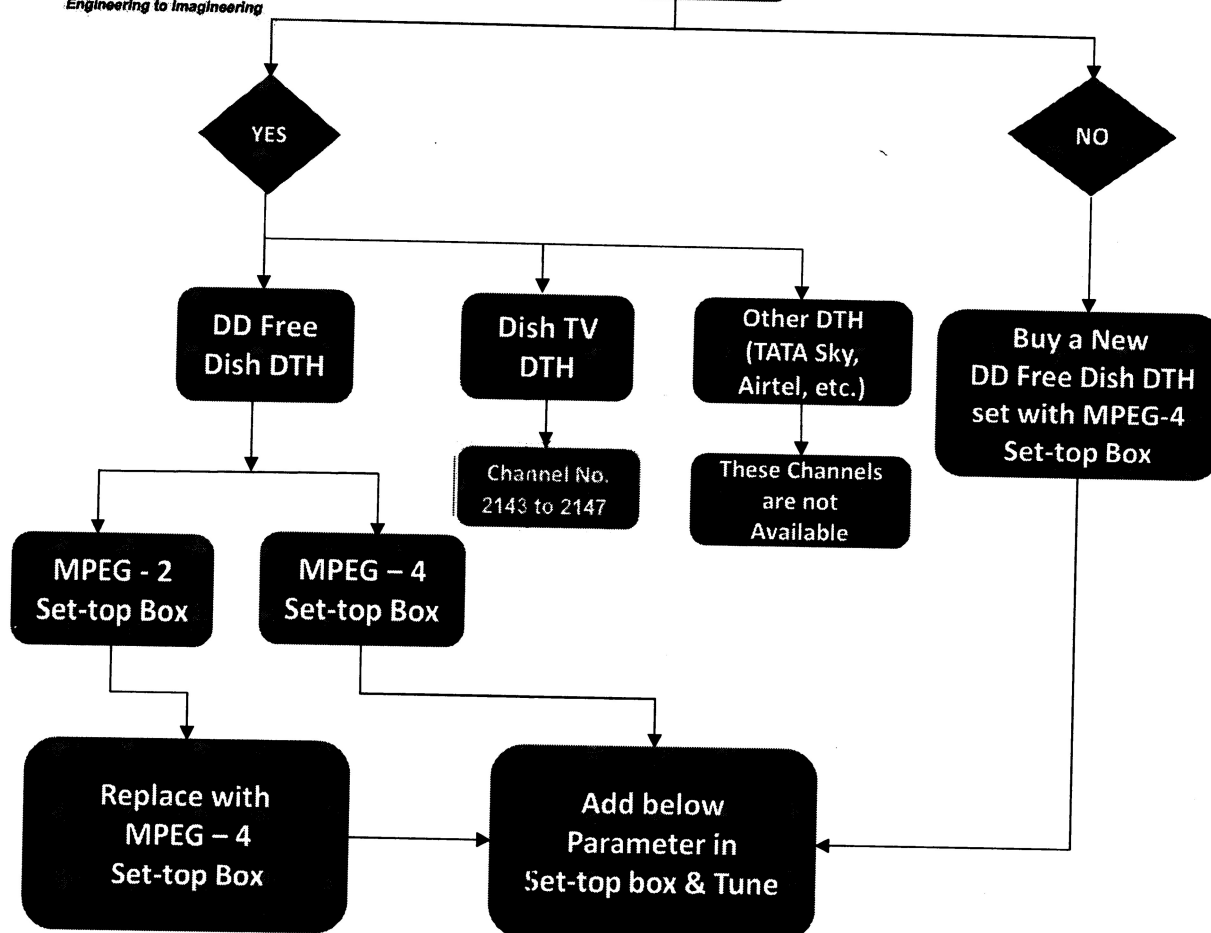
(ਕਿਰਨ ਸ਼ਰਮਾ, ਪੀ.ਸੀ.ਐਸ.)
ਡਾਇਰੈਕਟਰ,
ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ, ਪੰਜਾਬ।

How to Receive ' DD PM eVIDYA ' DTH Channels on TV



Have a DTH System?

