

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

दिसंबर 2025
December 2025

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
सोमवार, 01 दिसंबर 2025 Monday, 01 December 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:05 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:36 AM 03:36 AM 06:37 AM 09:38 AM 12:38 PM 03:39 PM 06:40 PM 09:41 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:36 AM 03:37 AM 06:38 AM 09:39 AM 12:39 PM 03:40 PM 06:41 PM 09:42 PM
Travel	Sivasagar - A Historical Place of Assam	English	12:53 AM 03:53 AM 06:54 AM 09:55 AM 12:56 PM 03:56 PM 06:57 PM 09:58 PM
General (Science)	Floating Ball	English	12:56 AM 03:57 AM 06:57 AM 09:58 AM 12:59 PM 03:59 PM 07:00 PM 10:01 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	12:57 AM 03:58 AM 06:58 AM 09:59 AM 01:00 PM 04:01 PM 07:01 PM 10:02 PM
General English	Episode 9 Agreeing 1	English	01:05 AM 04:05 AM 07:06 AM 10:07 AM 01:08 PM 04:08 PM 07:09 PM 10:10 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:16 AM 04:17 AM 07:17 AM 10:18 AM 01:19 PM 04:20 PM 07:20 PM 10:21 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:45 AM 04:45 AM 07:46 AM 10:47 AM 01:48 PM 04:48 PM 07:49 PM 10:50 PM
Mathematics	Maths: Chap 15: Probability	English	01:51 AM 04:52 AM 07:52 AM 10:53 AM 01:54 PM 04:55 PM 07:55 PM 10:56 PM
Cyber Security	Internet Ethics	English	02:21 AM 05:22 AM 08:22 AM 11:23 AM 02:24 PM 05:24 PM 08:25 PM 11:26 PM
General English	Episode 7 Making Requests 1	English	02:24 AM 05:24 AM 08:25 AM 11:26 AM 02:27 PM 05:27 PM 08:28 PM 11:29 PM
सांस्कृतिक विरासत: कला और शिल्प	गोदना कला	Hindi	02:35 AM 05:35 AM 08:36 AM 11:37 AM 02:38 PM 05:38 PM 08:39 PM 11:40 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:40 AM 05:41 AM 08:42 AM 11:43 AM 02:43 PM 05:44 PM 08:45 PM 11:46 PM
मंगलवार, 02 दिसंबर 2025 Tuesday, 02 December 2025			
हिंदी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:04 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:38 AM 03:39 AM 06:40 AM 09:40 AM 12:41 PM 03:42 PM 06:42 PM 09:43 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	01:01 AM 04:01 AM 07:02 AM 10:03 AM 01:04 PM 04:04 PM 07:05 PM 10:06 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	01:15 AM 04:16 AM 07:16 AM 10:17 AM 01:18 PM 04:18 PM 07:19 PM 10:20 PM
General	जेंडर समानता	Hindi	01:23 AM 04:23 AM 07:24 AM 10:25 AM 01:25 PM 04:26 PM 07:27 PM 10:28 PM



Cyber Security	Change Passwords like Socks	Hindi	01:30 AM 04:31 AM 07:31 AM 10:32 AM 01:33 PM 04:34 PM 07:34 PM 10:35 PM
Language (English)	English: Chp 4: Amanda	English	01:31 AM 04:31 AM 07:32 AM 10:33 AM 01:33 PM 04:34 PM 07:35 PM 10:35 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English	02:00 AM 05:00 AM 08:01 AM 11:02 AM 02:02 PM 05:03 PM 08:04 PM 11:05 PM
Mathematics	Maths: Chap 15: Probability-1	English	02:14 AM 05:15 AM 08:15 AM 11:16 AM 02:17 PM 05:17 PM 08:18 PM 11:19 PM
General	स्वस्थ बढ़ना	Hindi	02:28 AM 05:29 AM 08:29 AM 11:30 AM 02:31 PM 05:32 PM 08:32 PM 11:33 PM
General	Safety and Security against Violence and Injuries	English	02:32 AM 05:33 AM 08:34 AM 11:34 AM 02:35 PM 05:36 PM 08:37 PM 11:37 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:38 AM 05:39 AM 08:39 AM 11:40 AM 02:41 PM 05:41 PM 08:42 PM 11:43 PM
बुधवार, 03 दिसंबर 2025 Wednesday, 03 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-1	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
सामान्य	गुरु नानक प्रकाश पर्व	Hindi	12:36 AM 03:37 AM 06:38 AM 09:39 AM 12:40 PM 03:41 PM 06:42 PM 09:42 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:48 AM 03:49 AM 06:50 AM 09:51 AM 12:52 PM 03:52 PM 06:53 PM 09:54 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	01:13 AM 04:14 AM 07:14 AM 10:15 AM 01:16 PM 04:17 PM 07:18 PM 10:19 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

गणित	गणित: पाठ-2: बहुपद भाग-2	Hindi	01:13 AM 04:14 AM 07:15 AM 10:16 AM 01:17 PM 04:18 PM 07:19 PM 10:20 PM
General (Science)	World of Symmetry	English	01:37 AM 04:38 AM 07:39 AM 10:40 AM 01:41 PM 04:42 PM 07:43 PM 10:44 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:38 AM 04:39 AM 07:40 AM 10:41 AM 01:42 PM 04:43 PM 07:44 PM 10:45 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	02:05 AM 05:06 AM 08:07 AM 11:08 AM 02:09 PM 05:10 PM 08:11 PM 11:12 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 1	English	02:06 AM 05:07 AM 08:08 AM 11:09 AM 02:10 PM 05:11 PM 08:12 PM 11:13 PM
Travel	Sivasagar - A Historical Place of Assam	English	02:36 AM 05:37 AM 08:38 AM 11:39 AM 02:40 PM 05:41 PM 08:42 PM 11:42 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	02:39 AM 05:40 AM 08:41 AM 11:42 AM 02:43 PM 05:44 PM 08:45 PM 11:46 PM
Science	Science: Ch 2: Acids, Bases and Salts, -I	English	02:45 AM 05:46 AM 08:47 AM 11:48 AM 02:49 PM 05:50 PM 08:51 PM 11:52 PM
बृहस्पतिवार, 04 दिसंबर 2025 Thursday, 04 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-2	Hindi	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:56 PM 11:55 PM
Cold Wave	Clod Wave - Preparation	Hindi	12:20 AM 03:19 AM 06:19 AM 09:18 AM 12:18 PM 03:17 PM 06:17 PM 09:16 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:21 AM 03:21 AM 06:20 AM 09:20 AM 12:19 PM 03:18 PM 06:18 PM 09:17 PM



