

कक्षा-10 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class-10

कक्षा-10 की विषयवार साप्ताहिक कार्यक्रम प्रसारण सारणी Subject-wise Weekly Program Transmission Schedule of Class - 10

सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बृहस्पतिवार Thursday	शुक्रवार Friday	शनिवार Saturday	रविवार Sunday
हिन्दी	हिन्दी	हिन्दी	हिन्दी	संस्कृत	संस्कृत	उर्दू (اردو)
भूगोल	भूगोल	इतिहास	इतिहास	राजनीति विज्ञान	राजनीति विज्ञान	अर्थशास्त्र
विज्ञान	विज्ञान	गणित	गणित	गणित	गणित	विज्ञान
English	English	English	English	Geography	Geography	Economics
Mathematics	Mathematics	History	History	Mathematics	Mathematics	Political Science
Political Science	Political Science	Science	Science	Science	Science	General

☞ 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/28.

☞ The channel also telecasts Live Interactive Sessions with Subject Experts on every Friday from 3.00 pm to 4.00 pm. You can also watch these sessions and other interesting videos on the NCERT OFFICIAL YouTube channel by following the link:

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

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



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

कक्षा - 10 की मासिक कार्यक्रम प्रसारण सारणी Monthly Program Transmission Schedule of Class - 10

अगस्त 2026
August 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
शनिवार, 01 अगस्त 2026 Saturday, 01 August 2026			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:05 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:32 AM 03:33 AM 06:34 AM 09:35 AM 12:35 PM 03:36 PM 06:37 PM 09:38 PM
General	Energy Saving	English	12:54 AM 03:55 AM 06:56 AM 09:56 AM 12:57 PM 03:58 PM 06:59 PM 09:59 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:56 AM 03:57 AM 06:57 AM 09:58 AM 12:59 PM 03:59 PM 07:00 PM 10:01 PM
Cyber Security	Change Passwords like Socks	Hindi	01:27 AM 04:28 AM 07:29 AM 10:29 AM 01:30 PM 04:31 PM 07:32 PM 10:32 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:28 AM 04:28 AM 07:29 AM 10:30 AM 01:31 PM 04:31 PM 07:32 PM 10:33 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	01:44 AM 04:45 AM 07:46 AM 10:46 AM 01:47 PM 04:48 PM 07:49 PM 10:49 PM
Landslide	Landslide - क्या आपको पता है भूस्खलन के खतरे से कैसे बचा जाए	Hindi	02:17 AM 05:17 AM 08:18 AM 11:19 AM 02:20 PM 05:20 PM 08:21 PM 11:22 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Science	Science: Chapter 10: Light – Reflection and Refraction-1	English	02:32 AM 05:33 AM 08:33 AM 11:34 AM 02:35 PM 05:36 PM 08:36 PM 11:37 PM
रविवार, 02 अगस्त 2026 Sunday, 02 August 2026			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:03 PM 06:03 PM 09:04 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:42 AM 03:43 AM 06:44 AM 09:44 AM 12:45 PM 03:46 PM 06:46 PM 09:47 PM
Science	Alfred Nobel – 1	English	01:00 AM 04:01 AM 07:02 AM 10:02 AM 01:03 PM 04:03 PM 07:04 PM 10:05 PM
विज्ञान	विज्ञान: पाठ-9: आनुवंशिकता एवं जैव विकास	Hindi	01:09 AM 04:09 AM 07:10 AM 10:11 AM 01:11 PM 04:12 PM 07:13 PM 10:13 PM
General	Health And Sanitation (H)	Hindi	01:43 AM 04:43 AM 07:44 AM 10:45 AM 01:45 PM 04:46 PM 07:46 PM 10:47 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-1	English	01:49 AM 04:50 AM 07:51 AM 10:51 AM 01:52 PM 04:53 PM 07:53 PM 10:54 PM
General English	Episode 11 Agreeing 3	English	02:08 AM 05:08 AM 08:09 AM 11:09 AM 02:10 PM 05:11 PM 08:11 PM 11:12 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:31 AM 05:31 AM 08:32 AM 11:33 AM 02:33 PM 05:34 PM 08:35 PM 11:35 PM
General	Growth & Health (H)	Hindi	02:53 AM 05:54 AM 08:55 AM 11:55 AM 02:56 PM 05:57 PM 08:57 PM 11:58 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General	Introduction to MISSION LIFE	English	02:58 AM 05:58 AM 08:59 AM 12:00 PM 03:00 PM 06:01 PM 09:02 PM
सोमवार, 03 अगस्त 2026 Monday, 03 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-1	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:03 PM 06:03 PM 09:04 PM
Cyber Security	Fake Whats app messages	English	12:23 AM 03:23 AM 06:24 AM 09:25 AM 12:25 PM 03:26 PM 06:26 PM 09:27 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:25 AM 03:26 AM 06:26 AM 09:27 AM 12:27 PM 03:28 PM 06:29 PM 09:29 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	01:02 AM 04:02 AM 07:03 AM 10:03 AM 01:04 PM 04:05 PM 07:05 PM 10:06 PM
General	Nutrition_Health and Sanitation	English	01:33 AM 04:34 AM 07:35 AM 10:35 AM 01:36 PM 04:36 PM 07:37 PM 10:38 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:40 AM 04:40 AM 07:41 AM 10:41 AM 01:42 PM 04:43 PM 07:43 PM 10:44 PM
Thunderstor m and Lighting	आंधी तूफान	Hindi	02:03 AM 05:03 AM 08:04 AM 11:05 AM 02:05 PM 05:06 PM 08:06 PM 11:07 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	02:04 AM 05:04 AM 08:05 AM 11:06 AM 02:06 PM 05:07 PM 08:07 PM 11:08 PM
General	e-Pathshala App Launch	Hindi	02:38 AM 05:38 AM 08:39 AM 11:40 AM 02:40 PM 05:41 PM 08:41 PM 11:42 PM
Social Science	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:39 AM 05:39 AM 08:40 AM 11:41 AM 02:41 PM 05:42 PM 08:42 PM



