

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.



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

फरवरी 2026
February 2026

विषय Subject	कार्यक्रम का शीर्षक Program Title	माध्यम Medium	प्रसारण समय Telecast Time
रविवार, 01 फरवरी 2026 Sunday, 01 February 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 02:58 AM 05:57 AM 08:56 AM 11:54 AM 02:53 PM 05:52 PM 08:50 PM 11:49 PM
Cyber Security	Data Privacy	Hindi	12:36 AM 03:34 AM 06:33 AM 09:32 AM 12:30 PM 03:29 PM 06:28 PM 09:26 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के क्षेत्रक	Hindi	12:36 AM 03:35 AM 06:34 AM 09:32 AM 12:31 PM 03:30 PM 06:28 PM 09:27 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	01:15 AM 04:14 AM 07:12 AM 10:11 AM 01:10 PM 04:08 PM 07:07 PM 10:06 PM
विज्ञान	पाठ-12: विद्युत- 2	हिन्दी	01:16 AM 04:14 AM 07:13 AM 10:12 AM 01:10 PM 04:09 PM 07:08 PM 10:07 PM
General	Functions of Wetlands and their Biophysical characteristics	English	01:32 AM 04:31 AM 07:29 AM 10:28 AM 01:27 PM 04:25 PM 07:24 PM 10:23 PM
Social Science (Economics)	S. Sc. (Eco): Chp 3: Money and Credit-1	English	01:44 AM 04:43 AM 07:42 AM 10:40 AM 01:39 PM 04:38 PM 07:37 PM 10:35 PM
ENVIRONMENT	Life in Woods	English	02:08 AM 05:07 AM 08:06 AM 11:04 AM 02:03 PM 05:02 PM 08:00 PM 10:59 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:23 AM 05:22 AM 08:21 AM 11:19 AM 02:18 PM 05:17 PM 08:15 PM 11:14 PM



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General English	Episode 7 Making Requests 1	English	02:47 AM 05:46 AM 08:44 AM 11:43 AM 02:42 PM 05:41 PM 08:39 PM 11:38 PM
सोमवार, 02 फरवरी 2026 Monday, 02 February 2026			
सामान्य	Healthy Lifestyle Adopted	हिन्दी	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:00 PM 09:00 PM
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:01 AM 03:01 AM 06:01 AM 09:02 AM 12:02 PM 03:02 PM 06:02 PM 09:02 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:26 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:27 PM 09:27 PM
General	Safety and Security (E)	English	12:52 AM 03:52 AM 06:53 AM 09:53 AM 12:53 PM 03:53 PM 06:53 PM 09:53 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत- 1	Hindi	12:58 AM 03:58 AM 06:58 AM 09:58 AM 12:58 PM 03:59 PM 06:59 PM 09:59 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 1	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
सामान्य	मंदिरों की माला भुवनेश्वर	Hindi	01:52 AM 04:52 AM 07:52 AM 10:52 AM 01:52 PM 04:53 PM 07:53 PM 10:53 PM
Mathematics	Maths: Chap 7: Coordinate Geometry	English	02:12 AM 05:12 AM 08:13 AM 11:13 AM 02:13 PM 05:13 PM 08:13 PM 11:13 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	02:36 AM 05:36 AM 08:36 AM 11:36 AM 02:37 PM 05:37 PM 08:37 PM 11:37 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:37 AM 05:37 AM 08:37 AM 11:37 AM 02:37 PM 05:38 PM 08:38 PM 11:38 PM



मंगलवार, 03 फरवरी 2026
Tuesday, 03 February 2026

हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	Hindi	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:55 PM 08:54 PM 11:53 PM
Health, Physical Education/Yoga/ Sports	Yoga - Padmasan	Hindi	12:23 AM 03:23 AM 06:22 AM 09:21 AM 12:20 PM 03:19 PM 06:19 PM 09:18 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:40 AM 03:39 AM 06:38 AM 09:37 AM 12:36 PM 03:36 PM 06:35 PM 09:34 PM
General	E-Waste Management: Film 2	English	01:04 AM 04:03 AM 07:02 AM 10:01 AM 01:00 PM 04:00 PM 06:59 PM 09:58 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत- 2	Hindi	01:13 AM 04:12 AM 07:11 AM 10:10 AM 01:10 PM 04:09 PM 07:08 PM 10:07 PM
General	पदार्थ के दुरुपयोग की रोकथाम और प्रबंधन	Hindi	01:29 AM 04:28 AM 07:27 AM 10:27 AM 01:26 PM 04:25 PM 07:24 PM 10:23 PM
Language (English)	English: Chp 4: A Question of Trust-1	English	01:35 AM 04:34 AM 07:33 AM 10:32 AM 01:32 PM 04:31 PM 07:30 PM 10:29 PM
General(Science)	Acrobatic Stick	English	01:53 AM 04:53 AM 07:52 AM 10:51 AM 01:50 PM 04:49 PM 07:48 PM 10:48 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	01:55 AM 04:54 AM 07:53 AM 10:52 AM 01:52 PM 04:51 PM 07:50 PM 10:49 PM
General	E-Waste Management: Film 2	English	02:18 AM 05:17 AM 08:16 AM 11:15 AM 02:14 PM 05:14 PM 08:13 PM 11:12 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:27 AM 05:26 AM 08:25 AM 11:24 AM 02:24 PM 05:23 PM 08:22 PM 11:21 PM



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General English	Episode 1 Greeting a Friend	English	02:51 AM 05:50 AM 08:49 AM 11:48 AM 02:47 PM 05:46 PM 08:46 PM 11:45 PM
बुधवार, 04 फरवरी 2026 Wednesday, 04 February 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:00 AM 03:00 AM 06:00 AM 09:00 AM 12:00 PM 03:00 PM 06:01 PM 09:01 PM
General	Bhadrāsana	English	12:32 AM 03:32 AM 06:32 AM 09:32 AM 12:32 PM 03:33 PM 06:33 PM 09:33 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:34 AM 03:34 AM 06:34 AM 09:34 AM 12:35 PM 03:35 PM 06:35 PM 09:35 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	12:59 AM 03:59 AM 06:59 AM 09:59 AM 12:59 PM 04:00 PM 07:00 PM 10:00 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल	Hindi	01:06 AM 04:06 AM 07:06 AM 10:07 AM 01:07 PM 04:07 PM 07:07 PM 10:07 PM
General	Management of Wetlands Part -2	English	01:28 AM 04:29 AM 07:29 AM 10:29 AM 01:29 PM 04:29 PM 07:29 PM 10:30 PM
Language (English)	English: Chp 4: A Question of Trust-2	English	01:36 AM 04:36 AM 07:37 AM 10:37 AM 01:37 PM 04:37 PM 07:37 PM 10:37 PM
General(Science)	Colour Shadow	English	01:51 AM 04:51 AM 07:51 AM 10:51 AM 01:51 PM 04:51 PM 07:52 PM 10:52 PM
General	Growing up Healthy	English	01:53 AM 04:53 AM 07:53 AM 10:53 AM 01:53 PM 04:53 PM 07:54 PM 10:54 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	01:57 AM 04:57 AM 07:57 AM 10:57 AM 01:57 PM 04:58 PM 07:58 PM 10:58 PM