General	Energy Saving	English	12:44 AM 03:43 AM 06:43 AM 09:42 AM 12:42 PM 03:41 PM 06:41 PM 09:40 PM
गणित	गणित: पाठ-2: बहुपद भाग-3	Hindi	12:46 AM 03:45 AM 06:45 AM 09:44 AM 12:43 PM 03:43 PM 06:42 PM 09:42 PM
General (Science)	Zinc Smelting	English	01:20 AM 04:19 AM 07:19 AM 10:18 AM 01:18 PM 04:17 PM 07:17 PM 10:16 PM
Language (English)	English: Chap 3: The Black Aeroplane -3	English	01:21 AM 04:21 AM 07:20 AM 10:20 AM 01:19 PM 04:19 PM 07:18 PM 10:17 PM
General	Safety and Security against Violence and Injuries	English	01:49 AM 04:49 AM 07:48 AM 10:47 AM 01:47 PM 04:46 PM 07:46 PM 10:45 PM
Social Science (History)	S.Sc. (His): Chapter 3: The Making of a Global World- 2	English	01:55 AM 04:54 AM 07:54 AM 10:53 AM 01:53 PM 04:52 PM 07:51 PM 10:51 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	02:27 AM 05:26 AM 08:26 AM 11:25 AM 02:25 PM 05:24 PM 08:24 PM 11:23 PM
Science	Science: Ch 2: Acids, Bases and Salts, -II	English	02:32 AM 05:32 AM 08:31 AM 11:31 AM 02:30 PM 05:30 PM 08:29 PM 11:29 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	02:58 AM 05:57 AM 08:57 AM 11:56 AM 02:56 PM 05:55 PM 08:55 PM 11:54 PM
शुक्रवार, 05 दिसंबर 2025 Friday, 05 December 2025			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 02:58 AM 05:56 AM 08:54 AM 11:53 AM 02:51 PM 05:49 PM 08:47 PM 11:46 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:32 AM 03:31 AM 06:29 AM 09:27 AM 12:26 PM 03:24 PM 06:22 PM 09:20 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-6: राजनीतिक दल-2	Hindi	12:33 AM 03:31 AM 06:30 AM 09:28 AM 12:26 PM 03:25 PM 06:23 PM 09:21 PM
General	Prevention and Management of Substance Misuse	English	12:58 AM 03:56 AM 06:54 AM 09:53 AM 12:51 PM 03:49 PM 06:47 PM 09:46 PM
गणित	गणित: पाठ-2: बहुपद भाग-4	Hindi	01:03 AM 04:01 AM 07:00 AM 09:58 AM 12:56 PM 03:54 PM 06:53 PM 09:51 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	01:36 AM 04:34 AM 07:33 AM 10:31 AM 01:29 PM 04:27 PM 07:26 PM 10:24 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -1	English	01:42 AM 04:41 AM 07:39 AM 10:37 AM 01:35 PM 04:34 PM 07:32 PM 10:30 PM
General (Science)	Planetary Motion	English	01:59 AM 04:58 AM 07:56 AM 10:54 AM 01:52 PM 04:51 PM 07:49 PM 10:47 PM
Mathematics	Maths: Chap 13: Surface Areas and Volumes-4	English	02:01 AM 04:59 AM 07:57 AM 10:56 AM 01:54 PM 04:52 PM 07:50 PM 10:49 PM
General	Emotional Well Being and Mental Health (H)	Hindi	02:23 AM 05:22 AM 08:20 AM 11:18 AM 02:16 PM 05:15 PM 08:13 PM 11:11 PM
Science	Science: Ch 2: Acids, Bases and Salts, -III	English	02:28 AM 05:26 AM 08:25 AM 11:23 AM 02:21 PM 05:20 PM 08:18 PM 11:16 PM
Cyber Security	Internet Ethics	English	02:55 AM 05:53 AM 08:51 AM 11:50 AM 02:48 PM 05:46 PM 08:45 PM 11:43 PM

शनिवार, 06 दिसंबर 2025
Saturday, 06 December 2025

संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-2	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:01 PM 09:01 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:29 AM 03:29 AM 06:29 AM 09:29 AM 12:29 PM 03:30 PM 06:30 PM 09:30 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-3	Hindi	12:30 AM 03:30 AM 06:30 AM 09:30 AM 12:30 PM 03:30 PM 06:31 PM 09:31 PM
Cyber Safety	The Social Media - Boon or Bane	English	12:51 AM 03:51 AM 06:51 AM 09:51 AM 12:51 PM 03:52 PM 06:52 PM 09:52 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:54 AM 03:54 AM 06:55 AM 09:55 AM 12:55 PM 03:55 PM 06:55 PM 09:56 PM
Earthquake	Earthquake - are you safe	English	01:27 AM 04:27 AM 07:27 AM 10:27 AM 01:28 PM 04:28 PM 07:28 PM 10:28 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -2	English	01:28 AM 04:28 AM 07:29 AM 10:29 AM 01:29 PM 04:29 PM 07:29 PM 10:29 PM
General	Safety and Security against Violence and Injuries	English	01:55 AM 04:55 AM 07:55 AM 10:56 AM 01:56 PM 04:56 PM 07:56 PM 10:56 PM
Mathematics	Maths: Chap 14: Statistics-1	English	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:01 PM 05:02 PM 08:02 PM 11:02 PM
General	Mental Health and Well Being -1	English/ hindi	02:25 AM 05:25 AM 08:25 AM 11:25 AM 02:26 PM 05:26 PM 08:26 PM 11:26 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Science	Science: Ch-2: Acid Base and Salt-1	English	02:46 AM 05:46 AM 08:46 AM 11:46 AM 02:47 PM 05:47 PM 08:47 PM 11:47 PM
रविवार, 07 दिसंबर 2025 Sunday, 07 December 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:55 PM 11:55 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:26 AM 03:25 AM 06:25 AM 09:24 AM 12:23 PM 03:23 PM 06:22 PM 09:22 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:27 AM 03:26 AM 06:26 AM 09:25 AM 12:24 PM 03:24 PM 06:23 PM 09:23 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	Hindi	12:52 AM 03:51 AM 06:51 AM 09:50 AM 12:49 PM 03:49 PM 06:48 PM 09:48 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	01:07 AM 04:07 AM 07:06 AM 10:06 AM 01:05 PM 04:04 PM 07:04 PM 10:03 PM
Cyber Safety	The Social Media - Boon or Bane	English	01:15 AM 04:15 AM 07:14 AM 10:13 AM 01:13 PM 04:12 PM 07:12 PM 10:11 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	01:19 AM 04:18 AM 07:18 AM 10:17 AM 01:16 PM 04:16 PM 07:15 PM 10:15 PM
Cultural Heritage: Art, Music & Dance	Mukha	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 (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 1	English	01:46 AM 04:45 AM 07:45 AM 10:44 AM 01:43 PM 04:43 PM 07:42 PM 10:42 PM
सामान्य	आज़ादी की कहानी-1	हिन्दी	02:14 AM 05:14 AM 08:13 AM 11:13 AM 02:12 PM 05:11 PM 08:11 PM 11:10 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:23 AM 05:22 AM 08:22 AM 11:21 AM 02:20 PM 05:20 PM 08:19 PM 11:19 PM
ENVIRONMENT	Life in Woods	English	02:44 AM 05:43 AM 08:43 AM 11:42 AM 02:41 PM 05:41 PM 08:40 PM 11:40 PM
सोमवार, 08 दिसंबर 2025 Monday, 08 December 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:02 PM 06:03 PM 09:04 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:26 AM 03:26 AM 06:27 AM 09:28 AM 12:28 PM 03:29 PM 06:29 PM 09:30 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:27 AM 03:27 AM 06:28 AM 09:28 AM 12:29 PM 03:30 PM 06:30 PM 09:31 PM
Sports	The Sound Mind	English	12:50 AM 03:50 AM 06:51 AM 09:52 AM 12:52 PM 03:53 PM 06:53 PM 09:54 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	Hindi	12:55 AM 03:56 AM 06:57 AM 09:57 AM 12:58 PM 03:58 PM 06:59 PM 10:00 PM
कहानी	मीना- टेक केयर ऑफ़ गर्ल	Hindi	01:11 AM 04:11 AM 07:12 AM 10:12 AM 01:13 PM 04:14 PM 07:14 PM 10:15 PM
Language (English)	English: Chp-3:The Ball Poem	English	01:23 AM 04:24 AM 07:24 AM 10:25 AM 01:25 PM 04:26 PM 07:26 PM 10:27 PM
Cyber Safety	The Social Media - Boon or Bane	English	01:53 AM 04:53 AM 07:54 AM 10:54 AM 01:55 PM 04:56 PM 07:56 PM 10:57 PM