(Political Science)			॥ 11:43 PM ॥
मंगलवार, 04 अगस्त 2026 Tuesday, 04 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM ॥ 02:58 AM ॥ 05:56 AM ॥ 08:54 AM ॥ 11:52 AM ॥ 02:50 PM ॥ 05:48 PM ॥ 08:46 PM ॥ 11:44 PM ॥
सामाजिक विज्ञान (भूगोल)	सा.विज्ञान.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:20 AM ॥ 03:18 AM ॥ 06:16 AM ॥ 09:14 AM ॥ 12:12 PM ॥ 03:10 PM ॥ 06:08 PM ॥ 09:07 PM ॥
Cyber Security	Internet Ethics	English	12:43 AM ॥ 03:41 AM ॥ 06:39 AM ॥ 09:37 AM ॥ 12:35 PM ॥ 03:33 PM ॥ 06:32 PM ॥ 09:30 PM ॥
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	12:46 AM ॥ 03:44 AM ॥ 06:42 AM ॥ 09:40 AM ॥ 12:38 PM ॥ 03:36 PM ॥ 06:34 PM ॥ 09:32 PM ॥
सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:11 AM ॥ 04:09 AM ॥ 07:07 AM ॥ 10:05 AM ॥ 01:04 PM ॥ 04:02 PM ॥ 07:00 PM ॥ 09:58 PM ॥
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:12 AM ॥ 04:10 AM ॥ 07:08 AM ॥ 10:06 AM ॥ 01:04 PM ॥ 04:02 PM ॥ 07:00 PM ॥ 09:58 PM ॥
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	English	01:47 AM ॥ 04:45 AM ॥ 07:43 AM ॥ 10:41 AM ॥ 01:39 PM ॥ 04:37 PM ॥ 07:36 PM ॥ 10:34 PM ॥
General	E-Waste Management: Film 2	English	02:14 AM ॥ 05:12 AM ॥ 08:10 AM ॥ 11:08 AM ॥ 02:06 PM ॥ 05:04 PM ॥ 08:02 PM ॥ 11:01 PM ॥
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:23 AM ॥ 05:21 AM ॥ 08:19 AM ॥ 11:17 AM ॥ 02:15 PM ॥ 05:13 PM ॥ 08:12 PM ॥ 11:10 PM ॥
बुधवार, 05 अगस्त 2026 Wednesday, 05 August 2026			



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cyber Security	Fake Whats app messages	English	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:02 PM 06:02 PM 09:02 PM
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:03 AM 03:03 AM 06:04 AM 09:04 AM 12:05 PM 03:05 PM 06:06 PM 09:06 PM
Thunderstorm and Lighting	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	12:32 AM 03:32 AM 06:32 AM 09:33 AM 12:33 PM 03:34 PM 06:34 PM 09:34 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:32 AM 03:33 AM 06:33 AM 09:34 AM 12:34 PM 03:34 PM 06:35 PM 09:35 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	12:54 AM 03:54 AM 06:54 AM 09:55 AM 12:55 PM 03:56 PM 06:56 PM 09:57 PM
General	It's My Right to Get Education	Marathi	01:25 AM 04:25 AM 07:25 AM 10:26 AM 01:26 PM 04:27 PM 07:27 PM 10:27 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:30 AM 04:31 AM 07:31 AM 10:32 AM 01:32 PM 04:32 PM 07:33 PM 10:33 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	01:56 AM 04:56 AM 07:57 AM 10:57 AM 01:57 PM 04:58 PM 07:58 PM 10:59 PM
Science	Science: Chapter 10: Light - Reflection and Refraction-2	English	02:36 AM 05:37 AM 08:37 AM 11:38 AM 02:38 PM 05:39 PM 08:39 PM 11:39 PM
बृहस्पतिवार, 06 अगस्त 2026 Thursday, 06 August 2026			
हिंदी	हिंदी: पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	Hindi	12:00 AM 03:02 AM 06:04 AM 09:06 AM 12:08 PM 03:10 PM 06:12 PM 09:14 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:38 AM 03:40 AM 06:42 AM 09:44 AM 12:46 PM 03:48 PM 06:50 PM 09:52 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:39 AM 03:41 AM 06:43 AM 09:45 AM 12:47 PM 03:49 PM 06:51 PM 09:53 PM
Thunderstor m and Lighting	Lightning - Precautions During Lightning & Thunderstorm	English	01:02 AM 04:04 AM 07:06 AM 10:08 AM 01:10 PM 04:12 PM 07:14 PM 10:16 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:03 AM 04:05 AM 07:07 AM 10:09 AM 01:11 PM 04:13 PM 07:15 PM 10:17 PM
सामान्य	Sustainable Food Systems Adopted	हिन्दी	01:35 AM 04:37 AM 07:39 AM 10:41 AM 01:43 PM 04:45 PM 07:47 PM 10:49 PM
Language (English)	English: Ch-2: The Thief's Story	English	01:35 AM 04:37 AM 07:39 AM 10:41 AM 01:43 PM 04:45 PM 07:47 PM 10:49 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:15 AM 05:17 AM 08:19 AM 11:21 AM 02:23 PM 05:25 PM 08:27 PM 11:29 PM
Thunderstor m and Lighting	Lightning - बिजली की चोटों के सकेत और लक्षण - 01	Hindi	02:37 AM 05:39 AM 08:41 AM 11:43 AM 02:45 PM 05:47 PM 08:49 PM 11:51 PM
Science	Science: Chapter 10: Light - Reflection and Refraction-3	English	02:37 AM 05:39 AM 08:41 AM 11:43 AM 02:45 PM 05:48 PM 08:50 PM 11:52 PM
शुक्रवार, 07 अगस्त 2026 Friday, 07 August 2026			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-2	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:56 PM 05:56 PM 08:55 PM 11:54 PM
General	Energy Saving	English	12:29 AM 03:28 AM 06:27 AM 09:27 AM 12:26 PM 03:26 PM 06:25 PM 09:24 PM
सामाजिक विज्ञान (राजनीति)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:30 AM 03:30 AM 06:29 AM 09:28 AM 12:28 PM 03:27 PM 06:27