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Cultural Heritage: Art, Music & Dance	Folk Dance - Bihar	Hindi/English	02:24 AM 05:24 AM 08:24 AM 11:24 AM 02:24 PM 05:24 PM 08:25 PM 11:25 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:32 AM 05:32 AM 08:33 AM 11:33 AM 02:33 PM 05:33 PM 08:33 PM 11:33 PM
Cultural Heritage: Art, Music & Dance	Aao Seekhe Mithila Painting	Hindi	02:48 AM 05:48 AM 08:48 AM 11:48 AM 02:48 PM 05:49 PM 08:49 PM 11:49 PM
बृहस्पतिवार, 05 फरवरी 2026 Thursday, 05 February 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	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	Trikonasana	English	12:25 AM 03:25 AM 06:24 AM 09:24 AM 12:24 PM 03:24 PM 06:23 PM 09:23 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Manipur	Hindi	12:27 AM 03:27 AM 06:27 AM 09:27 AM 12:27 PM 03:26 PM 06:26 PM 09:26 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:34 AM 03:33 AM 06:33 AM 09:33 AM 12:33 PM 03:32 PM 06:32 PM 09:32 PM
General English	Episode 2 Greeting and Acquaintance	English	12:56 AM 03:56 AM 06:56 AM 09:56 AM 12:55 PM 03:55 PM 06:55 PM 09:55 PM
गणित	गणित : पाठ-12: वृत्तों से संबंधित क्षेत्रफल-1	Hindi	01:05 AM 04:05 AM 07:05 AM 10:04 AM 01:04 PM 04:04 PM 07:04 PM 10:03 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:30 AM 04:30 AM 07:30 AM 10:29 AM 01:29 PM 04:29 PM 07:29 PM 10:29 PM

Language (English)	English: Chp-7: Glimpses of India : Coorg	English	01:40 AM 04:40 AM 07:40 AM 10:40 AM 01:39 PM 04:39 PM 07:39 PM 10:39 PM
General	प्रजनन स्वास्थ्य और एच.आई.वी. की रोकथाम	Hindi	02:06 AM 05:06 AM 08:06 AM 11:05 AM 02:05 PM 05:05 PM 08:05 PM 11:04 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:12 AM 05:12 AM 08:11 AM 11:11 AM 02:11 PM 05:11 PM 08:10 PM 11:10 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	02:34 AM 05:33 AM 08:33 AM 11:33 AM 02:33 PM 05:33 PM 08:32 PM 11:32 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:35 AM 05:34 AM 08:34 AM 11:34 AM 02:34 PM 05:33 PM 08:33 PM 11:33 PM
General	E-Waste Management: Film 2	English	02:50 AM 05:50 AM 08:50 AM 11:50 AM 02:49 PM 05:49 PM 08:49 PM 11:49 PM
शुक्रवार, 06 फरवरी 2026 Friday, 06 February 2026			
संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 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
Cyber Security	5 Internet Tips for kids	Hindi	12:24 AM 03:25 AM 06:25 AM 09:25 AM 12:25 PM 03:25 PM 06:25 PM 09:26 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा. (राजनीति विज्ञान): पाठ-2: संघवाद	Hindi	12:25 AM 03:26 AM 06:26 AM 09:26 AM 12:26 PM 03:26 PM 06:26 PM 09:27 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:56 AM 03:56 AM 06:56 AM 09:56 AM 12:56 PM 03:57 PM 06:57 PM 09:57 PM
गणित	गणित : पाठ-12: वृत्तों से संबंधित क्षेत्रफल-2	Hindi	01:08 AM 04:09 AM 07:09 AM 10:09 AM 01:09 PM 04:09 PM 07:09 PM 10:10 PM



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सामान्य	Healthy Lifestyle Adopted	हिन्दी	01:36 AM 04:37 AM 07:37 AM 10:37 AM 01:37 PM 04:37 PM 07:37 PM 10:38 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:37 AM 04:37 AM 07:37 AM 10:37 AM 01:38 PM 04:38 PM 07:38 PM 10:38 PM
Cultural Heritage: Art, Music & Dance	Dances of India	Hindi	01:53 AM 04:53 AM 07:53 AM 10:54 AM 01:54 PM 04:54 PM 07:54 PM 10:54 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-2	English	02:07 AM 05:07 AM 08:07 AM 11:07 AM 02:08 PM 05:08 PM 08:08 PM 11:08 PM
General	Growth & Health (H)	Hindi	02:30 AM 05:31 AM 08:31 AM 11:31 AM 02:31 PM 05:31 PM 08:31 PM 11:32 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:35 AM 05:35 AM 08:35 AM 11:35 AM 02:35 PM 05:36 PM 08:36 PM 11:36 PM
शनिवार, 07 फरवरी 2026 Saturday, 07 February 2026			
संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 3	Sanskrit	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 - Precautionary measures that can be taken by farmers during a cold-wave	English	12:28 AM 03:29 AM 06:30 AM 09:31 AM 12:31 PM 03:32 PM 06:33 PM 09:34 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान): पाठ-2 भारतीय संघीय व्यवस्था भाग-1	Hindi	12:29 AM 03:30 AM 06:31 AM 09:31 AM 12:32 PM 03:33 PM 06:34 PM 09:35 PM
General English	Episode 7 Making Requests 1	English	12:59 AM 04:00 AM 07:01 AM 10:01 AM 01:02 PM 04:03 PM 07:04 PM 10:05 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल-3	Hindi	01:10 AM 04:11 AM 07:12 AM 10:13 AM 01:13 PM 04:14 PM 07:15 PM 10:16 PM
Cyber Security	Internet Ethics	English	01:34 AM 04:34 AM 07:35 AM 10:36 AM 01:37 PM 04:38 PM 07:39 PM 10:40 PM