Mathematics	Maths: Chap 14: Statistics-2	English	01:56 AM 04:57 AM 07:57 AM 10:58 AM 01:59 PM 04:59 PM 08:00 PM 11:00 PM
सांस्कृतिक विरासत: कला और शिल्प	तुम्बा कला	Hindi	02:18 AM 05:19 AM 08:19 AM 11:20 AM 02:20 PM 05:21 PM 08:22 PM 11:22 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:25 AM 05:26 AM 08:27 AM 11:27 AM 02:28 PM 05:28 PM 08:29 PM 11:30 PM
मंगलवार, 09 दिसंबर 2025 Tuesday, 09 December 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	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
Cold Wave	Clod Wave - Preparation	Hindi	12:36 AM 03:35 AM 06:35 AM 09:35 AM 12:35 PM 03:35 PM 06:35 PM 09:35 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:37 AM 03:37 AM 06:37 AM 09:37 AM 12:37 PM 03:36 PM 06:36 PM 09:36 PM
ENVIRONMENT	Indian Grey Hornbill	English	12:53 AM 03:53 AM 06:53 AM 09:53 AM 12:53 PM 03:53 PM 06:53 PM 09:52 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	01:11 AM 04:11 AM 07:11 AM 10:11 AM 01:11 PM 04:11 PM 07:11 PM 10:10 PM
General English	Episode 11 Agreeing 3	English	01:26 AM 04:26 AM 07:26 AM 10:26 AM 01:26 PM 04:26 PM 07:25 PM 10:25 PM
Language (English)	English: Chp 4: A Question of Trust-1	English	01:36 AM 04:36 AM 07:36 AM 10:36 AM 01:36 PM 04:36 PM 07:36 PM 10:35 PM
General	Growing up Healthy	English	01:55 AM 04:54 AM 07:54 AM 10:54 AM 01:54 PM 04:54 PM 07:54 PM 10:54 PM



Mathematics	Maths: Chapter 15: Probability-2	English	01:59 AM 04:59 AM 07:59 AM 10:58 AM 01:58 PM 04:58 PM 07:58 PM 10:58 PM
General	Emotional Well Being and Mental Health (E)	English	02:35 AM 05:35 AM 08:35 AM 11:34 AM 02:34 PM 05:34 PM 08:34 PM 11:34 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:40 AM 05:40 AM 08:39 AM 11:39 AM 02:39 PM 05:39 PM 08:39 PM 11:39 PM
बुधवार, 10 दिसंबर 2025 Wednesday, 10 December 2025			
हिंदी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	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
Cold Wave	Clod Wave - Preparation	Hindi	12:31 AM 03:31 AM 06:31 AM 09:31 AM 12:30 PM 03:30 PM 06:30 PM 09:30 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-1	Hindi	12:32 AM 03:32 AM 06:32 AM 09:32 AM 12:32 PM 03:32 PM 06:32 PM 09:31 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:51 AM 03:50 AM 06:50 AM 09:50 AM 12:50 PM 03:50 PM 06:50 PM 09:50 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	12:57 AM 03:57 AM 06:57 AM 09:57 AM 12:57 PM 03:57 PM 06:57 PM 09:57 PM
सामान्य	आज़ादी की कहानी-1	हिन्दी	01:27 AM 04:27 AM 07:26 AM 10:26 AM 01:26 PM 04:26 PM 07:26 PM 10:26 PM
Language (English)	English: Ch-2: Poem- A Tiger in the Zoo	English	01:35 AM 04:35 AM 07:35 AM 10:35 AM 01:35 PM 04:35 PM 07:35 PM 10:35 PM
General	Anthropological Museum (Anadaman and Nicobar Islands)	English	01:53 AM 04:53 AM 07:53 AM 10:53 AM 01:53 PM 04:53 PM 07:53 PM 10:53 PM



Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 3	English	01:58 AM 04:58 AM 07:58 AM 10:58 AM 01:57 PM 04:57 PM 07:57 PM 10:57 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	02:26 AM 05:26 AM 08:26 AM 11:26 AM 02:26 PM 05:26 PM 08:26 PM 11:26 PM
Science	Science: Ch-2: Acid Base and Salt-2	English	02:41 AM 05:41 AM 08:40 AM 11:40 AM 02:40 PM 05:40 PM 08:40 PM 11:40 PM
बृहस्पतिवार, 11 दिसंबर 2025 Thursday, 11 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-1	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:58 PM 05:58 PM 08:58 PM 11:58 PM
General (Science)	Aromatic Perfumes	English	12:36 AM 03:36 AM 06:35 AM 09:35 AM 12:35 PM 03:35 PM 06:34 PM 09:34 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:37 AM 03:37 AM 06:37 AM 09:37 AM 12:36 PM 03:36 PM 06:36 PM 09:36 PM
Travel	Sivasagar - A Historical Place of Assam	English	01:03 AM 04:03 AM 07:02 AM 10:02 AM 01:02 PM 04:02 PM 07:01 PM 10:01 PM
गणित	गणित: पाठ-2: बहुपद भाग-1	Hindi	01:06 AM 04:06 AM 07:06 AM 10:05 AM 01:05 PM 04:05 PM 07:05 PM 10:04 PM
Language (English)	English: Chp 4: A Question of Trust-2	English	01:32 AM 04:32 AM 07:31 AM 10:31 AM 01:31 PM 04:31 PM 07:30 PM 10:30 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	Hindi	01:46 AM 04:46 AM 07:46 AM 10:45 AM 01:45 PM 04:45 PM 07:45 PM 10:44 PM
Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-1	English	02:02 AM 05:01 AM 08:01 AM 11:01 AM 02:01 PM 05:00 PM 08:00 PM 11:00 PM



Cyber Safety	The Social Media - Boon or Bane	English	02:29 AM 05:29 AM 08:29 AM 11:29 AM 02:28 PM 05:28 PM 08:28 PM 11:28 PM
Science	Science: Ch-2: Acids, Bases and Salts-IV	English	02:33 AM 05:33 AM 08:32 AM 11:32 AM 02:32 PM 05:32 PM 08:31 PM 11:31 PM
शुक्रवार, 12 दिसंबर 2025 Friday, 12 December 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:58 PM 05:58 PM 08:58 PM 11:58 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:23 AM 03:23 AM 06:23 AM 09:23 AM 12:22 PM 03:22 PM 06:22 PM 09:22 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-7: लोकतंत्र के परिणाम-1	Hindi	12:24 AM 03:24 AM 06:24 AM 09:24 AM 12:23 PM 03:23 PM 06:23 PM 09:23 PM
General	And Barter Goes On...	English	12:46 AM 03:45 AM 06:45 AM 09:45 AM 12:45 PM 03:44 PM 06:44 PM 09:44 PM
गणित	गणित: पाठ-2: बहुपद भाग-2	Hindi	01:03 AM 04:02 AM 07:02 AM 10:02 AM 01:02 PM 04:01 PM 07:01 PM 10:01 PM
General	कमल	Hindi	01:26 AM 04:26 AM 07:26 AM 10:26 AM 01:25 PM 04:25 PM 07:25 PM 10:25 PM
Social Science (Geography)	Chapter-2 Forest and Wildlife Resources in India -3	English	01:35 AM 04:35 AM 07:35 AM 10:34 AM 01:34 PM 04:34 PM 07:34 PM 10:33 PM
Science	Alfred Nobel - 1	English	02:02 AM 05:02 AM 08:02 AM 11:01 AM 02:01 PM 05:01 PM 08:01 PM 11:00 PM
Mathematics	Maths: Chap 15: Probability	English	02:11 AM 05:10 AM 08:10 AM 11:10 AM 02:10 PM 05:09 PM 08:09 PM 11:09 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General (Science)	Jumping disc	English	02:41 AM 05:40 AM 08:40 AM 11:40 AM 02:40 PM 05:39 PM 08:39 PM 11:39 PM
General	Health And Sanitation (E)	English	02:42 AM 05:42 AM 08:42 AM 11:41 AM 02:41 PM 05:41 PM 08:41 PM 11:40 PM
Science	Science: Chp 3: Metal Around Us	English	02:48 AM 05:48 AM 08:48 AM 11:48 AM 02:47 PM 05:47 PM 08:47 PM 11:47 PM
शनिवार, 13 दिसंबर 2025 Saturday, 13 December 2025			
ENVIRONMENT	Bravo Banana	English	12:00 AM 02:59 AM 05:58 AM 08:58 AM 11:57 AM 02:57 PM 05:56 PM 08:55 PM 11:55 PM
General	And Barter Goes On...	English	12:25 AM 03:24 AM 06:24 AM 09:23 AM 12:22 PM 03:22 PM 06:21 PM 09:21 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-7: लोकतंत्र के परिणाम-2	Hindi	12:42 AM 03:41 AM 06:41 AM 09:40 AM 12:39 PM 03:39 PM 06:38 PM 09:38 PM
ENVIRONMENT	Bravo Banana	English	01:05 AM 04:04 AM 07:04 AM 10:03 AM 01:03 PM 04:02 PM 07:01 PM 10:01 PM
गणित	गणित: पाठ-2: बहुपद भाग-3	Hindi	01:29 AM 04:28 AM 07:28 AM 10:27 AM 01:27 PM 04:26 PM 07:25 PM 10:25 PM
Cultural Heritage: Art, Music & Dance	Bans ki Hasht Shilp Kala	Hindi	02:03 AM 05:03 AM 08:02 AM 11:01 AM 02:01 PM 05:00 PM 08:00 PM 10:59 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-1	English	02:20 AM 05:19 AM 08:19 AM 11:18 AM 02:18 PM 05:17 PM 08:16 PM 11:16 PM
General	Growing up Healthy	English	02:37 AM 05:36 AM 08:35 AM 11:35 AM 02:34 PM 05:34 PM 08:33 PM 11:32 PM