Annexure A



DD PM eVIDYA Channel 143-147

Receive Parameter	Value
Satellite / Orbital Position	GSAT-15 / 93.5 ° East
Modulation	8 PSK / DVB-S2
Rx Frequency	11590 MHz
Polarization	Vertical
Symbol Rate	29500 KSPS
FEC	3/4

Annexure B

Weekly Time Schedule

Subject-wise Weekly Schedule of Channel 143 Classes 11-12

Day	D01	D02	D03	D04	D05	D06	D07
Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S01	Biology (11th)	Math (11th)	Physics (11th)	Chemistry (11th)	English (11th)	Math (R) (11th)	Physics (R) (11th)
S02	Economics (11th)	Accountancy (11th)	Business Studies (11th)	MOP (11th)	Punjabi (11th)	Chemistry (R) (11th)	Biology (R) (11th)
S03	English (11th)	Geography (11th)	History (11th)	Political Science (11th)	Hindi (11th)	Gender equality	Computer Science
S04	Math (12th)	Physics (12th)	Chemistry (12th)	English (12th)	Biology (12th)	Physics (R) (12th)	Math (R) (12th)
S05	Accountancy (12th)	Business Studies (12th)	FEB (12th)	Punjabi (12th)	Economics (12th)	Biology (R) (12th)	Chemistry (R) (12th)
S06	Geography (12th)	History (12th)	Political Science (12th)	Hindi (12th)	English (12th)	English (R) (12th)	Economics (R) (12th)

Subject-wise Weekly Schedule of Channel 144 Classes 9-10

Day	D01	D02	D03	D04	D05	D06	D07
Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S01	Gender Equality	Math (9 th)	Science (9 th)	English (9 th)	Math (9 th) (R)	Science (9 th) (R)	English (9 th) (R)
S02	Mental Ability	Punjabi (9 th)	Hindi (9 th)	Social Studies (9 th)	Punjabi (9 th) (R)	Hindi (9 th) (R)	Social Studies (9 th) (R)
S03	Welcome Life	Science (10 th)	English (10 th)	Math (10 th)	Science (10 th) (R)	English (10 th) (R)	Math (10 th) (R)
S04	Computer Science	Hindi (10 th)	Social Studies (10 th)	Punjabi (10 th)	Hindi (10 th) (R)	Social Studies (10 th) (R)	Punjabi (10 th) (R)

Subject-wise Weekly Schedule of Channel 145 of Classes 6-8

Day	D01	D02	D03	D04	D05	D06	D07
Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S01	Math Activity	Math (6 th)	Science (6 th)	English (6 th)	Math (6 th) (R)	Science (6 th) (R)	English (R) (6 th)
S02	Gender equality	Hindi (6 th)	Punjabi (6 th)	Social Studies (6 th)	Hindi (6 th) (R)	Punjabi (6 th) (R)	Social Studies (6 th) (R)
S03	Computer Science	Science (7 th)	English (7 th)	Math (7 th)	Science (7 th) (R)	English (7 th) (R)	Math (R) (7 th)
S04	Welcome Life	Punjabi (7 th)	Social Studies (7 th)	Hindi (7 th)	Punjabi (7 th) (R)	Social Studies (7 th) (R)	Hindi (7 th) (R)
S05	English (LSRW)	English (8 th)	Math (8 th)	Science (8 th)	English (8 th) (R)	Math (8 th) (R)	Science (8 th) (R)
S06	Mental Ability	Social Studies (8 th)	Hindi (8 th)	Punjabi (8 th)	Social Studies (8 th) (R)	Hindi (8 th) (R)	Punjabi (8 th) (R)

Subject-wise Weekly Schedule of Channel 146 Classes 1 – 5

DAY	D01	D02	D03	D04	D05	D06	D07
Slot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S01	Primary Classroom	Primary Classroom	Primary Classroom	Primary Classroom (R)	Primary Classroom (R)	Primary Classroom (R)	Nanhe Ustaad
S02	Primary Classroom	Primary Classroom	Primary Classroom	Primary Classroom (R)	Primary Classroom (R)	Primary Classroom (R)	Nanhe Ustaad

Subject-wise Weekly Schedule of Channel 147 (General Subjects)