Science	Science: Chap 7: Control and Coordination	English	01:36 AM 04:37 AM 07:38 AM 10:39 AM 01:40 PM 04:41 PM 07:42 PM 10:43 PM
General	Safe Use of Internet (E)	English	02:12 AM 05:13 AM 08:14 AM 11:15 AM 02:16 PM 05:17 PM 08:18 PM 11:19 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	02:18 AM 05:19 AM 08:20 AM 11:21 AM 02:22 PM 05:23 PM 08:24 PM 11:25 PM
सामान्य	उष्णकटिबंधी	हिन्दी	02:35 AM 05:36 AM 08:37 AM 11:38 AM 02:39 PM 05:40 PM 08:40 PM 11:41 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-3	English	02:38 AM 05:39 AM 08:40 AM 11:41 AM 02:42 PM 05:42 PM 08:43 PM 11:44 PM
रविवार, 08 फरवरी 2026 Sunday, 08 February 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:02 AM 06:04 AM 09:06 AM 12:08 PM 03:10 PM 06:12 PM 09:14 PM
Health, Physical Education/Yoga/ Sports	Daud	Hindi	12:36 AM 03:38 AM 06:40 AM 09:42 AM 12:44 PM 03:46 PM 06:48 PM 09:50 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञान.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:56 AM 03:58 AM 07:00 AM 10:02 AM 01:04 PM 04:06 PM 07:08 PM 10:10 PM
Cyber Security	5 Internet Tips for kids	Hindi	01:21 AM 04:23 AM 07:25 AM 10:27 AM 01:29 PM 04:31 PM 07:33 PM 10:35 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत	Hindi	01:22 AM 04:24 AM 07:26 AM 10:28 AM 01:30 PM 04:32 PM 07:34 PM 10:36 PM
Cyber Security	Cyber Stalking	English	01:50 AM 04:52 AM 07:54 AM 10:56 AM 01:58 PM 05:00 PM 08:02 PM 11:04 PM
Social Science (Economics)	So. Sci. (Eco): Chp 3: Money and Credit	English	01:51 AM 04:53 AM 07:55 AM 10:57 AM 01:59 PM 05:01 PM 08:03 PM 11:05 PM



General	Gender Equality (E)	English	02:17 AM 05:19 AM 08:21 AM 11:23 AM 02:25 PM 05:27 PM 08:29 PM 11:31 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:24 AM 05:26 AM 08:28 AM 11:30 AM 02:32 PM 05:34 PM 08:36 PM 11:38 PM
ENVIRONMEN T	Life in Woods	English	02:46 AM 05:48 AM 08:50 AM 11:52 AM 02:54 PM 05:56 PM 08:58 PM
सोमवार, 09 फरवरी 2026 Monday, 09 February 2026			
हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	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
Health, Physical Education/Yog a/ Sports	Yoga - Paschimottanaasan	Hindi	12:23 AM 03:23 AM 06:22 AM 09:21 AM 12:21 PM 03:20 PM 06:19 PM 09:19 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:36 AM 03:35 AM 06:35 AM 09:34 AM 12:33 PM 03:33 PM 06:32 PM 09:31 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:56 AM 03:55 AM 06:55 AM 09:54 AM 12:53 PM 03:53 PM 06:52 PM 09:51 PM
विज्ञान	विज्ञान: पाठ-14: ऊर्जा के स्रोत-1	Hindi	01:02 AM 04:01 AM 07:01 AM 10:00 AM 12:59 PM 03:59 PM 06:58 PM 09:57 PM
General	Gender Equality	English	01:19 AM 04:19 AM 07:18 AM 10:17 AM 01:17 PM 04:16 PM 07:15 PM 10:15 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:26 AM 04:26 AM 07:25 AM 10:24 AM 01:24 PM 04:23 PM 07:22 PM 10:22 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-4	English	01:59 AM 04:58 AM 07:57 AM 10:57 AM 01:56 PM 04:55 PM 07:55 PM 10:54 PM
General	पोषण ,स्वास्थ्य और स्वच्छता	Hindi	02:22 AM 05:21 AM 08:21 AM 11:20 AM 02:19 PM 05:19 PM 08:18 PM 11:17 PM



Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:29 AM 05:28 AM 08:27 AM 11:27 AM 02:26 PM 05:25 PM 08:25 PM 11:24 PM
General	Nutrition_Health and Sanitation	English	02:52 AM 05:52 AM 08:51 AM 11:50 AM 02:50 PM 05:49 PM 08:48 PM 11:48 PM
मंगलवार, 10 फरवरी 2026 Tuesday, 10 February 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
Cold Wave	Coldwave - How can senior citizens protect themselves from a cold-wave	English	12:25 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:30 PM 06:31 PM 09:32 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	Hindi	12:26 AM 03:27 AM 06:28 AM 09:29 AM 12:30 PM 03:31 PM 06:32 PM 09:33 PM
General	मूल्य और जिम्मेदार नागरिकता	Hindi	12:51 AM 03:52 AM 06:53 AM 09:54 AM 12:55 PM 03:56 PM 06:57 PM 09:58 PM
विज्ञान	पाठ-12: विद्युत- 2	हिन्दी	12:56 AM 03:57 AM 06:58 AM 09:59 AM 01:00 PM 04:01 PM 07:02 PM 10:03 PM
सामान्य	पवन मुक्तासन	हिन्दी	01:12 AM 04:13 AM 07:14 AM 10:15 AM 01:16 PM 04:17 PM 07:18 PM 10:19 PM
Language (English)	English: Chap 7: The Necklace	English	01:15 AM 04:16 AM 07:17 AM 10:18 AM 01:19 PM 04:20 PM 07:21 PM 10:22 PM
सामान्य	अपूर्व रमणीय चिलीका	Hindi	01:45 AM 04:46 AM 07:47 AM 10:48 AM 01:49 PM 04:50 PM 07:51 PM 10:52 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:00 AM 05:01 AM 08:02 AM 11:03 AM 02:04 PM 05:05 PM 08:06 PM 11:07 PM



Cultural Heritage: Art, Music & Dance	Folk Dance - Arunachal Pradesh	Hindi/English	02:28 AM 05:29 AM 08:30 AM 11:31 AM 02:32 PM 05:33 PM 08:34 PM 11:35 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	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
बुधवार, 11 फरवरी 2026 Wednesday, 11 February 2026			
हिन्दी	हिन्दी : पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	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
General	Safe Use of Internet (H)	Hindi	12:30 AM 03:30 AM 06:31 AM 09:31 AM 12:31 PM 03:31 PM 06:31 PM 09:31 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञान.(इतिहास): पाठ-4: औद्योगिकरण का युग-1	Hindi	12:36 AM 03:37 AM 06:37 AM 09:37 AM 12:37 PM 03:37 PM 06:37 PM 09:37 PM
General	पारस्परिक संबंध	Hindi	12:55 AM 03:55 AM 06:55 AM 09:55 AM 12:55 PM 03:55 PM 06:55 PM 09:56 PM
गणित	गणित : पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-4	Hindi	01:00 AM 04:00 AM 07:00 AM 10:01 AM 01:01 PM 04:01 PM 07:01 PM 10:01 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:33 AM 04:33 AM 07:33 AM 10:33 AM 01:33 PM 04:33 PM 07:33 PM 10:33 PM
सामान्य	खुर्दागढ़ के पाइक योद्धा	Hindi	02:01 AM 05:01 AM 08:01 AM 11:01 AM 02:01 PM 05:01 PM 08:01 PM 11:01 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:11 AM 05:11 AM 08:11 AM 11:11 AM 02:11 PM 05:11 PM 08:11 PM 11:12 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:44 AM 05:44 AM 08:44 AM 11:44 AM 02:45 PM 05:45 PM 08:45 PM 11:45 PM