Mathematics	Maths: Chap 15: Probability-1	English	02:41 AM 05:40 AM 08:40 AM 11:39 AM 02:38 PM 05:38 PM 08:37 PM 11:37 PM
General (Science)	Seeback Siren	English	02:55 AM 05:54 AM 08:54 AM 11:53 AM 02:53 PM 05:52 PM 08:51 PM 11:51 PM
Science	Science: Metals are hard in nature	English	02:56 AM 05:56 AM 08:55 AM 11:55 AM 02:54 PM 05:53 PM 08:53 PM 11:52 PM
रविवार, 14 दिसंबर 2025 Sunday, 14 December 2025			
Language (Urdu)	Urdu: Chp-2: Naya Qanun	Urdu	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 (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:34 AM 03:34 AM 06:34 AM 09:34 AM 12:34 PM 03:34 PM 06:34 PM 09:34 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	Hindi	12:58 AM 03:58 AM 06:58 AM 09:59 AM 12:59 PM 03:59 PM 06:59 PM 09:59 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	01:14 AM 04:14 AM 07:14 AM 10:14 AM 01:14 PM 04:14 PM 07:14 PM 10:14 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English	01:29 AM 04:29 AM 07:29 AM 10:29 AM 01:29 PM 04:29 PM 07:29 PM 10:29 PM
Social Science (Economics)	S.Sc (Eco): Ch-2 Sectors of the Indian Economy 2	English	01:43 AM 04:43 AM 07:43 AM 10:43 AM 01:43 PM 04:43 PM 07:43 PM 10:43 PM
General	Gender Equality	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
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:15 AM 05:15 AM 08:15 AM 11:15 AM 02:15 PM 05:15 PM 08:15 PM 11:15 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सांस्कृतिक विरासत: कला और शिल्प	तुम्बा कला	Hindi	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:37 PM 08:37 PM 11:38 PM
ENVIRONMENT	Life in Woods	English	02:44 AM 05:45 AM 08:45 AM 11:45 AM 02:45 PM 05:45 PM 08:45 PM 11:45 PM
सोमवार, 15 दिसंबर 2025 Monday, 15 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-2	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
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:27 AM 03:27 AM 06:28 AM 09:29 AM 12:29 PM 03:30 PM 06:31 PM 09:31 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:28 AM 03:28 AM 06:29 AM 09:30 AM 12:30 PM 03:31 PM 06:32 PM 09:32 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:50 AM 03:51 AM 06:52 AM 09:52 AM 12:53 PM 03:53 PM 06:54 PM 09:55 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	12:51 AM 03:52 AM 06:52 AM 09:53 AM 12:54 PM 03:54 PM 06:55 PM 09:56 PM
Science	Heating of lead nitrate and emission of nitrogen dioxide	English	01:06 AM 04:07 AM 07:07 AM 10:08 AM 01:09 PM 04:09 PM 07:10 PM 10:11 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:10 AM 04:10 AM 07:11 AM 10:12 AM 01:12 PM 04:13 PM 07:14 PM 10:14 PM
Mathematics	Maths: Chapter 15: Probability-2	English	01:41 AM 04:42 AM 07:43 AM 10:43 AM 01:44 PM 04:44 PM 07:45 PM 10:46 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Travel	Rangsapara	English	02:17 AM 05:18 AM 08:19 AM 11:19 AM 02:20 PM 05:20 PM 08:21 PM 11:22 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:39 AM 05:40 AM 08:40 AM 11:41 AM 02:42 PM 05:42 PM 08:43 PM 11:44 PM
मंगलवार, 16 दिसंबर 2025 Tuesday, 16 December 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:58 AM 02:58 PM 05:58 PM 08:57 PM 11:57 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:19 AM 03:19 AM 06:18 AM 09:18 AM 12:18 PM 03:17 PM 06:17 PM 09:17 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:20 AM 03:20 AM 06:19 AM 09:19 AM 12:19 PM 03:18 PM 06:18 PM 09:18 PM
सामान्य	आजादी की कहानी-2	हिन्दी	12:43 AM 03:43 AM 06:42 AM 09:42 AM 12:42 PM 03:41 PM 06:41 PM 09:41 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	Hindi	12:58 AM 03:57 AM 06:57 AM 09:57 AM 12:56 PM 03:56 PM 06:56 PM 09:55 PM
Science	Science: Image Formation by Concave Mirror	English	01:13 AM 04:13 AM 07:12 AM 10:12 AM 01:12 PM 04:11 PM 07:11 PM 10:11 PM
Language (English)	English: Ch-1: Poem- Fire and Ice	English	01:20 AM 04:20 AM 07:19 AM 10:19 AM 01:19 PM 04:18 PM 07:18 PM 10:18 PM
General	Nutrition_Health and Sanitation	English	01:48 AM 04:47 AM 07:47 AM 10:47 AM 01:46 PM 04:46 PM 07:46 PM 10:45 PM



Mathematics	Maths: Chap 15: Probability	English	01:54 AM 04:54 AM 07:53 AM 10:53 AM 01:53 PM 04:52 PM 07:52 PM 10:52 PM
General (Mathematics)	Cone Run Uphill	English	02:24 AM 05:24 AM 08:23 AM 11:23 AM 02:23 PM 05:22 PM 08:22 PM 11:22 PM
General English	Episode 13 Disagreeing 2	English	02:25 AM 05:25 AM 08:25 AM 11:24 AM 02:24 PM 05:24 PM 08:23 PM 11:23 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:40 AM 05:40 AM 08:39 AM 11:39 AM 02:39 PM 05:38 PM 08:38 PM 11:38 PM
बुधवार, 17 दिसंबर 2025 Wednesday, 17 December 2025			
हिंदी	हिंदी: पाठ-2 तुलसीदास और उनकी कविता - राम-लक्ष्मण परशुराम संवाद	Hindi	12:00 AM 02:59 AM 05:59 AM 08:59 AM 11:59 AM 02:59 PM 05:59 PM 08:58 PM 11:58 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:36 AM 03:35 AM 06:35 AM 09:35 AM 12:35 PM 03:35 PM 06:35 PM 09:35 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-1	हिन्दी	12:36 AM 03:36 AM 06:36 AM 09:36 AM 12:36 PM 03:36 PM 06:36 PM 09:35 PM
गणित	गणित: पाठ-2: बहुपद भाग-4	Hindi	01:17 AM 04:16 AM 07:16 AM 10:16 AM 01:16 PM 04:16 PM 07:16 PM 10:16 PM
General	Health And Sanitaion (H)	Hindi	01:50 AM 04:50 AM 07:49 AM 10:49 AM 01:49 PM 04:49 PM 07:49 PM 10:49 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:56 AM 04:56 AM 07:56 AM 10:56 AM 01:56 PM 04:56 PM 07:55 PM 10:55 PM
Science	Alfred Nobel - 2	English	02:25 AM 05:25 AM 08:25 AM 11:25 AM 02:25 PM 05:24 PM 08:24 PM 11:24 PM