विज्ञान)			PM 09:26 PM
General	Growing up Healthy	English	01:00 AM 04:00 AM 06:59 AM 09:58 AM 12:58 PM 03:57 PM 06:56 PM 09:56 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:04 AM 04:04 AM 07:03 AM 10:03 AM 01:02 PM 04:01 PM 07:01 PM 10:00 PM
General	Safety and Security against Violence and Injuries	English	01:34 AM 04:33 AM 07:33 AM 10:32 AM 01:31 PM 04:31 PM 07:30 PM 10:30 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-2	English	01:40 AM 04:39 AM 07:38 AM 10:38 AM 01:37 PM 04:36 PM 07:36 PM 10:35 PM
Mathematics	Maths: Chapter- 6 Triangles- 1	English	02:11 AM 05:10 AM 08:10 AM 11:09 AM 02:08 PM 05:08 PM 08:07 PM 11:07 PM
General	Safe Use of Internet (H)	Hindi	02:26 AM 05:26 AM 08:25 AM 11:24 AM 02:24 PM 05:23 PM 08:23 PM 11:22 PM
Science	Science: Chapter 10: Light – Reflection and Refraction-4	English	02:32 AM 05:32 AM 08:31 AM 11:31 AM 02:30 PM 05:29 PM 08:29 PM 11:28 PM
General	Promotion of Healthy Lifestyle	English	02:53 AM 05:52 AM 08:52 AM 11:51 AM 02:50 PM 05:50 PM 08:49 PM 11:49 PM
शनिवार, 08 अगस्त 2026 Saturday, 08 August 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
सामान्य	Water Saved	हिन्दी	12:23 AM 03:23 AM 06:23 AM 09:23 AM 12:23 PM 03:23 PM 06:23 PM 09:23 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-2: संघवाद	Hindi	12:25 AM 03:25 AM 06:25 AM 09:25 AM 12:24 PM 03:24 PM 06:24 PM 09:24 PM
Thunderstorm and Lightning	Lightning - बिजली से बचने के लिए क्या करें एवं क्या न करें	Hindi	12:48 AM 03:48 AM 06:48 AM 09:47 AM 12:47 PM 03:47 PM 06:47 PM 09:47 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	12:48 AM 03:48 AM 06:48 AM 09:48 AM 12:48 PM 03:48 PM 06:48 PM 09:48 PM
General	Gender Equality (E)	English	01:18 AM 04:18 AM 07:18 AM 10:18 AM 01:18 PM 04:18 PM 07:18 PM 10:18 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -1	English	01:25 AM 04:25 AM 07:25 AM 10:25 AM 01:25 PM 04:25 PM 07:25 PM 10:25 PM
Mathematics	Maths: Chapter- 6 Triangles- 2	English	01:51 AM 04:51 AM 07:51 AM 10:51 AM 01:51 PM 04:51 PM 07:51 PM 10:51 PM
Thunderstorm and Lightning	Lightning - बिजली से कैसे बचें	Hindi	02:12 AM 05:12 AM 08:12 AM 11:12 AM 02:12 PM 05:12 PM 08:12 PM 11:12 PM
Science	Science: Chap 11: The Human Eye and the Colourful World	English	02:13 AM 05:13 AM 08:13 AM 11:13 AM 02:13 PM 05:13 PM 08:13 PM 11:13 PM
General	E-Waste Management: Film 2	English	02:50 AM 05:50 AM 08:50 AM 11:50 AM 02:50 PM 05:50 PM 08:50 PM 11:50 PM
रविवार, 09 अगस्त 2026 Sunday, 09 August 2026			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
General	Safety and Security (H)	Hindi	12:42 AM 03:43 AM 06:44 AM 09:45 AM 12:46 PM 03:47 PM



			06:48 PM 09:49 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:48 AM 03:49 AM 06:50 AM 09:51 AM 12:52 PM 03:53 PM 06:54 PM 09:55 PM
Cyber Security	Safe Downloading	English	01:13 AM 04:14 AM 07:15 AM 10:16 AM 01:17 PM 04:18 PM 07:19 PM 10:20 PM
विज्ञान	विज्ञान: पाठ-9: आनुवंशिकता एवं जैव विकास	Hindi	01:14 AM 04:15 AM 07:16 AM 10:17 AM 01:18 PM 04:19 PM 07:20 PM 10:21 PM
General English	Episode 11 Agreeing 3	English	01:48 AM 04:49 AM 07:50 AM 10:51 AM 01:52 PM 04:53 PM 07:54 PM 10:55 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-2	English	01:58 AM 04:59 AM 08:00 AM 11:01 AM 02:02 PM 05:03 PM 08:04 PM 11:05 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM 05:38 AM 08:39 AM 11:40 AM 02:41 PM 05:42 PM 08:43 PM 11:44 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
सोमवार, 10 अगस्त 2026 Monday, 10 August 2026			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:06 PM
Cyber Security	What to do when Computer System is compromised	English	12:25 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:31 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:30 PM 03:31 PM 06:31 PM 09:32 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cyber Security	Tips to avoid Lottery Scams	English	12:53 AM 03:54 AM 06:55 AM 09:56 AM 12:57 PM 03:58 PM 06:58 PM 09:59 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	12:54 AM 03:55 AM 06:56 AM 09:57 AM 12:58 PM 03:58 PM 06:59 PM 10:00 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:40 AM 04:41 AM 07:41 AM 10:42 AM 01:43 PM 04:44 PM 07:45 PM 10:46 PM
Cyber Security	Identity Theft	Hindi	02:03 AM 05:04 AM 08:05 AM 11:06 AM 02:06 PM 05:07 PM 08:08 PM 11:09 PM
Mathematics	Maths: Chapter- 6 Triangles- 3	English	02:04 AM 05:04 AM 08:05 AM 11:06 AM 02:07 PM 05:08 PM 08:09 PM 11:10 PM
General	Introduction to MISSION LIFE	English	02:34 AM 05:35 AM 08:35 AM 11:36 AM 02:37 PM 05:38 PM 08:39 PM 11:40 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:36 AM 05:37 AM 08:38 AM 11:39 AM 02:40 PM 05:40 PM 08:41 PM 11:42 PM
सामान्य	India-Pavilion-at-COP27-Mission	हिन्दी	02:57 AM 05:58 AM 08:59 AM 12:00 PM 03:01 PM 06:02 PM 09:03 PM
मंगलवार, 11 अगस्त 2026 Tuesday, 11 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-1	Hindi	12:00 AM 03:05 AM 06:11 AM 09:17 AM 12:22 PM 03:28 PM 06:34 PM 09:39 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:23 AM 03:28 AM 06:34 AM 09:40 AM 12:46 PM 03:51 PM 06:57 PM 10:03 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:24 AM 03:29 AM 06:35 AM 09:41 AM 12:46 PM 03:52 PM 06:58 PM 10:04 PM