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बृहस्पतिवार, 12 फरवरी 2026

Thursday, 12 February 2026

हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	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
Cultural Heritage: Art, Music & Dance	Aao Sair Karen - Misr	Hindi	12:25 AM 03:26 AM 06:28 AM 09:29 AM 12:31 PM 03:32 PM 06:34 PM 09:35 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:29 AM 03:30 AM 06:31 AM 09:33 AM 12:34 PM 03:36 PM 06:37 PM 09:39 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	12:54 AM 03:55 AM 06:57 AM 09:58 AM 01:00 PM 04:01 PM 07:03 PM 10:04 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल-4	Hindi	01:04 AM 04:05 AM 07:07 AM 10:08 AM 01:10 PM 04:11 PM 07:13 PM 10:14 PM
Cyber Security	Fake Whats app messages	English	01:28 AM 04:30 AM 07:31 AM 10:33 AM 01:34 PM 04:36 PM 07:37 PM 10:39 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 1	English	01:31 AM 04:32 AM 07:34 AM 10:35 AM 01:36 PM 04:38 PM 07:39 PM 10:41 PM
सामान्य	बेटी बचाओ बेटी पढ़ाओ	Hindi	01:56 AM 04:57 AM 07:58 AM 11:00 AM 02:01 PM 05:03 PM 08:04 PM 11:06 PM
Social Science (History)	S.Sc (History): Ch-1: The Rise of Nationalism in Europe	English	02:05 AM 05:07 AM 08:08 AM 11:10 AM 02:11 PM 05:13 PM 08:14 PM 11:16 PM
General	Functions of Wetlands and their Biophysical characteristics	English	02:34 AM 05:35 AM 08:37 AM 11:38 AM 02:40 PM 05:41 PM 08:43 PM 11:44 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:45 AM 05:47 AM 08:48 AM 11:50 AM 02:51 PM 05:53 PM 08:54 PM 11:56 PM



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शुक्रवार, 13 फरवरी 2026 Friday, 13 February 2026			
संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 1	Sanskrit	12:00 AM 03:00 AM 06:01 AM 09:02 AM 12:02 PM 03:03 PM 06:04 PM 09:04 PM
General	इंटरनेट और सोशल मीडिया के सुरक्षित उपयोग को बढ़ावा देना	Hindi	12:23 AM 03:23 AM 06:24 AM 09:25 AM 12:25 PM 03:26 PM 06:27 PM 09:27 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:29 AM 03:29 AM 06:30 AM 09:31 AM 12:31 PM 03:32 PM 06:33 PM 09:33 PM
गणित	गणित: पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-1	Hindi	12:44 AM 03:44 AM 06:45 AM 09:46 AM 12:46 PM 03:47 PM 06:48 PM 09:48 PM
General	Management of Wetlands Part -2	English	01:14 AM 04:15 AM 07:16 AM 10:16 AM 01:17 PM 04:18 PM 07:18 PM 10:19 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:22 AM 04:23 AM 07:24 AM 10:24 AM 01:25 PM 04:26 PM 07:26 PM 10:27 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	01:48 AM 04:49 AM 07:49 AM 10:50 AM 01:51 PM 04:51 PM 07:52 PM 10:53 PM
General	Gender Equality (H)	Hindi	02:22 AM 05:23 AM 08:24 AM 11:24 AM 02:25 PM 05:26 PM 08:26 PM 11:27 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:30 AM 05:30 AM 08:31 AM 11:32 AM 02:32 PM 05:33 PM 08:34 PM 11:34 PM
Science	Green Energy	English	02:55 AM 05:55 AM 08:56 AM 11:57 AM 02:57 PM 05:58 PM 08:59 PM 11:59 PM
शनिवार, 14 फरवरी 2026 Saturday, 14 February 2026			
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	Sanskrit	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:54 PM 08:53 PM 11:52 PM



DD Free Dish Channel #32



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Cyber Security	Social Engineering	English	12:31 AM 03:30 AM 06:29 AM 09:28 AM 12:27 PM 03:26 PM 06:25 PM 09:25 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:32 AM 03:31 AM 06:30 AM 09:29 AM 12:28 PM 03:27 PM 06:26 PM 09:26 PM
गणित	गणित: पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-2	Hindi	12:49 AM 03:48 AM 06:47 AM 09:46 AM 12:45 PM 03:44 PM 06:43 PM 09:42 PM
Cyber Security	Social Networking	English	01:20 AM 04:19 AM 07:18 AM 10:17 AM 01:16 PM 04:15 PM 07:14 PM 10:13 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	01:24 AM 04:23 AM 07:22 AM 10:21 AM 01:20 PM 04:19 PM 07:18 PM 10:17 PM
सामान्य	आज़ादी की अमृत कहानियां (बसंती देवी - जल)	Hindi	01:45 AM 04:44 AM 07:43 AM 10:42 AM 01:41 PM 04:40 PM 07:39 PM 10:38 PM
Mathematics	Maths: Chap 7: Coordinate Geometry	English	01:47 AM 04:46 AM 07:45 AM 10:44 AM 01:43 PM 04:42 PM 07:41 PM 10:41 PM
Cultural Heritage: Art, Music & Dance	Lakdi pe Nakkashi	Hindi	02:11 AM 05:10 AM 08:09 AM 11:08 AM 02:07 PM 05:06 PM 08:05 PM 11:04 PM
Science	Science: Chap 7: Control and Coordination	English	02:23 AM 05:22 AM 08:21 AM 11:20 AM 02:19 PM 05:18 PM 08:17 PM 11:16 PM
रविवार, 15 फरवरी 2026 Sunday, 15 February 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	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
सामान्य	Consumer Awareness	English	12:36 AM 03:36 AM 06:37 AM 09:38 AM 12:38 PM 03:39 PM 06:39 PM 09:40 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के क्षेत्रक	Hindi	12:41 AM 03:41 AM 06:42 AM 09:43 AM 12:43 PM 03:44 PM 06:44 PM 09:45 PM



Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:19 AM 04:20 AM 07:20 AM 10:21 AM 01:22 PM 04:22 PM 07:23 PM 10:24 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत- 1	Hindi	01:29 AM 04:30 AM 07:31 AM 10:31 AM 01:32 PM 04:32 PM 07:33 PM 10:34 PM
General	Health And Sanitation (H)	Hindi	01:58 AM 04:59 AM 07:59 AM 11:00 AM 02:00 PM 05:01 PM 08:02 PM 11:02 PM
Social Science (Economics)	S. Sc. (Eco): Chp 3: Money and Credit-1	English	02:05 AM 05:05 AM 08:06 AM 11:06 AM 02:07 PM 05:08 PM 08:08 PM 11:09 PM
General	Management of Wetlands Part -2	English	02:28 AM 05:29 AM 08:30 AM 11:30 AM 02:31 PM 05:32 PM 08:32 PM 11:33 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:36 AM 05:37 AM 08:38 AM 11:38 AM 02:39 PM 05:40 PM 08:40 PM 11:41 PM
सोमवार, 16 फरवरी 2026 Monday, 16 February 2026			
हिन्दी	हिन्दी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	Hindi	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:07 PM
सामान्य	सरदार वल्लभ भाई पटेल	Hindi	12:30 AM 03:31 AM 06:32 AM 09:33 AM 12:34 PM 03:36 PM 06:37 PM 09:38 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-1	Hindi	12:34 AM 03:35 AM 06:36 AM 09:37 AM 12:38 PM 03:39 PM 06:40 PM 09:41 PM
General English	Episode 5 Giving Advice 1	English	01:00 AM 04:01 AM 07:02 AM 10:03 AM 01:04 PM 04:05 PM 07:06 PM 10:07 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत- 2	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
Value Education	Lunch Break	Hindi/english	01:30 AM 04:31 AM 07:32 AM 10:33 AM 01:34 PM 04:35 PM 07:36 PM 10:37 PM



Language (English)	English: Chp 4: A Question of Trust-1	English	01:34 AM 04:35 AM 07:36 AM 10:37 AM 01:38 PM 04:39 PM 07:40 PM 10:41 PM
सांस्कृतिक विरासत: कला और शिल्प	तुम्बा कला	Hindi	01:52 AM 04:53 AM 07:54 AM 10:55 AM 01:56 PM 04:57 PM 07:59 PM 11:00 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	02:00 AM 05:01 AM 08:02 AM 11:03 AM 02:04 PM 05:05 PM 08:06 PM 11:07 PM
General	E-Waste Management: Block 4.1	English	02:23 AM 05:24 AM 08:25 AM 11:26 AM 02:27 PM 05:28 PM 08:29 PM 11:30 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	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, 17 फरवरी 2026 Tuesday, 17 February 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:57 AM 02:56 PM 05:55 PM 08:54 PM 11:54 PM
Cyber Security	Identity Theft	Hindi	12:25 AM 03:24 AM 06:23 AM 09:23 AM 12:22 PM 03:21 PM 06:21 PM 09:20 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-2: वन एवं वन्य जीव संसाधन-2	Hindi	12:26 AM 03:25 AM 06:24 AM 09:23 AM 12:23 PM 03:22 PM 06:21 PM 09:20 PM
General	E-Waste Management: Block 4.2	English	12:49 AM 03:49 AM 06:48 AM 09:47 AM 12:47 PM 03:46 PM 06:45 PM 09:44 PM
विज्ञान	विज्ञान: पाठ-12: विद्युत	Hindi	01:01 AM 04:01 AM 07:00 AM 09:59 AM 12:59 PM 03:58 PM 06:57 PM 09:56 PM
General	E-Waste Management: Block 3	English	01:30 AM 04:29 AM 07:29 AM 10:28 AM 01:27 PM 04:27 PM 07:26 PM 10:25 PM



Language (English)	English: Chp 4: A Question of Trust-2	English	01:48 AM 04:47 AM 07:47 AM 10:46 AM 01:45 PM 04:45 PM 07:44 PM 10:43 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-2	English	02:03 AM 05:02 AM 08:01 AM 11:00 AM 02:00 PM 04:59 PM 07:58 PM 10:57 PM
General	E-Waste Management: Film 2	English	02:26 AM 05:25 AM 08:25 AM 11:24 AM 02:23 PM 05:22 PM 08:22 PM 11:21 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:35 AM 05:34 AM 08:34 AM 11:33 AM 02:32 PM 05:31 PM 08:31 PM 11:30 PM
बुधवार, 18 फरवरी 2026 Wednesday, 18 February 2026			
हिन्दी	हिन्दी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	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
General	Ustrasana	English	12:23 AM 03:24 AM 06:24 AM 09:24 AM 12:24 PM 03:24 PM 06:24 PM 09:24 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-1	Hindi	12:26 AM 03:27 AM 06:27 AM 09:27 AM 12:27 PM 03:27 PM 06:27 PM 09:27 PM
Cold Wave	Coldwave _ Do's and don'ts of a cold wave for people residing in hilly regions	English	12:51 AM 03:51 AM 06:51 AM 09:52 AM 12:52 PM 03:52 PM 06:52 PM 09:52 PM
General	It's My Right to Get Education	Hindi/english	12:52 AM 03:52 AM 06:52 AM 09:52 AM 12:53 PM 03:53 PM 06:53 PM 09:53 PM
गणित	गणित : पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-3	Hindi	12:58 AM 03:58 AM 06:58 AM 09:58 AM 12:58 PM 03:58 PM 06:59 PM 09:59 PM
Language (English)	English: Chp-7: Glimpses of India : Coorg	English	01:23 AM 04:23 AM 07:23 AM 10:24 AM 01:24 PM 04:24 PM 07:24 PM 10:24 PM



General	Growth & Health (E)	English	01:49 AM 04:49 AM 07:49 AM 10:49 AM 01:49 PM 04:49 PM 07:50 PM 10:50 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-I	English	01:53 AM 04:53 AM 07:53 AM 10:53 AM 01:53 PM 04:54 PM 07:54 PM 10:54 PM
Health, Physical Education/Yoga/ Sports	Yoga - Chakkrasan	Hindi	02:20 AM 05:20 AM 08:20 AM 11:20 AM 02:20 PM 05:20 PM 08:21 PM 11:21 PM
Science	Science: Chapter 10: Light - Reflection and Refraction-1	English	02:32 AM 05:32 AM 08:32 AM 11:32 AM 02:33 PM 05:33 PM 08:33 PM 11:33 PM
बृहस्पतिवार, 19 फरवरी 2026 Thursday, 19 February 2026			
हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	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
Cyber Security	Tips to avoid Lottery Scams	English	12:25 AM 03:25 AM 06:26 AM 09:27 AM 12:27 PM 03:28 PM 06:28 PM 09:29 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-3: भूमंडलीकृत विश्व का बनना-2	Hindi	12:26 AM 03:26 AM 06:27 AM 09:28 AM 12:28 PM 03:29 PM 06:29 PM 09:30 PM
Health, Physical Education/Yoga/ Sports	Yoga - Gomukhasan	Hindi	12:48 AM 03:49 AM 06:50 AM 09:50 AM 12:51 PM 03:51 PM 06:52 PM 09:53 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल	Hindi	01:02 AM 04:03 AM 07:03 AM 10:04 AM 01:05 PM 04:05 PM 07:06 PM 10:06 PM
Language (English)	English: Chp-8:Mijbil the Otter	English	01:24 AM 04:25 AM 07:26 AM 10:26 AM 01:27 PM 04:27 PM 07:28 PM 10:29 PM
Cultural Heritage: Art, Music & Dance	Hamare Vadhya Yantra-01 (Tarane Taaron Se)	Hindi	01:57 AM 04:57 AM 07:58 AM 10:59 AM 01:59 PM 05:00 PM 08:00 PM 11:01 PM



Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-II	English	02:14 AM 05:14 AM 08:15 AM 11:16 AM 02:16 PM 05:17 PM 08:17 PM 11:18 PM
Cold Wave	Coldwave – Do's and don'ts of a cold wave for people residing in hilly regions	English	02:36 AM 05:36 AM 08:37 AM 11:38 AM 02:38 PM 05:39 PM 08:39 PM 11:40 PM
Science	Science: Chapter 10: Light – Reflection and Refraction-2	English	02:37 AM 05:37 AM 08:38 AM 11:38 AM 02:39 PM 05:40 PM 08:40 PM 11:41 PM
शुक्रवार, 20 फरवरी 2026 Friday, 20 February 2026			
संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 2	Sanskrit	12:00 AM 03:01 AM 06:02 AM 09:03 AM 12:04 PM 03:05 PM 06:06 PM 09:08 PM
General	Dhyana	English	12:24 AM 03:26 AM 06:27 AM 09:28 AM 12:29 PM 03:30 PM 06:31 PM 09:32 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा. (राजनीति विज्ञान): पाठ-2: संघवाद	Hindi	12:28 AM 03:30 AM 06:31 AM 09:32 AM 12:33 PM 03:34 PM 06:35 PM 09:36 PM
General	कमल	Hindi	12:59 AM 04:00 AM 07:01 AM 10:02 AM 01:03 PM 04:05 PM 07:06 PM 10:07 PM
गणित	गणित : पाठ-12: वृत्तों से संबंधित क्षेत्रफल-1	Hindi	01:08 AM 04:09 AM 07:10 AM 10:11 AM 01:12 PM 04:13 PM 07:15 PM 10:16 PM
General	Safety and Security against Violence and Injuries	English	01:33 AM 04:34 AM 07:35 AM 10:36 AM 01:37 PM 04:38 PM 07:40 PM 10:41 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:38 AM 04:40 AM 07:41 AM 10:42 AM 01:43 PM 04:44 PM 07:45 PM 10:46 PM
Cultural Heritage: Art, Music & Dance	Nature in Dance Movements	English	01:54 AM 04:56 AM 07:57 AM 10:58 AM 01:59 PM 05:00 PM 08:01 PM 11:02 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-3	English	02:02 AM 05:03 AM 08:04 AM 11:05 AM 02:06 PM 05:08 PM 08:09 PM 11:10 PM



General	Safe Use of Internet (H)	Hindi	02:24 AM 05:25 AM 08:27 AM 11:28 AM 02:29 PM 05:30 PM 08:31 PM 11:32 PM
Science	Science: Chapter 10: Light – Reflection and Refraction-3	English	02:30 AM 05:32 AM 08:33 AM 11:34 AM 02:35 PM 05:36 PM 08:37 PM 11:38 PM
General	Promotion of Healthy Lifestyle	English	02:55 AM 05:56 AM 08:57 AM 11:58 AM 02:59 PM 06:00 PM 09:02 PM
शनिवार, 21 फरवरी 2026 Saturday, 21 February 2026			
संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 3	Sanskrit	12:00 AM 03:13 AM 06:27 AM 09:41 AM 12:55 PM 04:09 PM 07:23 PM 10:37 PM
Cold Wave	Coldwave - Precautionary measures that can be taken by farmers during a cold-wave	English	12:28 AM 03:42 AM 06:56 AM 10:09 AM 01:23 PM 04:37 PM 07:51 PM 11:05 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञान.(राजनीति विज्ञान): पाठ-2 भारतीय संघीय व्यवस्था भाग-1	Hindi	12:29 AM 03:43 AM 06:56 AM 10:10 AM 01:24 PM 04:38 PM 07:52 PM 11:06 PM
गणित	गणित : पाठ-12: वृत्तों से संबंधित क्षेत्रफल-2	Hindi	12:59 AM 04:13 AM 07:26 AM 10:40 AM 01:54 PM 05:08 PM 08:22 PM 11:36 PM
Cultural Heritage: Art, Music & Dance	ताजमहल अतुलिया धरोवर	Hindi	01:27 AM 04:41 AM 07:55 AM 11:08 AM 02:22 PM 05:36 PM 08:50 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	01:37 AM 04:51 AM 08:05 AM 11:19 AM 02:32 PM 05:46 PM 09:00 PM
General	E-Waste Management: Block 4.2	English	01:54 AM 05:08 AM 08:21 AM 11:35 AM 02:49 PM 06:03 PM 09:17 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-4	English	02:06 AM 05:20 AM 08:33 AM 11:47 AM 03:01 PM 06:15 PM 09:29 PM
Cultural Heritage: Art, Music & Dance	Rock Garden	Hindi	02:29 AM 05:43 AM 08:57 AM 12:11 PM 03:25 PM 06:38 PM 09:52 PM



Science	Science: Chapter 10: Light – Reflection and Refraction-4	English	02:40 AM 05:54 AM 09:08 AM 12:22 PM 03:36 PM 06:50 PM 10:03 PM
General English	Episode 6 Giving Advice 2	English	03:01 AM 06:15 AM 09:28 AM 12:42 PM 03:56 PM 07:10 PM 10:24 PM
रविवार, 22 फरवरी 2026 Sunday, 22 February 2026			
Language (Urdu)	Urdu: Chp-4: Sir Sayyad Ka Bachpan	Urdu	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:07 PM 06:09 PM 09:11 PM
General	Gender Equality (H)	Hindi	12:36 AM 03:37 AM 06:39 AM 09:40 AM 12:42 PM 03:44 PM 06:45 PM 09:47 PM
सामाजिक विज्ञान (अर्थशास्त्र)	सा.विज्ञा.(अर्थशास्त्र): पाठ-2: भारतीय अर्थव्यवस्था के विभिन्न क्षेत्रक भाग-1	Hindi	12:43 AM 03:45 AM 06:46 AM 09:48 AM 12:49 PM 03:51 PM 06:52 PM 09:54 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Drshti & Greeva	Hindi	01:08 AM 04:09 AM 07:11 AM 10:12 AM 01:14 PM 04:16 PM 07:17 PM 10:19 PM
विज्ञान	विज्ञान: पाठ-14: ऊर्जा के स्रोत-1	Hindi	01:30 AM 04:32 AM 07:33 AM 10:35 AM 01:36 PM 04:38 PM 07:40 PM 10:41 PM
Social Science (Economics)	So. Sci. (Eco): Chp 3: Money and Credit	English	01:49 AM 04:51 AM 07:52 AM 10:54 AM 01:55 PM 04:57 PM 07:59 PM 11:00 PM
Health, Physical Education/Yoga a/ Sports	Yoga – Shalabhasan	Hindi	02:14 AM 05:16 AM 08:17 AM 11:19 AM 02:21 PM 05:22 PM 08:24 PM 11:25 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:26 AM 05:28 AM 08:30 AM 11:31 AM 02:33 PM 05:34 PM 08:36 PM 11:38 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	Hindi	02:49 AM 05:51 AM 08:52 AM 11:54 AM 02:55 PM 05:57 PM 08:59 PM