Social Science (History)	So. Sci. (His): Chp 4: The Age of Industrialisation-2	English	02:38 AM 05:38 AM 08:38 AM 11:37 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM
General (Science)	Camouflage	English	02:57 AM 05:57 AM 08:57 AM 11:57 AM 02:56 PM 05:56 PM 08:56 PM 11:56 PM
Science	Science: Metals are Good Conductor of Heat	English	02:58 AM 05:58 AM 08:58 AM 11:58 AM 02:58 PM 05:58 PM 08:57 PM 11:57 PM
बृहस्पतिवार, 18 दिसंबर 2025 Thursday, 18 December 2025			
हिंदी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM 03:00 AM 06:01 AM 09:01 AM 12:02 PM 03:03 PM 06:03 PM 09:04 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:31 AM 03:31 AM 06:32 AM 09:33 AM 12:33 PM 03:34 PM 06:35 PM 09:35 PM
सामाजिक विज्ञान (इतिहास)	पाठ-3: भूमंडलीकृत विश्व का बनना-2	हिन्दी	12:32 AM 03:32 AM 06:33 AM 09:34 AM 12:34 PM 03:35 PM 06:36 PM 09:36 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:55 AM 03:55 AM 06:56 AM 09:57 AM 12:57 PM 03:58 PM 06:58 PM 09:59 PM
General	Emotional well being and mental health	English	01:27 AM 04:28 AM 07:29 AM 10:29 AM 01:30 PM 04:30 PM 07:31 PM 10:32 PM
Language (English)	English: Chp 4: Amanda	English	01:32 AM 04:33 AM 07:33 AM 10:34 AM 01:35 PM 04:35 PM 07:36 PM 10:37 PM
Cyber Security	Online Predators	English	02:01 AM 05:02 AM 08:03 AM 11:03 AM 02:04 PM 05:05 PM 08:05 PM 11:06 PM
Social Science (History)	S. Sc. (His): Chp 4: The Age of Industrialisation-3	English	02:03 AM 05:03 AM 08:04 AM 11:05 AM 02:05 PM 05:06 PM 08:06 PM 11:07 PM



General	I will work & work with courage	English	02:19 AM 05:19 AM 08:20 AM 11:21 AM 02:21 PM 05:22 PM 08:23 PM 11:23 PM
Science	Science: Ch-1: Chemical Reactions and Equations-I	English	02:21 AM 05:22 AM 08:23 AM 11:23 AM 02:24 PM 05:25 PM 08:25 PM 11:26 PM
Science	Science: Chp 3:Metals	English	02:38 AM 05:39 AM 08:40 AM 11:40 AM 02:41 PM 05:42 PM 08:42 PM 11:43 PM
शुक्रवार, 19 दिसंबर 2025 Friday, 19 December 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-3	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:02 PM
Cold Wave	Coldwave _ Do's and don'ts of a cold wave for people residing in hilly regions	English	12:27 AM 03:28 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-7: लोकतंत्र के परिणाम-3	Hindi	12:28 AM 03:28 AM 06:29 AM 09:29 AM 12:29 PM 03:30 PM 06:30 PM 09:30 PM
General	हिंसा और चोटों के खिलाफ सुरक्षा	Hindi	12:54 AM 03:54 AM 06:54 AM 09:55 AM 12:55 PM 03:55 PM 06:56 PM 09:56 PM
Travel	Sivasagar - A Historical Place of Assam	English	12:59 AM 04:00 AM 07:00 AM 10:00 AM 01:01 PM 04:01 PM 07:01 PM 10:02 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-2	Hindi	01:03 AM 04:03 AM 07:03 AM 10:04 AM 01:04 PM 04:04 PM 07:05 PM 10:05 PM
General	जेंडर समानता	Hindi	01:32 AM 04:32 AM 07:33 AM 10:33 AM 01:33 PM 04:34 PM 07:34 PM 10:34 PM
Social Science (Geography)	So. Sci. (Geo): Chap 3: Water Resources-2	English	01:39 AM 04:40 AM 07:40 AM 10:40 AM 01:41 PM 04:41 PM 07:41 PM 10:42 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Value Education	Village on Wheels	English/ hindi	01:52 AM 04:53 AM 07:53 AM 10:53 AM 01:54 PM 04:54 PM 07:54 PM 10:55 PM
Mathematics	Maths: Chap 15: Probability-1	English	02:12 AM 05:12 AM 08:12 AM 11:13 AM 02:13 PM 05:13 PM 08:14 PM 11:14 PM
General (Science)	Shaded pole motor	English	02:26 AM 05:26 AM 08:27 AM 11:27 AM 02:27 PM 05:28 PM 08:28 PM 11:28 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English	02:28 AM 05:28 AM 08:28 AM 11:29 AM 02:29 PM 05:29 PM 08:30 PM 11:30 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	02:49 AM 05:50 AM 08:50 AM 11:50 AM 02:51 PM 05:51 PM 08:51 PM 11:52 PM
शनिवार, 20 दिसंबर 2025 Saturday, 20 December 2025			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-1	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:01 PM 03:01 PM 06:01 PM 09:02 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:27 PM 03:27 PM 06:27 PM 09:28 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-6: राजनीतिक दल-1	Hindi	12:27 AM 03:27 AM 06:27 AM 09:28 AM 12:28 PM 03:28 PM 06:28 PM 09:29 PM
Cyber Safety	The Social Media - Boon or Bane	English	12:50 AM 03:50 AM 06:51 AM 09:51 AM 12:51 PM 03:52 PM 06:52 PM 09:52 PM
गणित	गणित: पाठ-2: बहुपद भाग-1	Hindi	12:54 AM 03:54 AM 06:54 AM 09:55 AM 12:55 PM 03:55 PM 06:55 PM 09:56 PM
General	E-Waste Management: Block 4.1	English	01:19 AM 04:20 AM 07:20 AM 10:20 AM 01:21 PM 04:21 PM 07:21 PM 10:22 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Social Science (Geography)	S.Sc (Geo.): Ch-1:Resources and Development: 2	English	01:35 AM 04:35 AM 07:35 AM 10:36 AM 01:36 PM 04:36 PM 07:37 PM 10:37 PM
Mathematics	Maths: Chapter 15: Probability-2	English	01:53 AM 04:54 AM 07:54 AM 10:54 AM 01:54 PM 04:55 PM 07:55 PM 10:55 PM
General	Interpersonal Relationships	English	02:29 AM 05:29 AM 08:30 AM 11:30 AM 02:30 PM 05:31 PM 08:31 PM 11:31 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English	02:34 AM 05:34 AM 08:34 AM 11:35 AM 02:35 PM 05:35 PM 08:36 PM 11:36 PM
रविवार, 21 दिसंबर 2025 Sunday, 21 December 2025			
Language (Urdu)	Urdu: Chp-1: Bhola	Urdu	12:00 AM 03:00 AM 06:00 AM 09:01 AM 12:01 PM 03:02 PM 06:02 PM 09:02 PM
Cold Wave	Clod Wave - Preparation	Hindi	12:30 AM 03:30 AM 06:31 AM 09:31 AM 12:32 PM 03:32 PM 06:32 PM 09:33 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-1: विकास भाग-1	Hindi	12:31 AM 03:32 AM 06:32 AM 09:32 AM 12:33 PM 03:33 PM 06:34 PM 09:34 PM
Language	Theatre in Education	English	12:56 AM 03:57 AM 06:57 AM 09:57 AM 12:58 PM 03:58 PM 06:59 PM 09:59 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-2	Hindi	01:20 AM 04:21 AM 07:21 AM 10:22 AM 01:22 PM 04:22 PM 07:23 PM 10:23 PM
General (Science)	World of Symmetry	English	01:35 AM 04:36 AM 07:36 AM 10:36 AM 01:37 PM 04:37 PM 07:38 PM 10:38 PM
Social Science (Economics)	S. Sc. (Eco): Chp 3: Money and Credit-1	English	01:36 AM 04:37 AM 07:37 AM 10:38 AM 01:38 PM 04:39 PM 07:39 PM 10:39 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English	02:00 AM 05:01 AM 08:01 AM 11:02 AM 02:02 PM 05:02 PM 08:03 PM 11:03 PM
ENVIRONMENT	The Journey of Silk	English	02:14 AM 05:15 AM 08:15 AM 11:16 AM 02:16 PM 05:16 PM 08:17 PM 11:17 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:31 AM 05:32 AM 08:32 AM 11:33 AM 02:33 PM 05:33 PM 08:34 PM 11:34 PM
General	कमल	Hindi	02:51 AM 05:52 AM 08:52 AM 11:52 AM 02:53 PM 05:53 PM 08:54 PM 11:54 PM
सोमवार, 22 दिसंबर 2025 Monday, 22 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-1	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
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:36 AM 03:37 AM 06:38 AM 09:39 AM 12:40 PM 03:41 PM 06:42 PM 09:43 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:37 AM 03:38 AM 06:39 AM 09:40 AM 12:41 PM 03:42 PM 06:43 PM 09:44 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	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
ENVIRONMENT	Life in Woods	English	12:59 AM 04:00 AM 07:00 AM 10:01 AM 01:02 PM 04:03 PM 07:04 PM 10:05 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	Hindi	01:14 AM 04:15 AM 07:16 AM 10:17 AM 01:18 PM 04:18 PM 07:19 PM 10:20 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