Cyber Security	Tips to avoid Lottery Scams	English	12:46 AM 03:52 AM 06:58 AM 10:03 AM 01:09 PM 04:15 PM 07:20 PM 10:26 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	12:47 AM 03:53 AM 06:59 AM 10:04 AM 01:10 PM 04:16 PM 07:21 PM 10:27 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:20 AM 04:26 AM 07:31 AM 10:37 AM 01:43 PM 04:48 PM 07:54 PM 11:00 PM
Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	01:48 AM 04:54 AM 07:59 AM 11:05 AM 02:11 PM 05:16 PM 08:22 PM 11:28 PM
Mathematics	Maths: Chapter- 6 Triangles- 4	English	01:49 AM 04:54 AM 08:00 AM 11:06 AM 02:12 PM 05:17 PM 08:23 PM 11:29 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:27 AM 05:33 AM 08:39 AM 11:44 AM 02:50 PM 05:56 PM 09:01 PM
रोजगार कौशल	हुनर सीखें होनहार बने	Hindi	02:48 AM 05:54 AM 08:59 AM 12:05 PM 03:11 PM 06:17 PM 09:22 PM
बुधवार, 12 अगस्त 2026 Wednesday, 12 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:50 PM 05:48 PM 08:46 PM 11:44 PM
Cyber Security	Bloggging Tips	English	12:26 AM 03:24 AM 06:22 AM 09:20 AM 12:18 PM 03:16 PM 06:14 PM 09:12 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:27 AM 03:25 AM 06:23 AM 09:21 AM 12:19 PM 03:17 PM 06:15 PM 09:13 PM
Cyber Security	Internet Ethics	English	12:52 AM 03:50 AM 06:48 AM 09:46 AM 12:44 PM 03:42 PM 06:40 PM 09:38 PM
Landslide	Landslide - भूस्खलन के दौरान क्या करें और क्या न करें - 01	Hindi	12:55 AM 03:53 AM 06:51 AM 09:49 AM 12:47 PM 03:45 PM 06:43 PM 09:41 PM

गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	12:56 AM 03:54 AM 06:52 AM 09:50 AM 12:48 PM 03:46 PM 06:44 PM 09:42 PM
General	Migratory Birds	English	01:19 AM 04:17 AM 07:15 AM 10:13 AM 01:11 PM 04:09 PM 07:07 PM 10:05 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:22 AM 04:20 AM 07:18 AM 10:16 AM 01:14 PM 04:12 PM 07:10 PM 10:08 PM
रोजगार कौशल	हुनर सीखें होनहार बने	Hindi	01:47 AM 04:45 AM 07:43 AM 10:41 AM 01:39 PM 04:37 PM 07:35 PM 10:33 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:04 AM 05:02 AM 08:00 AM 10:58 AM 01:56 PM 04:54 PM 07:52 PM 10:50 PM
Science	Chapter 12: Electricity-1	English	02:33 AM 05:31 AM 08:29 AM 11:27 AM 02:25 PM 05:23 PM 08:21 PM 11:19 PM
बृहस्पतिवार, 13 अगस्त 2026 Thursday, 13 August 2026			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:35 AM 03:35 AM 06:35 AM 09:35 AM 12:35 PM 03:35 PM 06:35 PM 09:35 PM
Cyber Security	Browser Practices: Best Practices	English	12:58 AM 03:58 AM 06:58 AM 09:58 AM 12:58 PM 03:58 PM 06:58 PM 09:58 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:59 AM 03:59 AM 06:59 AM 09:59 AM 12:59 PM 03:59 PM 06:59 PM 09:59 PM
Language (English)	English: Ch-2: The Thief's Story	English	01:44 AM 04:44 AM 07:44 AM 10:44 AM 01:43 PM 04:43 PM 07:43 PM 10:43 PM
General	MOTHER EARTH Prakriti English	English	02:10 AM 05:10 AM 08:10 AM 11:10 AM 02:10 PM 05:10 PM 08:10 PM 11:10 PM



Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	02:12 AM 05:12 AM 08:12 AM 11:12 AM 02:12 PM 05:12 PM 08:12 PM 11:12 PM
Cyber Security	Fake Whats app messages	English	02:35 AM 05:35 AM 08:35 AM 11:35 AM 02:35 PM 05:35 PM 08:35 PM 11:34 PM
Science	Chapter 12: Electricity-2	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM
शुक्रवार, 14 अगस्त 2026 Friday, 14 August 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:56 PM 05:55 PM 08:54 PM 11:53 PM
General	E-Waste Management: Film 2	English	12:29 AM 03:29 AM 06:28 AM 09:27 AM 12:26 PM 03:25 PM 06:25 PM 09:24 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:38 AM 03:38 AM 06:37 AM 09:36 AM 12:35 PM 03:34 PM 06:34 PM 09:33 PM
General	Introduction to MISSION LIFE	English	01:00 AM 03:59 AM 06:58 AM 09:58 AM 12:57 PM 03:56 PM 06:55 PM 09:55 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:02 AM 04:02 AM 07:01 AM 10:00 AM 12:59 PM 03:59 PM 06:58 PM 09:57 PM
General	Safe Use of Internet (E)	English	01:33 AM 04:33 AM 07:32 AM 10:31 AM 01:30 PM 04:29 PM 07:29 PM 10:28 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -2	English	01:39 AM 04:39 AM 07:38 AM 10:37 AM 01:36 PM 04:35 PM 07:35 PM 10:34 PM
General	Growing up Healthy	English	01:53 AM 04:52 AM 07:51 AM 10:50 AM 01:49 PM 04:49 PM 07:48 PM 10:47 PM
Mathematics	Maths: Chapter- 6 Triangles- 5	English	01:57 AM 04:56 AM 07:55 AM 10:54 AM 01:54 PM 04:53 PM 07:52 PM 10:51 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Science	Chapter 12: Electricity-3	English	02:39 AM 05:38 AM 08:37 AM 11:36 AM 02:35 PM 05:35 PM 08:34 PM 11:33 PM
शनिवार, 15 अगस्त 2026 Saturday, 15 August 2026			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:51 PM 05:49 PM 08:47 PM 11:45 PM
सामान्य	आज़ादी की कहानी-1	हिन्दी	12:26 AM 03:24 AM 06:22 AM 09:20 AM 12:18 PM 03:17 PM 06:15 PM 09:13 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:34 AM 03:32 AM 06:31 AM 09:29 AM 12:27 PM 03:25 PM 06:23 PM 09:22 PM
General	Azadi ki Amrit Kahaniyan: (Tanvi Jagadish: Sagar)	English	01:04 AM 04:02 AM 07:00 AM 09:59 AM 12:57 PM 03:55 PM 06:53 PM 09:52 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:06 AM 04:05 AM 07:03 AM 10:01 AM 12:59 PM 03:57 PM 06:56 PM 09:54 PM
Thunderstorm and Lighting	आंधी तूफान	Hindi	01:38 AM 04:36 AM 07:34 AM 10:33 AM 01:31 PM 04:29 PM 07:27 PM 10:26 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:39 AM 04:37 AM 07:35 AM 10:34 AM 01:32 PM 04:30 PM 07:28 PM 10:26 PM
सामान्य	आज़ादी की अमृत कहानियां (हर्षिणी कान्हेकर - अग्नि)	Hindi	01:55 AM 04:53 AM 07:51 AM 10:50 AM 01:48 PM 04:46 PM 07:44 PM 10:42 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	01:57 AM 04:56 AM 07:54 AM 10:52 AM 01:50 PM 04:48 PM 07:47 PM 10:45 PM
Science	Chapter 12: Electricity-4	English	02:43 AM 05:41 AM 08:39 AM 11:38 AM 02:36 PM 05:34 PM 08:32 PM 11:30 PM
रविवार, 16 अगस्त 2026 Sunday, 16 August 2026			



Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:02 PM 06:02 PM 09:03 PM
General	Gender Equality	English	12:27 AM 03:27 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:30 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:34 AM 03:34 AM 06:35 AM 09:35 AM 12:36 PM 03:36 PM 06:37 PM 09:37 PM
विज्ञान	विज्ञान: पाठ-9: आनुवंशिकता एवं जैव विकास	Hindi	01:00 AM 04:01 AM 07:01 AM 10:02 AM 01:02 PM 04:03 PM 07:03 PM 10:04 PM
Science	Science: Chapter 10: Light – Reflection and Refraction-1	English	01:34 AM 04:35 AM 07:35 AM 10:36 AM 01:36 PM 04:37 PM 07:37 PM 10:38 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-3	English	02:02 AM 05:02 AM 08:03 AM 11:03 AM 02:04 PM 05:04 PM 08:04 PM 11:05 PM
Urban Floods	Urban Flood – During Urban Flood	English	02:23 AM 05:24 AM 08:24 AM 11:25 AM 02:25 PM 05:26 PM 08:26 PM 11:27 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:24 AM 05:25 AM 08:25 AM 11:26 AM 02:26 PM 05:27 PM 08:27 PM 11:28 PM
सोमवार, 17 अगस्त 2026 Monday, 17 August 2026			
हिंदी	हिंदी: पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:59 PM 11:59 PM
Urban Floods	शहरी बाढ़ के परिणाम से कैसे निपटें	Hindi	12:31 AM 03:31 AM 06:31 AM 09:31 AM 12:31 PM 03:31 PM 06:31 PM 09:31 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:32 AM 03:32 AM 06:32 AM 09:32 AM 12:32 PM 03:32 PM 06:32 PM 09:32 PM
General	Safety and Security (E)	English	12:55 AM 03:55 AM 06:55 AM 09:55 AM 12:55 PM 03:55 PM 06:55 PM 09:55 PM



विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	01:01 AM 04:01 AM 07:01 AM 10:01 AM 01:01 PM 04:01 PM 07:01 PM 10:01 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:33 AM 04:33 AM 07:33 AM 10:33 AM 01:33 PM 04:33 PM 07:33 PM 10:33 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	02:04 AM 05:04 AM 08:04 AM 11:03 AM 02:03 PM 05:03 PM 08:03 PM 11:03 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:38 AM 05:38 AM 08:38 AM 11:38 AM 02:38 PM 05:38 PM 08:38 PM 11:38 PM
मंगलवार, 18 अगस्त 2026 Tuesday, 18 August 2026			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:03 AM 06:06 AM 09:09 AM 12:12 PM 03:15 PM 06:19 PM 09:22 PM
Thunderstorm and Lightning	Lightning - How To Save The Life Of A Victim Struck By Lightning	English	12:25 AM 03:28 AM 06:32 AM 09:35 AM 12:38 PM 03:41 PM 06:44 PM 09:47 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:26 AM 03:29 AM 06:32 AM 09:36 AM 12:39 PM 03:42 PM 06:45 PM 09:48 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:53 AM 03:56 AM 06:59 AM 10:03 AM 01:06 PM 04:09 PM 07:12 PM 10:15 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	12:53 AM 03:57 AM 07:00 AM 10:03 AM 01:06 PM 04:09 PM 07:13 PM 10:16 PM
Flood	Flood - बाढ़ के बाद क्या करें और क्या न करें	Hindi	01:19 AM 04:22 AM 07:25 AM 10:28 AM 01:32 PM 04:35 PM 07:38 PM 10:41 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:20 AM 04:23 AM 07:26 AM 10:30 AM 01:33 PM 04:36 PM 07:39 PM 10:42 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-3	English	02:01 AM 05:04 AM 08:07 AM 11:11 AM 02:14 PM 05:17 PM 08:20 PM 11:23 PM



General English	Episode 12 Disagreeing 1	English	02:28 AM 05:31 AM 08:34 AM 11:38 AM 02:41 PM 05:44 PM 08:47 PM 11:50 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:42 AM 05:45 AM 08:48 AM 11:51 AM 02:55 PM 05:58 PM 09:01 PM
बुधवार, 19 अगस्त 2026 Wednesday, 19 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-1	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:03 PM 06:04 PM 09:05 PM
General	Women Change the World	English	12:30 AM 03:31 AM 06:32 AM 09:32 AM 12:33 PM 03:34 PM 06:35 PM 09:35 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-1	Hindi	12:36 AM 03:37 AM 06:37 AM 09:38 AM 12:39 PM 03:40 PM 06:40 PM 09:41 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:04 AM 04:04 AM 07:05 AM 10:06 AM 01:07 PM 04:08 PM 07:08 PM 10:09 PM
Flood	Flood - What To Do During Floods	English	01:33 AM 04:34 AM 07:35 AM 10:36 AM 01:36 PM 04:37 PM 07:38 PM 10:39 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:34 AM 04:35 AM 07:36 AM 10:37 AM 01:37 PM 04:38 PM 07:39 PM 10:40 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	02:00 AM 05:00 AM 08:01 AM 11:02 AM 02:03 PM 05:03 PM 08:04 PM 11:05 PM
Science	Science: Chapter 10: Light - Reflection and Refraction-2	English	02:37 AM 05:38 AM 08:38 AM 11:39 AM 02:40 PM 05:41 PM 08:42 PM 11:42 PM
बृहस्पतिवार, 20 अगस्त 2026 Thursday, 20 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:58 AM 02:58 PM 05:58 PM 08:58 PM 11:57 PM