सोमवार, 23 फरवरी 2026
Monday, 23 February 2026

हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	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	Identity Theft	Hindi	12:30 AM 03:31 AM 06:32 AM 09:32 AM 12:33 PM 03:34 PM 06:34 PM 09:35 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-1	Hindi	12:31 AM 03:32 AM 06:32 AM 09:33 AM 12:34 PM 03:34 PM 06:35 PM 09:35 PM
विज्ञान	पाठ-12: विद्युत- 2	हिन्दी	12:51 AM 03:52 AM 06:52 AM 09:53 AM 12:53 PM 03:54 PM 06:55 PM 09:55 PM
Cultural Heritage: Art, Music & Dance	Aao Sair Karen – Porbandar	Hindi	01:07 AM 04:08 AM 07:08 AM 10:09 AM 01:10 PM 04:10 PM 07:11 PM 10:12 PM
Language (English)	English: Chap 7: The Necklace	English	01:12 AM 04:12 AM 07:13 AM 10:14 AM 01:14 PM 04:15 PM 07:15 PM 10:16 PM
Cyber Security	Identity Theft	Hindi	01:42 AM 04:42 AM 07:43 AM 10:44 AM 01:44 PM 04:45 PM 07:46 PM 10:46 PM
Science	Science: Chap 11: The Human Eye and the Colourful World	English	01:42 AM 04:43 AM 07:44 AM 10:44 AM 01:45 PM 04:46 PM 07:46 PM 10:47 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:07 AM 05:07 AM 08:08 AM 11:09 AM 02:09 PM 05:10 PM 08:10 PM 11:11 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-1	English	02:07 AM 05:08 AM 08:08 AM 11:09 AM 02:10 PM 05:10 PM 08:11 PM 11:12 PM
Social Science (Political Science)	S. Sc. (Pol Sc.): Chp 6: Political Parties	English	02:36 AM 05:37 AM 08:38 AM 11:38 AM 02:39 PM 05:40 PM 08:40 PM 11:41 PM



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मंगलवार, 24 फरवरी 2026
Tuesday, 24 February 2026

हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:07 PM 06:09 PM 09:10 PM
Cyber Security	Tips to avoid Lottery Scams	English	12:25 AM 03:26 AM 06:28 AM 09:29 AM 12:31 PM 03:32 PM 06:34 PM 09:35 PM
सामाजिक विज्ञान (भूगोल)	सा.विज्ञा.(भूगोल): पाठ-3: जल संसाधन भाग-2	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
विज्ञान	विज्ञान: पाठ-12: विद्युत- 1	Hindi	12:51 AM 03:52 AM 06:54 AM 09:55 AM 12:57 PM 03:58 PM 07:00 PM 10:01 PM
General	Growth & Health (H)	Hindi	01:19 AM 04:21 AM 07:22 AM 10:24 AM 01:25 PM 04:27 PM 07:28 PM 10:30 PM
Language (English)	English: Chapter-7: Glimpses of India : Coorg	English	01:24 AM 04:25 AM 07:27 AM 10:28 AM 01:30 PM 04:31 PM 07:33 PM 10:34 PM
Cultural Heritage: Art, Music & Dance	Bharatanatyam- Chaari	Hindi	01:52 AM 04:53 AM 07:55 AM 10:56 AM 01:58 PM 04:59 PM 08:01 PM 11:02 PM
Mathematics	Maths: Chap 8: Introduction to Trigonometry-2	English	02:03 AM 05:05 AM 08:07 AM 11:08 AM 02:10 PM 05:11 PM 08:13 PM 11:14 PM
सामान्य	Healthy Lifestyle Adopted	हिन्दी	02:38 AM 05:39 AM 08:41 AM 11:42 AM 02:44 PM 05:45 PM 08:47 PM 11:49 PM
Social Science (Political Science)	S.Sc. (Pol. Sc.): Chp 7: Outcomes of Democracy	English	02:38 AM 05:40 AM 08:41 AM 11:43 AM 02:44 PM 05:46 PM 08:47 PM 11:49 PM



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बुधवार, 25 फरवरी 2026

Wednesday, 25 February 2026

हिन्दी	हिंदी :पाठ-7: कवि वीरेन डंगवाल और उनकी कविता	Hindi	12:00 AM 03:01 AM 06:03 AM 09:04 AM 12:06 PM 03:08 PM 06:09 PM 09:11 PM
General	Ustrasana	English	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 (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-1	Hindi	12:26 AM 03:28 AM 06:30 AM 09:31 AM 12:33 PM 03:35 PM 06:36 PM 09:38 PM
Health, Physical Education/Yoga/ Sports	Yoga - Paschimottanaasan	Hindi	12:50 AM 03:52 AM 06:53 AM 09:55 AM 12:56 PM 03:58 PM 07:00 PM 10:01 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल-3	Hindi	01:03 AM 04:04 AM 07:06 AM 10:07 AM 01:09 PM 04:11 PM 07:12 PM 10:14 PM
General	E-Waste Management: Film 2	English	01:26 AM 04:28 AM 07:30 AM 10:31 AM 01:33 PM 04:34 PM 07:36 PM 10:38 PM
Language (English)	English: Chp 4: From the Diary of Ann Frank - 1	English	01:35 AM 04:37 AM 07:39 AM 10:40 AM 01:42 PM 04:43 PM 07:45 PM 10:47 PM
General	Management of Wetlands Part -1	English	02:00 AM 05:02 AM 08:03 AM 11:05 AM 02:07 PM 05:08 PM 08:10 PM 11:12 PM
Social Science (History)	S.Sc (History): Ch-1 The Rise of Nationalism in Europe-III	English	02:12 AM 05:13 AM 08:15 AM 11:17 AM 02:18 PM 05:20 PM 08:21 PM 11:23 PM
General	Growing up Healthy	English	02:40 AM 05:42 AM 08:43 AM 11:45 AM 02:46 PM 05:48 PM 08:50 PM 11:51 PM
Science	Science: Chap 11: The Human Eye and the Colourful World	English	02:44 AM 05:46 AM 08:47 AM 11:49 AM 02:51 PM 05:52 PM 08:54 PM 11:55 PM