सामान्य	आज़ादी की कहानी-2	हिन्दी	01:29 AM 04:30 AM 07:31 AM 10:32 AM 01:33 PM 04:34 PM 07:35 PM 10:36 PM
Language (English)	English: Chp 4: A Question of Trust-1	English	01:44 AM 04:45 AM 07:46 AM 10:47 AM 01:48 PM 04:49 PM 07:49 PM 10:50 PM
Cyber Security	Secure Your Bank Accounts	English	02:02 AM 05:03 AM 08:04 AM 11:05 AM 02:06 PM 05:07 PM 08:08 PM 11:09 PM
Mathematics	Maths: Chap 15: Probability	English	02:03 AM 05:04 AM 08:05 AM 11:06 AM 02:07 PM 05:08 PM 08:09 PM 11:10 PM
सामान्य	Consumer Awareness	English	02:33 AM 05:34 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 Sc.): Chap 4: Gender, Religion and Caste -2	English	02:38 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:43 PM 08:44 PM 11:45 PM
मंगलवार, 23 दिसंबर 2025 Tuesday, 23 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-2	Hindi	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
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:20 AM 03:19 AM 06:19 AM 09:18 AM 12:17 PM 03:17 PM 06:16 PM 09:15 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-1	Hindi	12:21 AM 03:20 AM 06:20 AM 09:19 AM 12:18 PM 03:18 PM 06:17 PM 09:16 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	12:44 AM 03:43 AM 06:42 AM 09:42 AM 12:41 PM 03:40 PM 06:40 PM 09:39 PM
विज्ञान	विज्ञान: पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-3	Hindi	12:50 AM 03:50 AM 06:49 AM 09:48 AM 12:48 PM 03:47 PM 06:46 PM 09:46 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Sports	The Sound Mind	English	01:05 AM 04:05 AM 07:04 AM 10:03 AM 01:03 PM 04:02 PM 07:02 PM 10:01 PM
Language (English)	English: Chp 4: A Question of Trust-2	English	01:11 AM 04:10 AM 07:10 AM 10:09 AM 01:08 PM 04:08 PM 07:07 PM 10:07 PM
General	Gender Equality	English	01:25 AM 04:25 AM 07:24 AM 10:23 AM 01:23 PM 04:22 PM 07:21 PM 10:21 PM
Mathematics	Maths: Chap 15: Probability-1	English	01:33 AM 04:32 AM 07:31 AM 10:31 AM 01:30 PM 04:29 PM 07:29 PM 10:28 PM
सामान्य	आज़ादी की कहानी-1	हिन्दी	01:47 AM 04:46 AM 07:45 AM 10:45 AM 01:44 PM 04:44 PM 07:43 PM 10:42 PM
General	Emotional Well Being and Mental Health (E)	English	01:55 AM 04:55 AM 07:54 AM 10:53 AM 01:53 PM 04:52 PM 07:51 PM 10:51 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -3	English	02:00 AM 05:00 AM 07:59 AM 10:58 AM 01:58 PM 04:57 PM 07:56 PM 10:56 PM
General	भावनात्मक कल्याण एवं मानसिक स्वास्थ्य	Hindi	02:21 AM 05:21 AM 08:20 AM 11:19 AM 02:19 PM 05:18 PM 08:17 PM 11:17 PM
General	Interpersonal Relationships	English	02:26 AM 05:26 AM 08:25 AM 11:24 AM 02:24 PM 05:23 PM 08:22 PM 11:22 PM
ENVIRONMENT	Green Gold on Fire (Forest Fires)	English	02:31 AM 05:30 AM 08:30 AM 11:29 AM 02:28 PM 05:28 PM 08:27 PM 11:26 PM
बुधवार, 24 दिसंबर 2025 Wednesday, 24 December 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	Hindi	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:07 PM 06:08 PM 09:10 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:26 AM 03:27 AM 06:29 AM 09:30 AM 12:32 PM 03:33 PM 06:35 PM 09:36 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-4: औद्योगीकरण का युग-1	Hindi	12:27 AM 03:28 AM 06:30 AM 09:31 AM 12:33 PM 03:34 PM 06:36 PM 09:37 PM
General	Single Use Plastic	हिन्दी	12:45 AM 03:47 AM 06:48 AM 09:50 AM 12:51 PM 03:53 PM 06:54 PM 09:56 PM
गणित	गणित: पाठ-2: बहुपद भाग-2	Hindi	12:47 AM 03:49 AM 06:50 AM 09:51 AM 12:53 PM 03:54 PM 06:56 PM 09:57 PM
सामान्य	आज़ादी की कहानी-3	हिन्दी	01:11 AM 04:12 AM 07:14 AM 10:15 AM 01:17 PM 04:18 PM 07:20 PM 10:21 PM
Language (English)	English: Chap 5: Footprints without Feet	English	01:23 AM 04:24 AM 07:26 AM 10:27 AM 01:28 PM 04:30 PM 07:31 PM 10:33 PM
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	01:54 AM 04:56 AM 07:57 AM 10:59 AM 02:00 PM 05:02 PM 08:03 PM 11:04 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 1	English	01:55 AM 04:57 AM 07:58 AM 10:59 AM 02:01 PM 05:02 PM 08:04 PM 11:05 PM
General (Science)	All Roads Lead to Rome	English	02:25 AM 05:26 AM 08:28 AM 11:29 AM 02:31 PM 05:32 PM 08:34 PM 11:35 PM
Science	Science: Chap 3: Metal and Non-Metal-3	English	02:26 AM 05:28 AM 08:29 AM 11:30 AM 02:32 PM 05:33 PM 08:35 PM 11:36 PM
ENVIRONMENT	Life in Woods	English	02:46 AM 05:47 AM 08:49 AM 11:50 AM 02:52 PM 05:53 PM 08:55 PM 11:56 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