Cyber Security	Data Privacy	Hindi	12:26 AM 03:26 AM 06:26 AM 09:25 AM 12:25 PM 03:25 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-2	Hindi	12:27 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:25 PM 06:25 PM 09:25 PM
General	पारस्परिक संबंध	Hindi	12:46 AM 03:46 AM 06:45 AM 09:45 AM 12:45 PM 03:45 PM 06:44 PM 09:44 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	12:51 AM 03:51 AM 06:51 AM 09:50 AM 12:50 PM 03:50 PM 06:50 PM 09:49 PM
General English	Episode 2 Greeting an Acquaintance	English	01:21 AM 04:21 AM 07:20 AM 10:20 AM 01:20 PM 04:20 PM 07:19 PM 10:19 PM
Cyber Security	Physical Security	English	01:30 AM 04:29 AM 07:29 AM 10:29 AM 01:29 PM 04:28 PM 07:28 PM 10:28 PM
Language (English)	English: Ch-2: The Thief's Story	English	01:32 AM 04:32 AM 07:32 AM 10:31 AM 01:31 PM 04:31 PM 07:31 PM 10:30 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	01:59 AM 04:58 AM 07:58 AM 10:58 AM 01:58 PM 04:57 PM 07:57 PM 10:57 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:04 AM 05:04 AM 08:04 AM 11:04 AM 02:03 PM 05:03 PM 08:03 PM 11:02 PM
General	Introduction to MISSION LIFE	English	02:33 AM 05:32 AM 08:32 AM 11:32 AM 02:31 PM 05:31 PM 08:31 PM 11:31 PM
Science	Science: Chapter 10: Light – Reflection and Refraction-3	English	02:35 AM 05:35 AM 08:34 AM 11:34 AM 02:34 PM 05:34 PM 08:33 PM 11:33 PM
शुक्रवार, 21 अगस्त 2026 Friday, 21 August 2026			
General	स्वस्थ बढ़ना	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM



संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-2	Sanskrit	12:12 AM 03:12 AM 06:13 AM 09:13 AM 12:14 PM 03:15 PM 06:15 PM 09:16 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:48 AM 03:49 AM 06:50 AM 09:50 AM 12:51 PM 03:51 PM 06:52 PM 09:52 PM
General	Mental Health and Well Being -2	English	01:11 AM 04:12 AM 07:12 AM 10:13 AM 01:14 PM 04:14 PM 07:15 PM 10:15 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-3	Hindi	01:29 AM 04:29 AM 07:30 AM 10:30 AM 01:31 PM 04:31 PM 07:32 PM 10:32 PM
Cyber Security	Change Passwords like Socks	Hindi	01:52 AM 04:53 AM 07:53 AM 10:54 AM 01:54 PM 04:55 PM 07:55 PM 10:56 PM
Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-2	English	01:53 AM 04:53 AM 07:54 AM 10:54 AM 01:55 PM 04:55 PM 07:56 PM 10:56 PM
Cyber Security	Safe Downloading	English	02:10 AM 05:11 AM 08:11 AM 11:12 AM 02:12 PM 05:13 PM 08:13 PM 11:14 PM
Mathematics	Maths: Chapter- 6 Triangles- 1	English	02:11 AM 05:12 AM 08:12 AM 11:13 AM 02:13 PM 05:14 PM 08:14 PM 11:15 PM
Science	Science: Chapter 10: Light - Reflection and Refraction-4	English	02:40 AM 05:40 AM 08:41 AM 11:41 AM 02:42 PM 05:42 PM 08:43 PM 11:43 PM

शनिवार, 22 अगस्त 2026
Saturday, 22 August 2026

संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:06 PM 06:08 PM 09:09 PM
General	Emotional Well Being and Mental Health (H)	Hindi	12:30 AM 03:32 AM 06:33 AM 09:34 AM 12:36 PM 03:37 PM 06:39 PM 09:40 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-1	Hindi	12:35 AM 03:37 AM 06:38 AM 09:39 AM 12:41 PM 03:42 PM 06:44 PM 09:45 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Flood	Flood - How To Be Prepared For Floods	English	12:57 AM 03:58 AM 07:00 AM 10:01 AM 01:02 PM 04:04 PM 07:05 PM 10:07 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 1	Hindi	12:58 AM 03:59 AM 07:01 AM 10:02 AM 01:03 PM 04:05 PM 07:06 PM 10:08 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:29 AM 04:31 AM 07:32 AM 10:34 AM 01:35 PM 04:36 PM 07:38 PM 10:39 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -1	English	01:35 AM 04:36 AM 07:38 AM 10:39 AM 01:40 PM 04:42 PM 07:43 PM 10:45 PM
Mathematics	Maths: Chapter- 6 Triangles- 2	English	02:06 AM 05:07 AM 08:08 AM 11:10 AM 02:11 PM 05:13 PM 08:14 PM 11:15 PM
Cyber Security	Spoofed Calls	English	02:27 AM 05:28 AM 08:30 AM 11:31 AM 02:32 PM 05:34 PM 08:35 PM 11:36 PM
Science	Science: Chap 11: The Human Eye and the Colourful World	English	02:28 AM 05:29 AM 08:31 AM 11:32 AM 02:34 PM 05:35 PM 08:36 PM 11:38 PM
रविवार, 23 अगस्त 2026 Sunday, 23 August 2026			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:02 PM
Cyber Security	Data Privacy	Hindi	12:27 AM 03:27 AM 06:27 AM 09:28 AM 12:28 PM 03:28 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:28 AM 03:28 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:29 PM 09:30 PM
विज्ञान	विज्ञान: पाठ-9: आनुवंशिकता एवं जैव विकास	Hindi	12:53 AM 03:54 AM 06:54 AM 09:54 AM 12:54 PM 03:55 PM 06:55 PM 09:55 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:27 AM 04:27 AM 07:28 AM 10:28 AM 01:28 PM 04:29 PM 07:29 PM 10:29 PM



General	Mental Health and Well Being -2	English	01:38 AM 04:39 AM 07:39 AM 10:39 AM 01:40 PM 04:40 PM 07:40 PM 10:41 PM
Social Science (Economics)	S.Sc. (Eco): Chp 4: Globalisation and the Indian Economy-4	English	01:56 AM 04:56 AM 07:56 AM 10:57 AM 01:57 PM 04:57 PM 07:58 PM 10:58 PM
ENVIRONMEN T	Life in Woods	English	02:22 AM 05:22 AM 08:23 AM 11:23 AM 02:23 PM 05:24 PM 08:24 PM 11:24 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM 05:38 AM 08:38 AM 11:38 AM 02:38 PM 05:39 PM 08:39 PM 11:39 PM
सोमवार, 24 अगस्त 2026 Monday, 24 August 2026			
हिंदी	हिंदी : पाठ-5: सूर्यकांत त्रिपाठी 'निराला'	Hindi	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:35 AM 03:35 AM 06:35 AM 09:35 AM 12:35 PM 03:35 PM 06:35 PM 09:35 PM
Cyber Security	Blogging Tips	English	12:57 AM 03:57 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:57 PM 09:58 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	12:58 AM 03:58 AM 06:58 AM 09:58 AM 12:58 PM 03:58 PM 06:58 PM 09:58 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:30 AM 04:31 AM 07:31 AM 10:31 AM 01:31 PM 04:31 PM 07:31 PM 10:31 PM
Mathematics	Maths: Chapter- 6 Triangles- 3	English	02:08 AM 05:08 AM 08:08 AM 11:08 AM 02:08 PM 05:08 PM 08:08 PM 11:08 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:38 AM 05:38 AM 08:38 AM 11:38 AM 02:38 PM 05:38 PM 08:38 PM 11:38 PM
Social Science	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 1	English	02:38 AM 05:38 AM 08:38 AM 11:38 AM 02:38 PM 05:38 PM 08:38 PM 11:38 PM