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बृहस्पतिवार, 26 फरवरी 2026

Thursday, 26 February 2026

हिन्दी	पाठ-6: कवि और कविता : कवि नागार्जुन और उनकी कविता "यह दंतुरित मुसकान और फसल"	हिन्दी	12:00 AM 02:59 AM 05:58 AM 08:57 AM 11:56 AM 02:55 PM 05:54 PM 08:53 PM 11:52 PM
General	स्वस्थ जीवन शैली को बढ़ावा देना	Hindi	12:25 AM 03:24 AM 06:23 AM 09:22 AM 12:21 PM 03:20 PM 06:20 PM 09:19 PM
सामाजिक विज्ञान (इतिहास)	सा.विज्ञा.(इतिहास): पाठ-4: औद्योगीकरण का युग-2	Hindi	12:31 AM 03:30 AM 06:29 AM 09:28 AM 12:27 PM 03:27 PM 06:26 PM 09:25 PM
Cyber Security	Social Networking	English	12:56 AM 03:55 AM 06:55 AM 09:54 AM 12:53 PM 03:52 PM 06:51 PM 09:50 PM
गणित	गणित : पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-4	Hindi	01:01 AM 04:00 AM 06:59 AM 09:58 AM 12:57 PM 03:56 PM 06:55 PM 09:54 PM
Language (English)	English: Chp 4: A Question of Trust-1	English	01:28 AM 04:27 AM 07:26 AM 10:25 AM 01:24 PM 04:23 PM 07:23 PM 10:22 PM
General	Gender Equality (H)	Hindi	01:46 AM 04:45 AM 07:45 AM 10:44 AM 01:43 PM 04:42 PM 07:41 PM 10:40 PM
Social Science (History)	S.Sc (History): Ch-1: The Rise of Nationalism in Europe	English	01:54 AM 04:53 AM 07:52 AM 10:51 AM 01:50 PM 04:49 PM 07:48 PM 10:47 PM
General	Mental Health and Well Being -1	Hindi/english	02:22 AM 05:21 AM 08:20 AM 11:20 AM 02:19 PM 05:18 PM 08:17 PM 11:16 PM
Science	Science: Chap 9: Heredity and Evolution-1	English	02:43 AM 05:42 AM 08:41 AM 11:41 AM 02:40 PM 05:39 PM 08:38 PM 11:37 PM

शुक्रवार, 27 फरवरी 2026

Friday, 27 February 2026

संस्कृत	संस्कृत : पाठ - 12: अनयोक्त्यः 1	Sanskrit	12:00 AM 03:01 AM 06:03 AM 09:05 AM 12:07 PM 03:09 PM 06:11 PM 09:12 PM
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सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -1	Hindi	12:36 AM 03:38 AM 06:40 AM 09:41 AM 12:43 PM 03:45 PM 06:47 PM 09:49 PM
General	Innovative Teacher	Hindi	12:51 AM 03:53 AM 06:54 AM 09:56 AM 12:58 PM 04:00 PM 07:02 PM 10:04 PM
गणित	गणित: पाठ-12: वृत्तों से संबंधित क्षेत्रफल-4	Hindi	01:06 AM 04:08 AM 07:10 AM 10:12 AM 01:14 PM 04:15 PM 07:17 PM 10:19 PM
General	Safe Use of Internet (E)	English	01:31 AM 04:33 AM 07:34 AM 10:36 AM 01:38 PM 04:40 PM 07:42 PM 10:44 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -1	English	01:37 AM 04:39 AM 07:40 AM 10:42 AM 01:44 PM 04:46 PM 07:48 PM 10:50 PM
Mathematics	Maths: Chap 7: Coordinate Geometry	English	02:10 AM 05:12 AM 08:14 AM 11:15 AM 02:17 PM 05:19 PM 08:21 PM 11:23 PM
General	Health And Sanitation (E)	English	02:34 AM 05:36 AM 08:37 AM 11:39 AM 02:41 PM 05:43 PM 08:45 PM 11:47 PM
Science	Science: Chap 9: Heredity and Evolution-2	English	02:40 AM 05:42 AM 08:44 AM 11:46 AM 02:47 PM 05:49 PM 08:51 PM 11:53 PM
General	Safety and Security (H)	Hindi	02:56 AM 05:58 AM 08:59 AM 12:01 PM 03:03 PM 06:05 PM 09:07 PM
शनिवार, 28 फरवरी 2026 Saturday, 28 February 2026			
संस्कृत	संस्कृत: पाठ - 1 शुचिपर्यावरणम्	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	Dhyana	English	12:31 AM 03:32 AM 06:34 AM 09:35 AM 12:37 PM 03:38 PM 06:39 PM 09:41 PM
सामाजिक विज्ञान (राजनीति विज्ञान)	सा.विज्ञा.(राजनीति विज्ञा.): पाठ-4: जाति; धर्म और लैंगिक मसले -2	Hindi	12:35 AM 03:37 AM 06:38 AM 09:39 AM 12:41 PM 03:42 PM 06:43 PM 09:45 PM
General	Nadishodhan Pranayam	English	12:52 AM 03:53 AM 06:54 AM 09:56 AM 12:57 PM 03:59 PM 07:00 PM 10:01 PM



गणित	गणित: पाठ-13: पृष्ठीय क्षेत्रफल और आयतन-1	Hindi	12:55 AM 03:56 AM 06:58 AM 09:59 AM 01:01 PM 04:02 PM 07:03 PM 10:05 PM
Social Science (Geography)	So. Sci. (Geo): Chp 4: Agriculture -2	English	01:29 AM 04:30 AM 07:32 AM 10:33 AM 01:35 PM 04:36 PM 07:37 PM 10:39 PM
General	E-Waste Management: Block 4.2	English	01:50 AM 04:51 AM 07:53 AM 10:54 AM 01:55 PM 04:57 PM 07:58 PM 10:59 PM
Mathematics	Maths: Chap 7: Coordinate Geometry-1	English	02:02 AM 05:03 AM 08:05 AM 11:06 AM 02:07 PM 05:09 PM 08:10 PM 11:11 PM
Cultural Heritage: Art, Music & Dance	Rock Garden	Hindi	02:25 AM 05:26 AM 08:27 AM 11:29 AM 02:30 PM 05:32 PM 08:33 PM 11:34 PM
Science	Science: Chap 9: Heredity and Evolution-3	English	02:36 AM 05:37 AM 08:39 AM 11:40 AM 02:41 PM 05:43 PM 08:44 PM 11:46 PM



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