बृहस्पतिवार, 25 दिसंबर 2025 Thursday, 25 December 2025			
हिंदी	पाठ-4: कवि और कविता : कवि मैथिलीशरण गुप्त और उनकी कविता "मनुष्यता"	हिन्दी	12:00 AM 03:01 AM 06:02 AM 09:04 AM 12:05 PM 03:07 PM 06:08 PM 09:10 PM
Cold Wave	Coldwave - शीतलहर से पहले और उसके दौरान वरिष्ठ नागरिक क्या करें - क्या ना करें	Hindi	12:31 AM 03:32 AM 06:34 AM 09:35 AM 12:37 PM 03:38 PM 06:40 PM 09:41 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:32 AM 03:33 AM 06:35 AM 09:36 AM 12:38 PM 03:39 PM 06:40 PM 09:42 PM
General	Energy Saving	English	12:57 AM 03:59 AM 07:00 AM 10:02 AM 01:03 PM 04:04 PM 07:06 PM 10:07 PM
गणित	गणित: पाठ-2: बहुपद भाग-3	Hindi	12:59 AM 04:00 AM 07:02 AM 10:03 AM 01:05 PM 04:06 PM 07:07 PM 10:09 PM
General	Promotion of Healthy Lifestyle	English	01:33 AM 04:34 AM 07:36 AM 10:37 AM 01:39 PM 04:40 PM 07:42 PM 10:43 PM
Language (English)	English: Chp 4: A Question of Trust-2	English	01:39 AM 04:40 AM 07:42 AM 10:43 AM 01:45 PM 04:46 PM 07:48 PM 10:49 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	01:53 AM 04:55 AM 07:56 AM 10:58 AM 01:59 PM 05:00 PM 08:02 PM 11:03 PM
Social Science (History)	S.Sc. (His): Chapter 3: The Making of a Global World- 2	English	01:54 AM 04:56 AM 07:57 AM 10:59 AM 02:00 PM 05:01 PM 08:03 PM 11:04 PM
Science	Science: Reaction of Metal with Salt Solutions	English	02:26 AM 05:28 AM 08:29 AM 11:31 AM 02:32 PM 05:34 PM 08:35 PM 11:36 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Science	Science: Chap 3: Metal and Non-Metal-4	English	02:30 AM 05:32 AM 08:33 AM 11:34 AM 02:36 PM 05:37 PM 08:39 PM 11:40 PM
शुक्रवार, 26 दिसंबर 2025 Friday, 26 December 2025			
संस्कृत	संस्कृत : पाठ - 6: सुभाषितानि-2	Sanskrit	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
Cold Wave	Coldwave - पहाड़ों में रहने वाले लोग शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:36 AM 03:36 AM 06:36 AM 09:36 AM 12:36 PM 03:36 PM 06:36 PM 09:36 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.):पाठ-6: राजनीतिक दल-2	Hindi	12:37 AM 03:37 AM 06:37 AM 09:37 AM 12:37 PM 03:37 PM 06:37 PM 09:37 PM
General	E-Waste	English	01:01 AM 04:01 AM 07:01 AM 10:01 AM 01:02 PM 04:02 PM 07:02 PM 10:02 PM
General (Mathematics)	Cone Run Uphill	English	01:03 AM 04:03 AM 07:03 AM 10:03 AM 01:03 PM 04:03 PM 07:03 PM 10:04 PM
गणित	गणित: पाठ-2: बहुपद भाग-4	Hindi	01:04 AM 04:04 AM 07:04 AM 10:04 AM 01:05 PM 04:05 PM 07:05 PM 10:05 PM
General	Interpersonal Relationships	English	01:37 AM 04:37 AM 07:37 AM 10:38 AM 01:38 PM 04:38 PM 07:38 PM 10:38 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development: 3	English	01:42 AM 04:42 AM 07:42 AM 10:42 AM 01:42 PM 04:42 PM 07:43 PM 10:43 PM
General (Science)	Zinc Smelting	English	01:54 AM 04:54 AM 07:54 AM 10:54 AM 01:55 PM 04:55 PM 07:55 PM 10:55 PM
Mathematics	Maths: Chapter 15: Probability-2	English	01:56 AM 04:56 AM 07:56 AM 10:56 AM 01:56 PM 04:56 PM 07:56 PM 10:56 PM



General	Health And Sanitation (E)	English	02:32 AM 05:32 AM 08:32 AM 11:32 AM 02:32 PM 05:32 PM 08:32 PM 11:32 PM
Science	Science: Chap 3: Metal and Non-Metal-1	English	02:38 AM 05:38 AM 08:38 AM 11:38 AM 02:38 PM 05:38 PM 08:39 PM 11:39 PM
शनिवार, 27 दिसंबर 2025 Saturday, 27 December 2025			
संस्कृत	संस्कृत : पाठ - 7: सौहार्द प्रकृते: शोभा-1	Sanskrit	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:06 PM 03:08 PM 06:10 PM 09:11 PM
Cold Wave	Clod Wave - Preparation	Hindi	12:23 AM 03:25 AM 06:27 AM 09:28 AM 12:30 PM 03:32 PM 06:33 PM 09:35 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.):पाठ-6: राजनीतिक दल-3	Hindi	12:25 AM 03:26 AM 06:28 AM 09:30 AM 12:31 PM 03:33 PM 06:35 PM 09:36 PM
Sports	The Sound Mind	English	12:46 AM 03:48 AM 06:49 AM 09:51 AM 12:53 PM 03:54 PM 06:56 PM 09:58 PM
गणित	गणित: पाठ-3: दो चर वाले रैखिक समीकरण युग्म भाग-1	Hindi	12:52 AM 03:53 AM 06:55 AM 09:57 AM 12:58 PM 04:00 PM 07:02 PM 10:03 PM
General	स्वस्थ बढ़ना	Hindi	01:24 AM 04:26 AM 07:28 AM 10:29 AM 01:31 PM 04:33 PM 07:34 PM 10:36 PM
Social Science (Geography)	S.Sc (Geo.): Ch-1: Resources and Development: 4	English	01:29 AM 04:30 AM 07:32 AM 10:34 AM 01:35 PM 04:37 PM 07:39 PM 10:40 PM
General English	Episode 8 Making Requests 2	English	01:41 AM 04:43 AM 07:45 AM 10:46 AM 01:48 PM 04:50 PM 07:51 PM 10:53 PM
Mathematics	Maths: Chap 15: Probability	English	01:49 AM 04:51 AM 07:52 AM 10:54 AM 01:56 PM 04:57 PM 07:59 PM 11:01 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

ENVIRONMENT	Life in Woods	English	02:19 AM 05:21 AM 08:22 AM 11:24 AM 02:26 PM 05:27 PM 08:29 PM 11:31 PM
General (Science)	Stop the disc	English	02:34 AM 05:36 AM 08:37 AM 11:39 AM 02:41 PM 05:42 PM 08:44 PM 11:46 PM
Science	Science: Chap 3: Metal and Non-Metal-2	English	02:35 AM 05:37 AM 08:39 AM 11:40 AM 02:42 PM 05:44 PM 08:45 PM 11:47 PM
रविवार, 28 दिसंबर 2025 Sunday, 28 December 2025			
Language (Urdu)	Urdu: Chp-3: Bheek	Urdu	12:00 AM 02:58 AM 05:56 AM 08:55 AM 11:53 AM 02:51 PM 05:50 PM 08:48 PM 11:46 PM
Cold Wave	ColdWave - कड़कड़ाती सर्द हवा में आप कुड़कुड़ाते न रह जाएं, थोड़ा समय गर्म माहौल में बिताएं	Hindi	12:26 AM 03:24 AM 06:22 AM 09:21 AM 12:19 PM 03:17 PM 06:16 PM 09:14 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:27 AM 03:25 AM 06:23 AM 09:22 AM 12:20 PM 03:18 PM 06:17 PM 09:15 PM
General	जेंडर समानता	Hindi	12:51 AM 03:50 AM 06:48 AM 09:46 AM 12:45 PM 03:43 PM 06:42 PM 09:40 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	12:59 AM 03:57 AM 06:55 AM 09:54 AM 12:52 PM 03:51 PM 06:49 PM 09:47 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English	01:07 AM 04:05 AM 07:03 AM 10:02 AM 01:00 PM 03:58 PM 06:57 PM 09:55 PM
Social Science (Economics)	So. Sci. (Eco): Chp 3: Money and Credit-2	English	01:21 AM 04:19 AM 07:17 AM 10:16 AM 01:14 PM 04:12 PM 07:11 PM 10:09 PM
सामान्य	हिंदी शब्दकोष	Hindi	01:47 AM 04:46 AM 07:44 AM 10:42 AM 01:41 PM 04:39 PM 07:37 PM 10:36 PM