Slot	Class	Monday	Class	Tuesday	Class	Wednesday	Class	Thursday	Class	Friday	Class	Saturday	Class	Sunday
S00	Filler	Montage of Ch05	Filler	Montage of Ch05	Filler	Montage of Ch05	Filler	Montage of Ch05	Filler	Montage of Ch05	Filler	Montage of Ch05	Filler	Montage of Ch05
S00a	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler	Filler
S01	10th	Mathematics	9th	Science	8th	Science	7th	Punjabi	8th	English	10th	English	10th	English
S02	9th	Mathematics	6th	English	7th	English	8th	Mathematics	10th	Science	6th	Punjabi	6th	Punjabi
S03	11th	N.S.Q.F/CG/Special/Welcome Life/CS	10th	N.S.Q.F/CG/Special/Welcome Life/CS	9th	English	10th	Social Studies	11th	Economics	9th	Social Studies	9th	Social Studies
S04	11th	English (I.E.L.T.S)	11th	History	12th	English (I.E.L.T.S)	12th	History	12th	Commerce	9th	N.S.Q.F/CG/Special/Welcome Life/CS	9th	N.S.Q.F/CG/Special/Welcome Life/CS
S05	Filler	Recess	Filler	Recess	Filler	Recess	Filler	Recess	Filler	Recess	Filler	Recess	Filler	Recess
S06	11th	Political Science	12th	Mathematics	12th	Economics	11th	Commerce	12th	N.S.Q.F/CG/Special/Welcome Life/CS	6th/7th/8th	Special Lecture	6th/7th/8th	Special Lecture
S07	11th	Armed Force Training (Humanity)	11th	Geography	12th	Armed Force Training (Humanity)	12th	Geography	12th	Political Science	6th/7th/8th	Special Lecture	6th/7th/8th	Special Lecture
S08	12th	Physics	11th	Biology	12th	Chemistry	11th	Physics	12th	Biology	11th	Chemistry	11th	Chemistry



ਰਾਜਵਿਦਿਅਕ ਖੋਜ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੀਸ਼ਦ ਪੰਜਾਬ

ਪੀ.ਐਸ.ਏ.ਬੀ. ਕੰਪਲੈਕਸ, ਵਿਦਿਆਰਥਨ, ਬਲਾਕ ਈ, ਫੇਰੀ ਮੰਜਿਲ, ਰੋਡ-8, ਮੋਹਾਲੀ,
ਈਮੇਲ: directorcert@punjabeducation.gov.in, ਫੋਨ: 0172-2212221

2026/20542
25-9-26

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ. ਸਿੱ/ਐ. ਸਿੱ.)

ਪੰਜਾਬ

ਮੀਸੇ ਨੰ: e-1098959/SCERT/QP/UP/202627067

ਮਿਤੀ: ਐਸ.ਏ.ਐਸ. ਨਗਰ, 25-09-2026

25/9/26

ਵਿਸ਼ਾ: ਮਿਸ਼ਨ ਸਮਰੱਥ ਤਹਿਤ Mindfulness Programme ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਨੂੰ 31 ਮਾਰਚ 2027 ਤੱਕ ਜਾਰੀ ਰੱਖਣ ਸੰਬੰਧੀ।

ਹਵਾਲਾ: e-1098959/SCERT/QP/UP/2026115109 ਮਿਤੀ: ਐਸ.ਏ.ਐਸ. ਨਗਰ, 27-04-2026

- 1.0. ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਅਤੇ ਹਵਾਲੇ ਵੱਲ ਧਿਆਨ ਦੇਣ ਦੀ ਖੋਜ ਕੀਤੀ ਜਾਵੇ।
- 2.0. ਮਿਸ਼ਨ ਸਮਰੱਥ ਤਹਿਤ ਕਰਵਾਏ ਜਾ ਰਹੇ Mindfulness Programme ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ 31 ਮਾਰਚ, 2027 ਤੱਕ ਜਾਰੀ ਰੱਖੀਆਂ ਜਾਣ।
- 3.0. ਇਸ ਸੰਬੰਧੀ ਹਵਾਲਾ ਪੱਤਰ ਵਿੱਚ ਦਿੱਤੀਆਂ ਗਈਆਂ ਹਦਾਇਤਾਂ ਦੀ ਪਾਲਣਾ ਕਰਨਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ।
- 4.0. ਇਸ ਸੰਬੰਧੀ ਜਦੋਂ ਸਕੂਲਾਂ ਦਾ ਸਮਾਂ 08:30 ਤੋਂ 02:50 ਦਾ ਹੋਵੇਗਾ ਤਾਂ ਪੱਤਰ ਨਾਲ ਨੱਥੀ 'Annexure A' ਤੇ ਦਿੱਤੀ ਸਮਾਂ ਸਾਰਣੀ ਲਾਗੂ ਹੋਵੇਗੀ ਅਤੇ ਜਦੋਂ ਸਕੂਲਾਂ ਦਾ ਸਮਾਂ 09:00 ਤੋਂ 03:20 ਦਾ ਹੋਵੇਗਾ ਤਾਂ ਪੱਤਰ ਨਾਲ ਨੱਥੀ 'Annexure B' ਤੇ ਦਿੱਤੀ ਸਮਾਂ ਸਾਰਣੀ ਲਾਗੂ ਹੋਵੇਗੀ
- 5.0. ਇਸ ਨੂੰ ਅਤਿ ਜ਼ਰੂਰੀ ਸਮਝਿਆ ਜਾਵੇ।

[Signature]
ਕਿਰਨ ਸ਼ਰਮਾ, ਪੀ.ਸੀ.ਐਸ.