(Political Science)			
मंगलवार, 25 अगस्त 2026 Tuesday, 25 August 2026			
हिंदी	हिंदी: पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	Hindi	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:02 PM 06:02 PM 09:03 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:31 AM 03:31 AM 06:32 AM 09:32 AM 12:33 PM 03:33 PM 06:34 PM 09:34 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:31 AM 03:32 AM 06:32 AM 09:33 AM 12:33 PM 03:34 PM 06:34 PM 09:35 PM
General	Health And Sanitaion (E)	English	12:54 AM 03:55 AM 06:55 AM 09:56 AM 12:56 PM 03:57 PM 06:57 PM 09:58 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-2	Hindi	01:01 AM 04:01 AM 07:02 AM 10:02 AM 01:03 PM 04:03 PM 07:04 PM 10:04 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:26 AM 04:27 AM 07:27 AM 10:28 AM 01:28 PM 04:29 PM 07:29 PM 10:30 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:32 AM 04:33 AM 07:33 AM 10:34 AM 01:34 PM 04:34 PM 07:35 PM 10:35 PM
Mathematics	Maths: Chapter- 6 Triangles- 4	English	02:13 AM 05:14 AM 08:14 AM 11:15 AM 02:15 PM 05:16 PM 08:16 PM 11:17 PM
Social Science (Political Science)	S.Sc (Pol. Sci.): Ch-1: Power Sharing - 2	English	02:39 AM 05:40 AM 08:40 AM 11:40 AM 02:41 PM 05:41 PM 08:42 PM 11:42 PM
बुधवार, 26 अगस्त 2026 Wednesday, 26 August 2026			
हिंदी	हिंदी: पाठ-5: कवि और कविता : कवि सुमित्रानंदन पंत: और उनकी कविता "पर्वत प्रदेश में पावस "	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:03 PM 03:04 PM 06:05 PM 09:05 PM



General	Women Change the World	English	12:25 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:31 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-3	Hindi	12:31 AM 03:32 AM 06:33 AM 09:33 AM 12:34 PM 03:35 PM 06:36 PM 09:37 PM
General English	Episode 1 Greeting a Friend	English	12:52 AM 03:53 AM 06:54 AM 09:54 AM 12:55 PM 03:56 PM 06:57 PM 09:58 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 2	Hindi	01:00 AM 04:01 AM 07:02 AM 10:02 AM 01:03 PM 04:04 PM 07:05 PM 10:06 PM
General	Management of Wetlands Part -2	English	01:31 AM 04:32 AM 07:33 AM 10:33 AM 01:34 PM 04:35 PM 07:36 PM 10:37 PM
Language (English)	English: Ch-1: A Triumph of Surgery	English	01:39 AM 04:40 AM 07:41 AM 10:41 AM 01:42 PM 04:43 PM 07:44 PM 10:45 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:04 AM 05:05 AM 08:05 AM 11:06 AM 02:07 PM 05:08 PM 08:09 PM 11:10 PM
General	Growing up Healthy	English	02:04 AM 05:05 AM 08:06 AM 11:07 AM 02:08 PM 05:08 PM 08:09 PM 11:10 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-2	English	02:08 AM 05:09 AM 08:10 AM 11:11 AM 02:12 PM 05:13 PM 08:13 PM 11:14 PM
Flood	Flood - What Should Be Done After Floods	English	02:31 AM 05:32 AM 08:33 AM 11:34 AM 02:34 PM 05:35 PM 08:36 PM 11:37 PM
Science	Chapter 12: Electricity-1	English	02:32 AM 05:33 AM 08:34 AM 11:35 AM 02:35 PM 05:36 PM 08:37 PM 11:38 PM
General	Mental Health and Well Being -2	English	02:43 AM 05:44 AM 08:45 AM 11:46 AM 02:47 PM 05:47 PM 08:48 PM 11:49 PM
बृहस्पतिवार, 27 अगस्त 2026 Thursday, 27 August 2026			



हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ-1	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
Cyber Safety	The Social Media - Boon or Bane	English	12:30 AM 03:30 AM 06:31 AM 09:31 AM 12:32 PM 03:32 PM 06:33 PM 09:33 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-2: भारत में राष्ट्रवाद-4	Hindi	12:33 AM 03:34 AM 06:34 AM 09:35 AM 12:35 PM 03:36 PM 06:37 PM 09:37 PM
General	पारस्परिक संबंध	Hindi	12:57 AM 03:57 AM 06:58 AM 09:58 AM 12:59 PM 03:59 PM 07:00 PM 10:00 PM
गणित	गणित : पाठ-7: निर्देशांक ज्यामिति - 3	Hindi	01:02 AM 04:02 AM 07:03 AM 10:04 AM 01:04 PM 04:05 PM 07:05 PM 10:06 PM
Language (English)	English: Ch-2: The Thief's Story	English	01:34 AM 04:35 AM 07:35 AM 10:36 AM 01:36 PM 04:37 PM 07:37 PM 10:38 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:01 AM 05:01 AM 08:02 AM 11:02 AM 02:03 PM 05:03 PM 08:04 PM 11:04 PM
Social Science (History)	S.Sc (History): Ch-2 Nationalism in India-3	English	02:06 AM 05:07 AM 08:07 AM 11:08 AM 02:09 PM 05:09 PM 08:10 PM 11:10 PM
Science	Chapter 12: Electricity-2	English	02:31 AM 05:32 AM 08:32 AM 11:33 AM 02:33 PM 05:34 PM 08:34 PM 11:35 PM
शुक्रवार, 28 अगस्त 2026 Friday, 28 August 2026			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-2	Sanskrit	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:06 PM 03:08 PM 06:10 PM 09:12 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-1: सत्ता की साझेदारी-2	Hindi	12:37 AM 03:38 AM 06:40 AM 09:42 AM 12:44 PM 03:45 PM 06:47 PM 09:49 PM
General	Safe Use of Internet (E)	English	01:07 AM 04:08 AM 07:10 AM 10:12 AM 01:13 PM 04:15 PM 07:17 PM 10:19 PM



गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-1	Hindi	01:13 AM 04:14 AM 07:16 AM 10:18 AM 01:19 PM 04:21 PM 07:23 PM 10:25 PM
Cyber Security	Change Passwords like Socks	Hindi	01:42 AM 04:44 AM 07:46 AM 10:47 AM 01:49 PM 04:51 PM 07:52 PM 10:54 PM
Social Science (Geography)	So. Sci. (Geo):Chap 6: Manufacturing Industries -2	English	01:43 AM 04:44 AM 07:46 AM 10:48 AM 01:49 PM 04:51 PM 07:53 PM 10:55 PM
Flood	Flood - What To Do During Floods	English	01:56 AM 04:57 AM 07:59 AM 11:01 AM 02:03 PM 05:04 PM 08:06 PM 11:08 PM
Mathematics	Maths: Chapter- 6 Triangles- 5	English	01:57 AM 04:58 AM 08:00 AM 11:02 AM 02:04 PM 05:05 PM 08:07 PM 11:09 PM
Science	Chapter 12: Electricity-4	English	02:38 AM 05:39 AM 08:41 AM 11:43 AM 02:45 PM 05:46 PM 08:48 PM 11:50 PM
शनिवार, 29 अगस्त 2026 Saturday, 29 August 2026			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:03 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:32 AM 03:33 AM 06:33 AM 09:34 AM 12:34 PM 03:35 PM 06:35 PM 09:36 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-2: संघवाद	Hindi	12:33 AM 03:33 AM 06:34 AM 09:34 AM 12:35 PM 03:35 PM 06:36 PM 09:36 PM
Flood	Flood - How To Be Prepared For Floods	English	12:56 AM 03:56 AM 06:57 AM 09:57 AM 12:58 PM 03:58 PM 06:59 PM 09:59 PM
गणित	गणित : पाठ-8: त्रिकोणमिति का परिचय-2	Hindi	12:57 AM 03:57 AM 06:58 AM 09:58 AM 12:59 PM 03:59 PM 07:00 PM 10:00 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	01:27 AM 04:27 AM 07:28 AM 10:28 AM 01:29 PM 04:29 PM 07:30 PM 10:30 PM



Social Science (Geography)	So. Sci. (Geo): Chap 5: Minerals And Energy Resources-1	English	01:32 AM 04:33 AM 07:33 AM 10:34 AM 01:34 PM 04:35 PM 07:35 PM 10:36 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-1	English	02:02 AM 05:03 AM 08:03 AM 11:04 AM 02:04 PM 05:05 PM 08:05 PM 11:06 PM
Cyber Security	Spoofed Calls	English	02:35 AM 05:35 AM 08:36 AM 11:36 AM 02:37 PM 05:37 PM 08:38 PM 11:38 PM
Science	Science: Chap 11: The Human Eye and the Colourful World	English	02:36 AM 05:36 AM 08:37 AM 11:37 AM 02:38 PM 05:38 PM 08:39 PM 11:39 PM
रविवार, 30 अगस्त 2026 Sunday, 30 August 2026			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:52 AM 02:50 PM 05:48 PM 08:46 PM 11:44 PM
Cyber Security	Data Privacy	Hindi	12:27 AM 03:25 AM 06:23 AM 09:21 AM 12:19 PM 03:17 PM 06:15 PM 09:13 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-5: उपभोक्ता अधिकार	Hindi	12:28 AM 03:26 AM 06:24 AM 09:22 AM 12:20 PM 03:18 PM 06:16 PM 09:14 PM
विज्ञान	विज्ञान: पाठ-9: आनुवंशिकता एवं जैव विकास	Hindi	12:46 AM 03:44 AM 06:42 AM 09:40 AM 12:38 PM 03:36 PM 06:34 PM 09:32 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:20 AM 04:18 AM 07:16 AM 10:14 AM 01:12 PM 04:10 PM 07:08 PM 10:06 PM
General	Mental Health and Well Being -2	English	01:31 AM 04:29 AM 07:27 AM 10:25 AM 01:23 PM 04:21 PM 07:19 PM 10:18 PM
Social Science (Economics)	S.Sc (Eco): Chp 4: Globalisation and the Indian Economy-1	English	01:48 AM 04:46 AM 07:45 AM 10:43 AM 01:41 PM 04:39 PM 07:37 PM 10:35 PM
AAPDA KA SAMNA	शहरी बाढ़ - आपदा का सामना	Hindi	02:07 AM 05:05 AM 08:03 AM 11:01 AM 01:59 PM 04:57 PM 07:55 PM 10:53 PM



Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:35 AM 05:33 AM 08:31 AM 11:29 AM 02:27 PM 05:25 PM 08:23 PM 11:21 PM
सोमवार, 31 अगस्त 2026 Monday, 31 August 2026			
हिंदी	हिंदी: पाठ-4: जयशंकर प्रसाद: आत्मकथ्य-2	Hindi	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:11 PM 09:13 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-1: संसाधन एवं विकास भाग-1	Hindi	12:27 AM 03:29 AM 06:31 AM 09:33 AM 12:35 PM 03:37 PM 06:38 PM 09:40 PM
Cyber Security	Blogging Tips	English	12:54 AM 03:56 AM 06:58 AM 10:00 AM 01:02 PM 04:03 PM 07:05 PM 10:07 PM
विज्ञान	विज्ञान: पाठ-10: प्रकाश परावर्तन तथा अपवर्तन-1	Hindi	12:55 AM 03:57 AM 06:59 AM 10:01 AM 01:02 PM 04:04 PM 07:06 PM 10:08 PM
Language (English)	English: Chp-7: A Baker from Goa	Hindi	01:27 AM 04:29 AM 07:31 AM 10:33 AM 01:35 PM 04:37 PM 07:38 PM 10:40 PM
Mathematics	Maths: Chap- 5: Arithmetic Progressions Part-2	English	02:04 AM 05:06 AM 08:08 AM 11:10 AM 02:12 PM 05:14 PM 08:16 PM 11:17 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:38 AM 05:40 AM 08:42 AM 11:44 AM 02:46 PM 05:48 PM 08:50 PM 11:51 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:39 AM 05:41 AM 08:43 AM 11:44 AM 02:46 PM 05:48 PM 08:50 PM 11:52 PM