Social Science (Political Science)	S.Sc. (Pol. Sc.): Chap 6: Political Parties	English	02:05 AM 05:03 AM 08:01 AM 11:00 AM 01:58 PM 04:56 PM 07:55 PM 10:53 PM
Travel	Sivasagar - A Historical Place of Assam	English	02:39 AM 05:37 AM 08:36 AM 11:34 AM 02:32 PM 05:31 PM 08:29 PM 11:28 PM
Value Education	पिपलात्री - बेटी बचाओ पेड़ लगाओ बेटी पढ़ाओ जीवन बचाओ	Hindi	02:42 AM 05:41 AM 08:39 AM 11:37 AM 02:36 PM 05:34 PM 08:32 PM 11:31 PM
सोमवार, 29 दिसंबर 2025 Monday, 29 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-1	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
Cold Wave	Coldwave - How labourers and field workers can protect themselves from a cold-wave	English	12:36 AM 03:36 AM 06:37 AM 09:37 AM 12:38 PM 03:38 PM 06:39 PM 09:39 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ-2	Hindi	12:37 AM 03:37 AM 06:38 AM 09:38 AM 12:39 PM 03:39 PM 06:40 PM 09:40 PM
Travel	Sivasagar - A Historical Place of Assam	English	01:00 AM 04:00 AM 07:01 AM 10:01 AM 01:02 PM 04:02 PM 07:03 PM 10:03 PM
General (Science)	Floating Ball	English	01:03 AM 04:04 AM 07:04 AM 10:05 AM 01:05 PM 04:06 PM 07:06 PM 10:06 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	01:04 AM 04:05 AM 07:05 AM 10:06 AM 01:06 PM 04:07 PM 07:07 PM 10:08 PM
Cultural Heritage: Art, Music & Dance	National Role Play & Folk Dance - Puducherry	Regional	01:12 AM 04:12 AM 07:13 AM 10:13 AM 01:14 PM 04:14 PM 07:15 PM 10:15 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

Language (English)	English: Chp 4: From the Diary of Ann Frank	English	01:22 AM 04:22 AM 07:23 AM 10:23 AM 01:24 PM 04:24 PM 07:25 PM 10:25 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	01:51 AM 04:51 AM 07:52 AM 10:52 AM 01:53 PM 04:53 PM 07:54 PM 10:54 PM
Mathematics	Maths: Chap 15: Probability-1	English	01:57 AM 04:57 AM 07:58 AM 10:58 AM 01:59 PM 04:59 PM 08:00 PM 11:00 PM
Cyber Security	Internet Ethics	English	02:11 AM 05:12 AM 08:12 AM 11:13 AM 02:13 PM 05:14 PM 08:14 PM 11:14 PM
General English	Episode 7 Making Requests 1	English	02:14 AM 05:14 AM 08:15 AM 11:15 AM 02:16 PM 05:16 PM 08:17 PM 11:17 PM
सांस्कृतिक विरासत: कला और शिल्प	गोदना कला	Hindi	02:25 AM 05:25 AM 08:26 AM 11:26 AM 02:27 PM 05:27 PM 08:28 PM 11:28 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	02:30 AM 05:31 AM 08:31 AM 11:32 AM 02:32 PM 05:33 PM 08:33 PM 11:34 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -1	English	02:40 AM 05:41 AM 08:41 AM 11:42 AM 02:42 PM 05:43 PM 08:43 PM 11:44 PM
मंगलवार, 30 दिसंबर 2025 Tuesday, 30 December 2025			
हिंदी	हिंदी : पाठ-4: मैथिलीशरण गुप्त- मनुष्यता-2	Hindi	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:05 PM
Cold Wave	Coldwave - शीतलहर के दौरान क्या करें - क्या ना करें	Hindi	12:27 AM 03:28 AM 06:28 AM 09:29 AM 12:30 PM 03:30 PM 06:31 PM 09:32 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-7: राष्ट्रीय अर्थव्यवस्था की जीवन रेखाएँ	Hindi	12:28 AM 03:29 AM 06:29 AM 09:30 AM 12:31 PM 03:31 PM 06:32 PM 09:33 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General (Science)	Stop the disc	English	12:44 AM 03:45 AM 06:45 AM 09:46 AM 12:47 PM 03:48 PM 06:48 PM 09:49 PM
विज्ञान	पाठ-1 रासायनिक अभिक्रियाएँ एवं समीकरण-1	हिन्दी	12:45 AM 03:46 AM 06:47 AM 09:47 AM 12:48 PM 03:49 PM 06:50 PM 09:50 PM
General	जेंडर समानता	Hindi	12:53 AM 03:54 AM 06:54 AM 09:55 AM 12:56 PM 03:57 PM 06:57 PM 09:58 PM
सामान्य	आज़ादी की कहानी-1	हिन्दी	01:00 AM 04:01 AM 07:02 AM 10:03 AM 01:03 PM 04:04 PM 07:05 PM 10:05 PM
Language (English)	English: Chp 4: Amanda	English	01:09 AM 04:10 AM 07:10 AM 10:11 AM 01:12 PM 04:13 PM 07:13 PM 10:14 PM
Social science	Understanding our architectural heritage (Bibi ka Maqbara)	English	01:38 AM 04:39 AM 07:40 AM 10:40 AM 01:41 PM 04:42 PM 07:42 PM 10:43 PM
Mathematics	Maths: Chapter 15: Probability-2	English	01:52 AM 04:53 AM 07:54 AM 10:54 AM 01:55 PM 04:56 PM 07:57 PM 10:57 PM
General	स्वस्थ बढ़ना	Hindi	02:28 AM 05:29 AM 08:30 AM 11:30 AM 02:31 PM 05:32 PM 08:33 PM 11:33 PM
General	Safety and Security against Violence and Injuries	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
Social Science (Political Science)	S. Sc. (Pol Sc.): Chap 4: Gender, Religion and Caste -2	English	02:38 AM 05:39 AM 08:40 AM 11:40 AM 02:41 PM 05:42 PM 08:43 PM 11:43 PM
बुधवार, 31 दिसंबर 2025 Wednesday, 31 December 2025			
हिंदी	हिंदी :पाठ-3: लीलाधर मंडलोई	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



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031

General (Science)	World of Symmetry	English	12:26 AM 03:26 AM 06:27 AM 09:27 AM 12:28 PM 03:28 PM 06:29 PM 09:29 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:27 AM 03:28 AM 06:28 AM 09:28 AM 12:29 PM 03:29 PM 06:30 PM 09:30 PM
Cold Wave	Coldwave - मजदूर और कामकाजी व्यक्ति शीतलहर के दौरान क्या करें - क्या न करें	Hindi	12:52 AM 03:52 AM 06:53 AM 09:53 AM 12:54 PM 03:54 PM 06:55 PM 09:55 PM
गणित	गणित: पाठ-2: बहुपद भाग-2	Hindi	12:53 AM 03:53 AM 06:54 AM 09:54 AM 12:54 PM 03:55 PM 06:55 PM 09:56 PM
Travel	Sivasagar - A Historical Place of Assam	English	01:16 AM 04:17 AM 07:17 AM 10:18 AM 01:18 PM 04:19 PM 07:19 PM 10:20 PM
Language (English)	English: Chp-3: Black Aeroplane	English	01:20 AM 04:20 AM 07:21 AM 10:21 AM 01:22 PM 04:22 PM 07:22 PM 10:23 PM
Cyber Security	Tips to avoid Lottery Scams	English	01:47 AM 04:47 AM 07:48 AM 10:48 AM 01:48 PM 04:49 PM 07:49 PM 10:50 PM
Social Science (History)	So. Sci. (His): Chp 3: The Making of a Global World- 3	English	01:48 AM 04:48 AM 07:48 AM 10:49 AM 01:49 PM 04:50 PM 07:50 PM 10:51 PM
Language	Theatre in Education	English	02:16 AM 05:17 AM 08:17 AM 11:17 AM 02:18 PM 05:18 PM 08:19 PM 11:19 PM
Science	Science: Chap 3: Metal and Non-Metal-3	English	02:40 AM 05:41 AM 08:41 AM 11:42 AM 02:42 PM 05:42 PM 08:43 PM 11:43 PM



DD Free Dish Channel #32



8800440559



Jio TV



NCERT OFFICIAL



Dish TV Channel #2031