ਡਾਇਰੈਕਟਰ, ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ.,

ਪੰਜਾਬ

ਪਿੱਠ ਅੱਕਣ ਨੰਬਰ: ਉਕਤ

ਮਿਤੀ: 25-09-2026

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਹੇਠ ਲਿਖਿਆ ਨੂੰ ਸੂਚਨਾ ਹਿਤ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ:

1. ਨਿ.ਸ./ ਸਕੱਤਰ ਸਕੂਲ ਸਿੱਖਿਆ, ਪੰਜਾਬ
2. ਨਿ.ਸ./ ਵਪੀਕ ਸਕੱਤਰ ਸਕੂਲ ਸਿੱਖਿਆ, ਪੰਜਾਬ
3. ਨਿ.ਸ./ ਡਾਇਰੈਕਟਰ ਜਨਰਲ ਸਕੂਲ ਸਿੱਖਿਆ, ਪੰਜਾਬ
4. ਨਿ.ਸ./ ਡਾਇਰੈਕਟਰ ਸਕੂਲ ਸਿੱਖਿਆ (ਸੈਕੰਡਰੀ), ਪੰਜਾਬ
5. DM (MIS) - ਵੈੱਬਸਾਈਟ ਤੇ ਅਪਲੋਡ ਕਰਨ ਲਈ

[Signature]
(ਕਿਰਨ ਸ਼ਰਮਾ, ਪੀ.ਸੀ.ਐਸ.)

ਡਾਇਰੈਕਟਰ, ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ.,

ਪੰਜਾਬ

Annexure B

ਜਦੋਂ ਸਕੂਲ ਦਾ ਸਮਾਂ 09:00 ਤੋਂ 03:20 ਹੋਵੇਗਾ

ਵਰਤਮਾਨ ਸਮਾਂ ਸਾਰਨੀ:

Period/Activity (ਪੀਰੀਅਡ/ ਗਤੀਵਿਧੀ)	Time (ਸਮਾਂ)
Morning Assembly (ਸਵੇਰੇ ਦੀ ਸਭਾ)	9:00 AM - 9:25 AM
First Period (ਪਹਿਲਾ ਪੀਰੀਅਡ)	9:25 AM - 10:05 AM
Second Period (ਦੂਜਾ ਪੀਰੀਅਡ)	10:05 AM - 10:45 AM
Third Period (ਤੀਜਾ ਪੀਰੀਅਡ)	10:45 AM - 11:25 AM
Fourth Period (ਚੌਥਾ ਪੀਰੀਅਡ)	11:25 AM - 12:05 PM
Fifth Period (ਪੰਜਵਾਂ ਪੀਰੀਅਡ)	12:05 PM - 12:45 PM
Lunch Break (ਅੱਧੀ ਛੁੱਟੀ)	12:45 PM - 01:20 PM
Sixth Period (ਛੇਵਾਂ ਪੀਰੀਅਡ)	01:20 PM - 2:00 PM
Seventh Period (ਸੱਤਵਾਂ ਪੀਰੀਅਡ)	2:00 PM - 2:40 PM
Eighth Period (ਅੱਠਵਾਂ ਪੀਰੀਅਡ)	2:40 PM - 3:20 PM

Mindfulness Program ਅਨੁਸਾਰ ਤਬਦੀਲ ਸਮਾਂ-ਸਾਰਣੀ :-

Period/Activity (ਪੀਰੀਅਡ/ ਗਤੀਵਿਧੀ)	Time (ਸਮਾਂ)
Morning Assembly (ਸਵੇਰੇ ਦੀ ਸਭਾ)	9:00 AM - 9:15 AM
First Period (ਪਹਿਲਾ ਪੀਰੀਅਡ)	9:15 AM - 9:35 AM
Mindfulness Activity	
Second Period (ਦੂਜਾ ਪੀਰੀਅਡ)	9:35 AM - 10:15 AM
Third Period (ਤੀਜਾ ਪੀਰੀਅਡ)	10:15 AM - 10:55 AM
Fourth Period (ਚੌਥਾ ਪੀਰੀਅਡ)	10:55 AM - 11:35 AM
Fifth Period (ਪੰਜਵਾਂ ਪੀਰੀਅਡ)	11:35 AM - 12:15 PM
Lunch Break (ਅੱਧੀ ਛੁੱਟੀ)	12:15 PM - 12:50 PM
Sixth Period (ਛੇਵਾਂ ਪੀਰੀਅਡ)	12:50 PM - 01:30 PM
Seventh Period (ਸੱਤਵਾਂ ਪੀਰੀਅਡ)	01:30 PM - 2:10 PM
Eighth Period (ਅੱਠਵਾਂ ਪੀਰੀਅਡ)	2:10 PM - 02:45 PM
Ninth Period (ਨੌਵਾਂ ਪੀਰੀਅਡ)	2:45 PM - 03:20 PM

Annexure A

ਜਦੋਂ ਸਕੂਲ ਦਾ ਸਮਾਂ 08:30 ਤੋਂ 02:50 ਹੋਵੇਗਾ

ਵਰਤਮਾਨ ਸਮਾਂ ਸਾਰਣੀ:

Period/Activity (ਪੀਰੀਅਡ/ ਗਤੀਵਿਧੀ)	Time (ਸਮਾਂ)
Morning Assembly (ਸਵੇਰੇ ਦੀ ਸਭਾ)	8:30 AM - 8:55 AM
First Period (ਪਹਿਲਾ ਪੀਰੀਅਡ)	8:55 AM - 9:35 AM
Second Period (ਦੂਜਾ ਪੀਰੀਅਡ)	9:35 AM - 10:15 AM
Third Period (ਤੀਜਾ ਪੀਰੀਅਡ)	10:15 AM - 10:55 AM
Fourth Period (ਚੌਥਾ ਪੀਰੀਅਡ)	10:55 AM - 11:35 AM
Fifth Period (ਪੰਜਵਾਂ ਪੀਰੀਅਡ)	11:35 AM - 12:15 PM
Lunch Break (ਅੱਧੀ ਛੁੱਟੀ)	12:15 PM - 12:50 PM
Sixth Period (ਛੇਵਾਂ ਪੀਰੀਅਡ)	12:50 PM - 01:30 PM
Seventh Period (ਸੱਤਵਾਂ ਪੀਰੀਅਡ)	01:30 PM - 2:10 PM
Eighth Period (ਅੱਠਵਾਂ ਪੀਰੀਅਡ)	02:10 PM - 02:50 PM

Mindfulness Program ਅਨੁਸਾਰ ਤਬਦੀਲ ਸਮਾਂ-ਸਾਰਣੀ :-

Period/Activity (ਪੀਰੀਅਡ/ ਗਤੀਵਿਧੀ)	Time (ਸਮਾਂ)
Morning Assembly (ਸਵੇਰੇ ਦੀ ਸਭਾ)	8:30 AM - 8:45 AM
First Period (ਪਹਿਲਾ ਪੀਰੀਅਡ)	8:45 AM - 9:05 AM
Mindfulness Activity	
Second Period (ਦੂਜਾ ਪੀਰੀਅਡ)	9:05 AM - 09:45AM
Third Period (ਤੀਜਾ ਪੀਰੀਅਡ)	09:45 AM - 10:25 AM
Fourth Period (ਚੌਥਾ ਪੀਰੀਅਡ)	10:25 AM - 11:05 AM
Fifth Period (ਪੰਜਵਾਂ ਪੀਰੀਅਡ)	11:05 AM - 11:45 AM
Lunch Break (ਅੱਧੀ ਛੁੱਟੀ)	11:45 AM - 12:20 PM
Sixth Period (ਛੇਵਾਂ ਪੀਰੀਅਡ)	12:20 PM - 01:00 PM
Seventh Period (ਸੱਤਵਾਂ ਪੀਰੀਅਡ)	01:00 PM - 01:40 PM
Eighth Period (ਅੱਠਵਾਂ ਪੀਰੀਅਡ)	01:40 PM - 02:15 PM
Ninth Period (ਨੌਵਾਂ ਪੀਰੀਅਡ)	02:15 PM - 02:50 PM